



Tenerife

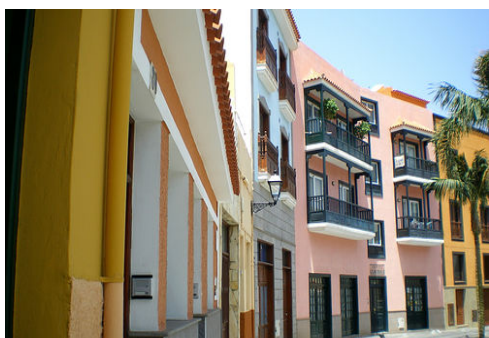


Photo: rhodesj



Photo: Jose Mesa



Photo: Pieter & Renée Lanser

Most people come to Tenerife for the sunbathing, swimming, eating good food and spoiling themselves. However, what makes people come back, year after year, is the island's unique wealth of variety. Tenerife is much more than its beaches, here you can find riotous traditional festivals and liberating isolation, glistening snow and glowing lava. For the visitor there is something new to discover every day.

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Top 5

Puerto de la Cruz

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The Teide Region

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Santa Cruz

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Masca

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The Pyramids at Güimar

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THE CITY



Photo: rhodesj

Everyday life on Tenerife has always been coloured by the influence of the volcano, Teide. At 3,718 metres, it is the highest mountain in Spain, and its primordial force has both devastated villages and given life in the form of fertile soil. For the original inhabitants of the island (the Guanches), the mountain was sacred. Anyone who spends any length of time on Tenerife sooner or later ends up on the small winding roads that lead up to the top of the mountain. Here you travel alternately above and in the clouds, fascinated by both the dramatic changes in weather and the magnificent views out over the Canarian archipelago.

The northern parts of Tenerife, around Valle de la Ortava and Isla Baja (also known as the "Secret of Tenerife"), is ideal for those in search of seaside, history, leisure and countryside experiences. It was in the town of Puerto de la Cruz that tourism first started in the Canary Islands. The town of la Ortava is full of beautiful and historical buildings and is surrounded by banana plantations. The Los Realejos district has deeply rooted farming traditions and here you will find relaxing countryside and coastal accommodation.

The isla Baja area is ideal for outdoor activities as hiking and the leafy forests are home to many endemic birds. The town of Garachico was the most important port in Tenerife until the beginning of the 18th century when a volcanic eruption destroyed it. But the town rose again and has today a somewhat exclusive air.

The southern parts of the island can guarantee almost eternal sunshine and excellent, golden, sandy beaches. Dream hotels, lively tourist resorts, restaurants, shows, water sports and a bustling night life. Here are the most attractive tourist resorts, Los Christianos, Playa de las Américas, Costa del Silencio and San Miguel, located.

DO & SEE



Photo: Jose Mesa

Tenerife is a great holiday destination and has everything that you need for a relaxed vacation. Enjoy the lovely beach, the blend of historical and modern architecture and amazing scenery.

Puerto de la Cruz

During the colonial era a port was created at a wild spot amongst the boulders of lava. Puerto de la Cruz, at the bottom of the beautiful Orotava valley, has the same charm now as it had then. Stroll amongst the stately 18th century houses with their wooden balconies and enjoy the seawater swimming pools at Lago Martiánez. Also see dolphins and parrots in Loroparque!

Address: Avenida Loro Parque s/n, 38400 Puerto de la Cruz

Phone: +34 922 373 841

Internet: www.loroparque.com

The Teide Region

There are many tours from both south and north of Tenerife that head for the Teide National Park and there are of course many fascinating places to visit around the Teide. Permits to climb the actual peak must be obtained

at the Administration office of the Tiede National Park in Santa Cruz. But if that is not your intention you can visit the viewpoints Fortaleza and Pico Viejo. Paths go from Rambleta.

Address: Orotava, La Tenerife
Phone: +34 922 922 371
Internet: reddeparquesnacionales.mma.es/parques/teide/index.htm

Santa Cruz

Santa Cruz is the capital of Tenerife and is a vibrant city with a mixture of historical and modern architecture. Here you will find pedestrian shopping areas, museums, pretty gardens and many other cultural events.

