

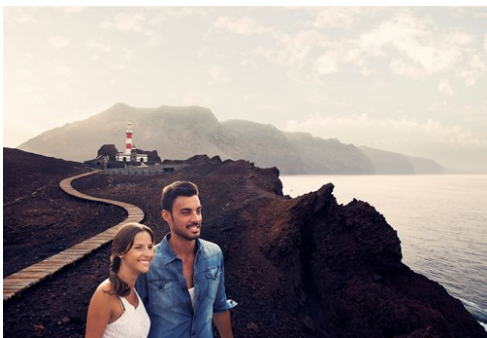


Photo:



Apart from having the best climate in Spain, Tenerife is a place where you can really relax and enjoy yourself. This island, crowned by Mount Teide, has picturesque villages, incredible landscapes and idyllic beaches.

Here you will be able to enjoy fiestas where you will feel as though you are just one more reveller from Tenerife. Guess why over five million people have chosen this Island as their holiday destination. Just come and have a great time.



Go where no one has  
**VENTURED BEFORE!**

**5 Off the Beaten Track**  
Destinations in Asia

**ArrivalGuides**

Foto: WhitefoxChen / Shutterstock

### Top 5



**Teide National Park**  
Teide National Park, a World Heritage Site with over three million visitors ...



**The Ancient Dragon Tree**  
What would someone 800 years old look like? On Tenerife, the Ancient Dragon ...



**Volcanic Experiences**  
Lava flows through the very veins of the Island, a result of Tenerife's volc...

#### Lava Tubes

One activity which cannot be enjoyed anywhere else is the chance to explore a lava tube such as Cueva del Viento (Cave of ...)



**Anaga Rural Park**  
An area in the north-west of the Island where time seems to have stopped at ...



## THE ISLAND



Tenerife is a volcanic island in the Atlantic Ocean where winter feels like spring thanks to the fabulous average year-round temperature of 23°C. A place where the people are genuinely friendly, an idyllic paradise with such diverse scenery you'll think you were at a thousand places around the world at the same time, or even on the moon: the Teide National Park (a huge volcanic area straight out of the movies) will make you believe you've travelled to a different planet.

Tenerife is a holiday destination offering hundreds of things to do, seducing and enticing sun-seekers from all over Europe to its beaches to enjoy some relaxation, sunbathing and water sports or to immerse themselves in magical natural settings that range from surreal desert landscapes to lush green mountains. And all within easy reach.

It is an island that offers so many ways to have fun, and those who know us return year after year to relive incredible experiences and happy memories. You'll find modern accommodation, endless activities and ideas, exquisite cuisine, traditions, culture, a safe environment and hospitality. What more do you need? Just come ready to have the best time of your life.

## TOP 10



### Teide National Park



Teide National Park, a World Heritage Site with over three million visitors a year, is the best place to see volcanic phenomena on Tenerife.

You'll be astounded by the colours and the wild force of this surreal landscape overlooked by Spain's highest peak at 3,718 metres. It is home to many local species of fauna and flora, such as the Teide violet or Tenerife bugloss, whose bright colours stand in stark contrast to the thousands of tonnes of ochre running through this unique landscape.

Address: Santa Cruz de Tenerife

Phone: +34 922 92 23 71

Internet: [www.volcanoteide.com/en/national\\_park](http://www.volcanoteide.com/en/national_park)

More Info: [www.reservasparquesnacionales.es](http://www.reservasparquesnacionales.es)

### The Ancient Dragon Tree



What would someone 800 years old look like? On Tenerife, the Ancient Dragon Tree of Icod de los Vinos is estimated to be that old. It presents a

unique chance to see and touch such an incredibly old living being: a tree (actually, it's a



bush) of colossal size, 20 metres around and 16 metres tall.

Address: Parque del Drago, Icod de los Vinos

### Volcanic Experiences



Lava flows through the very veins of the Island, a result of Tenerife's volcanic birth. To enable you to explore this aspect of the island, we've

recently marked out five areas (Territorio Antigo, Volcanes Legendarios, Los Dos Valles, Tierra de Contrastes, El rincón de la luz) which best showcase Tenerife's volcanic attractions, showcasing wine cellars that reflect the Island's magmatic nature, restaurants serving "volcanic" dishes, underwater eruptions, craters, volcanic cones and vents.

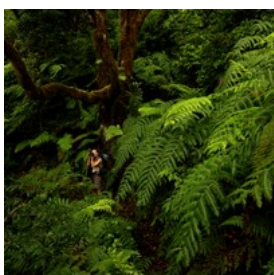
Internet: [www.webtenerife.com/actividades/volcanes/](http://www.webtenerife.com/actividades/volcanes/)

### Lava Tubes

One activity which cannot be enjoyed anywhere else is the chance to explore a lava tube such as Cueva del Viento (Cave of Wind), at Icod de los Vinos. At 17 kilometres in length, it is the longest in Europe, offering an unforgettable journey into the depths of the Earth and a perfect chance to discover the Island's volcanic past.

Internet: [www.cuevadelviento.net](http://www.cuevadelviento.net)

### Anaga Rural Park



An area in the north-west of the Island where time seems to have stopped at the Tertiary Period.

Hiking among the park's lush Laurel Forests is like stepping back millions of years in time and it's

easy to imagine that witches and fairies once lived here.

### Teno Rural Park



The lucky 1,300 inhabitants of Teno Rural Park, a place of stunning natural beauty, live in the small towns of El Palmar, Teno Alto, Los Carrizales, Las Portelas and Masca. They make a living from livestock and farming, and the peace and tranquility which permeates the area has greatly shaped their philosophical outlook on life. It's a great place for all kinds of outdoor activities, including hiking.

### Los Gigantes



The name Los Gigantes (The Giants) was given to this cliff for obvious reasons. This cliff in Santiago del Teide forms part of the Teno Rural Park and at certain points towers 600 metres above sea level, with virtually sheer walls which provoke a sense of vertigo even when seen from below.

### Candelaria Basilica



Its white and beige tones provide stark contrast to the bronze statues of Los Menceyes (ancient pre-Spanish kings) standing alongside the basilica and the black volcanic sands of the beach at its feet. The religious value of this building is greatly enhanced by the treasure of incalculable spiritual value housed within: the exquisite statue of the Virgin of Candelaria,

Patroness of the Canary Islands, highly revered by the islanders.

Address: Plaza de la Patrona de Canarias, 1, Candelaria  
Phone: +34 922 50 01 00

### Adán Martín Tenerife Auditorium



Santiago Calatrava designed this work of art. The world-famous architect drew what seemed like an impossible building. With part of its structure hanging in mid-air as if by magic, the exterior radiance of the Tenerife Auditorium reflects the beauty which it emanates. It's a must-see for all visitors to the Island, and attending one of the regular concerts, operas or musicals is the ultimate experience.

Address: Av de la Constitucion, 1, Santa Cruz de Tenerife  
Internet: [www.auditoriodetenerife.com](http://www.auditoriodetenerife.com)

### Whale and Dolphin Watching



You don't need to travel halfway round the world to see whales and dolphins. They live some three miles off the coast of Tenerife all year round.

Tour boats set out from various ports in the south of the Island every day, offering a chance to see the bottlenose dolphins and pilot whales which have established permanent colonies in our waters.

Address: South Tenerife  
Internet: [www.webtenerife.co.uk/activities/in-the-sea/whale-and-dolphin-watching/](http://www.webtenerife.co.uk/activities/in-the-sea/whale-and-dolphin-watching/)

### Historic Areas



The idyllic resort that is Tenerife owes much to its history, art and culture. The historic areas of La Laguna - a World Heritage Site -, Garachico

or La Orotava, awarded prizes acknowledging their excellent state of conservation, are just three examples of the treasures to be discovered in many of our towns and which entice you to stroll through their streets and admire their beauty. So much more than sun and beaches.

Address: La Laguna

Internet:

[www.webtenerife.com/destinos-y-lugares/centros-historicos/](http://www.webtenerife.com/destinos-y-lugares/centros-historicos/)

### EVENTS



Tenerife is proud of its authentic traditions, fiestas, gastronomy and friendly people. Religious festivals and processions are a prime example of local culture, as are local festivals and the wonderful carnivals. To make sure you don't miss a thing, you can find information on all scheduled events at:

[www.webtenerife.co.uk/events/](http://www.webtenerife.co.uk/events/)

### Events Calendar

January

Romería de San Sebastián in Adeje

Canary Islands Music Festival

February

Carnival

March

Easter in La Laguna

April

Romería de San Marcos in Tegueste

May

May festivities in Santa Cruz with traditional dancing

Festival Mueca in Puerto de la Cruz

Canary Islands Day, 30/05

Holy Cross Festivity in Los Realejos and firework show, 3/05.

