

La Orotava

Tenerife · Spain

TRAVEL GUIDE

Tripomatic



Overview

La Orotava is a historic town on the north side of Tenerife, in the Canary Islands, on a hill above the Orotava Valley. It is known for its Canarian wooden balconies, Baroque churches and mansions, terraced gardens, and its Corpus Christi carpets of flowers and volcanic sand.

Its municipality also reaches up to Teide National Park and Mount Teide, the highest peak in Spain. It works as a base for the old town, the valley and the high mountain.

When to visit

The north coast is mild and green, and the Orotava Valley is cooler and more humid than the south of the island. Spring and autumn are comfortable, while summers are warm and winters mild with some rain and cloud.

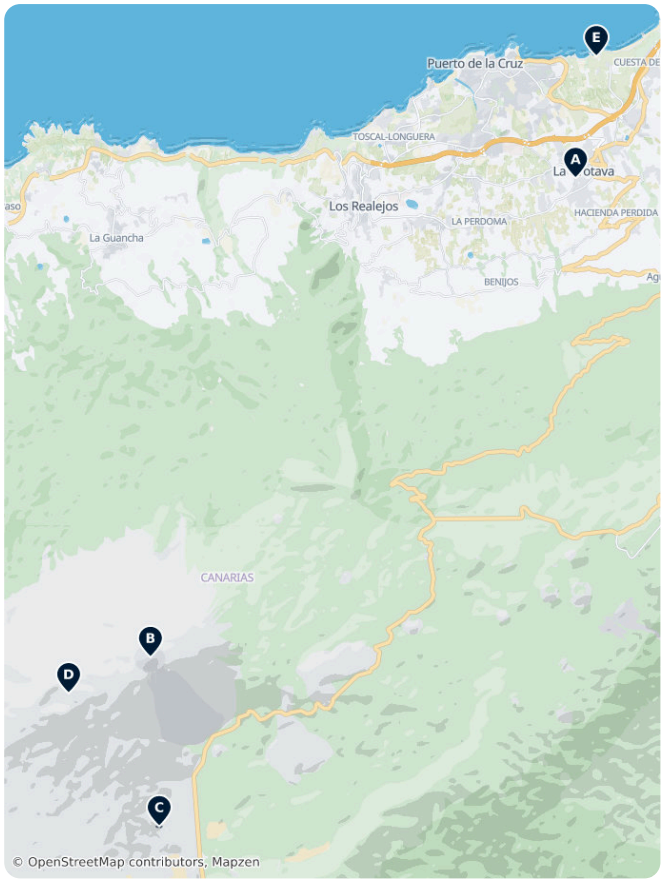
Corpus Christi (usually in late May or June) is the main event, when the town's streets and squares are decorated with carpets of flowers and coloured sand. Mount Teide can be snowy in winter, and it is much colder at altitude than at the coast.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	● Great Great for hiking	19° / 22°	16° / 13°	Dry air
February	● Great Great for hiking	19° / 23°	15° / 12°	Dry air
March	● Great Great for sightseeing	20° / 24°	16° / 13°	Dry air
April	● Great Great for sightseeing	21° / 25°	16° / 14°	UV 8 (Very high)
May	● Great Great for sightseeing	22° / 26°	17° / 15°	UV 9 (Very high)
June	● Great Great for sightseeing	24° / 28°	19° / 17°	Humid air · UV 10 (Very high)
July	● Great Great for sightseeing	26° / 31°	21° / 19°	Muggy, humid air · UV 9 (Very high)
August	● Great Great for sightseeing	27° / 31°	22° / 20°	Muggy, humid air · UV 9 (Very high)
September	● Great Great for sightseeing	26° / 29°	21° / 20°	Muggy, humid air
October	● Great Great for sightseeing	25° / 28°	20° / 18°	Humid air
November	● Great Great for sightseeing	22° / 26°	18° / 16°	
December	● Great Great for sightseeing	20° / 23°	17° / 15°	