Address: Santa Cruz

Masca

Anyone who does not suffer from vertigo travels to the village of Masca. The road has so many twists and turns that it makes your hair stand on end. Masca was cut off from the outside world until the late 70's, as there were neither roads nor communications and is today one of the best preserved towns on Tenerife. The Masca ravine is one of the most spectacular in the island. The organised excursions often end down at the beach, at the bottom of the ravine, where a boat takes you back to one of the coastal towns.

Address: Masca

The Pyramids at Güimar

Do you remember Thor Heyerdahl? Since 1994, the adventurous Norwegian lived in the east of Tenerife. He had been drawn there by the pyramids at Güimar. Before he passed away in Italy in the year of 2002, he had created a visitor centre next door to the ruins. Local archaeologists believe that the stepped pyramids, which Heyerdahl's theories are based on, are of the same kind as those in Egypt, Mexico and Peru.

Address: Calle Chacona, s/n. 38500 Güimar
Phone: +34 922 514 510

Internet: www.piramidesdegüimar.net

Aqualand Costa Adeje

This family water park is unique in the Canary Islands, with superb dolphin shows and with two parks in one. This is a place to spend a whole day.

Address: Avd. de Austria, n° 15, 38660 Costa Adeje
Phone: +34 922 715 266
Internet: www.aqualand.es/tenerife

Jungle Park

75,000 square metres of jungle and over 500 animals together, creates this dazzling eco system in the south of Tenerife.

Address: Urbanización Las Águilas del Teide s/n, 38640 Arona
Phone: +34 922 729 010
Internet: www.junglepark.es

La Laguna

La Laguna was declared a World Cultural Heritage Site by UNESCO in 1999, it is the former administrative capital of Tenerife and today, still its religious centre. Monuments and other important buildings line the streets and is a fascinating contrast to the surrounding landscapes. Ideal for a day of strolling and a late night out!

Address: La Laguna

Surfing

Tenerife is known as a surfing paradise. The island has perfect sea and wave conditions and one of the best volcanic reefs in the world. Even if you never have tried standing on a board here is a chance to make that first try. You can choose from several different schools and after only one day you will see the progressions.

More Info: Punta Blanca or El Socorro, are leading surfing venues.

Natural and Human History Museum

This museum is one of the top attractions on the island. They have collected the most important historical and archaeological treasures from around the island and they

also show an exhibition about the pre-Hispanic man.

Address: Calle Fuente Monrales, Santa Cruz de Tenerife
Opening hours: Tuesday to Sunday 10.00 to 20.00
Phone: +34 922 209 320
Internet: www.museosdetenerife.org

The Orchid Garden Sitio Litre

If you love flowers and especially orchids this is a place for you. This garden dated to 1730 displays the largest collections of orchids on the island. Here is a small café and a souvenir shop where you can buy plants to take home.

Address: Camino Sito Litre s/n 38400, Puerto de la Cruz
Phone: +34 922 38 24 17

Teno Rural Park

This might not be easiest part to reach on the island but it will be worth the effort. Teno Rural Park is said to be the most beautiful area on Tenerife. With a rich wildlife and being home to the Osprey it is declared a protected area for birds. From the giant cliffs, dropping 600 metres down to the sea, you also have a fantastic view.

Address: Teno Rural Park
Phone: +34 922 44 79 74
More Info: To get here, follow the coast road that leaves from the centre of the town of Buenavista del Norte.

Parque Marítimo César Manrique

Over 22,000 square meters this park gives you swimming pools, recreation areas, restaurants and sports facilities. Being designed by the famous architect César Manrique it has a unique style.

Address: Avda. Constitución, 5. 38005 Santa Cruz de Tenerife
Phone: +34 922 22 93 68
Internet: www.parquemaritimo.com

Granadilla Moonscape

With a good level of fitness you can follow the path "PR-TF 72" into the astonishing moonlandscape of the Corona Forestal Natural Park. The well-signed and safe footpath

lies upon parts of the, 500 years old, Chasna Trail. On your way you'll also pass Canarian pine forests.

Address: Vilaflor

Carnivals and Festivals

Through the year Tenerife celebrate a lot of festivals most of them in connection with important religious dates. The most important and famous one is the well-visited carnival. It lasts for more than three weeks during February and March and during this time there are a lot of happenings with dancing, music and amazing costumes. The main celebrations take place in Santa Cruz de Tenerife but wherever you are on the island you will notice the festivities.

