



Photo: Gran Canaria Tourist Board



Gran Canaria Tourist Board

Gran Canaria is more than just one of the world's most celebrates beach destinations. Get active at one of the island's many locations for diving, surfing, and hiking - you can even scale Roque Nublo, Gran Canaria's iconic "Cloud Rock". With such diverse landscapes, it's no wonder this island has been dubbed "The Little Continent".



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THE ISLAND



Gran Canaria Tourist Board

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

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

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

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

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favourable than any other city worldwide.

TOP 5



Gran Canaria Tourist Board

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

Vegueta Mógan Roque Nublo Maspalomas Museums

Vegueta

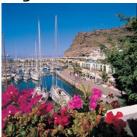


Strolling around the cobbled streets of Vegueta, where the twin towers of Catedral de Santa Ana dominate the skyline, feels like

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

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

Mógan



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

and the west clearest. Two: there's Puerto de Mógan, a stylish resort dubbed 'Little Venice' for its intricate canals. Three: the town of Mógan itself, once a humble fishing village, now a captivating town of picturesque whitewashed houses.

Photo: Gran Canaria Tourist Board

Roque Nublo



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

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

Photo: Wojciech Then/unsplash

Maspalomas



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

tsunami hit Gran Cannaria. The Faro de Maspalomas, an active 19th century lighthouse, is a 68-metre tall man-made landmark. It stands proudly at the end of the spectacular 2,710-metre-long beach.

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Photo: Tourist Board of Gran Canaria Address: Maspalomas, San Bartolomé de Tirajana

Museums



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

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

Photo: Gran Canaria Tourist Board

Internet: www.grancanaria.com/turismo/en/culture/museums

DO & SEE



Gran Canaria Tourist Board

Take a break from tanning and visit some of Gran Canaria's amazing natural and cultural attractions.

Aqualand Maspalomas



Gran Canaria's largest water park boasts over 40 slides and attractions. It's fun for all the family, from infants up to grandparents. A visit to

Aqualand is not just an activity — it's a full day of aquatic adventure and excitement.

Photo: Gran Canaria Tourist Board

 $Address: \ Carretera\ Palmitos\ Park,\ Km\ 3,\ Maspalomas,\ Gran$

Canaria

Opening hours: September through June: daily 10am-5pm.

July & August: daily 10am-6pm Phone: +34 928 14 05 25

Internet: www.aqualand.es/maspalomas/en

Palmitos Park



Bird species from every continent, a 20-hectare botanical garden, exotic flora and spectacular shows await you at this Gran Canaria icon. To

save money, you can buy a combined park ticket, which also gives you access to Aqualand Maspalomas.

Photo: Gran Canaria Tourist Board

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

Opening hours: Usually daily 10am-6pm

Phone: +34 928 79 70 70 Internet: palmitospark.es/en

Jardín Botánico Viera & Clavijo



Also known as the Jardín Canario, this botanic garden is a great place for a stroll. Start from the bottom and work your way up or the other way

around. Whichever way you choose to explore, you'll easily spend a couple of hours here.

You'll find a rich collection of plants endemic to the Canary Islands and Macaronesia, a section dedicated to cacti and succulents, as well as a greenhouse the "Hidden Garden" (El Jardín Escondido).

Photo: Gran Canaria Tourist Board

Address: Carretera del Centro Km 7, 35017, Las Palmas de

Gran Canaria

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Opening hours: Mon-Fri 7:30am-7pm (until 6pm in winter),

Sat & Sun 10am-6pm Phone: +34 928 21 95 80

Guayadeque Ravine



Get up close and personal with nature at the paradise that is Guayadeque ravine. Here, you will find almost 2,000 different plant species

and many historical remains of cave houses, including a hermitage. Some of these caves now host restaurants. Start your exploration at the visitors centre.

