



Gran Canaria

Photo: Gran Canaria Tourist Board



Gran Canaria Tourist Board



Gran Canaria Tourist Board



Gran Canaria Tourist Board

Gran Canaria's more than the sum of its famous beaches, where holidaymakers assume the horizontal position to lap up one of the world's most-celebrated climates. It's not hard to see why capital Las Palmas de Gran Canaria was named after the island's palms. They are here, there, and everywhere. If you think of active sports in GC, you'll probably think of diving and surfing. But head to the island's interior to climb. It's even possible to ascend Roque Nublo, Gran Canaria's iconic Cloud Rock. Little wonder GC's dubbed the miniature continent.

Go where no one has
VENTURED BEFORE!

5 Off the Beaten Track
Destinations in Asia

ArrivalGuides

Foto: WhitefoxChen / Shutterstock

Top 5



Vegueta

Strolling around the cobbled streets of Vegueta, where the twin towers of Ca...



Mógan

Three, it's the magic number. For there's Mógan, the south-west municipality...



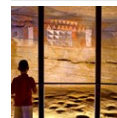
Roque Nublo

Australia's got Ayer's Rock, Ireland, the Blarney Stone, and Gran Canaria, R...



Maspalomas

The famous dunes have been a nature reserve since 1897, although scientists ...



Museums

For a gateway into Gran Canaria's past, why not visit one of GC's museums? L...



THE ISLAND



Gran Canaria Tourist Board

There's an island in the Mid-Atlantic offering a gateway to the Americas. An island very much part of Spain but one far more African than Iberian in its make-up. That island's Gran Canaria.

Marvel at the Maspalomas dunes featuring grains blown over from the Sahara, making the area resemble a mini-desert. Explore capital Las Palmas de Gran Canaria, colourful and vibrant, earning it the nickname of Little Havana. Escape to the country by enjoying mountains which wouldn't look out of place in the Alps and valleys as green as their Welsh counterparts, under a trademark Gran Canaria azure sky.

The east of the island's often overlooked, but it has some great sports beaches for windsurfers like Pozo Izquierdo, plus pretty towns like Agüimes. The west of the island, meanwhile, boasts the great lost beach of Güigüi, ideally reached by foot. Nearly as unspoilt is the rugged north coast.

There's the deep south of the resorts. The likes of the aforementioned Maspalomas and the just-as-famous Playa del Inglés. Where the weather's even more ideal for sunseekers than Las Palmas de Gran Canaria, recognized by US academics as the metropolis with a climate more

favourable than any other city worldwide.

EVENTS



Gran Canaria's calendar's packed full of both religious and secular cultural events, as well as sporting ones. Municipalities hold regular local fiestas which pay tribute to their native saint. There are also those which pre-date the Spanish invasion. We'll share the major dates for your diary from January through to December.

TOP 5



Gran Canaria Tourist Board

Introducing Gran Canaria's famous five. These five destinations on the island you simply must see. 1, 2, 3, here goes:

Vegueta

Mógan

Roque Nublo

Maspalomas

Museums

Vegueta



Strolling around the cobbled streets of Vegueta, where the twin towers of Catedral de Santa Ana dominate the skyline, feels like

stepping back in time. For you're walking in the footsteps of Christopher Columbus. Visit the Ermita de San Antonio hermitage, where a kneeling Columbus prayed prior to setting sail.

Photo: Gran Canaria Tourist Board

Address: Vegueta, 35001, Las Palmas de Gran Canaria

Mógan



Three, it's the magic number. For there's Mógan, the south-west municipality which enjoys the best weather on GC as the south is sunniest and the west clearest.

Then there's Puerto de Mógan, a stylish resort dubbed Little Venice for its intricate canals and Mógan, a picture-postcard whitewashed village.

Photo: Gran Canaria Tourist Board

Address: Mógan

Roque Nublo



Australia's got Ayer's Rock, Ireland, the Blarney Stone, and Gran Canaria, Roque Nublo. Cloud Rock seems a little bit of an odd name.

Usually, because you can see for miles and miles from this famous vantage point. Walk there from La Goleta car park, located on the Ayacata-Pozo de las Nieves road.

Photo: Gran Canaria Tourist Board

Address: Roque Nublo

Maspalomas



The famous dunes have been a nature reserve since 1897, although scientists theorise they only date back to 1755 when a Lisbon-born

tsunami hit GC. The Faro de Maspalomas, however, is a 68-metre tall man-made landmark. Although visitors are more attracted by the 2,710-metre-long beach.

Photo: Tourist Board of Gran Canaria

Address: Maspalomas, 35100, San Bartolomé de Tirajana

Museums



For a gateway into Gran Canaria's past, why not visit one of GC's museums? Las Palmas de Gran Canaria's Casa de Colón (Columbus House)

museum chronicles the adventures of Christopher Columbus whilst Gáldar's Cueva Pintada (Painted Cave) museum reveals the island's pre-Spanish history.

Photo: Gran Canaria Tourist Board

DO & SEE



Gran Canaria Tourist Board

Whilst the temptation to work on that tan might prove an impossible one to resist, especially given Gran Canaria's all-year-round sunshine, here's why you should drag yourself off that sun lounger. There's just so much to see and do on the island. Here are 20 recommendations for you to add to your itinerary:

- 1.) Dunas de Maspalomas
- 2.) Las Palmas de Gran Canaria
- 3.) Protected natural spaces
- 4.) Taste Gran Canaria
- 5.) Jardín Botánico Viera y Clavijo
- 6.) Archaeological heritage
- 7.) Las Palmas de Gran Canaria's museums
- 8.) Carnivals
- 9.) Theme Parks
- 10.) Nautical activities
- 11.) Land activities
- 12.) Golf
- 13.) Spas
- 14.) Traditional sports
- 15.) Party like a Canarian
- 16.) Gran Canaria, the Rainbow Isle
- 17.) ARC
- 18.) Coffee
- 19.) Cave communities
- 20.) Rural accommodation

Aqualand Maspalomas



Gran Canaria's largest water park boasts over 40 slides and attractions. It's fun for all the family, from infants up to grandparents. There's so much to do and see at Aqualand Maspalomas, that it's a day out in its own right.