Internet: www.carnavaltenerife.es

Siam Park

This Asian inspired waterpark on the south of Tenerife offers something for everyone, either you are young or old or feeling for an adventure or want to relax. There are rides that will give you an adrenaline rush and a calm golden beach with a stunning view. If you feel like trying how to surf there is also a surf school and a spectacular swimming pool in which artificial waves of up to three metres can be made.

Address: Avda. Siam Park s/n, Costa Adeje 38660 Adeje
Phone: +34 822 070 000
Internet: www.siampark.net

BEACH LIFE



Photo: Pieter & Renée Lanser

Tenerife offers some great opportunities for swimming, but the water can be a bit rough. A red flag means that swimming is not permitted. A yellow flag means you can go in the water at your own risk and a green flag means go ahead!

Lago Martianez

The seawater pools in Puerto de la Cruz, which are also one of the area's best visitor attractions, allow the visitor to take a swim whatever the colour of the flag. Here you can also find an ordinary lava beach with a garden.

Address: Avenida Colon

Playa de El Bollullo

This beach is a little over a kilometre northeast from Puerto de la Cruz. It is a pearl of black lava sand close to a banana plantation.

Playa de El Socorro

This beach, with its black lava sand, is situated below Los Realejos. Its waves are perfect for surfers!

Playa de las Vistas

This is a long man-made beach between Los Cristianos and Playa de las Americas, with ramps for wheelchair users.

Playa Grande

Playa Grande at Punta de Abona is protected by the headland which means relatively calm water and wind.

Close by is a fishing hamlet, the Abona lighthouse and an unusual fish sculpture.

DINING



Photo: Martin Cox

Fish and strawberries are amongst the nicest food you can eat on Tenerife. And make sure you try the Conejo al Salmorejo - rabbit in a gorgeous sauce and local potatoes boiled in salt with their skins left on. Try some strong mojo sauce with your potatoes!

Restaurante Tucán

The Swiss chefs' fine gastronomy plots a course via Spanish to Oriental cuisine. Here you can eat lamb or local cherne fish.

Address: Calle Sebastian Padron Acosta, No 1, Urb. Jardin Tucan, Puerto de la Cruz

Phone: +34 922 382 842

La Rosa Di Bari

This is a wonderful small Italian restaurant with an excellent selection of meat, fish and fresh pasta. The cook, Giorgio Girolimini, also has a tempting speciality: tarts, cakes and pastries.

Address: Street Lomo N° 23, 38400 Puerto de la Cruz

Phone: +34 922 368 523

Internet: www.larosadibari.com

Celso

A wonderful fish restaurant by the sea in the village of Caleta on the south coast. This is where the fishermen bring their catch. If you're lucky, you can choose your

dinner straight from the net.

Address: Calle El Cabezo, 48, 38679 Adeje
Phone: +34 922 710 189

La Brasa

The locals love this barbecue restaurant outside Los Cristianos. Try their tapas, lamb steak, fillet of veal and excellent wines. Child-friendly and good value for money.

Address: Carretera Guaza-Buzanada, 371, 38626 Arona
Phone: +34 922 720 622

Colonial Bar & Restaurant

This is a great place to enjoy good food from the extensive a la carte menu or to have a nice glass of wine or cocktail. Colonial has a lovely terrace with TV screens for sports and popular programs.

Address: Playa Fanabe, Local 60-62, Adeje
Phone: +34 922 712 499
Internet: www.colonialtenerife.com

Mamma Rosa

Mamma Rosa is a lovely restaurant which blends Italian cuisine with a Swedish touch. To many, this is the best Italian restaurant in Tenerife. Make sure that you do not miss it!

Address: Calle El Lomo, 8, Puerto de la Cruz
Phone: +34 922 794 819
Internet: www.mammarosa.com

First Love

A small Italian restaurant only offering fresh and homemade dishes made with love. The personal service and its good food has made this restaurant very popular. The interior is rustic.

Address: Paseo Tarajal, 38660 Playa de Las Americas
Phone: +34 635 892 230
More Info: At Center commercial Campostela beach in front of ZARA

Restaurante Los Roques

Enjoy quality food at the terrace with a fantastic view over

Los Abrigos harbour and the Tenerife coast. After they opened in 2005 this restaurant has received a good reputation among food lovers in Tenerife.

Address: Calle La Marina, 16 38618 Los Abrigos, Santa Cruz de Tenerife
Phone: +34 922 749 401
Internet: www.restaurantelosroques.com

Restaurant 88

In the fishing village of Caleta this stylish Oriental restaurant lies. With an amazing view over the bay you can enjoy delicious dim sum, the freshest sushi and other traditional Oriental gourmet dishes.