Photo: Gran Canaria Tourist Board

Address: Centro de Interpretación del Barranco de Guayadeque, Barranco de Guayadeque main road, Ingenio

Opening hours: Tue-Sun 9am-5pm, Mon closed

Phone: +34 928 55 96 69

Maspalomas Lighthouse



A visit to the iconic Maspalomas lighthouse, followed by a leisurely stroll along the beach and through the charming local shops, makes for a

delightful evening. Try to catch the sunset and enjoy the view with a leisurely drink or bite to eat.

Photo: Lucian Pavel/Shutterstock

Address: Faro de Maspalomas, Plaza del Faro, 15,

Maspalomas

Internet: centroetnograficodelfarodemaspalomas.org/en

Caves of Valerón



Over 800 years ago, the ancient Canarians crafted the Caves of Valerón, a remarkable granary within Montaña del Gallego's volcanic

landscape. Utilising natural geological formations, they skilfully created more than 350 storage cavities across several levels. Today, the cave "monastery" of Valerón is one of Gran Canaria's most visited sights, easily reached off the GC-2 superhighway.

Photo: Gran Canaria Tourist Board

Address: Cenobio de Valerón, Cuesta de Silva, Santa María

de Guía

Opening hours: October through March: Tue-Sun 10am-5pm.

April through September: Tue-Sun 10am-6pm

Phone: +34 618 60 78 96

Internet: www.grancanaria.com/turismo/en/culture/archaeolo

gical-sites/cenobio-de-valeron
Email: info@cenobiodevaleron.com

Dunes of Maspalomas



The dunes of Maspalomas have been protected as a nature reserve since 1987. The protected area encompasses a stunning beach, a field of natural

sand dunes, a palm grove and a brackish lagoon. This unique oasis is encircled by the famous hotels of the major tourist hub of Maspalomas. Lose yourself in their sheer immensity of the sand.

Photo: Gran Canaria Tourist Board

Address: Dunas de Maspalomas, San Bartolomé de Tirajana Internet: www.grancanaria.com/turismo/en/beaches/maspalo mas/help-us-protect-the-maspalomas-dunes-find-out-about-th e-masdunas-project

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Las Palmas de Gran Canaria



Las Palmas de Gran Canaria has everything you'd expect in a capital city. Bright and light, there's a very definite buzz. Visit Mesa y López

for high-street shopping. For boutiques, try
Triana. History buffs will prefer a stroll around
Vegueta, the original Las Palmas de Gran
Canaria. Beach bums flock to Las Canteras, truly
one of the world's great urban beaches.

Photo: Gran Canaria Tourist Board

El Museo Canario



The Museo Canario
(Canarian museum) in
Vegueta allows you to
find out more about the
Canarii — the people who
occupied Gran Canaria

before the arrival of the Spanish colonisers in the 15th century.

Photo: Gran Canaria Tourist Board

Address: Calle Doctor Verneau 2, Las Palmas de Gran

Canaria

Opening hours: Mon-Fri 10am-8pm, Sat & Sun 10am-2pm

Phone: +34 928 33 68 00

Internet: www.elmuseocanario.com/en Email: info@elmuseocanario.com

Los Tilos de Moya Nature Reserve



Los Tilos de Moya Nature Reserve shelters one of the island's last laurel forests, where great Canarii warriors like Doramas used to roam.

Home to over 50 plant species of special scientific interest and countless invertebrates, this reserve is a sanctuary for endemic and

endangered species, sustaining the majority of their populations.

Photo: Gran Canaria Tourist Board

Address: Centro de Interpretación de Los Tilos de Moya,

Camino los Tiles, 15, Moya Phone: +34 928 21 92 29

Internet: www.grancanaria.com/turismo/en/nature/natural-sp

ots/listado/espacio-natural/?id_recurso_natural=9

Taste Gran Canaria



If it's international cuisine you're looking for, you're well-catered for by cosmopolitan Las Palmas de Gran Canaria. Visit Teror's market to pick up

the municipality's traditional chorizo, a sausage that's as sweet as it is savoury. Further inland, Tejeda makes good use of its almond trees in desserts. Traditional gastronomy is all around.