June

St. John's Day Festival

Corpus Floral Carpets in La Orotava

Romería de San Antonio in Granadilla

July

El Carmen Festival

Romería de San Benito in La Laguna

Fimucité. Tenerife International Film Music Festival

August

Tejina Festival of Hearts

Festival of the Virgin of Candelaria

Romería de San Roque in Garachico

Romería de San Agustín in Arafo

September

El Cristo de La Laguna Festival

Romería del Socorro in Güimar

Romería de San Miguel

October

Battle of Lepanto reenactment in Valle Guerra

November

San Andrés Festival

December

Christmas Concert by Tenerife Symphony Orchestra

Los Silos International Festival of Tales

Internet: [www.webtenerife.co.uk/events/](http://www.webtenerife.co.uk/events/)

### Local Festivals

From March to September, ox-drawn carts, traditional food, local wines and meats take centre stage in towns and villages all around the Island. Islanders wearing bright and colourful 'mago' costumes (traditional local dress) accompany 'parrandas' (traditional folk groups) playing Canary Island folk tunes and are the stars of the show at the festivals in Tegueste, San Benito (La Laguna) and San Roque (Garachico), three of the most popular festivities.

### Religious Celebrations

Popular fiestas are held throughout the year, many of a religious nature. Easter Week, especially in La Laguna, or the Corpus Christi celebrations, most notably in La Orotava where you can enjoy tapestries made from flowers and sand from Mount Teide, are highly recommended. Other major festivities include the celebrations in honour of the Virgin of Candelaria and the opening of the wine cellars to sample the new wine at Icod de los Vinos.

### Carnivals

More than any other festivities on the Island, there is one extra special occasion: the Carnivals, which transform Tenerife every February. Those of Santa Cruz are the largest in Europe, with thousands of locals and visitors

filling the city with sequins, feathers and music to celebrate one of the safest festivals anywhere. The best way to really join in with this party is to wear fancy dress, or at the very least a colourful wig and face paint.

### **Arts Festivals**

Make the most of your stay to enjoy some of the many cultural festivals held on the Island: the Canary Island Music Festival, the Opera Festival, the Tenerife Festival of Dance, the Atlantic Jazz Festival, los Caprichos Musicales de Isla Baja music festival, the Festival of Brazilian Music, the Canary Island Puppet Festival, the Folk and Roots Festival or the Mueca International Street Arts Festival in Puerto de la Cruz.

### **DO & SEE**



There's no time to be bored in Tenerife, which has many theme parks where you can enjoy unforgettable experiences. The island also boasts 43 protected nature areas which occupy half of the island, and the list of outdoor activities to choose from during your holiday is endless, from riding through spectacular landscapes on your mountain bike or on horseback, to climbing the many rock walls and mountains found all over Tenerife. The island is also a leading European destination for paragliding thanks to the air quality and climate. We have over 100 sites that are ideal for this increasingly popular sport.

### **Sendero de los Sentidos**

In order to decipher all that Tenerife's countryside has to offer, we recommend visiting the Sendero de los Sentidos (Path of the Senses), a true natural landscape with information panels that will help you to stimulate your sight, hearing, touch and smell.

Address: Sendero de los Sentidos, Santa Cruz de Tenerife

### **Canyoning**

We also suggest you try canyoning, an activity attracting new participants on the Island every day and for which there are a great many suitable canyons (Tenerife is crisscrossed by hundreds of them); and caving, to explore underground caverns hidden beneath our feet.

### **Lava Tubes**

One activity which cannot be enjoyed anywhere else is the chance to explore a lava tube such as Cueva del Viento (Cave of Wind), at Icod de los Vinos. At 17 kilometres in length, it is the longest in Europe, offering an unforgettable journey into the depths of the Earth and a perfect chance to discover the Island's volcanic past.

Internet: [www.cuevadelviento.net](http://www.cuevadelviento.net)

### **Bird Watching and Stargazing**

Bird watching, as the Canary Islands and Tenerife are the first places you can see birds on their annual migration to Equatorial Africa, or stargazing, because the Island has some of the clearest and least polluted skies in the world, are two more great options for enjoying the open air.

### **Natural Wonders**

There are outstanding landscapes to admire on Tenerife, such as the Laurel Forests, a lush magical relic from the Tertiary Period, or El Acanilado de Los Gigantes (The Giant Cliffs),



which can reach up to 600 metres in height. But above all, you have endless options for outdoor activities. Hiking, for instance, is one of the best ways to explore Tenerife's amazing variety of natural beauty spots along hundreds of kilometres of signposted trails.

### **Water Activities**

There are as many things to do in the water as on land, including deep-sea fishing, sailboat trips, windsurfing, kitesurfing, kayaking and diving. The crystal-clear waters of the Atlantic around Tenerife, combined with the rich diversity of marine life, make it a veritable treasure trove for all who enjoy diving, as well as those who wish to try this exciting sport for the first time.

Internet: [www.webtenerife.co.uk/activities/in-the-sea](http://www.webtenerife.co.uk/activities/in-the-sea)  
More Info: [www.webtenerife.co.uk/activities/sports/](http://www.webtenerife.co.uk/activities/sports/)

### **Dolphin and Whale Watching**

Tenerife is today a top destination for whale and dolphin watching. 21 of the world's 79 species of dolphins and whales inhabit our waters, including a permanent colony of some 500 pilot whales and 250 bottlenose dolphins. They are most commonly found in the waters between the south coast of Tenerife and the island of La Gomera. They are also very close to shore, about three miles, allowing them to be seen all year round.

Internet: [www.webtenerife.co.uk/activities/in-the-sea/whale-and-dolphin-watching/](http://www.webtenerife.co.uk/activities/in-the-sea/whale-and-dolphin-watching/)

### **Siam Park**

Siam Park (Costa Adeje) is Europe's largest water park, occupying 185,000 square metres. Entirely themed on the Kingdom of Siam, it boasts some amazing attractions: an artificial white-sand beach with three metre-high waves, the Tower of Power (the second highest

'kamikaze' water slide in the world) and many others, ensuring a fun day out with family or friends.

Address: Siam Park, Avenida Siam, Costa Adeje  
Phone: +34 822 07 00 00  
Internet: [www.siampark.net/index.php/en/](http://www.siampark.net/index.php/en/)

### **Loro Parque**

Loro Parque is an incredible wildlife park and aquarium visited by millions of people each year. The orca show is the star attraction, though the penguins are a close second, living in an exact replica of their natural frozen habitat; Katandra Treetops, an aviary with hundreds of birds from around the world, Bengal tigers, dolphins... and, of course, all the fun of the parrot show. Parque Loro has the best and largest collection of these intelligent, friendly birds in the whole world.

Address: Loro Parque, Avenida Loro Parque, Puerto de la Cruz  
Internet: [www.loroparque.com/index.php/en/](http://www.loroparque.com/index.php/en/)

### **Jungle Park**

In the south of the Island you can visit Jungle Park, a jungle setting full of wild animals, where there's even a bird of prey freeflight exhibition including eagles. Test your driving skills at Karting Club Tenerife or enjoy the thrills and spills of the water slides at Aqualand; so many things to do during your holiday, and what better way to round it off than a visit to Forestal Park, an adventure playground boasting over a hundred tree-top attractions where Tarzan would feel right at home.

Address: Jungle Park, Santa Cruz de Tenerife  
Phone: +34 922 72 90 10  
Internet: [www.junglepark.es](http://www.junglepark.es)

### **Tenerife Cinema**

Tenerife encompasses a huge diversity of landscapes, making it a unique setting for all

kinds of filming and photography, a natural mini-continent-like stage endowed with every possible landscape. Thus the Island is frequently chosen by film producers to serve as backdrop for their stories. To that end, the Island has set up the Tenerife Film Commission (TFC), the department in charge of promoting the Island as a movie set.

