



Fuencaliente de La Palma

Trail 2: Los Canarios – La Zamora

English edition

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Municipal trail from Los Canarios to La Zamora beach, passing by the San Antonio volcano.

Discover the route

From Los Canarios to La Zamora Chica beach through the districts of La Fajana and Las Indias: a mid-slope path that descends from the village to the south-west coast along an old fishermen's and shepherds' path, between houses of Canarian architecture, farming terraces and banana plantations.

Fact sheet

- Start: Plaza Minerva (Tourist Office), Los Canarios, at 715 m.
- End: La Zamora Chica beach.
- Distance: 6.24 km.
- Cumulative descent: 697 m.
- Duration: 2 h one way.
- Difficulty: moderate.

The route

From Plaza Minerva follow the Carretera General to the left for 1 km to the district of La Fajana. From there an old path descends that was used to reach the coast to fish, to climb to the high ground with the livestock, to go to other villages or to fetch water from the natural springs. Along this stretch grow white tajinaste, red bejeque and vinagrera.

The path reaches the asphalt road of Las Indias and keeps descending between traditional houses and small terraced plots. It passes close to the Cruz de La Gorona, which every 3 May is dressed in silk and flowers. Further down the banana plantations begin, the island's main crop. At about 320 m above sea level you leave the built-up area and a dirt track heading west opens up views of the south-west coast; facing the sea stands the Hotel La Palma Princess, a four-star complex from 2004.

The final section descends to the coastal platform between banana plantations to La Zamora Chica beach, within the La Palma Marine Reserve, a good spot for snorkelling. You go down to the beach by a stairway cut into the rock.

How to get back

The line 23 bus (Fuencaliente – Hotel – Faro) stops next to the Hotel La Palma Princess, one kilometre from the beach. The other option is to book a taxi.

Before you start

- Bring comfortable clothing, poles, a cap, sun cream, water and food.
- It is a continuous descent of almost 700 m: the knees feel it; poles help.
- Check the state of the sea before bathing; the beach has no lifeguard.
- Emergencies: 112.

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