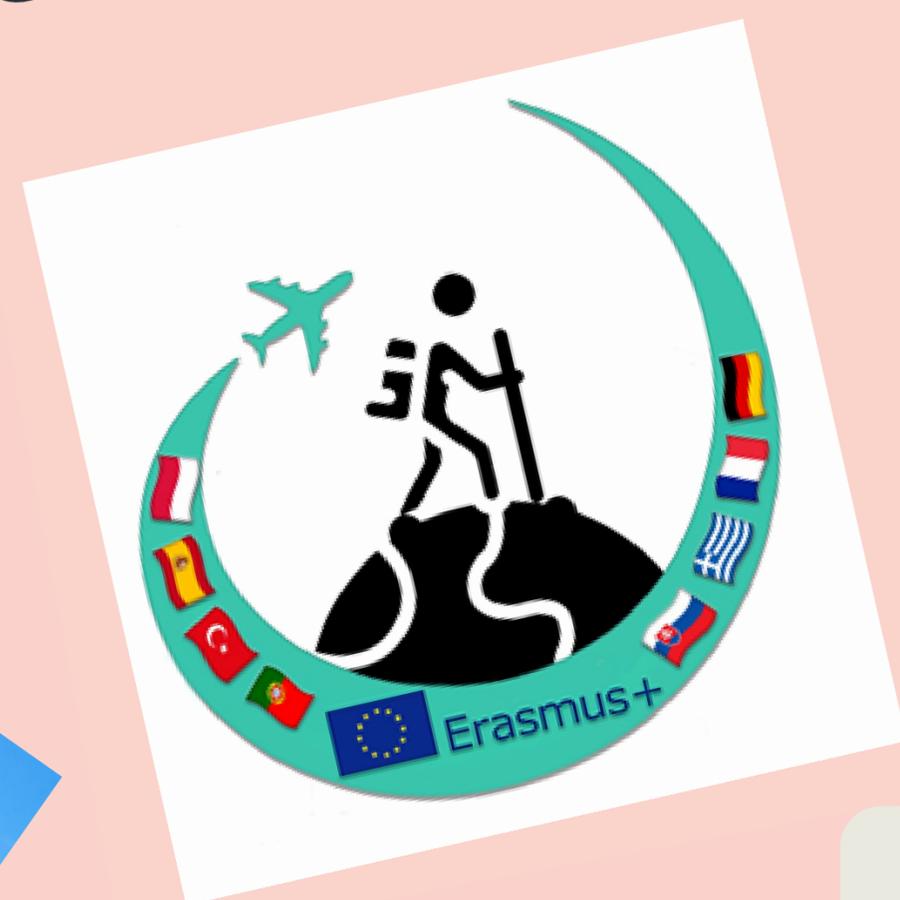




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Los Llanos de Aridane





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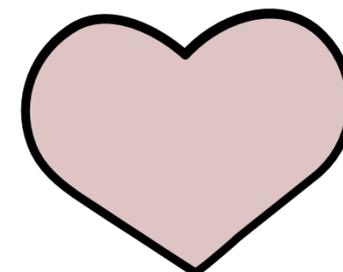
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CULINARY DELIGHTS