Address: Edificio El Nido, Avenida Las Gaviotas, 38679 La Caleta
Phone: +34 922 775 829
Internet: www.restaurant88tenerife.com

Casa Tres

Casa Tres, owned by the Irish Mark and his wife Mags, serves international and Irish dishes. Mark, also working as the chef, is schooled at Westbury Hotel in Dublin and Mags has perfect knowledge in wines. Enjoy your meal inside the sober dining room or outside on the romantic terrace.

Address: Locales 8a & 8b Edificio Los Atamanes Sunset Bay, Torviscas 38660 Santa Cruz de Tenerife
Phone: +34 922 716627
Internet: www.casatrestenerife.com

Tambo

Only offering a dishes made by seasonal products the menu changes at short intervals at Tambo. The restaurant is not big and can be quite difficult to find but do your best because you will not get disappointed.

Address: Calle Anaterve 1, Plaza Manuel Ballesterro, Punta Brava, Puerto de la Cruz
Phone: +34 922 3762 62
Internet: www.restaurantetambo.es

Restaurante Sebastian

Thinking about the details has given Restaurante Sebastian its good reputation. Except providing you with a

menu with quality made dishes they also complements your food with superior wines.

Address: CC Los Atamanes, Sunset Bay, Calle Antonio Navarro, Torviscas Bajo, 38670 Costa Adeje
Phone: +34 922 714648
Internet: www.sebastiantenerife.com

Restaurante Placeres

This elegant but friendly restaurant cooks food to its best. If you have a favourite dish but can not find it on the menu ask the service minded waiter and if they have the ingredients there is a big chance the chef will prepare it for you, all to please their guests.

Address: Calle la Marina 28, 38618 Los Abrigos
Phone: +34 922 749191
Internet: www.restauranteplaceres.com

Restaurante Margarita

Either you feel like just having a drink or a whole meal this is the place for you. Serving pizza, pasta, BBQ and local Canarian and English food. If you wish all dishes are available to take-away.

Address: Calle Boston No. 11, 38650 Los Cristianos
Phone: +34 922 753 172
Internet: www.restaurantemargarita.net

Coeur de Filet

The owners of this restaurant has worked for several years in the industry both in Sweden and on Tenerife. The restaurant has a contemporary design and offers Italian, French and Spanish dishes. The wines are carefully selected by one of the owners.

Address: C.C. Sun Beach, Playa de Fañabé, 38670 Costa Adeje
Phone: +34 922 717 893
Internet: www.coeurdefilet.com

CAFES



Photo: Secret Tenerife

You will find many small cafés to enjoy something sweet and a good cup of coffee to top of a day of relaxation.

Rancho Grande

This is a German-themed café with irresistible cakes. Their wonderful German bread is also a taste sensation. The view out over the sea is an extra bonus.

Address: Paseo San Telmo, 10, 38400 Puerto de la Cruz
Phone: +34 922 38 37 52

Café 5

This is a great little café near the church square on a scenic road down to the beach. Excellent coffe, good service and a lovely outdoor area with blankets if it should be a bit chilly.

Address: Calle Pablo Abril 5, Los Cristianos
Phone: +34 922 79 59 52

Meson el Monasterio

The Meson El Monasterio is a unique place in Tenerife. Apart from the tapas, coffees, meals and breakfasts served, you can explore 100 000 m2 of the old monestary field or walk through a volcanic park.

Address: Calle Veinticinco de Julio, 12, 38410 Los Realejos,
Phone: +34 922 34 43 11
Internet: www.mesonelmonasterio.com

The Blarney Stone

At The Blarney Stone you will get a proper Irish welcoming

with live sports, entertainment and a full Irish, English and Scottish breakfast with other delicious snacks.

Address: Avenida Maritima
Phone: +34 922 862 153
Internet: www.theblameystonetenerife.com

Restaurante Margarita

At Margarita you can enjoy every meal of the day, but the breakfast is well recommended. They serve everything from a full English breakfast to a simple toast to a great price.

Address: Calle Boston, 11, Los Cristianos
Phone: +349 22 753 172
Internet: www.restaurantemargarita.net

Colonial

Colonial offers amazing food to a great price. It is recommended to try the Cherry cheesecake together with a nice cup of coffee.