Photo: Gran Canaria Tourist Board

Address: Ctra. Palmitos Park, Km 3, 35100, Maspalomas

Public Transport: www.globalsu.net

Opening hours: From September 1st to 31st June: 10:00am until 5:00pm. July and August: 10:00am until 6:00pm

Phone: +34 928 140 525

Tickets:

www.aqualand.es/grancanaria/en/opening-hours-and-prices/

Internet: www.aqualand.es/grancanaria

Palmitos Park



Bird species from every continent, exotic flora and spectacular shows awaits you at this Gran Canaria icon. To save money, you can buy a combined parks ticket which also allows you entry to Aqualand Maspalomas.

Photo: Gran Canaria Tourist Board

Address: Barranco de los Palmitos, s/n, 35109, Maspalomas

Public Transport: www.globalsu.net

Opening hours: www.palmitospark.es/timetables-and-prices

Phone: +34 928 797 070

Tickets: www.palmitospark.es/timetables-and-prices

Internet: www.palmitospark.es

Roque Nublo



Roque Nublo is a landmark which is a must see in Gran Canaria. Thousands of rock climbers and tourists visit this each year. It is simply beautiful. Park your car at the La Goleta car park and follow a well-signposted path.

Photo: Gran Canaria Tourist Board
Address: Gran Canaria

Jardín Botánico Viera and Clavijo



Also known as the Jardín Canario, this botanic garden is a great place for a stroll. Start from the bottom and work your way up or the other way around. Whichever way you choose to explore, you'll easily spend a couple of hours here.

Photo: Gran Canaria Tourist Board
Address: Carretera del Centro Km 7, 35017, Las Palmas de Gran Canaria
Public Transport: www.globalsu.net www.guaguas.com
Opening hours: 9:00 am a 6:00 pm daily
Phone: +34 928 219 580
Tickets: Free entrance
Internet: www.jardincanario.org
Email: jardincanario@grancanaria.com

Barranco de Guayadeque



If you love to get up close and personal with nature, then the Guayadeque ravine is paradise for you. Here you will find almost 2,000 different plant species and many historical remains.

Photo: Gran Canaria Tourist Board
Address: 35250, Ingenio

Faro de Maspalomas



Travelling to Maspalomas lighthouse and walking on the beach and amongst the shops makes for a lovely evening. Try to catch the sunset and enjoy the view with a leisurely drink or bite to eat.

Address: Faro de Maspalomas, s/n, 35100, San Bartolomé de Tirajana

Cenobio de Valerón



Cenobio de Valerón is one of Gran Canaria's most visited sights. The area of the caves inside the rocks is listed as an archaeological area. It is simply just a gorgeous place. And easily reached off the GC-2.

Photo: Gran Canaria Tourist Board
Address: Cuesta de Silva, s/n, 35450, Santa María de Guía
Public Transport: www.globalsu.net
Opening hours: October to March: Tuesdays to Sunday 10:00am-5:00pm and April to September: uesdays to Sunday 10:00am-6:00pm
Phone: +34 618 60 7896
Internet: www.cenobiodevaleron.com
Email: info@cenobiodevaleron.com

Dunas de Maspalomas



The south is where the resorts are. But it's forbidden by law to build on the Maspalomas dunes. Preserving their unique environment for generations to come. Lose yourself in their sheer immensity.

Photo: Gran Canaria Tourist Board

Address: Dunas de Maspalomas, 35100, San Bartolomé de Tirajana

Las Palmas de Gran Canaria



Everything you'd expect in a capital. Bright and light, there's a very definite buzz. Visit Mesa y López for high-street shopping. For boutiques, try Triana. History buffs will prefer a stroll around Vegueta, original Las Palmas de Gran Canaria. Beach bums? Las Canteras, truly one of the world's great urban beaches.

Photo: Gran Canaria

Address: Las Palmas de Gran Canaria

Museo Canario



The Museo Canario (Canarian museum) in Vegueta allows you to find out more about the canarii, the people who occupied Gran Canaria before the arrival of the Spanish in the 15th century.

Photo: Gran Canaria Tourist Board

Address: Calle Doctor Verneau 2, 35001, Las Palmas de Gran Canaria

Public Transport: guaguas.com

Opening hours: Monday to Friday 10:00 am to 8:00 pm and Saturday, Sunday and public holidays 10:00 am to 2:00 pm

Phone: +34 928 336 800

Tickets: Adults: 4,00 € Students, senior citizens and the unemployed (with valid ID) : 2,40 € Children (under 12s) : free Monday: free

Internet: www.elmuseocanario.com

Email: info@elmuseocanario.com

More Info: Prices correct up to the end of 2015

Museo y Parque Arqueológico Cueva Pintada



Gáldar's Museo y Parque Arqueológico Cueva Pintada (Painted Cave Archaeological Park and Museum) offers a window into the life of the canarii, the people who inhabited the island before the 15th-century Spanish conquest.

Photo: Gran Canaria Tourist Board

Address: Audiencia 2, Gáldar, 35460

Public Transport: www.globalsu.net

Opening hours: 16th September to 14th June. Tuesday to Saturday: 10:00am to 6:00pm. Sundays and public holidays: 11.00am to 6:00pm. 15th June to 15th September. Tuesday to Saturday 10:30am to 7:30pm. Sundays and public holidays: 11:00am to 7:00pm.

Phone: +34 928 895 746

Tickets: Adults: 6 €. Students, elderly, unemployed: 3 €

U-18s: free

Internet: www.cuevapintada.org

Email: didacticacuevapintada@grancanaria.com

More Info: Prices correct up to the end of 2015

Protected natural spaces



Get back to nature in the island's centre, Parque Rural del Nublo, where you'll be able to trek to the island's great natural moment, Roque Nublo.

Further north, Los Tilos de Moya's the last remaining section of woodland which stretched across this part of GC, where great canarii warriors like Doramas used to roam.

Photo: Gran Canaria Tourist Board

Taste Gran Canaria



If it's international cuisine you're looking for, you're well-catered for by cosmopolitan Las Palmas de Gran Canaria. Visit Teror's market to pick up the municipality's traditional chorizo, a sausage that's as sweet as it is savoury. Further inland, Tejeda makes good use of its almond trees in desserts. Traditional gastronomy is all around.

Photo: Gran Canaria Tourist Board
Address: Gran Canaria

Archaeological heritage



Gran Canaria's fertile earth is rich in remains from the canarii, the North African race which occupied the island before the 15th-Century arrival of the Spanish. Learn more about them in Las Palmas de Gran Canaria's Museo Canario. Another related museum well worth visiting is Gáldar's Cueva Pintada.