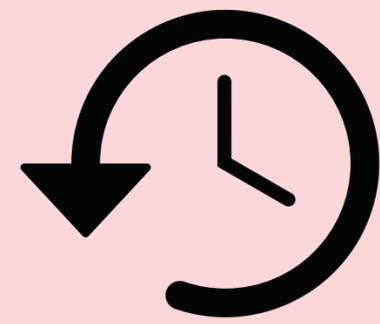
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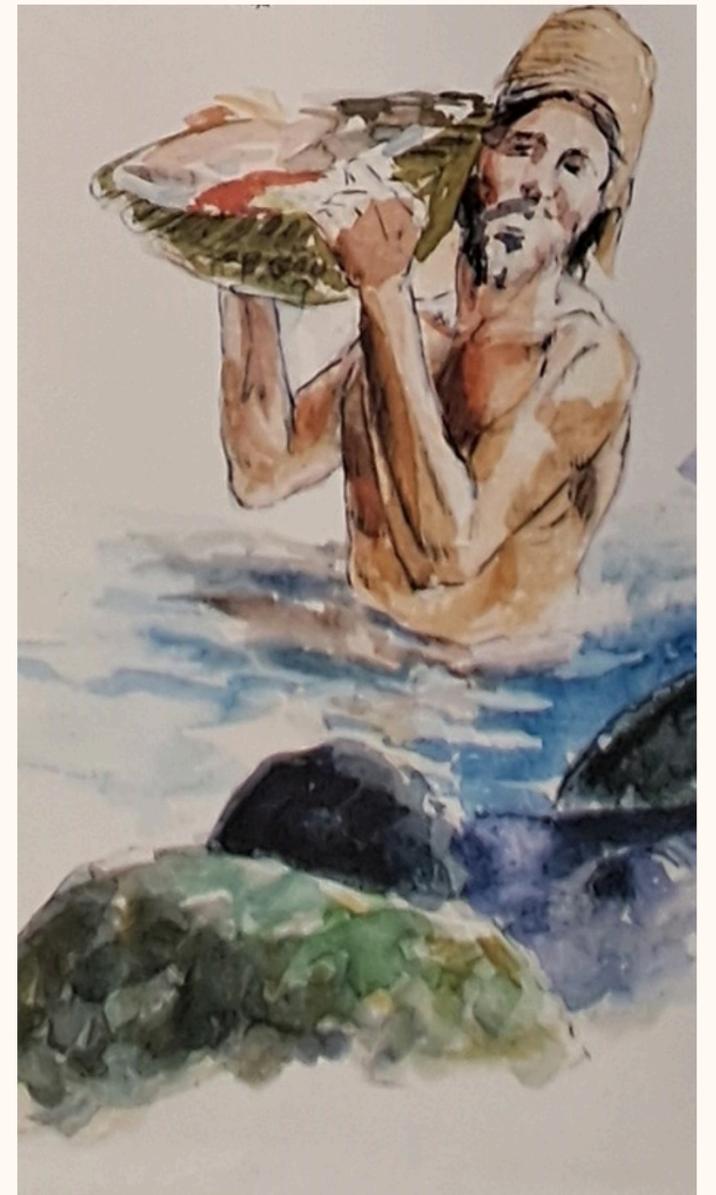
DISCLAIMER



HISTORY



- Los Llanos de Aridane - literally translated "the plains of the plain"
- built in 1521 in the manner of the colonial foundations of the New World
- its center formed around the local parish, the Church of Los Remedios