Internet: [www.webtenerife.com/tenerifefilm](http://www.webtenerife.com/tenerifefilm)

### **Spas**

Not only do Tenerife's natural assets give you energy and vitality, but a visit to one of the spas, located across the island, allows time for relaxation. A number of these facilities are located within upmarket hotels and resorts and offer a wide variety of treatments. Guests can choose from therapies with hot stones, aromatherapy, exfoliation and others to combat stress. Spa lovers can go the extra step and enjoy fruit masks, oxygen therapy, snow cabins, the Photon capsule, and much more.

Internet: [www.webtenerife.co.uk/activities/health-and-wellbeing/](http://www.webtenerife.co.uk/activities/health-and-wellbeing/)

### **Medical Tourism**

Tenerife boasts a hospital network with leading qualified professionals and the latest technical and surgical advances. The centres meet the medical and sanitary standards of an EU country but with significant economic advantages over most European countries and America. This network even has a dedicated customer service team for international patients. Furthermore, it is possible to arrange transfers, accommodation pre- and post-treatment and to organise additional leisure activities.

Internet: [www.webtenerife.co.uk/activities/health-and-wellbeing/medical-tourism/](http://www.webtenerife.co.uk/activities/health-and-wellbeing/medical-tourism/)

### **Language Learning**

Thanks to its climate and leisure options, Tenerife is emerging as a top destination for language learning – travellers interested in learning or improving their Spanish can find language schools to cater to all levels. These centres offer group and individual classes, intensive courses and complementary activities for language learning so it is fun and engaging and not only an academic pursuit.

Internet: [www.webtenerife.co.uk/activities/culture/learn-spanish/](http://www.webtenerife.co.uk/activities/culture/learn-spanish/)

### **Museums**

Museums across Tenerife promise to expand your knowledge on nature and natural history in a fun and informative way and are great places to start or finish off a day out on the island. The Museum of Nature and Mankind, the Museum of Science and the Cosmos, the Museum of History and Anthropology, and the Centre for Canarian-Latin American Documentation are all worth a visit.

Internet: [www.museosdetenerife.org/](http://www.museosdetenerife.org/)  
[www.webtenerife.co.uk/activities/culture/museums/](http://www.webtenerife.co.uk/activities/culture/museums/)

### **Cultural and Architectural Heritage**

Tenerife boasts a cultural heritage on a par with its natural beauty, as seen in the historic areas of its cities, like La Laguna, Garachico, La Orotava and Icod de los Vientos. There's never enough time to fully admire each town's churches, convents, buildings, plazas and palaces. Tenerife is also renowned for its avant-garde architecture, with such names as Santiago Calatrava and Herzog & De Meuron leaving their mark on the island.

### **Cultural Activities**

Many cultural attractions and venues await you, such as the Leal Theatre in La Laguna and



Guimerá Theatre in Santa Cruz, the Adán Martín Tenerife Auditorium or the TEA Arts Centre. The Museum of Nature and Mankind, the Museum of Science and the Cosmos (offering hands-on experiments) or the Military Museum (its many treasures include the Tiger Cannon, which thwarted British Admiral Lord Nelson's attempts to conquer Tenerife) ensure a day of fun and learning for the whole family.

## BEACHES



On the island there are around 70 kilometres of beaches where you can enjoy a variety of activities, including pedalos, jet skis and parasailing. Or you can just relax, let the sea breeze cool you down and have a quick dip whenever you fancy. Most beaches on Tenerife have been awarded the Blue Flag for the quality of the water, the services available and their easy access. Beaches with golden sand are mainly to be found in the south, from Güímar to Adeje. Las Vistas, Las Galletas, El Médano, Torviscas and Fañabé are some good examples. For more information, visit:

[www.webtenerife.co.uk/places-interest/beaches/](http://www.webtenerife.co.uk/places-interest/beaches/)  
[www.webtenerife.co.uk/places-interest/swimming-pools-and-pools/](http://www.webtenerife.co.uk/places-interest/swimming-pools-and-pools/)

### Las Teresitas

Around the metropolitan area, the most famous beach is called Las Teresitas, in Santa Cruz, the

Island's capital. At 1.5 kilometres in length, its golden sands and close proximity to the small coastal town of San Andrés make it ideal for a relaxing day sat under a tropical palm tree (while in the area, you can also visit the nearby Anaga Rural Park and its lush green forests dotted with white houses).

Address: Las Teresita, Santa Cruz de Tenerife

### Black Sand Beaches

Due to its volcanic origins, Tenerife also has beaches of black sand, mainly in the north of the Island. On such beaches, your skin soaks up their famous mineral salts which reduce stress and increase blood circulation, among other benefits. The most popular beaches include Playa Jardín, in Puerto de la Cruz, El Socorro, in Los Realejos, and San Marcos, in Icod de los Vinos.

### Volcanic Pools

A great way to enjoy the sea on the Island is to visit the natural pools formed long ago by lava as it flowed into the ocean. The most popular are at Bajamar, Punta del Hidalgo (La Laguna), San Juan de la Rambla (Charco La Laja), Garachico (El Caletón) and San Miguel.

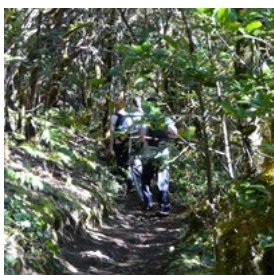
## OUTDOOR ADVENTURES



For some people a holiday is not a holiday without doing their favourite sport. Tenerife is for you if your idea of relaxation is to ride into the horizon on a road or mountain bike, take to the windswept shores on a windsurfing board, put your trainers on and run across mountains. Thanks to its excellent conditions, the island is appreciated by professional athletes who come to train and prepare for elite competitions. Cyclists Chris Froome and Alexander Vinokurov, swimmer Britta Steffen, tennis players Ana Ivanovich and Tomas Berdych, football teams, national swim teams, and more, are some of the athletes who train in Tenerife.

[www.webtenerife.com/tenerife-no-limits.htm](http://www.webtenerife.com/tenerife-no-limits.htm)

### Hiking



There are over 1,000 kilometres of trails to choose from on Tenerife, each taking you through volcanic formations, pine forests, rugged cliffs and other natural wonders. To go up to the Teide Summit, you have to request a special permit ([www.reservasparquesnacionales.es](http://www.reservasparquesnacionales.es)). Find more information here:

[www.telefericoteide.com/altavista](http://www.telefericoteide.com/altavista). Also be sure to have all the necessary equipment, protection from sun and rain, as well as plenty of food and

water.

Internet:

[www.webtenerife.co.uk/activities/amongst-nature/footpaths/](http://www.webtenerife.co.uk/activities/amongst-nature/footpaths/)

More Info:

[www.webtenerife.co.uk/tenerife-maps/footpaths-map.htm](http://www.webtenerife.co.uk/tenerife-maps/footpaths-map.htm)

### Scuba Diving



Tenerife's waters are rife with wildlife and natural beauty, and there is no better way to admire it all than by scuba diving.

There are over 60 dive sites available to you, spread out all along the coast. You can dive at any time of year with visibility from 10 to 30 metres. Although diving conditions may vary, the water temperature is constant and always somewhere between 19 °C and 26 °C.

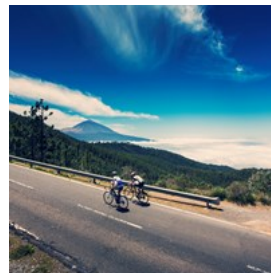
Internet:

[www.webtenerife.co.uk/activities/in-the-sea/diving-centres/](http://www.webtenerife.co.uk/activities/in-the-sea/diving-centres/)  
[www.webtenerife.co.uk/activities/sports/diving/submarinismo.htm](http://www.webtenerife.co.uk/activities/sports/diving/submarinismo.htm)

More Info:

[www.webtenerife.com/mapas/mapa-puntos-inmersion.htm](http://www.webtenerife.com/mapas/mapa-puntos-inmersion.htm)

### Cycling



You can cycle at sea-level or at an altitude of over 2,000 metres, and you'll always have any service you need close by. The best cyclists in the world

have chosen Tenerife for training, for the favourable weather conditions year-round, with an average temperature of 22 degrees. All over the island you have an extensive road network available to you. Whether you're just starting or whether you're a professional, you have lots of options for routes and services that adapt to your needs.