Photo: Gran Canaria Tourist Board
Address: Gran Canaria

Las Palmas de Gran Canaria museums



The bulk of the capital's museums are located in the oldest part of town. Vegueta's home to the Casa de Colón (Columbus House), the Museo Diocesano de Arte Sacro (a sacred-art museum within the cathedral), and the Museo Canario with its grisly but fascinating collection of canarii skulls.

Photo: Gran Canaria Tourist Board
Address: Las Palmas de Gran Canaria

Carnivals



The major fiesta's Carnaval. And the main Carnaval is the Carnaval de Las Palmas, three colourful weeks of circus-meets-pantomime fun. Similarly flamboyant is Maspalomas' carnival. Where extravagant costumes make it a hit with the gay community.

Photo: Gran Canaria Tourist Board
Address: Gran Canaria

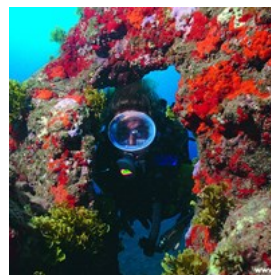
Theme Parks



Scream if you want to go faster on the slides at Agualand's water park or check out all the pretty birds, of the feathered variety, at Palmitos Park. Visit Sioux City if you're a fan of cowboys and Native Americans. Or head to Puerto Rico for the new kid on the block, the Angry Birds Activity Park, which opened in 2013.

Address: Gran Canaria

Nautical activities



236km of Atlantic coastline makes GC a fantastic water-sports venue. Learn how to SUP on Canteras beach in Las Palmas de Gran Canaria or kayak on Playa de Alcaravaneras nearby. There are surf schools in the north and south of the island, as well as dive academies if you want to go deep, deep down.

Photo: Gran Canaria Tourist Board
Address: Gran Canaria

Land activities



Gran Canaria offers things to do on its turf as well as its surf. There are a number of caminos reales, royal pathways, which you can hike along.

These include a three-day version of the famous Camino de Santiago. GC's a great cycling destination too, with professional teams using it as a training base.

Photo: Gran Canaria Tourist Board
Address: Gran Canaria

Golf

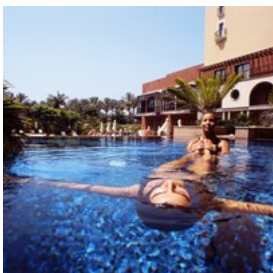


Fore, Gran Canaria offers some testing courses to challenge even the most experienced golfer. These include the oldest course in the whole of Spain,

Bandama's Real Club de Golf de Las Palmas. And one of the newest, the Salobre Norte, at the Sheraton Salobre in the south of the island.

Photo: Gran Canaria Tourist Board
Address: Gran Canaria

Spas



Gran Canaria's a well-established wellness destination. Many tourists visit the island as the climate's been recommended them by

their doctor. Gran Canaria Wellness helps you find the best spa and thalassotherapy hotels on the island. As well as the finest medical centres.

Photo: Gran Canaria Tourist Board
Address: Gran Canaria Spa, Wellness & Health, Los Balcones 4, 35001 Las Palmas de Gran Canaria
Phone: +34 928 367 508
Internet: www.grancanariawellness.com
Email: info@grancanariawellness.com

Traditional sports



Gran Canaria locals love their basketball and football. But they're also keen on some sports which probably predate the arrival of the Spanish.

The likes of lucha canaria, Canarian wrestling, whose bouts draw a loyal following to the rings in municipalities up and down the island.

Address: Gran Canaria

Party like a Canarian



Fiesta fiesta, no time for siesta. Teror's Fiesta de Nuestra Señora del Pino (Our Lady of the Pine), dates back to the 17th century when the statue of Gran Canaria's patron saint was taken to the capital to pray for rain. Even older is Agaete's Fiesta de la Rama in August which sees partygoers thrashing the Atlantic with palm branches, just like the canarii before them did, again for rain.

Photo: Gran Canaria Tourist Board
Address: Gran Canaria

Gran Canaria, the Rainbow Isle



Gran Canaria's a very tolerant island. For many gay people, the island's their holiday destination of choice. Quite a few have settled here too.

You'll see the Gay Pride flag waved with, yes, pride at festivals including the Carnaval Internacional de Maspalomas in the south of the island.

Address: Gran Canaria

ARC

Las Palmas de Gran Canaria's Muelle Deportivo (Sports Harbour) is the starting point for the Atlantic Rally for Cruisers. The World Cruising Club event features 200+ boats and more than 1,200 sailors cruising 2,700 nautical miles across the Atlantic to Saint Lucia each November.

Address: Muelle Deportivo de Las Palmas de Gran Canaria, 35008, Las Palmas de Gran Canaria

Internet: www.worldcruising.com/arc/

Coffee

Anything seems to go on Gran Canaria and everything seems to grow. The Valle de Agaete's home to tropical fruit farms and vineyards. It also houses the world's most northerly coffee plantations. These are the only plantations in the whole of Europe, which makes Gran Canaria seem even more exotic.

Address: Valle de Agaete, 35489, Gran Canaria

Cave communities

The canarii who occupied the island before the Spanish conquest of the 15th century used to live in caves. It's a tradition that's continued in the likes of the south-east's Barranco de Guayadeque and west central's Artenara. Get to know the

real-life Bedrocks with a visit or stay.

Address: Gran Canaria

Rural accommodation



As well as cave houses, there's a wide range of countryside properties. Proving that Gran Canaria offers accommodation more

varied than the all-inclusive resort hotel. As well as rural hotels, you'll find holiday cottages and fincas if you're more interested in a self-catering holiday.

Photo: Gran Canaria Tourist Board

Address: Gran Canaria Natural, Los Balcones 4, 35001, Las Palmas de Gran Canaria

Phone: +34 928 334 175

Internet: <http://www.grancanariafincas.com/>

Email: info@grancanariafincas.com

BEACH LIFE



Gran Canaria Tourist Board

The golden brown of Gran Canaria's beaches has made it with a hit with the bucket-and-spade brigade. But there are rocky coves and natural swimming pools to explore to. Visit the wild north coast if you want a change from the tamer south coast.

Playa del Inglés



Playa del Inglés is one of the longest beaches on Gran Canaria. Its sand is the colour of vanilla ice cream. No matter how busy it is, there's always

room for another towel.