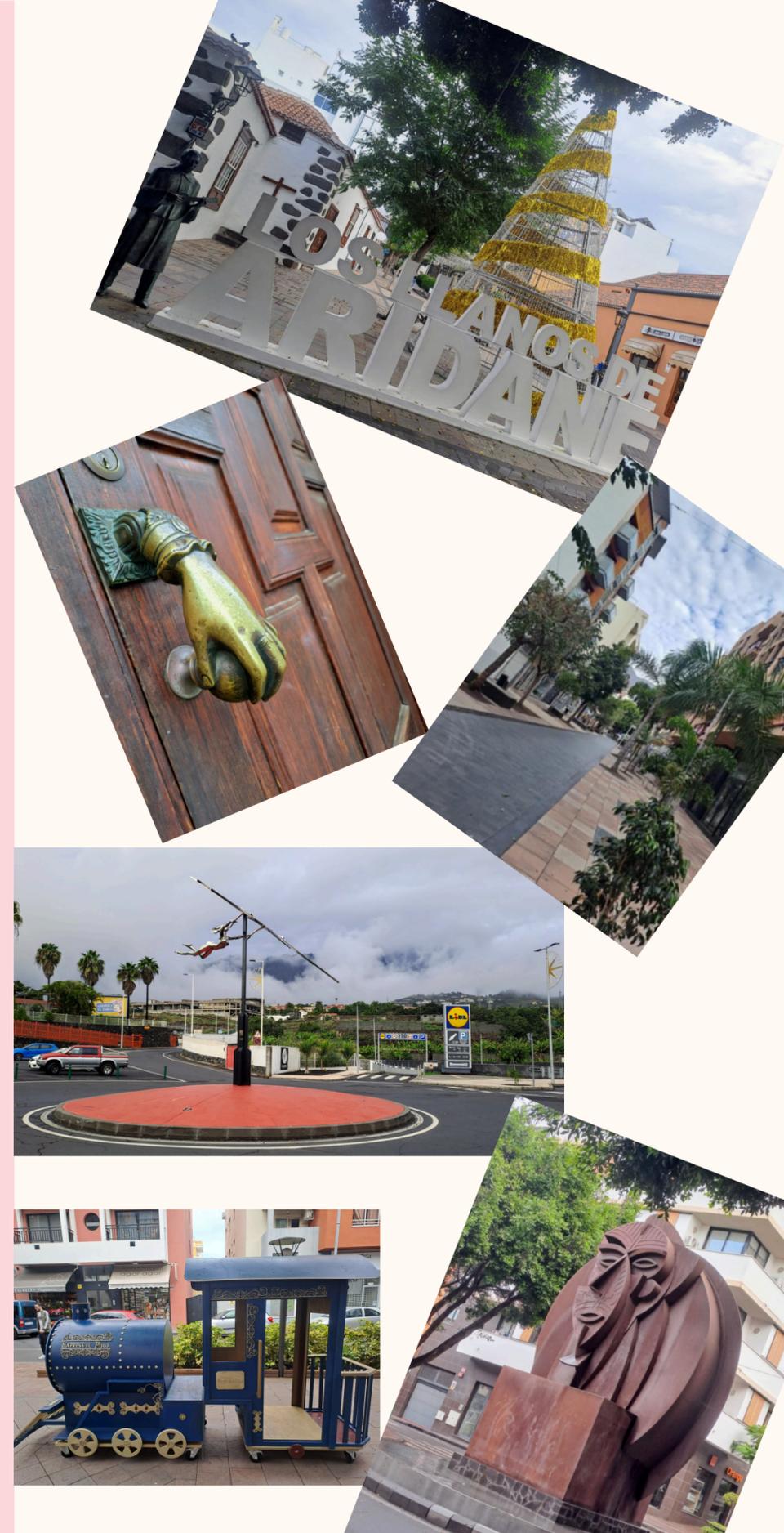


the Benahoaritas - ancient inhabitants of La Palma

THE PRESENT

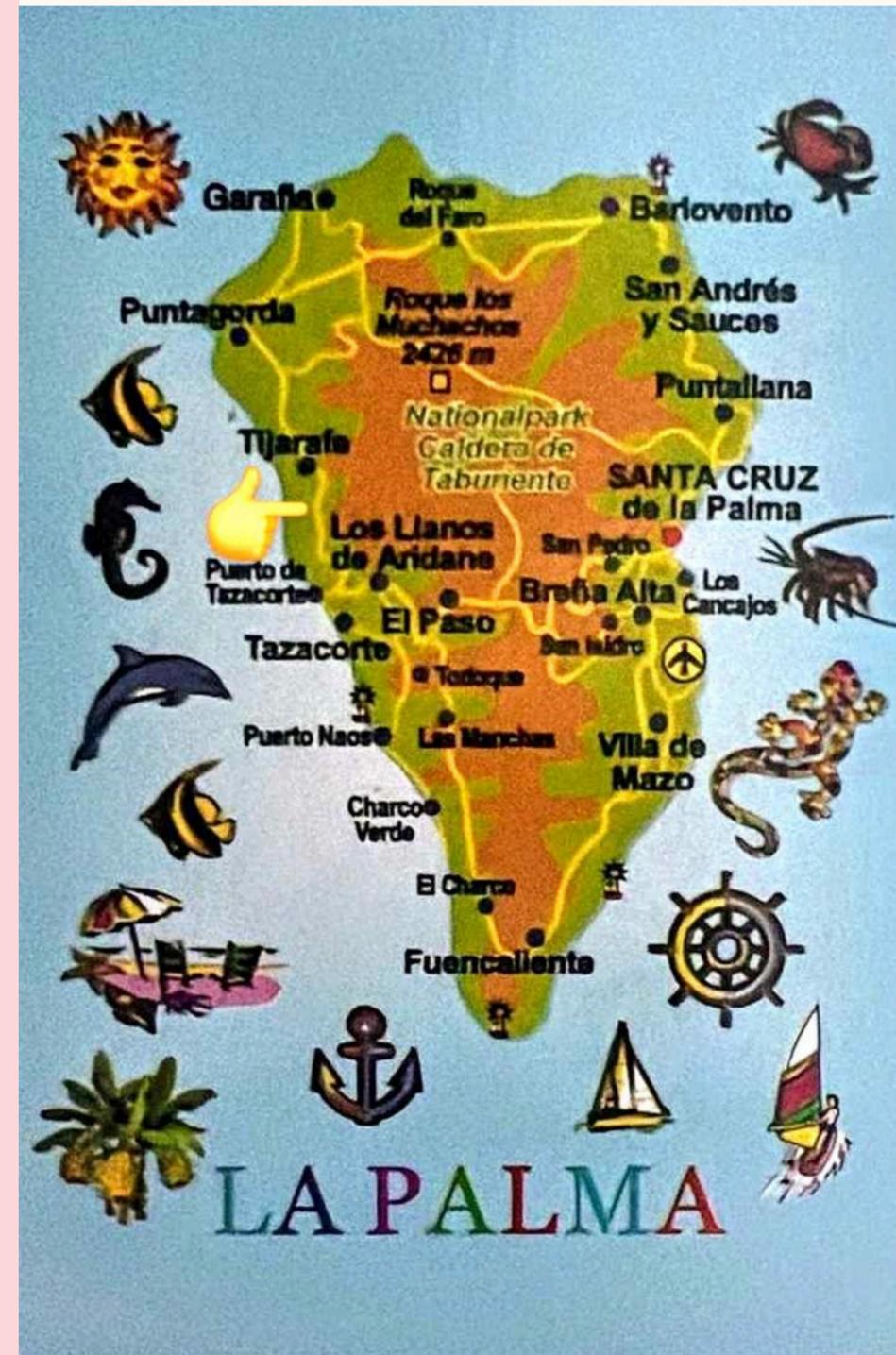


- located in the west of the island of La Palma, in the Aridane Valley
- its elevation: 325 m
- the most urban, cosmopolitan and populated municipality of La Isla Bonita
- population: 20 551 inhabitants



NATURE

- the Atlantic Ocean
- beaches and black sand
- peaks, cliffs and slopes
- sunny climate
- palms, flowers
- Indian laurel trees
- banana farms
- volcanoes









CULTURAL HERITAGE

- Historic center
- Plaza de España
- The Church of Nuestra Señora de los Remedios
- Benahoarita Archeological Museum
- The Museum of Sacred Art
- The Museum on the Street

<https://hellolapalma.com/en/tours/los-llanos-and-the-open-museum-in-the-street/>



Historic centre

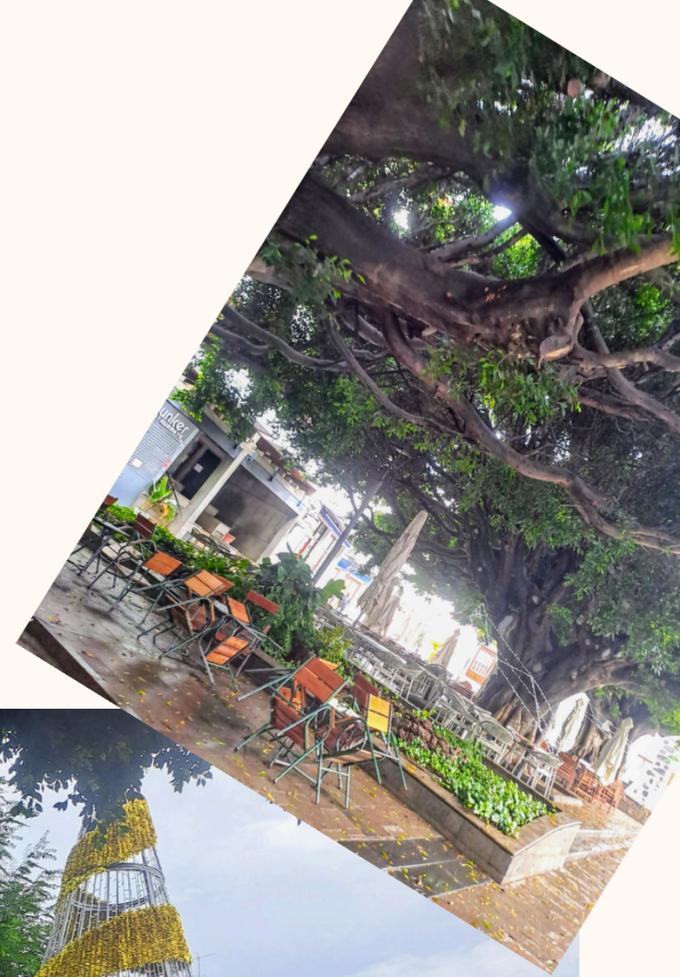


- Canarian domestic architecture
- the small, ground-floor houses , colorful and unique in their style



Plaza de España

- the heart of the town surrounded by the oldest Indian laurels in the Canary Islands



The Church of Nuestra Señora de Los Remedios

- built by the 1st Castilian conquerors in the 16th century
- the flamenco panel of the Patroness of the municipality, the Virgin de los Remedios





Benahoarita Archeological Museum

- dedicated to the Benahoarita culture, the island's aboriginal people - "benahoaritas"
- a permanent exhibition on the habitat, lifestyle, industries and culture of these inhabitants



ALIMENTACIÓN BENAHOARITA
BENAHOARI FOOD



CAZARNE
caza
MEAT Hunting



Estas actividades serían ocasionales y se llevarían a cabo de forma esporádica o estacional, dependiendo de la oportunidad y el momento de la caza. Los estudios zoológicos en las cuevas de El Tendi (San Andrés y Sauces) y El Rincon (El Paso) han demostrado la captura y consumo de aves, grajas, palomas, papilas, "aguillas", cuervos, merlos, corujas, etc. Otros productos que se recogían serían los huevos y la miel.