Best months: January, February, March, April, May, June, July, August, September, October, November, December

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights



- A Casa de los Balcones is a 17th-century mansion with carved wooden balconies and a courtyard, now with craft shops.
- The Iglesia de Nuestra Señora de la Concepción is a Baroque church with a tall façade and towers, considered one of the best in the Canaries.
- The Ayuntamiento (town hall) faces the Plaza del Ayuntamiento, which is decorated with flower carpets for Corpus Christi.
- The Jardines del Marquesado de la Quinta Roja are terraced Victorian-style gardens above the town.
- The Hijuela del Botánico is a small garden annex of the botanical garden of Puerto de la Cruz.
- Casa Lercaro is another historic mansion in the old town.
- B Pico del Teide is the volcano and the highest peak in Spain, at 3,715 m, in Teide National Park.
- C Roques de García are dramatic rock formations on the high plateau of the park.
- D Pico Viejo is the second volcano of the park, next to Teide.
- E Playa Bollullo is a black-sand beach on the coast of the municipality.

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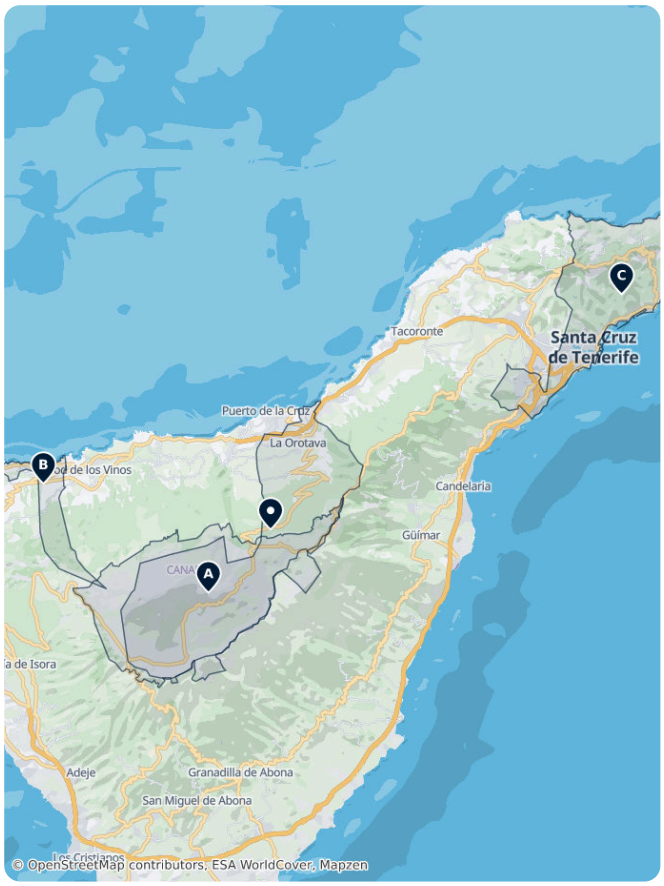
What to experience

- Walk through the old town and its balconied mansions.
- Visit the gardens above the town.
- Drive up to Teide National Park and ride the cable car, or hike the trails of the Roques de García.
- See the flower carpets at Corpus Christi.
- Taste Canarian food in a local tavern.

Day trips

- A Teide National Park (about 30 km): the volcano, the lunar landscape and the cable car.
- **Puerto de la Cruz** (about 8 km): a seaside resort with a botanical garden and lido.
- B Garachico (about 40 km): a coastal town with lava pools.
- C Santa Cruz de Tenerife (about 45 km): the capital.
- **La Laguna** (about 35 km): a UNESCO World Heritage colonial town.



Where to explore

Other places nearby:

- **Tenerife**: Tenerife, Santa Cruz de Tenerife, Garachico and El Rosario.
- **Nature**: Teide National Park.