Photo: Gran Canaria Tourist Board

Address: Playa del Inglés, 35100, San Bartolomé de Tirajana

Puerto Rico



Lying between two harbours is where you'll find Puerto Rico beach. The local restaurants offer familiar cuisine plus the freshest fish. Look out

for trips to see dolphins and other boat excursions.

Photo: Tourist Board of Gran Canaria

Address: Playa de Puerto Rico, 35130, Mogán

Sardina del Norte

This treasure is a favourite with locals from nearby Gáldar and beyond. One of the best places to dive on the island, its restaurants also specialize in recently-caught sardines, served with a wedge of lemon. This beach can get windy in summer, but it's also one of the sunniest spots in the north of the island.

Address: Playa de Sardina del Norte, 35469, Gáldar

San Agustín



San Agustín's quieter than Playa del Inglés and Maspalomas. It's more of a hit with Gran Canaria natives than tourists.

Although there is a good selection of international restaurants along its promenade.

Photo: Gran Canaria Tourist Board

Address: Playa de San Agustín, 35100, San Bartolomé de Tirajana

Public Transport: www.globalsu.net

Amadores



On the south-west coast of Gran Canaria lies this 800-metre stretch of golden sand and crystal-clear waters.

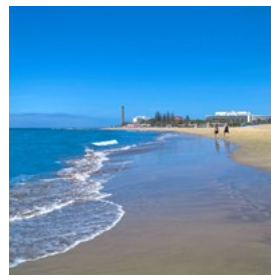
Playa de Amadores means "Beach of Lovers", and the site is indeed perfect for loving couples. Ball games and loud music are prohibited, which helps to create a peaceful and serene setting.

Photo: Gran Canaria Tourist Board

Address: Playa de Amadores, 35130, San Bartolomé de Tirajana

Public Transport: www.globalsu.net

Maspalomas



Walking in the sand dunes will trick you into thinking you're lost in the Sahara desert. Easy to reach from Playa del Inglés, Maspalomas forms

a super beach with its neighbour and San Agustín in the longest, unbroken stretch of sand on the island.

Photo: Gran Canaria Tourist Board

Address: Playa de Maspalomas, 35100, San Bartolomé de Tirajana

Public Transport: www.globalsu.net

Las Canteras



One of the world's great urban beaches, Las Palmas de Gran Canaria's Playa de las Canteras features a promenade to match. If you don't want to get sand between your toes, the Paseo de Las Canteras provides the ideal setting for a stroll.

Photo: Gran Canaria Tourist Board

Address: Playa de las Canteras, 35008, Las Palmas de Gran Canaria

Public Transport: www.globalsu.net www.guaguas.com

DINING



Gran Canaria Tourist Board

The Atlantic Ocean provides local restaurants with plenty of natural ingredients, with fish and seafood prominent on many menus. Las Palmas de Gran Canaria, the most cosmopolitan Canarian city, houses restaurants from across the globe. Whilst it's easier to eat well on Gran Canaria than badly, here are some restaurants we particularly recommend. And for a bite-sized introduction to Canarian cuisine, check out La Ruta de Enyesque (GC tapas).

La Ruta de Enyesque



You can follow La Ruta de Enyesque for a bite-sized introduction to the world of Canarian gastronomy. An enyesque's Gran Canaria's version of the tapas, it's an appetizer; titbit. Find restaurants to crawl in the north, centre, and south of the island.

Photo: Gran Canaria Tourist Board

Address: Gran Canaria

Internet: www.rutadelenyisque.com

Restaurante Grill Mirador Bascamao



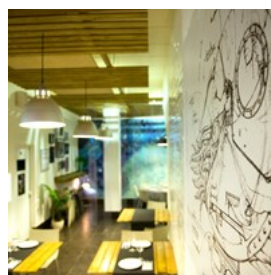
You'll certainly enjoy the view at this restaurant. The local flower cheese (queso de flor) makes a triumphant appearance on the menu of this Guía grill.

Address: Lomo de Bascamao 59, 35450, Santa María de Guía

Phone: +34 680 202 381

Internet: www.miradorbascamao.com

Nautilo



Feel the roar, and indeed rush of the Atlantic Ocean, at Nautilo. Situated next to La Cicer, the surfers' end of Las Palmas de Gran Canaria's Las Canteras beach, this restaurant offers seafood at its most stylish.

Address: Calle Covadonga 2, 35010, Las Palmas de Gran Canaria

Phone: +34 657 729 536

Internet: www.nautilolaspalmas.com

Restaurante Calma Chicha



Restaurante Calma Chicha is Playa del Inglés at its most gentrified. Try their posh cup-a-soup, a savoury cappucino, which offers a gateway to their nouveau take on traditional Spanish cuisine.

Address: Apartamentos Solymar, Avenida de Tirajana 4, 35100
Phone: +34 928 760 714
Internet: www.restaurantecalmachicha.com

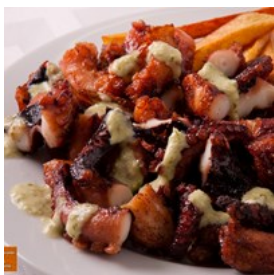
Let me take you



Tejeda's Let me take you's high season is winter and it closes during its low season of summer. Expect creative salads and Japanese dishes from a resident sushi chef.

Address: Calle Doctor Domingo Hernández Guerra 25, 35360, Tejeda
Phone: +34 637 083 694
Internet: www.letmetakeu.com

Restaurante Ca' Miguel



Do you need to follow a gluten-free diet? Arinaga's Restaurante Ca' Miguel offer celiac-friendly versions of every item on their menu, including the Canarian staple, pulpo frito (fried octopus).

Address: Calle Alcalá Galiano 17, 35118, Arinaga
Phone: +34 928 183 130
Internet: www.restaurantecamiguel.com

Fusión Restaurant & LoungeBar



A gateway into the flavours and fragrances of south-east Asia in the heart of Playa del Inglés, British chef/proprietor David Gibson's regular visits to the Far East make for some authentic renditions of classic Asian dishes.

Address: Avenida España 12, Playa del Inglés, 35100
Opening hours: Monday to Sunday: 4.00pm-11:00pm
Phone: +34 928 765 705
Internet: www.fusionplayadelingles.com

El Churrasco



Whilst the Las Palmas de Gran Canaria original is well worth visiting, this newer Meloneras branch allows you to eat Argentinian al fresco. The speciality at this restaurant located inside the Lopesan Costa Meloneras is the Aberdeen Angus steak.