The consumption of lizard meat has also been witnessed archaeologically, as some bones have appeared that are burned and bearing identical marks to the bone fragments from sheep and goats. When the first Benahoari people arrived, around 200 B.C., there were some giant lizards living on the island, but these were finally exterminated, as can be seen at El Roque de Los Guerra (Isla de Mazor).

En el Noroeste de África, de donde procedían, y algunos datos etnohistóricos recogidos en La Palma, indican el aprovechamiento de las langostas cuando arribaban a las islas. Se capturaban, se secaban, se molidan y se consumían mezcladas con agua o leche.



ALIMENTACIÓN BENAHOARITA
BENAHOARI FOOD

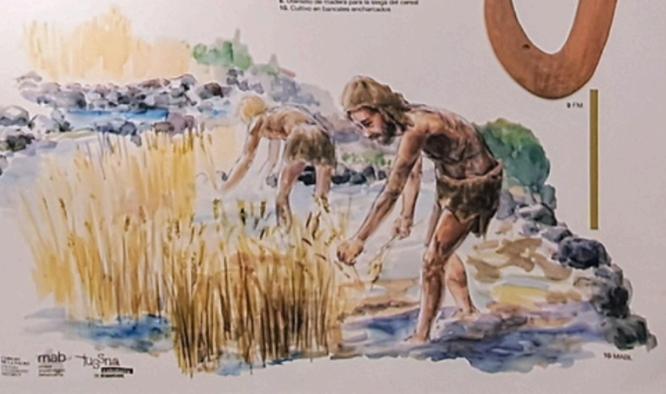


AGRICULTURA
FARMING



Las fuentes etnohistóricas, en su gran mayoría, negaban el conocimiento de la agricultura por parte de los benahoaritas ante la creencia de que la isla era tan rica en frutos y semillas silvestres que hacían totalmente innecesaria la siembra de cereales. El olvido del cultivo es insólito y pudo estar relacionado con la pérdida de la semilla debido a prolongadas sequías, plagas de langosta, erupciones volcánicas, etc. De cualquier forma, se trata de una hipótesis que debe verificarse o desmentirse en futuras excavaciones arqueológicas.

Most ethno-historical sources denied that the Benahoari had any knowledge of farming in the belief that the island had such an abundance of wild nuts and seeds that it was totally unnecessary to sow cereals. Forgetting about planting is unusual and could have something to do with the loss of soil due to prolonged droughts, locust plagues, volcanic eruptions, etc. In any event, it is a hypothesis that must be verified or proven wrong by future archaeological diggings.