Internet: [www.webtenerife.co.uk/activities/routes-and-excursions/cycling-routes/](http://www.webtenerife.co.uk/activities/routes-and-excursions/cycling-routes/) / [www.webtenerife.co.uk/activities/amongst-nature/nature-activity-companies/](http://www.webtenerife.co.uk/activities/amongst-nature/nature-activity-companies/)

More Info: [www.webtenerife.com/mapas/rutas-ciclismo.htm](http://www.webtenerife.com/mapas/rutas-ciclismo.htm)

## Mountain Biking



There are over 200 kilometres of forest tracks available to you. Most of them run through the high part of the island, above all in the

Corona Forestal. The network of tracks connects a large part of the North with the area of Tacoronte and the South, allowing you to start and finish in places with services and, in many cases, with public transport and car parks. The network of tracks allows you to tailor the routes according to difficulty, kilometers and the type of scenery you want to see.

Internet: [www.webtenerife.co.uk/activities/amongst-nature/mountain-bike-routes/](http://www.webtenerife.co.uk/activities/amongst-nature/mountain-bike-routes/)

More Info:

[www.webtenerife.com/mapas/rutas-mountain-bike.htm](http://www.webtenerife.com/mapas/rutas-mountain-bike.htm)

## Surfing and Bodyboarding



In Tenerife you have swell every ten minutes. You don't like one wave? Just go for the next one. And furthermore, you can surf all year round!

Forget your winter suit, because here the water's always warm. The strongest waves break in the northern and north-western areas of the island. The southern and south-eastern area has less intense waves. Nonetheless, the force of the sea varies depending on the time of year.

Internet: [www.webtenerife.co.uk/activities/sports/surfing/](http://www.webtenerife.co.uk/activities/sports/surfing/)

More Info:

[www.webtenerife.com/mapas/mapa-deportes-mar.htm](http://www.webtenerife.com/mapas/mapa-deportes-mar.htm)

## Stand-Up Paddle Surfing



Get onto your board, pick up your oar and let the journey begin. You'll discover spots that very few ever get to. You'll exercise all of your

muscles, while you have fun with your friends or family. Everyone can do stand up paddle surfing. The East and South-east of the island have very quiet areas for this kind of surfing. If you prefer surfing waves with your SUP board, we recommend that you do it at Playa de Las Américas.

Internet: [www.webtenerife.co.uk/activities/sports/other-sports/stand-up-paddle-surfing.htm](http://www.webtenerife.co.uk/activities/sports/other-sports/stand-up-paddle-surfing.htm)

## Windsurfing

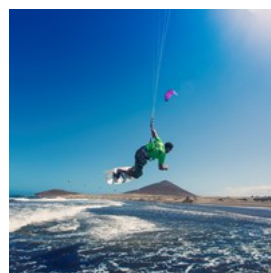


You can do windsurfing all year round. Winds are usually easterly and north-easterly. Depending on how strong the wind is, there are two seasons

for windsurfing: Winter (October - April): from 10 to 25 knots approximately; Summer (May to September): from 15 to 30 knots approximately. Five beaches for flying: El Médano, El Cabezo, La Tejita, Playa de las Américas (Conquistador y Las Palmeras), Playa de las Américas (Fitenia).

Internet: [www.webtenerife.co.uk/activities/sports/windsurfing/windsurf.htm](http://www.webtenerife.co.uk/activities/sports/windsurfing/windsurf.htm)

## Kitesurfing



You can go kitesurfing all year: the El Médano area has an average of 300 days of wind a year and the water temperature oscillates between 19 °C



in winter and 26 °C in summer. There are 2 seasons depending on the intensity of the wind: Winter (October - April): from 10 to 25 knots; Summer (May to September): from 15 to 30 knots. Five beaches for kitesurfing: El Cabezo. El Médano, La Tejita, Playa de las Américas (Conquistador y Las Palmeras), Playa de las Américas (Fitenia)

Internet: [www.webtenerife.co.uk/activities/sports/other-sports/kitesurf.htm](http://www.webtenerife.co.uk/activities/sports/other-sports/kitesurf.htm)

### Sailing and Dinghy Sailing



Imagine a winter with sun and a 22-knot wind.

There are fewer better conditions for sailing. It can be done all over the island, although the

easterly and south-easterly coasts are the windiest. To do this sport, you will need a club or school to provide you with the necessary infrastructures and equipment, such as boats, marinas, slipways, etc. If you already have all the means, we recommend that you check the available departure points.

Internet: [www.webtenerife.co.uk/activities/sports/other-sports/navegar.htm](http://www.webtenerife.co.uk/activities/sports/other-sports/navegar.htm)

### Kayaking



Kayaking is a favourite way of discovering the natural beauty of Tenerife. You can get to know the coast of the island by kayak all year

round. It is the ideal sport for getting to know unique places that you can only get to by sea. Due to volcanic eruptions and erosion by the wind and sea, you can see spectacular landscapes of cliffs, caves and natural coves. The

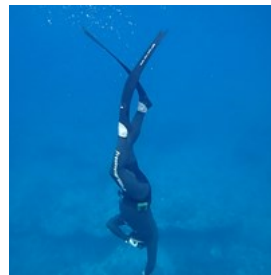
eastern and south-eastern coasts are ideal places for kayaking, as they are usually protected from big waves.

Internet: [www.webtenerife.co.uk/activities/sports/other-sports/kayaking.htm](http://www.webtenerife.co.uk/activities/sports/other-sports/kayaking.htm)

More Info:

[www.webtenerife.com/mapas/mapa-deportes-mar.htm](http://www.webtenerife.com/mapas/mapa-deportes-mar.htm)

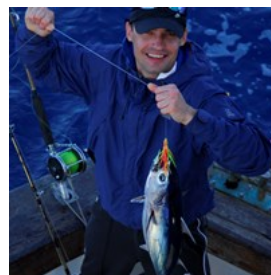
### Free Diving



Tenerife is one of the main destinations in Europe for free diving. It can be attempted all year round, as the water temperature is constant

and there is no thermocline. The sea oscillates between 19 °C in winter and 26 °C in summer, with a visibility of up to 25 metres. You have at your disposition the modern facilities and services of T3, and the Academy West Europe Center. The professionals at these centres will teach you breathing techniques and how to move in the water.

### Top-Class Fishing



This sport can be enjoyed 365 days a year, making it one of the best places in the world to fish thanks to its unbeatable water conditions. The waters of

Tenerife are a compulsory part of the main migratory routes of a large variety of native species, notably blue marlins and tunas. The best time for catching both species is May to September. All marinas provide an extensive fleet of specialised boats, equipped with the necessary material and crew to enjoy an unforgettable day of fishing.

Internet: [www.webtenerife.co.uk/activities/sports/other-sports](http://www.webtenerife.co.uk/activities/sports/other-sports)

[s/pesca+deportiva.htm](#)

More Info: Proper fishing licenses are required, and some species are protected.

## Caving



Would you like to walk through a lava cave created over 27,000 years ago? On the island, there is a cave that comes from the vacuum formed when the outside of an enormous stretch of lava cooled much faster than its inside. It left a 17-kilometre hollow area inside the earth: the longest volcanic tunnel in Europe - Cueva del Viento (Cave of the Wind). On an underground walk, a guide will show you what is hidden in this cave of labyrinths with three different levels full of passages.

Address: Calle Los Piquetes, 51. El Amparo, Icod de los Vinos

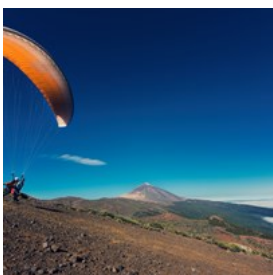
Opening hours: Tue-Sat 9am-4pm

Phone: +34 922 815 339

Internet: [www.cuevadelviento.net](http://www.cuevadelviento.net)

Email: [info@cuevadelviento.net](mailto:info@cuevadelviento.net)

## Paragliding



Flying over the trees with Mt. Teide at your back and valleys with banana plantations below, admire the natural beauty of the area from above. If you want to have the experience of flying, you can take a two-seater flight, through one of the companies that provide this service. If you want to learn to fly, you can take one of the courses organised by the federation schools and associated companies. If you already know how to fly, you can do it on your own with your equipment.

Internet: [www.webtenerife.co.uk/activities/sports/other-sport](http://www.webtenerife.co.uk/activities/sports/other-sport)

[s/parapente.htm](#)

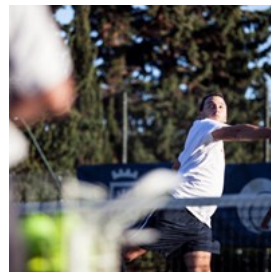
## Climbing



When every muscle in your body is tensed and you're stuck to the wall, you know that the only way is up. And you continue! You hook another carabiner and you summon the strength. The summit is very close. You feel the last space between the rocks with your fingers. You push a little more with your feet, and you're there! From above, everything is different. You'll discover landscapes that look like they're from another planet, like the Cañadas del Teide.