Address: Calle Mar Mediterraneo 1, 35100, Meloneras
Phone: +34 928 148 883
Internet: www.elchurrascorestaurante.com

Restaurante La Farola



Fish and seafood dominate the menu at this eatery located on the Arinaga promenade. Arroz con bogavante (rice with lobster) is one of La Farola's signature dishes.

Address: Calle Alcalá Galiano, 3, 35118, Arinaga
Phone: +34 928 180 410
Internet: www.restaurantelafarola.com

Restaurante 360°



You don't have to be a guest at Playa de Inglés' Bohemia Suites & Spa to be able to enjoy fine dining at the in-house restaurant. There's a separate entrance for non-hotel guests to enter and order from an adventurous à-la-carte menu.

Address: Avenida Estados Unidos 28, 35100, Playa del Inglés
Phone: +34 928 563 400
Internet: www.bohemia-grancanaria.com

Abrasa



Stylish San Fernando eatery specializes in meats prepared on a charcoal grill. There are also tapas dishes, many of which are suitable for vegetarians, and fine wines.

Photo: Matthew Hirtes
Address: Calle Secundino Delgado 5, 35100, Maspalomas
Phone: +34 655 971 271
Internet: www.facebook.com/grillabrasa
Email: grillabrasa@yahoo.es

Restaurante Jardín Canario



Overlooking the botanic garden of the same name, this is a great Las Palmas de Gran Canaria restaurant if you're looking to get out of the city. As this eatery updates classic Canarian cooking with 21st-century culinary techniques.

Address: Carretera del Centro Km 7, 35017, Tafira Baja
Phone: +34 928 355 245
Internet: www.restaurantejardincanario.com

CAFES



Gran Canaria Tourist Board

Locals start, and indeed end, their day with a coffee. Forget your lattes, GC natives keep things short with a cortado. For a more milky version, ask for a cortado largo. Or even a relaxing café con leche. Parque Santa Catalina, Triana's Plaza Cairasco, and Vegueta's Plaza Santa Ana are popular coffee-break destinations.

Parque Santa Catalina



Less park and more square, for those travelling on cruise ships, Parque Santa Catalina is the first place they'll see after arriving to Las

Palmas de Gran Canaria. Take your pick from the cafés which offer more outdoor seating than indoor.

Photo: Gran Canaria Tourist Board
Address: Parque Santa Catalina, Las Palmas de Gran Canaria
Public Transport: www.guaguas.com

Plaza Cairasco



Located in upper Triana, this perfect square's a hop, skip, and a jump away from Vegueta. Take pleasure in leisure by whiling away some time

in one of Cairasco's cafés. Where, with the average temperature being 22°, you'll appreciate the al fresco experience.

Photo: Gran Canaria Tourist Board

Address: Plaza Cairasco, Las Palmas de Gran Canaria

Public Transport: www.guaguas.com

Plaza Santa Ana



Enjoy a cuppa in the olde-worlde setting of Vegueta. The cathedral looms magnificently over you. As the rest of Las Palmas de Gran Canaria goes about its business in this bustling, pedestrianized area. There's always time for one more cup of coffee, however.

Photo: Gran Canaria Tourist Board

Address: Plaza Santa Ana, Las Palmas de Gran Canaria

Public Transport: www.guaguas.com

Meloneras



Meloneras is your go-to place if you want to indulge in any retail therapy in the south of the island. Stop before you drop by enjoying a restorative cup of coffee in one of this stylish resort's upmarket cafes.

Photo: Gran Canaria Tourist Board

Address: Meloneras, San Bartolomé de Tirajana

Public Transport: Global buses

Fruit'n co Vitamina Bar



Join Triana cafe society in Las Palmas de Gran Canaria to get your five a day. Specializing in sandwiches and smoothies, vegans and vegetarians are well catered for.

Address: Calle Torres 8, 35002, Las Palmas de Gran Canaria

Phone: +34 828 905 203

Internet: www.fruitnco.com

Café La Alemana



In 2015, this venerable institution became a pensioner as in it turned 65. But a recent facelift has seen it take pride of a place in a Parque Santa Catalina that's reinvented itself.

Address: Parque Santa Catalina s/n, 35007, Las Palmas de Gran Canaria

Phone: +34 928 492 059

Internet: www.facebook.com/cafelaalemana

Triana Café Gallery



In this central Las Palmas de Gran Canaria cafe/gallery, the works of art aren't only on the walls. As the creative kitchen take pride in sending out beautifully-presented snacks.

Address: Calle Cano 3, 35002, Las Palmas de Gran Canaria

Phone: +34 928 394 497

Internet: www.trianacafe.es

Cafés de Carla



Have a coffee break whilst shopping in the only Las Palmas de Gran Canaria cafe to sell the celebrated coffee grown in Gran Canaria's very

own Agaete valley.

Address: Centro Comercial Las Arenas, 35010, Las Palmas de Gran Canaria

Internet: www.facebook.com/cafesdecarla

Antico Caffé



Vegueta's very own Little Italy is the perfect spot to enjoy a capuccino or cool down with an authentic Italian ice-cream in Las Palmas de Gran Canaria

old town.

Address: Calle Obispo Codina 5, 35001, Las Palmas de Gran Canaria

Phone: +34 633 486 304

Cokí Mesa y López



The destination of choice for Las Palmas de Gran Canaria's brunch bunch is on the opposite side of town to sister cafe, Cokí Triana in Calle Perdomo.

It's just as veggie-friendly as its other branch.

Address: Avenida Mesa y Lopez 50, 35006, Las Palmas de Gran Canaria

Phone: +34 928 075 511

BARS & NIGHTLIFE



Gran Canaria Tourist Board

Nightlife in Gran Canaria is late and loud. Maspalomas and Playa del Inglés are the party hotspots. It starts late and goes on all night with most bars opening until 2 am and discos and clubs usually until 6 am. The Yumbo commercial centre's where most of the action takes place, catering for a mixed bag of revellers from sundown to sunrise! Head to capital Las Palmas de Gran Canaria for some cracking nightlife too.

Yumbo Centrum



perfect for a pub crawl.

By day, a shopping centre, by night, a gay-friendly temple to hedonism. There are many bars and clubs to choose from. So, it's

Address: Av Estados Unidos 54, 35100, Playa del Inglés, Gran Canaria

Public Transport: www.globalsu.net

Opening hours: Open all hours

Phone: +34 928 764 196

Internet: www.yumbocentrum.com

Aqua Ocean Club



Dress to impress at trendy Aqua Ocean Club in Meloneras. Despite being located in the southern resorts, this swish establishment

attracts locals as much as tourists.