ALIMENTACIÓN BENAHOARITA
BENAHOARI FOOD



AGRICULTURA
El gofio
FARMING Gofio



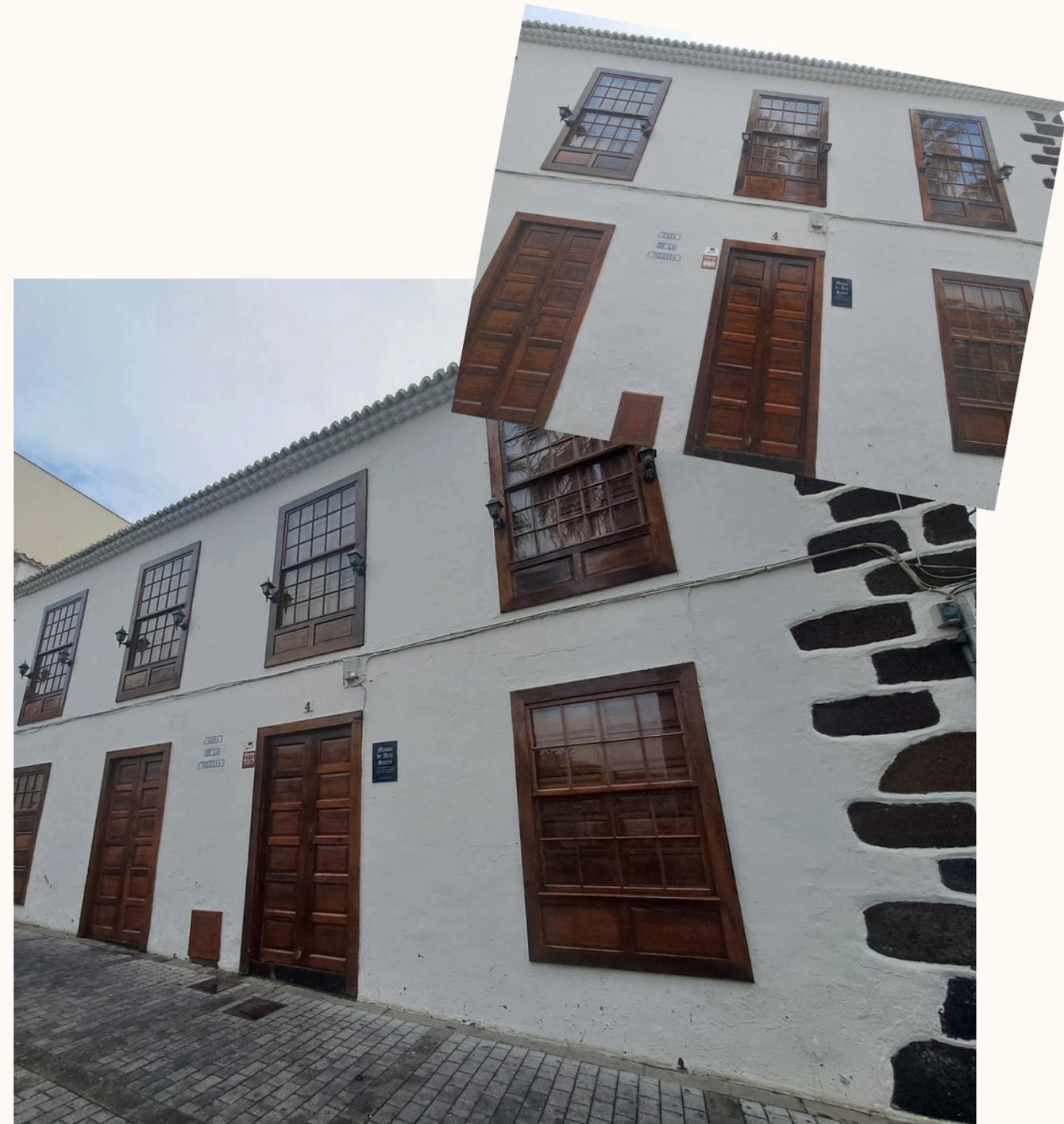
El gofio fue uno de los alimentos esenciales de los benahoaritas. Se obtenía mediante el tostado y la trituración de los cereales y sobre todo, según J. Abreu Galindo, "...el mantenimiento que usaban en lugar de pan eran raíces de helechos y grano de amargante...". El uso de la raíz de helecho para hacer gofio se mantuvo hasta la década de los 60 del siglo XX. Por el contrario, parece poco factible el uso de los granos de amargante para hacer gofio dado su reducido tamaño y la escasa cantidad de harina que podían aportar.

Gofio was one of the essential food items of the Benahoari people. It was made by grinding up and toasting cereals, especially, according to J. Abreu Galindo, "...the sustenance that they used instead of bread were fern roots and rock-rose grain...". The use of fern roots to make gofio continued up until the 1960s. The use of rock-rose grain for making gofio, on the other hand, does not seem very feasible, given their small size and the small amount of flour that it could give.