Address: Avenida Bruselas, S/N, 38660 Adeje
Phone: +34 922 715 200

BARS & NIGHTLIFE



Photo: epSos.de

Smoke-filled, high-class salon or salsa dancing? Trendy pubs, old Cuban dens or early 18th century? Tenerife has a lot of strings to its bow.

Dubliner

The Dubliner gives you an Irish atmosphere at its best (outside Ireland, that is)! Sing-along and dancing, with Irish beer.

Address: P. I. Las Palmeras, Playa de las Americas
More Info: In front of Hotel Palmeras, Playa de las Americas

Veronicas

Almost anything can happen in this giant Playa de las Americas fun complex. Magic shows, Spanish dancing, medieval spectacles, live bands, rock, jazz or dance music. Starting from 10.00 pm. The Jokers of Sound and Sound of Cream are amongst the best clubs.

Address: Veronicas Centre, Playa de las Americas

Monkey Beach Club

Monkey is located just by the beach which makes this an excellent place to enjoy a cocktail after a day in the sun. This is a blend of a beach club, bar and restaurant.

Address: Avda de Rafael Puig n° 3, Playa de troya, Playa de las americas, Adeje
Phone: +34 673 895 959
Internet: www.monkeybeachclub.com

Acanto Cocktail & Lounge Bar

Acanto is one of the more classy cocktail and lounge bars in the area. This is a perfect place to relax with a lovely cocktail and enjoy the evening.

Address: Centro Comercial El Mirador, Av. Bruselas C.P 38.660, Playa
Fañabe Costa Adeje
Phone: +34 922 714 806
Internet: www.acantocostaadeje.com

Faro

This is one of the best and coolest nightclubs on Tenerife. They have a funky roof terrace with an amazing view over the ocean along with great music under the stars.

Address: C.C. Torviscas Costa, Costa Adeje
Phone: +34 922 712 841
Internet: www.faro.chillart.org

SHOPPING



Photo: Björn Freiberg

Everyone knows that tourist destinations are not the cheapest places for shopping. However, on Tenerife there are a lot of bargains to be found. In Playa de las Americas and Los Cristianos the holidaymaker can find plenty of exciting boutiques. Just go for a walk around the Veronicas Centre, the Starco Centre and the beachfront, for example.

Anyone looking for a bargain should head for one of the markets (you can't miss them), where leather goods can be bought for a good price. Shoes are a good buy on Tenerife, as are perfumes and cosmetics. Electrical

equipment can also be cheap because tax on Tenerife is only five percent.

In Puerto de la Cruz, the shopping centre down the steps to La Paz is recommended. Here you will find a large market with high class items, perfume shops, electrical equipment and lots of well known fashion chain stores, like Mango for example. In the area diagonally across the street from the shopping centre is the Zara boutique.

In Santa Cruz the recommended shopping area is above the Plaza de España. Up the slope, away from the Plaza, you can find electrical goods and perfumes, as well as the Zara clothes outlet and lots of small boutiques offering low prices.

ACCOMMODATIONS



Photo: Philippe Teuwen

Whether you are planning a vacation or a special weekend rest assured, you will find a place that appeals to you. Tenerife offers a wide range of accommodation to suit all needs, a diverse collection of modern hotels, guest houses and stunning beach hotels.

Gran Hotel Bahía del Duque

This is a high class hotel built to resemble Spain in miniature. Surrounded by subtropical gardens, fresh patios and picturesque squares inviting to relax.

Address: Avenida de Bruselas S/N Costa Adeje, 38660
Phone: +34 922 74 69 00
Internet: www.bahia-duque.com

La Quinta Roja

This is a converted mansion with 20 beautiful rooms in the town of Garachico. Known as Tenerife's Pompeii, Garachico was buried under lava in the early 18th century, fortunately this house was not damaged.

Address: Glorieta De San Francisco, 38450 Garachico
Phone: +34 922 133 377
Internet: www.quintaroja.com

Hotel Marquesa

Situated in the pedestrian area right in the center of the Puerto de la Cruz. It has wonderful balconies from 1712, the year when Marquesa de la Candia built the house. The hotel was renovated in 1995.