Address: CC Meloneras Playa, 35100, Maspalomas

Phone: +34 928 140 580

Internet: www.aquaoceanclub.com

Pacha Gran Canaria



Party like you're on Ibiza with a night out at one of Gran Canaria's biggest clubs. This is Playa del Inglés at its most carefree with house music

Balearic at Ibiza's finest export and the south of Gran Canaria's most famous club. The White Isle has occupied a foothold in the GC dance music scene since 1984. The main room's 1,000 square metres and has four bars.

Address: Calle Sargento Provisionales S/N, 35100, Maspalomas

Phone: +34 928 771 730

Internet: www.pachagrancanaria.com

Sala Nasdaq



If live music's your thing, this Las Palmas de Gran Canaria venue hosts regular intimate concerts. And if it all gets too hot and heavy, step outside

for a welcoming ocean breeze as Sala Nasdaq boasts an Atlanticside location.

Address: Plaza de la Música s/n, 35010, Las Palmas de Gran Canaria

Internet: www.facebook.com/Sala.Nasdaq.0

The Paper Club



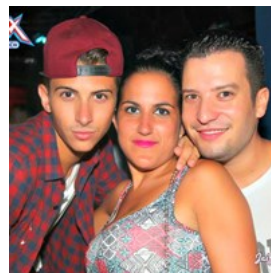
Roll up, roll up for the biggest names in Spain's alternative music scene. This club in Las Palmas de Gran Canaria's fashionable downtown,

Triana, also features superstar DJ sets.

Address: Calle Remedios 10, 35002, Las Palmas de Gran Canaria

Internet: www.thepaperclubcanarias.com

Mantrix



The party doesn't get started until late at this gay nightclub in the legendary Yumbo. That means two o'clock in the morning.

Address: Yumbo Centrum, 35100, Playa del Inglés

Phone: +34 928 143 410

Internet: www.mantrixyumbo.com

Fortuni Las Palmas



Don't expect to get into this classy Las Palmas de Gran Canaria venue in shorts and flip-flops as it attracts a dressy clientele. Check out the live rock music on Fridays.

Address: Calle Los Martinez de Escobar 1, 35007, Las Palmas de Gran Canaria

Opening hours: Wednesday to Saturday 11:00pm-5:30am

Phone: +34 928 229 507

Internet: www.fortunilaspalmas.es

El Altar Bar



Go back to the 1980s with a visit to Las Palmas de Gran Canaria's El Altar Bar, where DJs spin retro tunes to a packed dancefloor.

Address: Calle León y Castillo 389, 35007, Las Palmas de Gran Canaria

Phone: + 34 615 912 021

La Azotea de Benito Cocktail Bar



Enjoy the view of Vegueta, including Catedral Santa Ana, from a bar located right on the edge of neighbouring Triana. Whilst drinking gintonic, with over 60 gins to select from.

Address: CC Monopol, 35010, Las Palmas de Gran Canaria

Phone: +34 928 367 450

Internet: www.facebook.com/LazoteadeBenito

Cervecería The Situation



More than 200 beers from all around await at this central Las Palmas de Gran Canaria bar. Ranging from bitter to lager to mild.

Address: Calle José Franchy Roca 22, 35007, Las Palmas de Gran Canaria

Phone: +34 928 234 323

Internet: www.thesituationbeers.com

SHOPPING



Gran Canaria Tourist Board

Gran Canaria's a great place to shop. From the charms of the capital's Calle Mayor de Triana, the main shopping street in Las Palmas de Gran Canaria, to bright, shiny, and new shopping centres such as El Tablero in the south, there's plenty of choice. And at a low price too, what with the island's reduced VAT.

Calle Mayor de Triana



Las Palmas de Gran Canaria's main high street is where the locals like to do their shopping. It's also where they like to have a coffee, grab a bite to eat, and enjoy a drink. So expect to find lots of bars, cafés, and restaurants, along with shops.

Photo: Gran Canaria Tourist Board

Address: Calle Mayor de Triana, Las Palmas de Gran Canaria

Public Transport: www.guaguas.com

Centro Comercial Las Arenas



As well as bars, cinema, and restaurant, there are free activities to keep the kids entertained at this Las Palmas de Gran Canaria shopping centre.

This is the last CC you'll encounter before leaving the capital on the GC-2.

Address: Carretera del Rincón, s/n, 35010, Las Palmas de Gran Canaria

Public Transport: www.guaguas.com

Opening hours: Monday to Saturday 10:00 am to 10:00 pm

Phone: +34 928 277 008

Internet: www.cclasarenas.com

Centro Comercial El Mirador



Enjoy Atlantic views along with a budget supermarket and Primark at Las Palmas de Gran Canaria's newest shopping centre. One that

nevertheless includes an archaeological park which can be visited by groups by prior arrangement.

Address: Autovía GC-1, Salida 5, 35220, Las Palmas de Gran Canaria

Public Transport: www.globalsu.net

Opening hours: Monday to Saturday 10:00 am to 10:00 pm

Phone: +34 928 686 940

Internet: www.ccelmirador.com

Centro Comercial El Muelle



If you're a cruise-ship passenger, the CC El Muelle will be the first shopping centre you'll see in Las Palmas de Gran Canaria. It's also handy if

you're travelling in by bus to the capital, located, as it is, above the Parque Santa Catalina bus station.

Photo: Gran Canaria Tourist Board

Address: Muelle de Santa Catalina, s/n, 35008, Las Palmas de Gran Canaria

Public Transport: www.guaguas.com www.globalsu.net

Opening hours: Monday to Saturday 10:00 am to 10:00 pm

(shops), 12:00pm-2:00am (amusement arcade, bars, bowling alley, cinema and restaurants), and until 5:00 am (nightclubs)

Phone: +34 928 327 527

Internet: www.ccelmuelle.es

Email: contacto@ccelmuelle.es

Centro Comercial y de Ocio 7 Palmas



Head to Las Palmas de Gran Canaria's Siete Palmas for a modern shopping experience. There are regular exhibitions and concerts

here to transform your shop into something out of the ordinary.