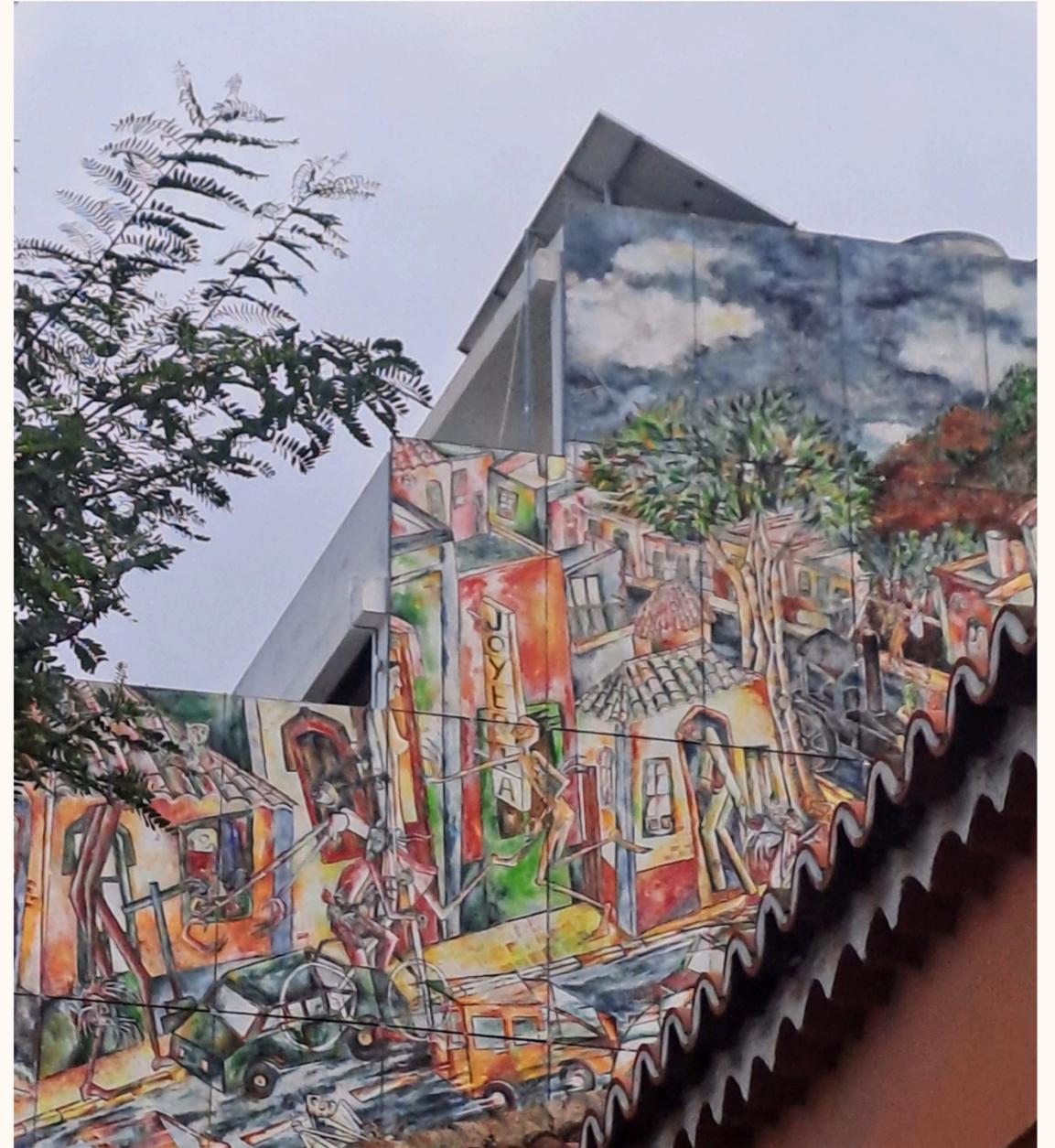
The Museum of Sacred Art

- a small exhibition of liturgical items



The Museum on the Street

- a permanent outdoor exhibition
- contemporary art murals are painted on the sides of buildings in the centre



CULINARY DELIGHTS

- Queso frito con mojo verde
- Gambas al ajillo
- Chipirones
- Papas arrugadas
- Bichillo con salsa de pimienta
- Barraquito con licor
- Príncipe Alberto
- Bienmesabe