Getting there

- **By air**: Tenerife North airport (TFN) is about 25 km away, and Tenerife South (TFS) about 70 km.
- **By bus**: TITSA buses run from Puerto de la Cruz and Santa Cruz to La Orotava, and some lines continue to Teide National Park.
- **By car**: The TF-5 motorway and local roads link the town with the north coast. The road to Teide climbs through pine forest.

Getting around

- **On foot**: The old town is compact but steep, with cobbled streets.
- **Bus**: Local buses connect the upper and lower parts of the town and Puerto de la Cruz.
- **Car**: A rental car is the easiest way to get to Teide National Park and other viewpoints.

Getting around on foot & by bike

WALKABILITY

Moderate

The old town is compact but steep, with cobbled streets.

CYCLING INFRASTRUCTURE

Low

The steep slopes make cycling hard, except for experienced riders.

Driving

- **Is a car worth it?**: Yes, for Teide and the north coast. The old town itself is walkable.
- **Parking**: Parking is limited in the old town, and there are car parks at the edges.
- **Roads**: The road up to Teide is winding. In winter, check for snow and ice. Mountain weather changes fast.

Food & drink

Canarian dishes dominate. Try *papas arrugadas con mojo* (salted wrinkled potatoes with red and green sauces), *gofio* (toasted cereal flour), *conejo en salmorejo* (rabbit in a spiced marinade), *queso asado* (grilled cheese) and fresh fish. The Orotava Valley produces wine, bananas and vegetables.

What to eat & drink

BREAKFAST

Churros · Churros con Chocolate
Fried dough sticks served with a thick, dark hot chocolate for dipping — a classic Spanish breakfast or late-night snack.

LUNCH

Paella Valenciana
A saffron-scented rice dish cooked in a wide, shallow pan. The traditional Valencian version uses chicken, rabbit, and green beans — best eaten at midday.

Gazpacho
A cold, blended soup of raw tomatoes, cucumber, pepper, garlic, olive oil, and vinegar, originally from Andalusia. Served as a drink or a starter, especially in summer.

DINNER

Pulpo a la Gallega
Boiled octopus sliced onto a wooden board and dressed with olive oil, coarse salt, and smoked paprika — a signature dish of Galicia.

SNACKS & STREET FOOD

Jamón Ibérico
Dry-cured ham from acorn-fed Iberian pigs, sliced paper-thin and eaten on its own or with bread. The finest grade, jamón ibérico de bellota, is one of Spain's most prized products.

Tortilla Española
A thick potato and egg omelette, served warm or at room temperature, found in virtually every bar in Spain. Often eaten as a tapa or a quick meal.

Patatas Bravas
Fried potato chunks served with a spicy tomato sauce or aioli — one of the most common tapas across the country.

Pintxos
Small snacks anchored to slices of bread with a toothpick, the Basque Country's answer to tapas. Found in bar counters across San Sebastián and Bilbao, often with elaborate toppings.

Croquetas
Crispy breaded cylinders with a creamy béchamel filling, typically made with jamón, bacalà (salt cod), or mushrooms.

DRINKS

Rioja Wine · Vino de Rioja

Spain's best-known wine region produces full-bodied reds from Tempranillo grapes, aged in oak. The crianza, reserva, and gran reserva labels indicate increasing age and complexity.

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Safety & health

La Orotava is safe. At Teide National Park, the altitude can cause headaches and breathlessness, and the sun is very strong. Bring water, warm clothes and sun protection. A permit is required to reach the summit crater beyond the cable car station, and the cable car can close in strong wind.

History

The area was home to the Guanches, the native people of Tenerife, until the Spanish conquest in 1496. La Orotava was settled as a town in the early 16th century, and became a wealthy centre for sugar and wine.

The Baroque mansions and churches date from the 17th and 18th centuries. The town's tradition of flower carpets for Corpus Christi began in the 19th century.

