

# Cuevas De Teno

**Info: The quality of this description has not been checked yet or was rated bad.**

If you know this canyon, please check this description and file a report with a rating for this description using *Reports* -> *+New Report*. Should you notice any error, please let us know or join the community in order to fix this description yourself.

**Create:** 2024-06-05 22:49:21

**Update:** 2026-03-14 21:58:20

**Print:** 2026-03-28 04:03:26

**Country:** España / Spain **Region:** Santa Cruz de Tenerife **Subregion:** **Town:** Buenavista del Norte

**Difficulty:** a little difficult

**Grading:** v4 a1 III

**Total time:** 3h5

**Approachtime:** 5min

**Tourtime:** 2h

**Returntime:** 1h

**Altitude entry:** m

**Altitude exit:** m

**Delta Altitude:**

**Canyon length:** 1100m

**Highest rapell:** 60m

**Amount rapells:** 7

**Transport:**

**Rock type:**

**Drainage area:** km<sup>2</sup>

**Season:** June - November

**Orientation:**

**Best Time:**

**Rating:** ★ 0 ()

**Info:** ★ 0 ()

**Belay:** ★ 0 ()

**Specialities:**

**Gear:**

**Summary:** (machine translated)

Perhaps the most accessible canyon in the Teno area because it is possible to do a combination of vehicles and without the need to go out by the sea. It is a canyon with a very good vertical of 140m split (60m the longest run). Within the Special Protection Area for Birds (SPA), it would be prohibited between February and June, inclusive. It is also under access restrictions according to the Teno Rural Park Use and Management Plan (PRUG).

**Hydrology:**

No

**Access:** (machine translated)

On the road to Buenavista del Norte, with the car back we will continue towards the lighthouse / Punta de Teno, when we reach p.k. 7 we have a bridge over the ravine of the caves and at the well parking place on the left with the hiking trail that goes up to Teno from the point.

To keep in mind, this road has access restrictions, there is also a bus line.

With the access car, or if we only have one vehicle, again in Buenavista, we leave by the road to El Palmar TF436, just past El Palmar we take the detour to the right to Teno Alto. Once in Teno, we will arrive at the bar Los Bailaderos, here we continue straight on towards Punta de Teno and the cheese factory Flores de Teno. We will be able to park just at the end of the track.

**Approach:** (machine translated)

From the cheese factory we continue down to the riverbed, then we only have to follow it up to the first slopes.

**Tour:**

Ver topo

**Return:** (machine translated)

When we reach the bridge we leave on the right, the other vehicle will be here.

With only one vehicle we will continue 100m to the path that goes left and up to Teno, you can't miss it.

**Coordinates:**

Canyon Start [28.3493 -16.8974](#)

## Reports:

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2024-06-16 | System User | |📖|📌||

Información: Partes de la descripción del cañón se han importado automáticamente. Concretamente, los campos Verticalidad, Acuáticos, Seriedad, Resumen, Hidrología, Acceso, Acceso, Recorrido, Regreso, Tiempo acceso, Tiempo tour, Tiempo regreso, Rapel más alto, Cantidad rapells, Longitud del cañón, Temporada start, Temporada end, Ruta GPS, Topografía de

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