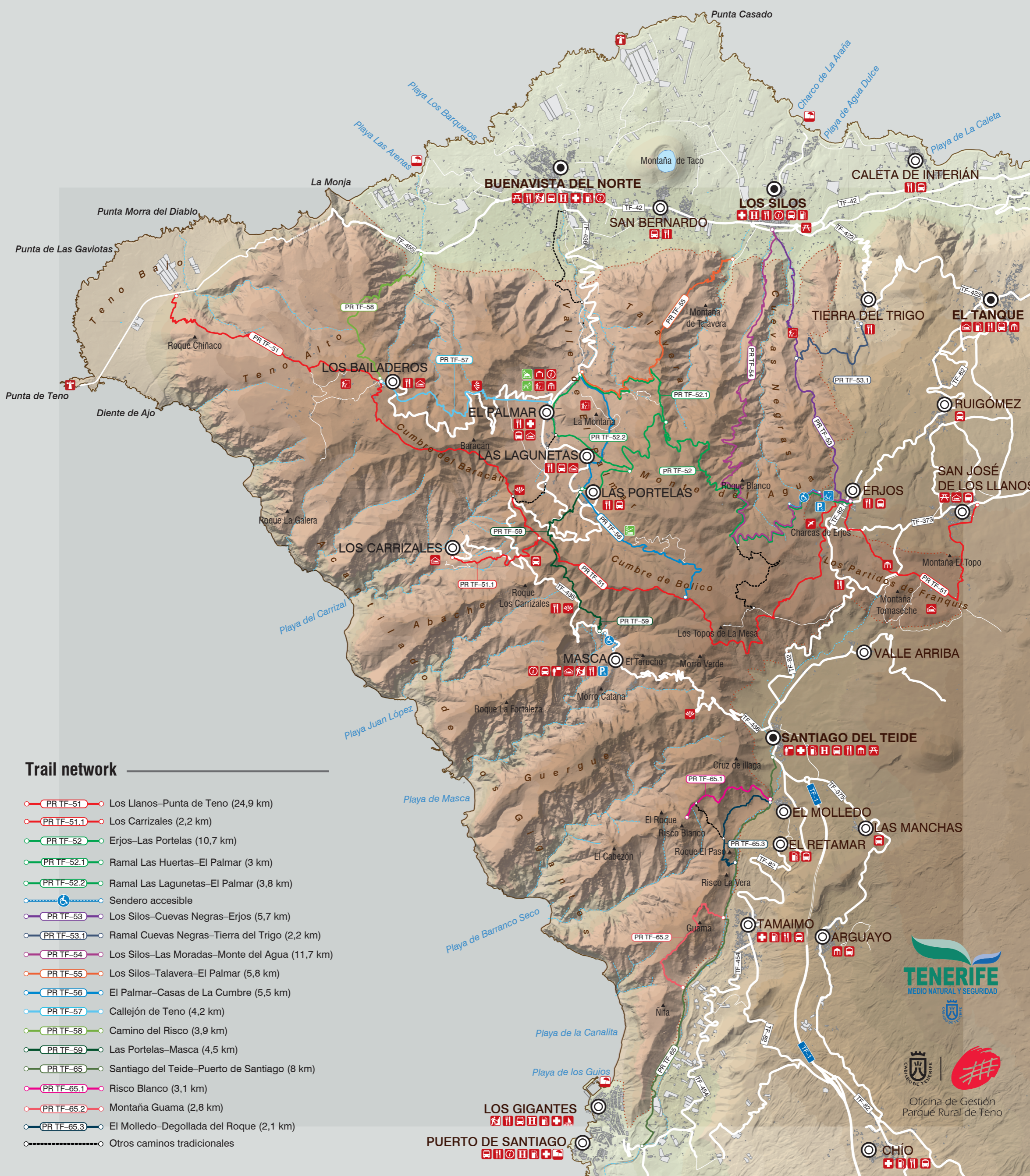


# TENO

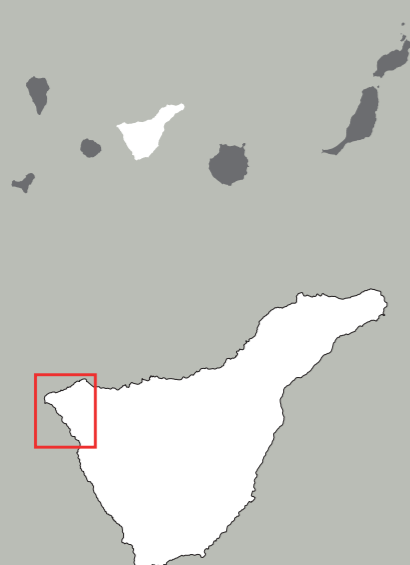
## Rural Park



### Trail network

- PR TF-51 Los Llanos–Punta de Teno (24,9 km)
- PR TF-51.1 Los Carrizales (2,2 km)
- PR TF-52 Erjos–Las Portelas (10,7 km)
- PR TF-52.1 Ramal Las Huertas–El Palmar (3 km)
- PR TF-52.2 Ramal Las Lagunetas–El Palmar (3,8 km)
- Sendero accesible
- PR TF-53 Los Silos–Cuevas Negras–Erjos (5,7 km)
- PR TF-53.1 Ramal Cuevas Negras–Tierra del Trigo (2,2 km)
- PR TF-54 Los Silos–Las Moradas–Monte del Agua (11,7 km)
- PR TF-55 Los Silos–Talavera–El Palmar (5,8 km)
- PR TF-56 El Palmar–Casas de La Cumbre (5,5 km)
- PR TF-57 Callejón de Teno (4,2 km)
- PR TF-58 Camino del Risco (3,9 km)
- PR TF-59 Las Portelas–Masca (4,5 km)
- PR TF-65 Santiago del Teide–Puerto de Santiago (8 km)
- PR TF-65.1 Risco Blanco (3,1 km)
- PR TF-65.2 Montaña Guama (2,8 km)
- PR TF-65.3 El Molledo–Degollada del Roque (2,1 km)
- Otros caminos tradicionales

### Location



### Facts and figures

- Surface area: 8.063,6 ha
- Population: Teno has a population of about 870 inhabitants, mainly distributed in five village centres: El Palmar (381 inhabitants), Teno Alto (66 inhabitants), Las Portelas and Las Lagunetas (305 inhabitants), Masca (91 inhabitants) and Los Carrizales (20 inhabitants).
- How to get there: By road, there are several different options to access Teno Rural Park:
  - From Santiago del Teide, take the TF-436 that crosses the Teno Massif, going through Masca, Las Portelas and El Palmar.
  - From Buenavista, take the TF-438 that starts there and climbs up to the same village, El Palmar.
  - You can also drive to Erjos neighbourhood area, close to the Rural Park boundary, by taking the TF-82.

### Map legend

- Capital city
- Town
- Main road
- Forest / farm track
- Rural Park boundary
- Ravine
- Tourist information
- Visitors' centre
- Museum
- Farmers' Market
- Viewpoint
- Restaurant
- Hotel
- Rural housing
- Practicable camp site
- Practicable hostel
- Recreational area
- Practicable recreational area
- Active tourism activities
- Birdwatching
- Self-guided route
- Accessible self-guided route
- Accessible parking
- Beach
- Marina
- Bus
- Chemistry
- Gas station
- Lighthouse

### More information