Country facts

Quick practical facts for Spain at a glance:

CURRENCY

EUR €

EMERGENCY

112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

LANGUAGES

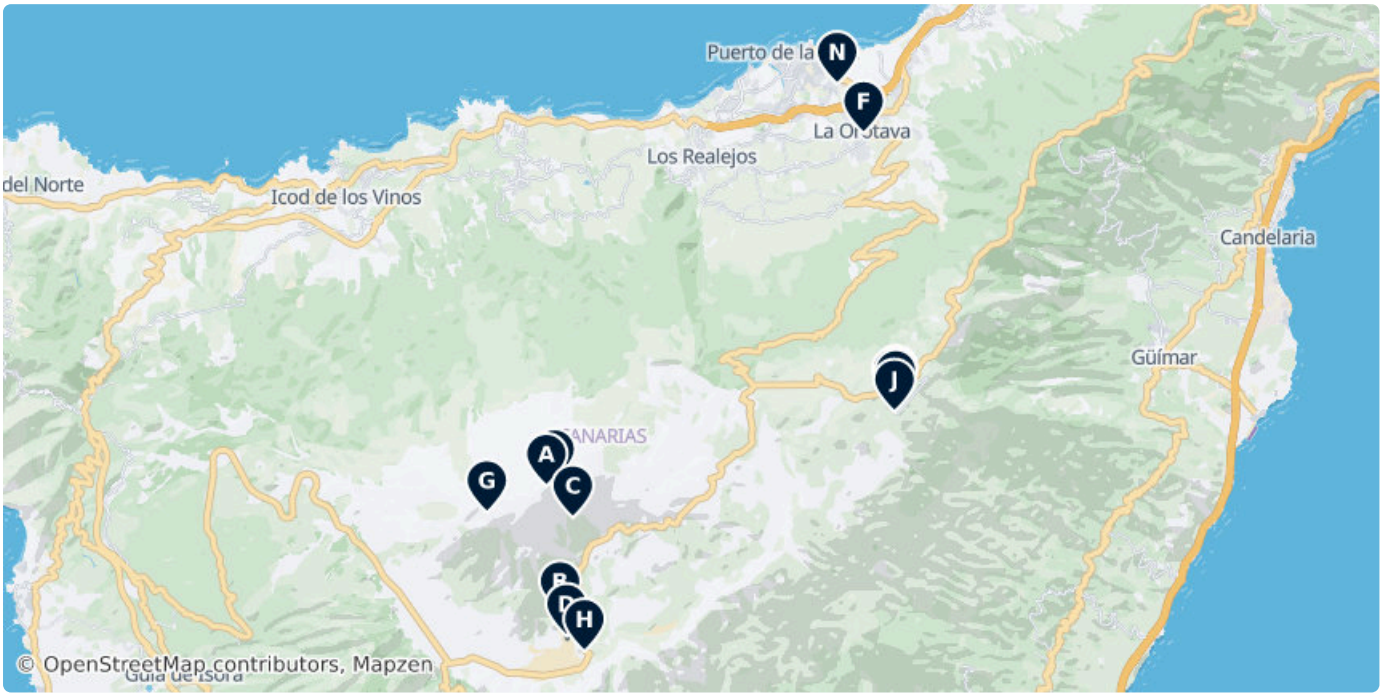
Spanish

TAP WATER

Safe to drink

La Orotava's Essential Wonders

La Orotava encompasses Tenerife's most dramatic landscapes, stretching from the Atlantic coast to the 3,718-meter summit of Mount Teide. This selection highlights the geological wonders of Teide National Park, including the Roques de García formations and the Pico Viejo crater. The list features world-class astronomical facilities at the Teide Observatory and the 19th-century Jardines Victoria, noted for their Masonic architecture. From high-altitude viewpoints like La Fortaleza to historic mansions, these sites showcase the region's unique volcanic heritage and scientific importance.





A Mount Teide

World's third largest volcano situated on an island and the highest peak in Spain (3718m) is a truly impressive sight and will leave you...