Internet: [www.webtenerife.co.uk/activities/sports/other-sports/escalada+clasica.htm](http://www.webtenerife.co.uk/activities/sports/other-sports/escalada+clasica.htm)

## Tennis and Paddle Tennis



You have more than 11 sports complexes available to you, with Plexipave, clay and synthetic grass outdoor courts. You have a team of highly-prestigious physiotherapists to guarantee first-class fitness work and training. The splendid climate is a real magnet if you want to recover from injuries or long competition seasons. You can also play frontón and squash at many places on the island.

Internet: [www.webtenerife.co.uk/activities/sports/tenis/](http://www.webtenerife.co.uk/activities/sports/tenis/)

## Golf

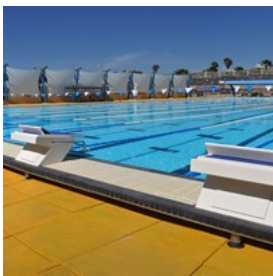


Imagine practising your swing beside the sea or next to impressive cliffs. The constant springtime temperature means that you can play all year

round. There are 8 golf courses and 2 pitch and putt courses, spread out over the North and South of the island. Each of them provides a completely different way to enjoy this sport. Furthermore, there is an extensive network of top-class hotels and restaurants that, under the Tenerife Golf brand, provide all kinds of specialised services.

Internet: [www.webtenerife.co.uk/tenerife-golf.htm](http://www.webtenerife.co.uk/tenerife-golf.htm)

## Swimming



You can do different kinds of water sports, such as swimming, waterpolo or synchronised swimming all year long, as we have all the means necessary

for them and an unbeatable climate. You can have fun at facilities with both indoor and outdoor pools.

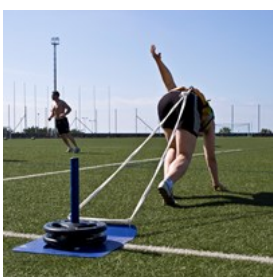
Address: Avenida de los Acantilados, s/n. La Caleta, Adeje

Phone: +34 922 782 755

Internet: [www.tenerifetoptraining.com](http://www.tenerifetoptraining.com)

Email: [info@tenerifetoptraining.com](mailto:info@tenerifetoptraining.com)

## Sports Centres and High-Performance Centres



Whether you're preparing for your next competition or you simply want to perfect your technique, you have facilities with the latest technology and

the best team of professionals to guide you in all

your training. The island's sports centres and high performance centres hold continental and world swimming, tennis, triathlon and football championships every year. They offer the best facilities combined with the benefits of training at sea level with preparation at an altitude of 2,000 metres.

Address: Plaza de las Nieves no. 1, Tincer, Santa Cruz de Tenerife

Phone: +34 922 615 338

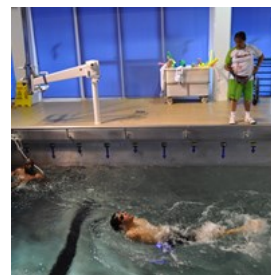
Internet: [www.deportestenerife.net](http://www.deportestenerife.net)

Email: [ciat@idecogestion.net](mailto:ciat@idecogestion.net)

More Info:

[www.webtenerife.co.uk/activities/sports/sports-facilities/](http://www.webtenerife.co.uk/activities/sports/sports-facilities/)

## Accessible Sport



If you have a disability or reduced mobility, you can rely on the best professionals and the most sophisticated facilities at the T3, a

centre where paralympic athletes come to train, including the paralympic swimming teams from Sweden, Holland, Estonia, Norway and Mexico. See also:

AR2 Surf Project

+34 646 112 055

[www.ar2surfproject.com](http://www.ar2surfproject.com)

Canarias Guru

+34 922 730 319

[www.canariasguru.com](http://www.canariasguru.com)

XTM-Travel.com

+34 922 098 968

[www.xtm-travel.com](http://www.xtm-travel.com)

Address: Av. de los Acantilados, La Caleta de Adeje, Santa Cruz de Tenerife

Phone: +34 922 782 755



Internet: [www.tenerifetoptraining.com](http://www.tenerifetoptraining.com)

Email: [info@tenerifetoptraining.com](mailto:info@tenerifetoptraining.com)

## Sporting Events



Tenerife has an extensive calendar of sporting events. World-renowned championships are held, such as the Tenerife Bluetrail, the Teide

Extreme triathlon, the International Marathon of Santa Cruz de Tenerife, Tenerife Spanish Open, among others. Over 1,000 km of trails allow runners to contemplate unique landscapes, and the 20 professional runs, 9 half marathons, 5 marathons, 6 duathlons and 5 cross-country runs allow you to test your limits.

Internet: [www.webtenerife.co.uk/events/](http://www.webtenerife.co.uk/events/)

## Accommodation for Adventurers



In Tenerife, you can find accommodation adapted to the needs of athletes.

They provide specialised services both for teams and for individual

professionals who want to perfect their technique. There are more and more elite athletes who choose Tenerife for training: swimming, tennis, triathlon, football or cycling. They enjoy the combination of excellent facilities with the benefits of training at sea level with preparation at an altitude of over 2,000 metres in the Teide National Park, which has a favourable effect on their physical stamina.

Albergue Montes de Anaga

Carretera Bailadero Chamorga, s/n

Santa Cruz de Tenerife

+34 922 822 056

[alberguedeanaga@idecogestion.net](mailto:alberguedeanaga@idecogestion.net)

[www.alberguestenerife.net](http://www.alberguestenerife.net)

Hotel Silken Atlántida

Avda. 3 de Mayo (Esquina Áurea Díaz Flores)

Santa Cruz de Tenerife

+34 922 294 500

[hotelatlantida.sc@hoteles-silken.com](mailto:hotelatlantida.sc@hoteles-silken.com)

[www.hoteles-silken.com](http://www.hoteles-silken.com)

Oceáno Hotel Health SpaTenerife

Calle Oceáno Pacífico, 1, Punta del Hidalgo

La Laguna

+34 922 156 000

[info@oceano-tenerife.com](mailto:info@oceano-tenerife.com)

[www.oceano-tenerife.com](http://www.oceano-tenerife.com)

Parador de Turismo

Las Cañadas del Teide

La Orotava

+34 922 374 841

[canadas@parador.es](mailto:canadas@parador.es)

[www.parador.es](http://www.parador.es)

## DINING



The local gastronomy is a further example of Tenerife's authenticity and certainly the most delicious. Dishes made from local produce create a marvellous fusion between traditional and avant-garde. Find more information and dining suggestions at:

[www.webtenerife.co.uk/activities/eat-drink/](http://www.webtenerife.co.uk/activities/eat-drink/)

## Guachinches

There's a type of establishment on the Island known as a guachinche. These small, family-run eateries, often improvised on the terrace or in the garage of rural houses, only open at certain times of the year to offer wine from their own harvest accompanied by two or three traditional dishes at very affordable prices. Such establishments have deep roots on the Island, and islanders will be delighted to tell visitors how to find them. Our only recommendation: be sure to visit them.

Internet: [www.webtenerife.co.uk/what-to-do/eat-drink/?tab=3&tab-view-mode=cuadrícula&page-index=1](http://www.webtenerife.co.uk/what-to-do/eat-drink/?tab=3&tab-view-mode=cuadrícula&page-index=1)

## Local Specialties

A great way to sample Tenerife's cuisine is to try one of the island's local delicacies. The "papas arrugadas" with red and green "mojos" are a must but there are plenty of dishes such as the Canarian stew (mixed vegetables and meat) and grilled sardines to excite food lovers. Honey is a very popular dessert ingredient and the most unusual-tasting type of honey is obtained from endemic species such as the Teide broom.

## Markets

Traditional marketplaces and street markets in towns and villages all over the Island offer wonderful fresh produce, often grown on organic farms, and are busy meeting points where you can share experiences with islanders who have expert knowledge of the area.

## Local Wines

Tenerife is an ideal destination for sampling a wide range of unique wines. The local whites and reds offer flavours and aromas which reflect the Island's climate and volcanic origins. Visit one of the island's wineries in which wines are made using modern techniques, while other producers

keeping to more old fashioned and traditional methods. The Wine Museum is a great place to taste different Tenerife wines accompanied by the best of the island's food specialities.