Photo: Gran Canaria Tourist Board

Address: Mercadillo de Teror, Teror, Gran Canaria

Theme Parks



Scream if you want to go faster on the slides at Aqualand Water Park or check out all the pretty birds at Palmitos Park. Visit Sioux City Park if

you're a fan of cowboys and the Wild West. Alternatively, head to Puerto Rico for the Angry Birds Activity Park with zip-lines and a laser maze.

Photo: Gran Canaria Tourist Board

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Nautical Activities



Gran Canaria's 236 km of Atlantic coastline makes the island a fantastic water-sports venue. Learn how to SUP on Canteras beach in Las

Palmas de Gran Canaria or kayak at Playa de Alcaravaneras nearby. There are surf schools in the north and south of the island, as well as dive academies if you want to go deep, deep down.

Photo: Gran Canaria Tourist Board

Internet:

www.grancanaria.com/turismo/en/nautical/enjoy-the-sea

Activities on Land



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

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

Photo: Gran Canaria Tourist Board

Internet: www.grancanaria.com/turismo/en/sports/sports

Golf



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

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

Photo: Gran Canaria Tourist Board

Internet: www.grancanaria.com/turismo/en/golf/golf-courses

Spas



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

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

Photo: Gran Canaria Tourist Board

Address: Gran Canaria Spa, Wellness & Health, Calle Constantino, 3, Planta 1, Oficina 1de Gran Canaria

Phone: +34 928 36 75 08

Internet: grancanariawellness.com/en Email: info@grancanariawellness.com

Traditional Sports



Gran Canaria locals love their basketball and football, but they are also keen on some sports that predate the arrival of the Spanish. The likes of

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

Photo: Gran Canaria Tourist Board

Internet:

www.grancanaria.com/turismo/en/sports/local-sports

Party Like a Canarian



Fiesta fiesta, no time for siesta! Teror's Fiesta de Nuestra Señora del Pino (Our Lady of the Pine), dates back to the 17th century, when the statue

of Gran Canaria's patron saint was taken to the

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capital to pray for rain. Even older is Agaete's Fiesta de la Rama in August which sees partygoers thrashing the Atlantic with palm branches, just like the canarii before them did, again for rain.

Photo: Gran Canaria Tourist Board

Valle de Agaete — Where the Coffee Grows



Valle de Agaete, in northwest Gran Canaria, holds the unique distinction of being one of Europe's few coffee-growing regions.

With a tradition dating back to the 18th century, this serene village nurtures Arabic coffee plants in the shade of the fragrant jasmine and mango trees. The coffee from Agaete has evolved into a gourmet product, cherished for its exceptional flavour.

Photo: Shark22/Shutterstock

Address: Valle de Agaete, Gran Canaria Internet: visitagaete.com/guide/agaete-valley

Fiesta del Charco



The 11th of September sees locals, many dressed in traditional Canarian clothing, enter the lagoon above La Aldea de San Nicolás' main beach and

try to catch fish with their bare hands. This celebration pays homage to the Canarian ancestral practice of embarbascada — a fishing technique that involves pouring sap from plants such as cardon or tabaiba to sedate the fish before catching it.

Photo: Gran Canaria Tourist Board

Address: Charco de La Aldea, La Aldea de San Nicolás

Bufadero La Garita



Bufadero La Garita, on Gran Canaria's eastern coast, is a natural spectacle where waves dramatically shoot through rock formations.

This volcanic blowhole, adjacent to the dark sandy Playa de la Garita, creates a stunning display, with water spraying high into the air. Accompanied by the rhythmic 'heartbeat of the ocean', it's a mesmerising spot, especially at sunrise.