38300, Spain (28.27269, -16.64227)

en.wikipedia.org/wiki/Teide



B Roques de García

A series of prominent volcanic rock formations located within the Teide National Park. These dramatic pillars stand at the edge of the Llano de Ucanca caldera and are among the most photographed geological features on Tenerife.

(28.23052, -16.63719)

escuelasdeescalada.com/ficha.php



C Teide Cableway

Teide Cableway is an aerial tramway that goes up Mount Teide, the highest peak in Spain, located in the Teide National Park in Tenerife,...

38300, Spain (28.26225, -16.63235)



D Garcia Stones

Roque Cinchado is a volcanic rock formation regarded as emblematic of the island of Tenerife.

38300, Spain (28.22302, -16.63471)

escuelasdeescalada.com/ficha.php



E Teide Observatory

Teide Observatory, IAU code 954, is an astronomical observatory on Mount Teide at 2,390 metres, located on Tenerife, Spain.

20 Lugar Izaña, 38300, Spain (28.30119, -16.51084)



F Jardines del marquesado de la Quinta Roja

Also known as Jardines Victoria, these 19th-century terraced gardens feature Masonic symbolism and a white marble mausoleum. The site offers tiered walking paths and panoramic views over the historic center of La Orotava.

8 Calle Constitución, La Orotava 38300, Spain (28.38944, -16.52296)

Mo–Su 09:00–20:00, 09:30–20:30



G Pico Viejo

Pico Viejo is a volcano located on the island of Tenerife in Canary Islands, Spain.

38300, Spain (28.26392, -16.66468)

H Mirador de Los Azulejos

A viewpoint named for the nearby volcanic rock walls that display a unique greenish-blue hue. This distinct coloration is caused by hydrothermal alterations and mineral deposits within the ancient volcanic structures.

TF-21, La Orotava, Spain (28.21797, -16.62803)



I Mirador de La Fortaleza

Located near the upper station of the Teide Cableway, this high-altitude vantage point overlooks the massive La Fortaleza cliffs and the northern slopes of Tenerife, often sitting above the island's characteristic sea of clouds.

38300, Spain (28.27422, -16.63918)



J Mirador Izaña

Situated at an elevation of over 2,300 meters near the astronomical observatory, this viewpoint provides expansive views of the Orotava Valley and the volcanic ridges that define the island's high-altitude interior.

TF-514, 38570, Spain (28.29731, -16.51134)

K GREGOR Solar Telescope

GREGOR is a solar telescope, equipped with a 1.5 m primary mirror, located at 2,390 m altitude at the Teide Observatory on Tenerife in the...

17 Lugar Izaña, 38300, Spain (28.30184, -16.51073)

kis.uni-freiburg.de

L ESA Optical Ground Station

The ESA Optical Ground Station is the European Space Agency's ground based observatory at the Teide Observatory on Tenerife, Spain, built...

20 Lugar Izaña, 38300, Spain (28.30098, -16.51184)

M Telescopio Carlos Sánchez

The Telescopio Carlos Sánchez is a 1.52 m Dall-Kirkham type infrared telescope with an equatorial mount and an f/13.8 Cassegrain focus.

13 Lugar Izaña, 38300, Spain (28.30045, -16.51087)

iac.es/OOCC/instrumentation/telescopio-carlos-sanchez/

N Abaco

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C/ Casa Grande, El Durazno, 38400 Puerto de la Cruz, Spain (28.40573, -16.53286)

abacotenerife.com

Tenerife Peaks and Observatories

Tenerife's high-altitude terrain hosts some of the world's most significant astronomical tools and dramatic volcanic formations. This list highlights the Teide Observatory at Izaña, featuring specialized solar instruments like GREGOR and THEMIS. It also includes geological landmarks within Teide National Park, such as the Roques de García, the greenish Los Azulejos rocks, and the Zapatilla de la Reina formation, alongside peaks like Mount Guajara and Montaña Blanca.





A Garcia Stones

Roque Cinchado is a volcanic rock formation regarded as emblematic of the island of Tenerife.

