

# Tao



## About Tao

**Tao** is an aborigine name meaning fortress. In spring, the mountain of Tamia is normally covered by tiny little flowers and its slopes reach down right into the town.

From here, on a clear day it is possible to enjoy some truly unique panoramic views of [Nazaret](#), Las Laderas, [Tahíche](#), [Teguisse](#) and even Risco de Famara and [La Graciosa](#), in the distance.

This is a town which is largely dedicated to agriculture and so it is also commonplace to see herds of goats and sheep grazing in the surrounding fields. The town also has a strong tradition of [Canarian wrestling](#), a native sport.