## Abama Kabuki

Elegantly decorated with a minimalist palette of reds and blacks, Abama Kabuki is supervised by Ricardo Sanz, whose restaurants in Madrid and Wellington are among the best Japanese restaurants in Europe. Ricardo Sanz and his team are famous for their ingenious fusions of traditional Japanese influences and modern, Western culinary techniques, as well as for their superb ingredients. Canary Island ingredients are used with a great deal of imagination in the preparation of the Kabuki dishes.

Address: Carretera General del Sur, 47, Tenerife

Opening hours: Wed-Mon 7pm-11pm

Phone: +34 922 12 60 00

Internet:

[www.ritzcarlton.com/en/hotels/spain/abama/dining/kabuki](http://www.ritzcarlton.com/en/hotels/spain/abama/dining/kabuki)

## Bodegón el Barranquillo

The El Barranquillo restaurant is an obligatory meeting point for those who appreciate local produce, fresh Tenerife pork and good local wine. The meat comes from a family-run pig farm and the wine is home-made. The restaurant has its own wine-press and wine-cellar and has the help and advice of a team of wine experts who contribute to making the wine so smooth and full-bodied. El Barranquillo's culinary speciality is grilled pork and chicken although the cod in onions is equally tasty.

Address: Carretera General La Perdoma, 37, La Orotava

Opening hours: Wed-Mon 12:30pm-11pm

Phone: +34 922 30 94 66

## Mesón Los Ángeles

Mesón Los Ángeles is a space designed to delight

with the aromas, textures and flavours of our islands, your opportunity to meet the best of Canarian and Mediterranean gastronomy in Santa Cruz de Tenerife. The restaurant, located in the district of Salamanca in the capital of the Island, has been offering a friendly service since 1983.

Address: Avda. Islas Canarias, 28, Santa Cruz De Tenerife  
Phone: +34 922 28 04 13  
Internet: [www.mesonlosangeles.com](http://www.mesonlosangeles.com)

### **Papagayo Beach Club**

Papagayo Beach Club guarantees exclusive sensations and moments of fun and escapism. The breakfasts every morning right next to the beach are one of the main attractions. The top-quality cuisine can be tasted both at lunchtime and dinner in an extensive menu including seafood and superb meats as well as the best of international cuisine. And when night falls, the establishment displays all its charm, fusing the best of electronic music with an enthusiasm for cocktails and live shows.

Address: Av. Rafael Puig Y Lluvina, 2, Adeje  
Phone: +34 922 78 89 16  
Internet: [www.papagayobeachclub.com](http://www.papagayobeachclub.com)  
Email: [reservas@papagayobeachclub.es](mailto:reservas@papagayobeachclub.es)

### **Restaurante Bodeguita Canaria**

La Bodeguita Canaria is situated in the centre of Santa Cruz, a few metres from Plaza España. The restaurant's speciality is traditional Canarian gastronomy which includes some of the most popular and typical dishes such as: ropa vieja, ribs and potatoes, rabbit in salmorejo, tortilla and shark, which are always accompanied by a large variety of local wines.

Address: C/ Imeldo Serís, 18, Santa Cruz De Tenerife  
Phone: +34 922 29 32 16  
Internet: [www.bodeguitacanaria.es](http://www.bodeguitacanaria.es)

### **Casa del Vino**

This restaurant specializes in traditional gastronomy of the islands and new, creative, Canarian cuisine. The restaurant serves dishes made with fresh local produce from the markets and mixes an interesting variety of tastes, aromas and textures. The wine list is made up exclusively of wines from the five wine denominations of Tenerife. The Casa del Vino is an old agricultural Canarian farm from the 17th century that has been perfectly restored and has been open to the public since 1995.

Address: Calle San Simón, 49, El Sauzal, Santa Cruz de Tenerife  
Phone: +34 922 57 25 35  
Internet: [www.casadelvinotenerife.com](http://www.casadelvinotenerife.com)

## **BARS & NIGHTLIFE**



When the sun goes down, Tenerife truly comes to life. Our excellent climate allows you to enjoy a drink at an open-air terrace bar any time of the year. Some have sea views, others are in parks, amid busy shopping streets or at peaceful marinas. Find more information and events at:

[www.webtenerife.co.uk/activities/nightlife/](http://www.webtenerife.co.uk/activities/nightlife/)

### **Papagayo Beach Club**

Papagayo Beach Club guarantees exclusive sensations and moments of fun and escapism. The breakfasts every morning right next to the beach are one of the main attractions. The



top-quality cuisine can be tasted both at lunchtime and dinner in an extensive menu including seafood and superb meats as well as the best of international cuisine. And when night falls, the establishment displays all its charm, fusing the best of electronic music with an enthusiasm for cocktails and live shows.

Address: Av. Rafael Puig Y Lluviná, 2, Adeje

Phone: +34 922 78 89 16

Internet: [www.papagayobeachclub.com](http://www.papagayobeachclub.com)

Email: [reservas@papagayobeachclub.es](mailto:reservas@papagayobeachclub.es)

### **Casinos**

You can try your luck at blackjack, poker or roulette at the Island's three luxury casinos: Las Américas (ground floor of the prestigious Hotel Gran Tinerfe), Santa Cruz (Hotel Mencey) and Puerto de la Cruz (at the Lago Martiánez swimming pool complex).

Internet: [www.casinostenerife.com](http://www.casinostenerife.com)

### **Live Shows**

Classical music and jazz concerts or performances by the biggest stars of the moment are just a few options to make your stay on the Island even more memorable. The year-long schedule of festivals and events offers every imaginable style to suit all tastes. Plus, every day you have the chance to see original live shows at the many venues and night clubs in both the north and south of the Island.

### **Cultural Events**

The spectacular Magma Arte & Congresos, on Costa Adeje, plays host to a wide range of cultural events (concerts, musicals, exhibitions) which we highly recommend during your stay with us.

Address: Avda. Los Pueblos, s/n, Costa Adeje, Santa Cruz de Tenerife

Phone: +34 922 75 20 27

Internet: [www.tenerifemagma.com](http://www.tenerifemagma.com)

### **Parties**

For those who were born to party, every trend and ambience is on offer at pubs and clubs open every night of the week; or dance till dawn at a disco to the sound of rock, pop, house, techno or salsa. You can choose sessions by famous Spanish and international DJs at festivals and clubs all over the Island, or bars and venues where lovers of techno and chillout will reach the very peaks of ecstasy. A more relaxed option is the moonlight beach parties offering great music and excellent company.

### **Blanco Bar**

This cocktail bar located in Puerto de la Cruz has become a reference among night clubs in the north. Together with the best music in a variety of styles, the customers can enjoy monologues, plays, concerts, magic performances and all of this is impregnated with the atmosphere that is characteristic of this entertainment venue. There is a terrace, a range of cocktails including both classical and modern, and Blanco Bar is suitable for the handicapped (bathroom, ramps).

Address: C/ Blanco, 12, Puerto De La Cruz

Opening hours: Daily 8pm-3am

Phone: +34 620 95 51 97

Internet: [www.blancobar.com](http://www.blancobar.com)

## SHOPPING



*sergiu.birca/Shutterstock.com*

Out on the streets or in the convenience of a shopping centre, whether you are looking for the best bargains or the most exclusive items, searching for the perfect ingredients for a special meal or on a quest to find the right gift for somebody - no matter what you are looking for, all you have to do is head out, clear your mind and spend some leisurely time browsing stalls and window displays, for you can find everything you want and need in Tenerife.

### **Baratillo Los Verdes**

Baratillo Los Verdes is a leading company in the management of markets and minimarkets. The leader in this sector has a great number of contracts with local authorities in commercial promotion. In the Baratillos Los Verdes markets you will find an extensive range of products such as handicrafts, antiques, textiles and small ornaments. You can find specialised products or general products depending on what day you visit.

Address: Parque Royal, Ctro. Ofic. Loc. 17. Torviscas. Adeje  
Phone: +34 922 71 52 50  
Internet: [www.brokantiers.com](http://www.brokantiers.com)

### **El Corte Inglés**

El Corte Inglés offers residents and visitors to Santa Cruz de Tenerife its comprehensive range of goods in a large centre which is located in

Avenida Tres de Mayo, only a few metres away from the Auditorio, the Exhibition Hall and the Lido. At all our stores, you will find an enormous selection of brands in foods, fashion, jewellery, watches, footwear, books and accessories, to name but a few.