38300, Spain (28.22302, -16.63471)

escuelasdeescalada.com/ficha.php



B

38300, Spain (28.27012, -16.63871)

C Mirador "Shoe of Kingdom Lady"

Named for a volcanic rock formation that resembles a high-heeled shoe, this viewpoint offers a unique perspective of the southern caldera wall.

TF-21, La Orotava, Spain (28.21015, -16.65703)

D Mirador de Los Azulejos

This viewpoint overlooks a series of volcanic rocks known for their distinctive greenish-blue hue, caused by the hydrothermal alteration of iron hydrates.

TF-21, La Orotava, Spain (28.21797, -16.62803)





E Montaña Blanca

Montaña Blanca is a mountain on the Canary Island of Tenerife. Its flat summit on the eastern flank of the Pico del Teide above the edge...

38300, Spain (28.26896, -16.61404)

F Mount Guajara

Mount Guajara is a 2,718 m high mountain on Tenerife, in the Canary Islands.

38300, Spain (28.21699, -16.61229)



G Mirador de La Fortaleza

Offers panoramic views of the northern side of the island and the massive phonolitic rock wall known as La Fortaleza, a remnant of the original caldera.

38300, Spain (28.27422, -16.63918)

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17 Lugar Izaña, 38300, Spain (28.30184, -16.51073)

kis.uni-freiburg.de

K

(28.25469, -16.62567)

L Mirador de la Ruleta

Located at the Roques de García, this observation point overlooks the vast Llano de Ucanca volcanic plain and the jagged 'La Catedral' rock formation.

Lugar las Cañadas del Teide, 38300, Spain (28.22305, -16.63105)

M Mirador de la Ruleta

A prominent vantage point at the Roques de García providing views of the eroded volcanic pillars and the expansive sedimentary plains of the Ucanca Valley.

(28.22304, -16.63126)

N Thémis

A French-Italian solar telescope at the Teide Observatory designed to study the solar magnetic field and the sun's atmosphere with high precision.

(Unnamed Road), 38300, Spain (28.30338, -16.50884)

O Bradford Robotic Telescope

The Bradford Robotic Telescope is an autonomous astronomical telescope located at Teide Observatory, Tenerife in the Canary Islands.

38570, Spain (28.30058, -16.51242)

P Observatorio Astronomico Teide

Established in 1964, this international observatory is a premier site for solar and nocturnal astronomy, benefiting from the island's stable atmospheric conditions.

(28.29826, -16.50880)

Q Roque de la Grieta

A 2,576-meter peak situated along the rim of the Las Cañadas caldera, providing clear views across the southern slopes of Tenerife toward the ocean.

38300, Spain (28.22755, -16.58674)