Address: Avenida Pintor Felo Monzón, 44, 35019, Las Palmas de Gran Canaria

Public Transport: www.guaguas.com

Opening hours: Monday to Saturday 10:00 am to 10:00 pm

(shops), Monday to Thursday 10:00 am to 2:00am and Friday to Sunday 10:00am to 3:00pm (bars and restaurants)

Internet: www.centrocomercial7palmas.com

Centro Comercial Las Terrazas



Bargain hunters can take their pick from the various outlets offering brand-name labels at discounted prices.

Adrenaline junkies,

meanwhile, can get their fix at this ocean-side shopping centre's go-kart track.

Address: Autovía GC-1, Km 5,5 (salida 6b), 35220, Telde

Public Transport: www.globalsu.net

Opening hours: Monday to Saturday 10:00 am to 10:00 pm

(shops) and 10:00 am to 12:00 am (bars, cinema, go-kart track, and restaurants)

Phone: +34 928 706 328

Internet: www.centrocomerciallasterrazas.es

Shopping Center Varadero



Dedicated followers of fashion will like perusing the latest trends at the upmarket boutiques within this classy shopping centre in

Meloneras. There are also jewellery shops if you're looking to find a special gift.

Photo: Gran Canaria Tourist Board

Address: Mar Mediterráneo, s/n, 35100, Meloneras

Public Transport: www.globalsu.net

El Tablero Shopping Center



El Tablero is a largely residential area above Maspalomas. But this shopping centre offers more of a reason to visit this commuter town. If

not only to dine fine on the top floor and admire the views.

Address: Avda. Francisco Vega Monroy 21, El Tablero, San Bartolomé de Tirajana

Public Transport: www.globalsu.net

Opening hours: Monday to Sunday 10:00 am to 10:00 pm (shops), 10:00 am to 12:00 am (restaurants), and 9:00 am to 10:00 pm (supermarket)

Phone: +34 928 143 870

Centro Comercial Atlántico Vecindario



Vecindario is a new town on Gran Canaria. Which makes this shopping centre one of the newest on the island. Keep cool in the shops which

provide shade from the bright sun.

Address: Calle Adargoma s/n, 35110, Vecindario, Santa Lucia de Tirajana

Public Transport: www.globalsu.net

Opening hours: Monday to Saturday 10:00 am to 10:00 pm (shops), 9:00 am to 1:00 am (restaurants), and 9:00 am to 10:30 pm (supermarket)

Phone: +34 928 794 074

Internet: www.ccatlantico.com

Email: info.vecindario@ccatlantico.com

Fedac



Marvel at the old-school way of making things at this central Las Palmas de Gran Canaria shop. Which showcases the creative talents of the

island's artisans. There's a range of materials available, including ceramics, leather, and wood.

Photo: Gran Canaria Tourist Board

Address: Domingo J. Navarro 7, 35002, Las Palmas de Gran Canaria

Public Transport: www.guaguas.com

Opening hours: Monday to Friday 9:30am to 1:30pm and 4:30pm to 8:00pm

Phone: +34 928 369 661

Internet: www.fedac.org

Mesa y López



One of Las Palmas de Gran Canaria's main thoroughfares, Mesa y López's both an avenue and a street. There's a cycle lane as well as bus

stops and taxi ranks to help you with your bags. The outside ice-cream stalls will cool you down on a hot day whilst the tourist information kiosk offers friendly advice.

Photo: Gran Canaria Tourist Board

Address: Mesa y López, 35006, Las Palmas de Gran Canaria

Public Transport: www.globalsu.net www.guaguas.com

Internet: www.mesaylopez.net

ESSENTIAL INFORMATION



Gran Canaria Tourist Board

Around the size of Greater London, Gran Canaria's an easy enough island to navigate. Having said that, it's rather more mountainous than the likes of NW1. There are two bus services on the island, one serving the capital Las Palmas de Gran Canaria and the other, the rest of the island.

Airport

You'll find the Aeropuerto de Gran Canaria (LPA) roughly halfway between capital Las Palmas de Gran Canaria and the island's southern resorts. It's 24km south of the capital city and 30km north of Playa del Inglés. There's a taxi rank at the airport plus Global bus stops.

Address: Aeropuerto de Gran Canaria, Carretera General del Sur s/n

Phone: +34 928 579 130

Internet: www.aena.es

Public Transport

You can get to more or less anywhere on the island by Global bus. The capital has two bus stations, in Parque San Telmo and Parque Santa Catalina. If you're travelling around Las Palmas de Gran Canaria, look out for Guaguas Municipales' yellow buses to cut journey times.

Address: Gran Canaria

Internet: www.guaguas.com www.globalsu.net

Taxi

Taxis are generally inexpensive with fixed rates for longer distances. There's a rank at the airport, as well as outside Las Palmas de Gran Canaria's two bus stations. Although you never have to wait long to see one on the capital's streets.

Address: Gran Canaria

Post

The main post office is in Avenida Primero de Mayo 62, Las Palmas de Gran Canaria. The post office is the place to buy stamps for the postcards you buy at souvenir shops. As well as to send larger packages home.

Address: Gran Canaria

Pharmacy

From the largest city to the smallest village, it's generally not a problem to find a chemist. However, it can be a trickier to locate one open out of hours. Nevertheless, each pharmacy displays the information on which particular chemist is open 24 hours on that particular date.

Address: Gran Canaria

Population

838,397

Currency

1 Euro = 100 cents

Opening hours

On weekdays, shops generally open from 9.00 am until 1.00 pm and then again from 4.30 pm until 8.30 pm. At weekends, most only open in the morning on Saturday. Those in the resort areas generally open seven days a week. Over the Christmas and New Year period, shopping centres extend their opening hours to accommodate the extra trade with some staying open until as late as midnight.