Address: Avda. Tres De Mayo, 7, Santa Cruz De Tenerife  
Opening hours: Mon-Sat 9:30am-9:30pm  
Phone: +34 922 84 94 00  
Internet: [www.elcorteingles.es](http://www.elcorteingles.es)

### **Empresa Insular de Artesanía**

This centre offers 7 points of sale for its products, genuinely offering the best of hand-made art on the island, including textiles, pottery, metalwork, woodwork and creative ceramics. The distinctive Artenerife certifies the origin of all its products and they are all labelled AENOR. The Artenerife shops can be found in Puerto de la Cruz, Santa Cruz de Tenerife, Las Americas, Playa de las Vistas (Los Cristianos) and La Orotava.

Address: C/ Tomás Zerolo, 27, La Orotava  
Phone: +34 922 32 22 85  
Internet: [www.artenerife.com](http://www.artenerife.com)

### **Gofio La Molineta**

Gofio La Molineta is a traditional windmill created in 1866 which is devoted to the preparation of a Canarian product made from cereals: Gofio. It is mainly used for breakfast and typical dishes of Canarian cuisine, and can be of several different kinds: seven cereals, chickpeas, traditional wheat, and more, all of them ground using the native method of the millstone. Gofio La Molineta now exports its products to the United States and Germany and also offers their products online.

Address: C/ Núñez De La Peña, 61, La Laguna  
Phone: +34 922 25 71 55  
Internet: [www.gofiolamolineteta.es](http://www.gofiolamolineteta.es)

### **Aurum 1000**

Aurum 1000 stands out for its pieces in fine gold, its lovely designs and its fine craftwork with such special materials as gold, platinum, diamonds and lava using traditional techniques. At the shop-cum-workshop, there is direct attention from the Goldsmith, Peter Krahn, for more personal commissions. Take home exclusive jewels as an indelible souvenir of the starry nights of Tenerife, of its rugged, volcanic landscapes and the ever-present sun in the south of the Island.

Address: C/ Enramada - C.Cial San Sebastián, Local 8, Adeje  
Phone: +34 922 72 47 06  
Internet: [www.arte-aurum.com](http://www.arte-aurum.com)

### **Buenum**

Lovers of Canarian mojo sauces can now take them home. Buenum offers traditionally made mojo sauces which contain all the taste of genuine Canarian cuisine. Buenum is a family firm located in the north of Tenerife with a wealth of experience in the world of cooking, going back several generations. They have created, from their grandma's recipe, a totally innovative line of sauces. There are seven flavours, all without preservatives or colouring and made with olive oil.

Address: C/ El Natero, 22, Los Realejos  
Phone: +34 603 45 96 27  
Internet: [www.buenum.com](http://www.buenum.com)

### **Islenio**

Islenio, located in Plaza de la Candelaria in Santa Cruz, in the very heart of the city, offers a wide variety of craftwork and other items created in the Canary Islands. The store is specially decorated with traditional work from the islands to make the customer feel comfortable while enjoying the best of our gastronomy and culture: wines, liqueurs, cigars, cheeses, mojo sauces and

jams, as well as cosmetics, music, books and handicrafts.

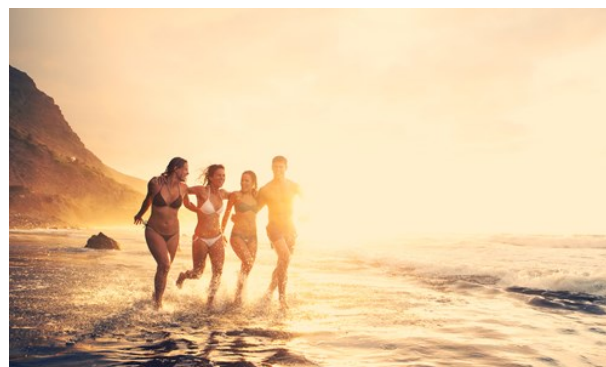
Address: Plaza De La Candelaria, 6, Santa Cruz De Tenerife  
Phone: +34 922 24 39 32

### **La Despensa**

Internationally renowned wines, delicious cheeses, unique kinds of honey, traditional cakes, as well as products that are deeply rooted in Tenerife's culture, like gofio (toasted flour from cereals), mojo (sauce) and coloured varieties of potatoes are just a small sample of the originality and variety of the produce from our land that you can find at La Despensa.

Address: C/ Puerto Escondido, 5. 6ª A, Santa Cruz De Tenerife  
Phone: +34 922 53 10 13  
Internet: [www.productosdetenerife.info](http://www.productosdetenerife.info)

## **ESSENTIAL INFORMATION**



### **General Information**



- An average annual temperature of 23°C, with warm summers and mild winters.
- 3,000 hours of sunlight per year.
- Nearly 400 km of coastline and some 70 km of beaches.
- 43 protected nature areas (48% of the Island).
- More than 800 species of local flora and fauna.



- Modern network of motorways and full bus service. Tramway in the metropolitan area.
- Two airports, one in the south (Tenerife Sur) and one in the north (Tenerife Norte), with flights to over 150 cities around the world.
- Two international cruise ports.
- Between 2 and 4 hours by plane from the main Spanish and European airports.
- Two UNESCO World Heritage Sites: the Teide National Park and the city of La Laguna.

Photo: WEB-DESIGN

### Business Events and Conferences



Tenerife is also an ideal destination for conferences, events and incentive trips. A comprehensive network of ultra modern

conference centres and accommodation, able to provide every convenience and cater to any needs, allows us to attract large groups, even in excess of 5,000 people. Our vast array of supplementary facilities, including all manner of leisure activities, ensures a successful outcome for any events held on the Island.

Photo: Noah Mormino

Internet: [www.webtenerife.com/tenerifech](http://www.webtenerife.com/tenerifech)

### Accessibility



The island offers a safe and comfortable holiday for people with reduced mobility or language impairments. Many of Tenerife's beaches, city

squares and leisure facilities are equipped for the whole family to enjoy the outdoors. The island has 12 beaches equipped for travellers with reduced mobility. It is worth highlighting

Las Vistas Beach, which features a support service team, including the provision of crutches and amphibious chairs for swimming in the sea, as well as designated rest areas.

Photo: Egon Låstad

Internet: [www.tenerife-accesible.org](http://www.tenerife-accesible.org)

### Airport



Tenerife is served by two international airports:  
Tenerife Sur (Reina Sofía)  
- +34 922 759 000  
Tenerife South is the larger of the two airports,

handling traffic from many major European airlines and destinations. It is located some 90 kilometres from the capital of Santa Cruz. Bus 111 runs from the airport to Santa Cruz and the major beaches of the island. Taxis to Santa Cruz should cost about 60 Euros.

Tenerife Norte (Los Rodeos) - +34 922 635 998  
Tenerife North is located in San Cristóbal de La Laguna, about 11 kilometres from Santa Cruz. Bus lines 102, 108, and 109 go to the city, while taxis should cost around 15 Euros.

Route 343 runs directly between both airports non-stop in just 50 minutes.

Regional airlines:

Binter Canarias  
+34 902 391 392  
[www.binternet.com](http://www.binternet.com)

Photo: Juan Garces

## Port



Cruise ships coming to the island dock in the port at Santa Cruz de Tenerife, located less than a kilometre away from the city. There are

free shuttle services to Plaza España in the city, provided by the Tenerife Port Authority. In the south of the island is the smaller port at Los Cristianos, which handles many tourists boats, most of them going on dolphin and whale watching expeditions.

Santa Cruz de Tenerife  
+34 922 605 400

Los Cristianos, in Arona  
+34 922 790 827

Regional sea links:

Fred Olsen  
+34 902 100 107  
[www.fredolsen.es](http://www.fredolsen.es)

Naviera Armas  
+34 902 456 500  
[www.navieraarmas.com](http://www.navieraarmas.com)

Photo: Pham Thi Dieu Linh

## Public Transport



TITSA manages the public bus system on the island. Line 111 crosses the whole island, from the capital of Santa Cruz to Playa de las Américas,

stopping at the South Airport. There is also a small tram system in Santa Cruz, composed of

two lines, one of which connects to La Laguna, stopping at many major landmarks and important places.