Address: Calle Quintana 11-13, 38400 Puerto de la Cruz
Phone: +34 922 383 151
Internet: www.hotelmarquesa.com

Parador de las Cañadas del Teide

In this wonderful luxury hotel at 2,000 meters above sea level you can see the sunrise before heading out for a hike. Enjoy a Canarian meal in the restaurant after visiting the volcano next to the hotel.

Address: Las Cañadas del Teide, 38300 La Orotava
Phone: +34 922 386 415
Internet: www.parador.es

Flamingo Club

This resort offers studios as well as single and double standard and deluxe apartments. It is located in the heart of Playa de Las Americas with only 100 metres to the sea. Events are held on regular basis, such as Spanish or Italian nights and BBQ Parties.

Address: Avenida de Espana 3, San Eugenio, 38660 Playa de las Americas
Phone: +34 922 712029
Internet: www.grandholidaysclub.com

Club Marina

Costa del Silencio in the south of Tenerife offers a lot of activities, restaurants, bars and shops. Here you will also

find Club Marina featuring fully equipped apartments and swimmingpools.

Address: Calle Minerva, 2, Costa del Silencio, Arona 38630 S/C
Phone: +34 922 731 230
Internet: www.clubmarina-tenerife.com

CLC Sunningdale Village

A family friendly self catered resort close to one of the best golf courses on the island. Playa de Las Americas and Los Cristianos with their restaurants and shops are only a short drive away. The hotel offers live shows several times a month.

Address: Golf del Sur, s/n, 38620 San Miguel de Abona
Phone: +34 922 73 81 83
Internet: www.clcleisure.com/sunningdale

Hotel Botanico & The Oriental Spa Garden

With its awardwinning spa Hotel Botanico & The Oriental Spa Garden provides you with a tranquil atmosphere. This elegant hotel is the only official 5 star hotel on the island and offers gourmet restaurants and of course stylish rooms to stay in.

Address: Avda. Richard J. Yeoward - n° 1 C.P. 38400 Puerto de la Cruz
Phone: +34 922 38 14 00
Internet: www.hotelbotanico.com

Iberostar Grand Hotel Salomé

The motto of this hotel is "What the guest wants, the guest gets.". With a perfect location between the beaches of Playa del Duque and Playa de Fañabe this all-inclusive luxury resort only welcomes adults as their guests. Thinking about all the small things and offering high quality service makes this resort to one of the best of Tenerife.

Address: Londres, 15, 38660 Playa de Fanabe
Phone: +34 871 20 30 83
Internet: www.thegrandcollection.com

Hotel Tigaiga

This family run hotel in Puerto de la Cruz offers 76

comfortable rooms with a high standard. Lying by the heated swimming pool you can enjoy the serenity of the garden and a beautiful view over Teide. The city centre is just a short walk away.

Address: Parque Taoro, 28, 38400 Puerto de la Cruz
Phone: +34 922 383 500
Internet: www.tigaiga.com

Hotel Alhambra

This unique hotel is located in the old town of La Villa de la Orotava. It is built in Eclectic style with typical balcony balustrades. This is a small hotel only offering five double rooms.

Address: Nicandro Gonzalez Borjes 19, La Orotava
Phone: +34 922 32 04 34
Internet: www.alhambra-orotava.com

Hotel Riu Garoe

Hotel Riu Garoe was completely renovated in spring 2012. Stay here with your friends or family and enjoy relaxing days. Providing a swimming pool, tennis court, table tennis mini golf and bike renting your time here will not be boring. The hotel restaurant serves a buffet inspired by the Canarian cuisine.

Address: c/ Doctor Celestino Gonzalez Padron, 3 Puerto de La Cruz
Phone: +34 922 38 65 46
Internet: www.riu.com

Vincci Seleccion Buenavista Golf & Spa

Vincci Seleccion Buenavista Golf & Spa is luxury decorated in a colonial style. Its 117 elegant rooms are all equipped with all necessary amenities. The hotel is surrounded by the Buenavista golf course and also offers a magnificent spa.

Address: c/ La Finca s/n, 38480 Buenavista del Norte
Phone: +34 922 06 17 00
Internet: www.vinccihoteles.com

Bahia Principe Costa Adeje

With almost 500 rooms this large resort has all you can

wish for. Four different restaurants to choose from, several bars, a spa, three swimming pools, discos and different sport activities are just a hint of what you can expect. The hotel also offers all inclusive for those who want.