Queso frito con mojo verde



Gambas al ajillo



Chipirones



Papas arrugadas



Bichillo con salsa de
pimienta



Barraquito con licor



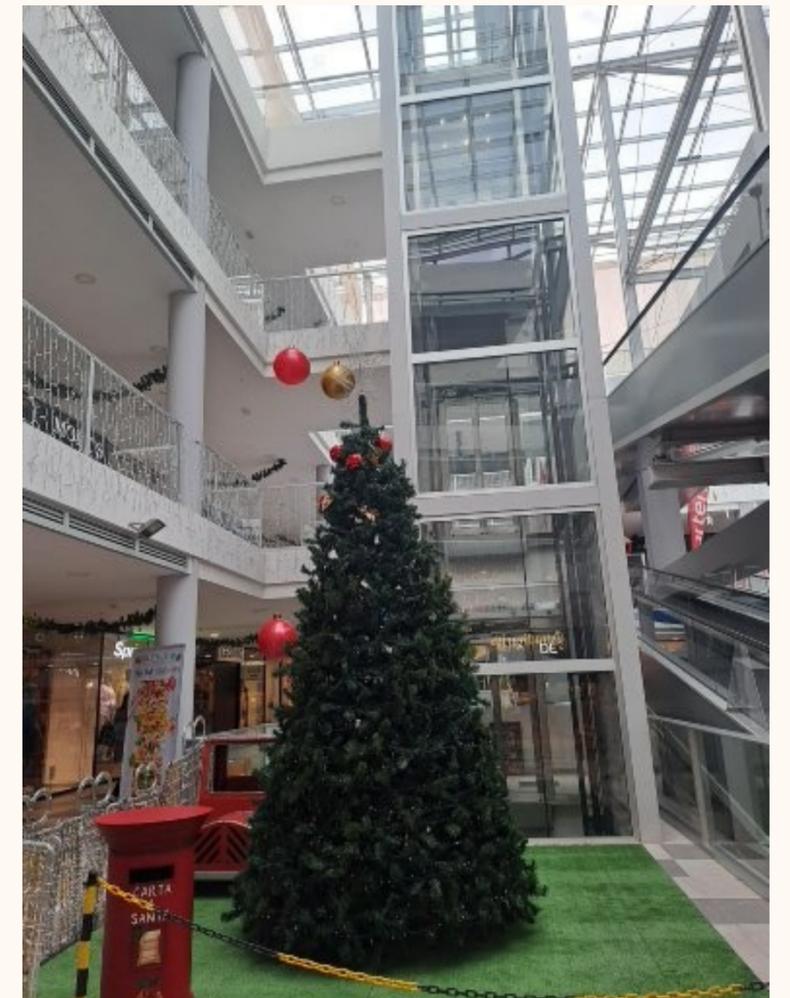
Príncipe Alberto



Bienmesabe

LIFESTYLE

- restaurants - Balcon Taburiente, El Bunker, El Edén, Los Argentinos
- shops - shopping
Monday-Friday: 9:00-13:00/14:00
Saturday: 9:00/10:00-14:00
Sunday: closed
- festivals - Carnival, Los Indianos, El Diablo etc.







TRAVEL TIPS

- bus - cheap, taxi - 1 hour/50-60 Eur
- beaches - Puerto Naos, Charco Verde
- volcano - Cueva Vieja
- Caldera de Taburiente National Park
- cave in the Cueva de Las Palomas
- <https://www.bintercanarias.com/es>
- cheap flights



Santa Cruz de La
Palma
beaches

300



300 S/C PALMA ↔ LOS LLANOS ±50'

- S/C DE LA PALMA 2 1 12 33 35 100 200 201 500
- CRUCE CANCAJOS ±02' 20 35 200 201
- LA GRAMA ±04' 12 33 35 41
- HOSPITAL ±10' 12 33 35 41
- BOTAZO ARRIBA ±15'
- TUNEL DE LA CUMBRE ±20'
- CENTRO VISITANTES P.N. CALDERA DE TABURIENTE ±23'
- RECTA PADRÓN ±25' 8
- EL PASO ±28' 8
- TAJUÑA ±31'
- COLEGIO TENDIÑA ±33'
- LOS LLANOS ±50' 5 8 24 27 29 110 210



LUNES A VIERNES	
A S/C PALMA -> LOS LLANOS	B LOS LLANOS -> S/C PALMA
06:10 06:40 06:55 07:10 07:40	05:15 06:00 06:15 06:35 06:50
08:10 08:40 09:10 09:40 10:10	07:35 08:05 08:35 09:05 09:35
10:40 11:10 11:40 12:10 12:40	10:05 10:35 11:05 11:35 12:05
13:10 13:40 14:10 14:25 14:40	12:35 13:05 13:35 14:05 14:35
15:10 15:40 16:10 16:40 17:10	15:05 15:20 15:35 16:05 16:35
17:40 18:10 18:40 19:10 19:40	17:05 17:35 18:05 18:35 19:05
20:10 20:40 21:40 22:10 22:40	19:35 20:05 20:35 21:35 21:05
	22:35
SÁBADOS, DOMINGOS Y FESTIVOS	
A S/C PALMA -> LOS LLANOS	B LOS LLANOS -> S/C PALMA
06:10 07:10 08:10 09:10 10:10	05:15 06:35 07:35 08:35 09:35
11:10 12:10 13:10 14:10 15:10	10:35 11:35 12:35 13:35 14:35
16:10 17:10 18:10 19:10 20:10	15:35 16:35 17:35 18:35 19:35
21:40 22:40	20:35 21:35 22:35

Líneas de guaguas de La Palma
LA PALMA BUS ROUTE MAP



RADIO TAXI LOS LLANOS



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682 80 27 73

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