Photo: Pierre-Luc Auclair  
Phone: +34 922 531 300  
Internet: [www.titsa.com](http://www.titsa.com)

## Taxis



Taxis are the most convenient way to get around the island, but also the most expensive. Below is a list of taxi companies in different

parts of the island:

Adeje: +34 922 714 462  
La Laguna: +34 922 255 555  
Güimar: +34 922 510 811  
Puerto de la Cruz: +34 902 205 002  
La Orotava: +34 922 323 077  
Candelaria: +34 922 503 880  
Tenerife North Airport: +34 922 635 114  
Tenerife South Airport: +34 922 392 119  
Eurotaxis in Santa Cruz de Tenerife: +34 609 867 581  
Eurotaxis in La Laguna: +34 922 253 677  
Eurotaxis in La Orotava: +34 646 369 214  
Eurotaxis in Santiago del Teide: +34 922 86 08 40

## Post

Oficina de Correos



Photo: Andy Fuchs  
Address: Av Princesa Iballa, La Laguna, Santa Cruz de

Tenerife

Opening hours: Mon-Fri 8:30am-2:30pm, Sat 9:30am-1pm

Phone: +34 922 64 43 53

Internet: [www.correos.es](http://www.correos.es)

## Pharmacy

Farmacia Santa Cruz



Photo: Gemma Garner

Address: Calle Viera y Clavijo, 2, Santa Cruz de Tenerife

Opening hours: Daily 9am-10pm

Phone: +34 922 28 30 37

Internet: [www.farmaciasantacruz.es](http://www.farmaciasantacruz.es)

## Telephone

Country code: +34 Area  
code: 922



Photo: Jardson Almeida

## Electricity

220 Volts AC 50Hz,  
two-pronged European  
outlets



Photo: Stirling Tschan

## Population

Approximately 1,000,000

## Currency

Euro (EUR) €1 = 100 cents

## Opening hours

Normal opening hours in Tenerife are from 10.00 to 13.30

and 17.00 to 20.30 hours. However, in tourist resorts the opening hours are longer from 10.00 until 22.00, sometimes even later.

Shopping centres are also open throughout the day from 10.00 to 22.00 hours. On Sundays and Bank Holidays only the shops in tourist resorts are open, those in Santa Cruz de Tenerife and La Laguna and other non-tourist towns are closed. However these shops do open in December and a few Sundays during the year.

## Internet

[www.webtenerife.com](http://www.webtenerife.com)

## Newspapers

El Dia

Diario de Avisos

La Opinion

In English:

Tenerife News

English Daily News

## Emergency numbers

Emergency: 112

National Police: 091

Local Police: 092

Civil Guard: 062

## Tourist information

Get all the information you need in the tourist information offices and points of the Infotén network. In the offices scattered around the Island, we will help you to find out about everything Tenerife has to offer.

[www.webtenerife.co.uk/useful-information/tourist-information-offices/](http://www.webtenerife.co.uk/useful-information/tourist-information-offices/)



Oceano Atlantico

Tenerife

Oceano Atlantico

0 20 km





A

B

C

D

1

2

3

4

LOS LAVADEROS

EL TOSCAL

LAS ACACIAS

Puerto

Oceano Atlantico

LOS LLANOS

0 250 m

Calle Alejandro Cioranescu

Museo Militar

Rambla Del General Franco

Calle San Isidro

Mendez Nunez

Calle San Martin

Calle San Antonio

Calle De San Francisco

Calle De San Francisco Javier

Calle De La Marina

Calle Santa Rosa

Calle De San Francisco

Calle San Vicente Ferrer

Calle De Em Calzadilla

Calle De Numancia

Calle De Ruiz De Padron

Calle De Viera y Clavijo

Calle De Em Calzadilla

Calle De Viera y Clavijo

Calle De Em Calzadilla

Calle De Ramon y Cajal

Calle De Ramon y Cajal

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Parque Municipal Garcia Sanabria

Ayuntamiento

Plaza Gen Weyler

Parque Cultural

LA SALLE

Parque Don Quijote

Avenida Del Tres De Mayo

Puente De Santa Cruz

Teatro

Mercado

Museo Naturales

Museo Artes

Museo Militar

Museo Artes

Dr Camacho

Calle Dr Zerolo

Plaza E De Virginia

Calle Horacio Nelson

C Gen Godea

C Gen Sanjurjo

Calvo Sotelo

Primo Rivera

AV De La Asuncion

Calle Bernardino S

Calle Eduardo Zamacois

Av De Los Reyes Catolicos

AV Benito Perez

F Danmark

T De Molina

D Pimienta

Calle Calderon De La Barca

Calle Lepanto

Calle De Alvaro Rodriguez Lopez

Puente De Santa Cruz

Calle Enrique Wolfson

Rambla Del General Franco

Calle De Robayna

C Maria Cristina

Calle Perez De Rozas

Rambla De Pujo

Calle Del General Portier

Calle Del General Serrano

Calle De Ramon y Cajal

Calle De Duggi

Calle De San Sebastian

Calle De La Vega

Calle De La Vega

Calle De La Vega

Calle De La Vega

Calle De La Vega

Calle De La Vega

Calle De La Vega

Calle De La Vega

Calle De La Vega

Calle De Numancia

Calle De Viera y Clavijo

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Antonia Nebrija	B3	Calle De Numancia	B2	Calle Pi y Maragall	B2
Avenida Benito Perez	A4	Calle De Ramon y Cajal	A3 B3	Calle San Antonio	B1 C2
Avenida De Bravo Murillo	C3	Calle De Robayna	A2 B2	Calle San Francisco Javier	B2 C2
Avenida de Francisco la Roche	D1 D3	Calle De Ruiz De padron	C2	Calle San Isidro	C1
Avenida De Jose Antonio Primo De Rivera	C3	Calle De San Francisco	C2	Calle San Martin	B1 C2
Avenida De La Asuncion	A3	Calle De San Sebastian	A3 B3	Calle San Vicente Ferrer	B2 C2
Avenida De La Salle	B3 B4	Calle De Viera y Clavijo	B2	Calle Santa Rosalfa	B2 C2
Avenida de Los Lanos	C3	Calle Del Dieciocho De Julio	A2 B2	Calle Suarez Guerra	B2 C2
Avenida De Los Reyes Catolicos	A3 A4	Calle Del Dr Naveiras	B1 B2	Calle Villalba Hervas	C2
Avenida Del Tres De Mayo	B4	Calle Del Fomento	B4 C4	Calvo Sotelo	A2
Avenida Diaz Pimlenta	A4	Calle Del General Porlier	A3 B3	F Danmark	A4
Avenida Francisco La Roche	C1 C2	Calle Del General Serrano	A3 B3	J M Villa	B3
Callao De Lima	B2	Calle Del Humo	C3	Plaza De Candelaria	C2
Calle Alejandro Cioranescu	B1 C1	Calle Del Pilar	B2	Plaza De Espana	C2
Calle Angel Guimera Imeldo Seris	B3 C3	Calle Dr P Camacho	A2	Plaza De La Iglesia	C3
Calle Bernardino S	A3	Calle Dr Zerolo	A2	Plaza Del Patriotismo	B2 C2
Calle Calderon De La Barca	A4 B4	Calle Eduardo Zamacois	A4	Plaza E De Virginia	A2
Calle Carmen Monteverde	B3	Calle Enrique Wolfson	A2	Plaza General Weyler	B2
Calle Castillo	B2 C2	Calle Garcilaso De La Vega	A3 B4	Plaza Principe De Asturias	B2 C2
Calle Cervantes	B3	Calle General Goded	A2	Plaza S C De La Sierra	C3
Calle De Alvaro Rodriguez Lopez	A4 B4	Calle General Sanjurjo	A2	Plaza Venticino De Julio	B2
Calle De Bethencourt	C2	Calle Horacio Nelson	A2	Primo Rivera	A2 A3
Calle De Buenos Aires	B4	Calle Jose Hernandez	B3 B4	Puente De Santa Cruz	B4
Calle De Duggi	A3	Calle Jose Manuel Guimere	C3	Puente Del General Galceran	B3
Calle De Emilo Calzadilla	C2	Calle Leoncio Rodriguez	B3	Rambla De Pulido	A3 B3
Calle De Gongora	A3 B4	Calle Lepanto	A4 B4	Rambla Del General Franco	A2 B1 C1
Calle De La Marina	C2	Calle Maria Cristina	A2 B2	Tirso De Molina	A4
Calle De Mendez Nunez	B2	Calle Perez De Rozas	A2 B2		