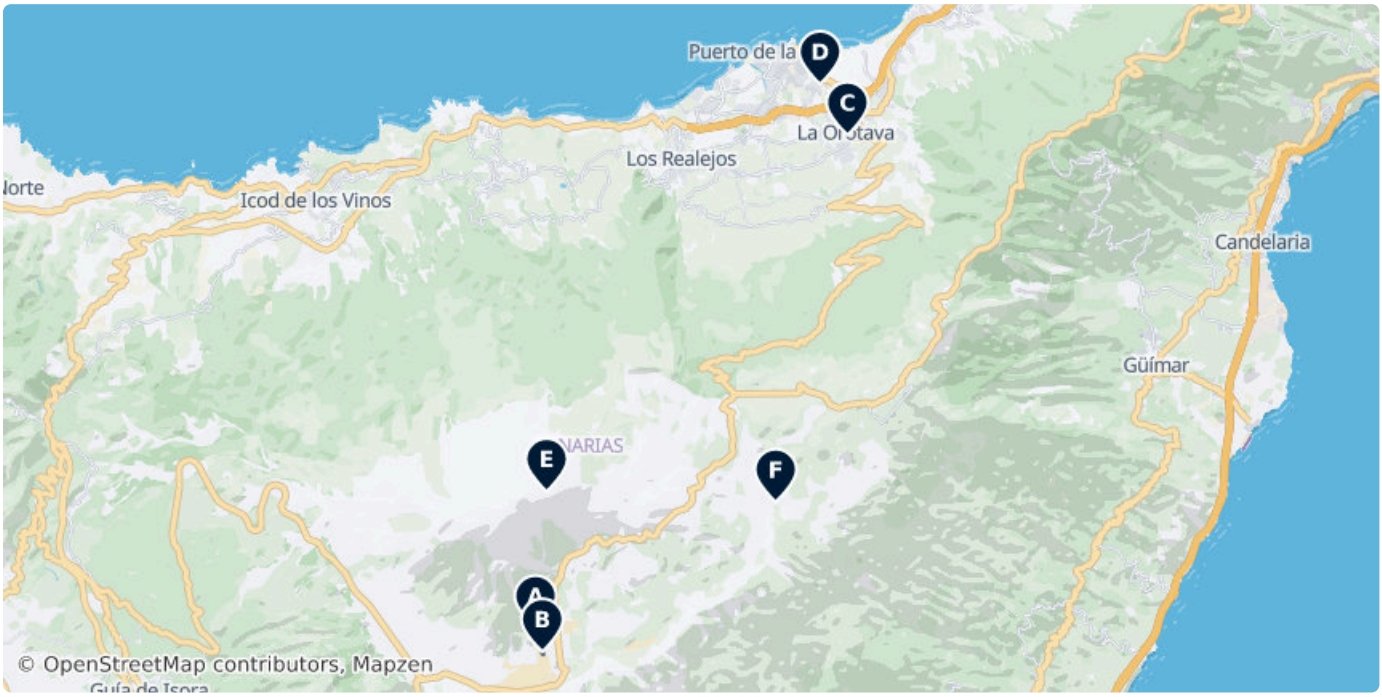
R Montaña Mostaza

A distinct volcanic cone characterized by its yellowish-brown pumice soil, located on the eastern side of the Teide National Park.

38300, Spain (28.27971, -16.57081)

Nature's Sculptures and Sanctuaries

Explore the geological and botanical diversity of La Orotava, spanning from the high-altitude volcanic landscapes of Teide National Park to the manicured terraces of the town center. This selection features prominent rock formations like Roques de García, the naturally chilled Cueva del Hielo, and the 19th-century Victoria Gardens, known for their tiered layout and marble mausoleum. These sites showcase Tenerife's volcanic origins alongside historic estates and protected nature reserves that preserve the island's unique ecosystems.





A Roques de García

Series of volcanic rock formations located within the Teide National Park. These vertical structures resulted from the erosion of ancient volcanic dikes and represent one of the most photographed geological sites on Tenerife.

(28.23052, -16.63719)

escuelasdeescalada.com/ficha.php



B Garcia Stones

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38300, Spain (28.22302, -16.63471)

escuelasdeescalada.com/ficha.php



C Jardines del marquesado de la Quinta Roja

Nineteenth-century eclectic gardens featuring seven tiered terraces and a white marble mausoleum. Designed by French architect Adolph Coquet, the site offers panoramic views of the Orotava Valley and the Atlantic Ocean.

8 Calle Constitución, La Orotava 38300, Spain
(28.38944, -16.52296)

Mo–Su 09:00–20:00, 09:30–20:30

D Hacienda El Durazno

Protected nature reserve and historical estate situated in the Orotava Valley.

(28.40587, -16.53298)



E Cueva del Hielo

High-altitude volcanic cave located at 3,350 meters on Mount Teide. It is known for maintaining a constant cold temperature that allows ice and snow to remain frozen inside throughout the year.

38300, Spain (28.27469, -16.63316)

F Cueva de Diego Hernández

Natural cave formation located within the volcanic landscape of the region.

(28.27130, -16.54926)

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