Internet

www.grancanaria.com

Facebook: www.facebook.com/MyGranCanaria

Twitter: @gctourism

Newspapers

Canarias 7

La Provincia

The Canary News

Emergency numbers

112

Tourist information

Patronato de Turismo de Gran Canaria

Address: C/. Triana 93, 35002, Las Palmas de Gran Canaria

Tel: +34 928 219 600

E-mail: dpromoc@grancanaria.com

Oficina Información Turística Aeropuerto de Gran Canaria

Address: Llegadas Comunitarias, Puerta A, Aeropuerto de Gran Canaria, 35230, Telde

Tel: +34 928 574 117

E-mail: cit@grancanaria.com

Centro Insular de Turismo

Address: Avda. España, Esquina con Avda. EE.UU. (Centro Comercial Yumbo), 35100, Playa del Inglés

Tel: +34 928 771 550

E-mail: cit@grancanaria.com

Oficina de Turismo de Cruz de Tejeda

Address: Cruz de Tejeda, Puesto nº 2 , 35328, Tejeda

Tel: +34 928 666 334

Oceano Atlantico

Gran Canaria



Oceano Atlantico





Oceano Atlantico

LUGO

ARENALAS

SAN ANTONIO

SAN LAZARO

SAN FRANCISCO

SAN ROQUE

SAN JUAN

TRIANA/VEGUETA

Avenida Maritima del Sur

San Nicolas Remedios

Castillo de San Francisco

Polideportivo de Las Rehoys

Parque de Las Rehoys

Parque de San Telmo

Teatro Perez Galdos

Mercado

Casa Museo de Cristobal Colon

Catedral de Santa Anna

Centro Atlantico de Arte Moderno

Museo S Ant Abad

Museo Canario

Calle Juan E Doreste

C D Doreste

C Jose de Sosa

C Gran Canaria

C Eufemiano Jurado

C Hernan Perez Grado

C Reyes Catolicos

C Pedro Dias

C S Brigada

C Canadas

Paseo de San Jose

C Verd

C Ramon Y Cajal

C Pedro Dias

C S Brigada

C Canadas

Paseo de San Jose

C Eufemiano Jurado

C Hernan Perez Grado

C Reyes Catolicos

C Pedro Dias

C S Brigada

Calle Guadiana

Calle Alamo

Calle Ramon Y Cajal

C Verd

C Pedro Dias

C S Brigada

C Canadas

Paseo de San Jose

C Eufemiano Jurado

C Hernan Perez Grado

C Reyes Catolicos

C Pedro Dias

C S Brigada

C Canadas

Paseo de San Jose

Castillo de San Francisco

Calle Real Castillo

Calle Urbanizacion San Francisco

Calle Cruz de Piedra

Calle Cruz de Piedra

Calle Cruz de Piedra

Calle Cruz de Piedra

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Calle Cruz de Piedra

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SAN ANTONIO

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Parque de Las Rehoys



250 m

		Calle Eufemiano Jurado	C4 D4	Calle Perdomo	C3
Avenida 1 de Mayo	C3	Calle Eusebio Navarro	C2	Calle Perez del Toro	B1
Avenida de Canarias	D2 D3	Calle Folias	B4	Calle Perez Galdos	C2 C3
Avenida de Maritima del Sur	D4	Calle Fragata	B4	Calle Perojo	C2
Avenida Maritima del Norte	C1 D2	Calle Fragua	B4	Calle Ramon Y Cajal	C4
Avenida Polvorin	B3	Calle Francisco Goutie	D2 D3	Calle Real Castillo	B3 C3
Avenida Rafael Cabrera	D2 D3	Calle Franesio	B4	Calle Real de San Juan	C4
Calle Agustina de Aragon	A2 B2	Calle Frederico Viera	A2	Calle Reyes Catolicos	D4
Calle Alamo	C4	Calle Galo Ponte	B2 C1	Calle S Diego de Alcala Fuente	C4 D3
Calle Alceste	A2 B2	Calle General Bravo	C3 D3	Calle San Felipe	C4
Calle Alfonso XII	B2 C1	Calle Granadera Canaria	D4	Calle San Francisco	B3
Calle Alonso Alvarado	C2	Calle Guadiana	C3	Calle Santa Luisa de Marillac	A2 A3
Calle Anton Caballero	A2 B2	Calle Hernan Perez Grado	C4 D4	Calle Sedena	A1
Calle Arco	B1	Calle Isas	B4	Calle Severo Ochoa	B4
Calle Arencibia	A4	Calle J R Jiminez	A1	Calle Sierra	B3 C3
Calle Audaz	B2	Calle Jose de Sosa	D4	Calle Sor Brigada	C4 D4
Calle Bravo Murillo	C2	Calle Juan E Doreste	D4	Calle Teodo	A1
Calle Cactus	C4	Calle Juan Fontan	B2	Calle Thomas Mann	B4
Calle Calzada Lateral del Norte	B3 C2	Calle Juan Saraza Ortiz	A3 B3	Calle Travieso	C3 D3
Calle Canadas	C4	Calle Leon Y Castillo	B1 C1 C2	Calle Tristana	A2
Calle Canalejas	C2	Calle Luigi Pirandelo	B4	Calle Urbanizacion San Francisc	B3
Calle Carlos M Blandy	A1	Calle Luis Doreste Silva	C1	Calle Valle Inclan	A1
Calle Carr	A4	Calle Malaguenas	B4	Calle Venegas	C2
Calle Carvajal	B1 C1	Calle Marie Curie	B4	Calle Verdi	C4
Calle Castrillo	B1	Calle Mariucha	A1 B1	Calle Victor Perez	B4
Calle Cebrian	C2	Calle Matias Padron	B1 C1	Calle Viera Y Clavijo	C2 C3
Calle Cruz de Piedra	A3 B3	Calle Mayor de Triana	C2 D3	Calle Virgen de Loreto	A2
Calle Curva	B1	Calle Molino de Viento	B1	Calle Virgen de Lourdes	A3
Calle de Aguadulce	B1 C1	Calle Montejura	A2 A3	Calle Yuste	A3
Calle de Dona Perfecta	A2	Calle Obispo Roma	A1	Calle Zarago	A1 A2
Calle de Juan de Quesado	B4 C4	Calle Obsispo Rabadan	C2	Carretera Centro	C4
Calle de Los Ayacuchos	A2 B2	Calle Pablo Penaguillas	A2	Paseo de Chil	B1 B2 C2
Calle de Sor Simona	A1	Calle Pancho Guerra	B2	Paseo de Lugo	B1
Calle Domingo Doreste	D4	Calle Pantoja	A1 A2	Paseo de San Jose	C4
Calle Domingo Guerra del Rio	C3	Calle Pe	B1	Paseo San Antonio	B2
Calle Don Pio Coronado	A2	Calle Pedro de Vera	C2	Paseo Tomas Morales	B1 B2 C2
Calle Dr Juan de Padilla	C3	Calle Pedro Dias	C4 D4	Plaza del Pino	C2
Calle Dr Waksman	C1	Calle Pepe Garcia Fajar	A1	San Nicolas Remedios	C3 C4
Calle Echegaray	A1				