



Fuencaliente de La Palma

Trail 3: Los Canarios – Puntalarga

English edition

Updated on 10 September 2026

Municipal trail from Los Canarios to the beach and recreational area of Puntalarga.

Discover the route

From Los Canarios to Puntalarga beach via Los Quemados: a short but steep descent that passes beside Bodegas Teneguía, crosses pine forest and vineyards, goes through the district of Los Quemados and descends an old cliff to the south-west coast, where the recreation area and the fish restaurants of Puntalarga await.

Fact sheet

- Start: Plaza Minerva (Tourist Office), Los Canarios, at 715 m.
- End: Puntalarga beach.
- Distance: 3.54 km.
- Cumulative descent: 695 m.
- Duration: 2 h 15 min one way.
- Difficulty: moderate to low; poles are recommended.

The route

From Plaza Minerva take the Carretera General to the left in the direction of Bodegas Teneguía, beside which the path passes, and continue downhill through an area of pine forest and vineyards. At around 400 m above sea level you can appreciate the contrast of colours between the pines, the volcanic soil and the sea.

You reach Los Quemados, a small district of houses of traditional Canarian architecture. From here you descend by road to the last houses, where a dirt track begins that leads to a solitary Canary palm. From the palm the views of the south-west and west coast of the island are wide. The path runs along an old cliff down to the banana plantation area, the main crop of La Palma.

The end is at Puntalarga, where you can eat fish or have a swim at the beach.

How to get back

The line 23 bus (Fuencaliente – Hotel – Faro) or a taxi booked in advance.

Before you start

- Bring comfortable clothing, poles, a cap, sun cream, water and food.
- The slope is steep: the old cliff section calls for footwear with a good sole.
- Emergencies: 112.

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