Address: Urbanizacion Playa Paraiso, Parcela 18, Entrada por crtra, 38670 Adeje
Phone: +34 922 723 100
Internet: www.bahia-principe.com

Isla Baja Suites

These seven modern suites are situated in a restored 18th-century house in the centre of Garachico. A continental breakfast is served every day. Only 250 metres away, Garachico's natural swimming pool is located, and for those staying at Isla Baja Suites the entry is free.

Address: Esteban de Ponte, 3, 38450 Garachico
Phone: +34 922 83 00 08
Internet: www.islabajasuites.com

EVENTS



Events from Nickes.Com

Tenerife - Mirandés

Spanien - Division 2: 2/2/2014

Address: Tenerife, Heliodoro Rodríguez López
Internet: <http://www.nickes.com/sv/EventInfo.aspx?eventid=687215>

Tenerife - Zaragoza

Spanien - Division 2: 2/16/2014

Address: Tenerife, Heliodoro Rodríguez López
Internet: <http://www.nickes.com/sv/EventInfo.aspx?eventid=687237>

Tenerife - Recreativo

Spanien - Division 2: 3/9/2014

Address: Tenerife, Heliodoro Rodríguez López

Internet: <http://www.nickes.com/sv/EventInfo.aspx?eventid=687268>

Tenerife - Ponferradina

Spanien - Division 2: 3/23/2014

Address: Tenerife, Heliodoro Rodríguez López

Internet: <http://www.nickes.com/sv/EventInfo.aspx?eventid=687287>

Tenerife - Alavés

Spanien - Division 2: 4/6/2014

Address: Tenerife, Heliodoro Rodríguez López

Internet: <http://www.nickes.com/sv/EventInfo.aspx?eventid=687307>

Tenerife - Numancia

Spanien - Division 2: 4/20/2014

Address: Tenerife, Heliodoro Rodríguez López

Internet: <http://www.nickes.com/sv/EventInfo.aspx?eventid=687329>

Tenerife - Girona

Spanien - Division 2: 5/4/2014

Address: Tenerife, Heliodoro Rodríguez López

Internet: <http://www.nickes.com/sv/EventInfo.aspx?eventid=687351>

Tenerife - Córdoba

Spanien - Division 2: 5/18/2014

Address: Tenerife, Heliodoro Rodríguez López

Internet: <http://www.nickes.com/sv/EventInfo.aspx?eventid=687370>

Tenerife - Real Murcia

Spanien - Division 2: 6/1/2014

Address: Tenerife, Heliodoro Rodríguez López

Internet: <http://www.nickes.com/sv/EventInfo.aspx?eventid=720280>

ESSENTIAL INFORMATION



Photo: Mrs Logic

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Airport

There are two airports on the island: Aeropuerto Tenerife Sur - Reina Sofia in the south, and Los Rodeos -Tenerife Norte, located in San Cristóbal de La Laguna. Reina Sofia is the main airport and is located 60 km south of the capital, Santa Cruz, and about 25 minutes from Los Cristianos and Playa de las Americas. A taxi from Reina Sofia to Los Cristianos costs approximately €25.

From Los Rodeos -Tenerife Norte to Puerto de la Cruz it takes around 30 minutes by bus and to Santa Cruz 15 minutes. Local buses always leave from both airports for the various parts of the island. A taxi from Los Rodeos -Tenerife Norte to Puerto de la Cruz costs €25-30.

Aeropuerto Tenerife Sur - Reina Sofia

+34 922 39 20 56

Los Rodeos -Tenerife Norte

+34 922 63 58 00

Public Transport

The buses on Tenerife provide an excellent network and they can take you to most places worth seeing on the island. The journey from Playa de las Americas to the capital Santa Cruz takes about one hour by bus. Bus cards can be bought at the newspaper stands.

Internet: www.titsa.com

Taxi

Taxis provide good and economical transportation.

Taxi Tenerife Airport

+34 922 397 074

www.tenerifetransfer.com

Tele Taxi Santa Cruz

+34 922 311 012

www.taxitenerife.es

Post

Post offices are open Monday-Friday from 08.30-20.30. Saturdays from 09.30-14.00. Stamps can also be bought from tobacconists.

Internet: www.correos.es

Pharmacy

Chemists' shops can be found all over the island and are open during normal shopping hours. For information regarding 24 hours pharmacies there is usually a list displayed in each chemist.

Telephone

Country code: +34

Area code: 0922

Electricity

EU standard, 220 V





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 Emilio 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		