Photo: marcosriverofotografia/Shutterstock Address: Calle Romero, 1, La Garita

Cueva de Cuatro Puertas



Cueva de Cuatro Puertas, a grand cave carved into volcanic tuff, is known for its four large entrances leading to a horizontal platform. Linked to the

religious practices of the ancient Canarians, this archaeological site offers insights into their sacred and cultural world, as well as panoramic views.

Photo: trabantos/Shutterstock Phone: +34 828 01 33 12

Mirador del Balcón



Mirador del Balcón in La Aldea de San Nicolás is a serene stargazing spot, perched on 'Dragon's Tail' cliffs. Its stark beauty offers a gateway

to celestial wonders, where constellations like Ursa Minor and Cassiopeia shine against the Atlantic.

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Photo: skovalsky/Shutterstock

BEACH LIFE



Gran Canaria Tourist Board

Although Gran Canaria boasts an abundance of cultural and natural attractions, most visitors are drawn to the extensive beaches. Around 20 percent of the coastline consist of sandy beaches of various lengths, designs and sand colours. There are also rocky coves and natural swimming pools to explore. Visit the wild north coast if you want a change from the tamer south coast.

Playa del Inglés



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

room for another towel.

Photo: Gran Canaria Tourist Board

Address: Playa del Inglés, San Bartolomé de Tirajana

Internet:

www.grancanaria.com/turismo/en/beaches/playa-del-ingles

Puerto Rico



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

for trips to see dolphins and other boat excursions.

Photo: Tourist Board of Gran Canaria Address: Playa de Puerto Rico, Mogán

Internet:

www.grancanaria.com/turismo/en/beaches/puerto-rico

Sardina del Norte



This treasure of a beach is a favourite with locals from nearby Gáldar and beyond. Sardina del Norte is one of the best places to dive on the

island. Its restaurants also specialize in recently-caught sardines, served with a wedge of lemon. This beach can get windy in summer, but it's also one of the sunniest spots in the north of the island.

Photo: Ricardo Algar/Shutterstock

Address: Playa de Sardina del Norte, Gáldar

Maspalomas



Walking in the sand dunes will trick you into thinking you're lost in the Sahara desert. Together with Playa del Inglés and all the way to Playa San

Agustín, Maspalomas forms a super-beach in the longest, unbroken stretch of sand on the island.

Photo: Gran Canaria Tourist Board

Address: Playa de Maspalomas, San Bartolomé de Tirajana

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Internet:

www.grancanaria.com/turismo/en/beaches/maspalomas

San Agustín



San Agustín is quieter than Playa del Inglés and Maspalomas. It's more of a hit with Gran Canaria natives than tourists. Even so, there is a good

selection of international restaurants along its promenade.

Photo: Gran Canaria Tourist Board

Address: Playa de San Agustín, San Bartolomé de Tirajana

Internet

www.grancanaria.com/turismo/en/beaches/san-agustin

Amadores



On the southwest coast of Gran Canaria lies this 800-metre stretch of golden sand and crystal-clear waters, hidden within a

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

Photo: Gran Canaria Tourist Board

Address: Playa de Amadores, San Bartolomé de Tirajana

Internet:

www.grancanaria.com/turismo/en/beaches/amadores

Las Canteras



One of the world's great urban beaches, Las Palmas de Gran Canaria's Playa de las Canteras features a promenade to match the hype. If you

don't want to get sand between your toes, the Paseo de Las Canteras provides the ideal setting for a stroll.

Photo: Gran Canaria Tourist Board

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

Internet:

www.grancanaria.com/turismo/en/beaches/las-canteras

DINING



Gran Canaria Tourist Board

Surrounded by the ocean, it's no surprise that fish and seafood play a leading role in the island's menu. Nevertheless, they are far from the only ingredients in Canarian cuisine. You must try the local speciality ropa vieja (resembling parrotfish), but also keep an eye out for conejo en salmorejo (rabbit in spicy sauce) and cabrito (young goat). These are served with papas arrugadas (potatoes boiled in sea salt) and a variety of mojos (sauces) made from oil, vinegar, garlic, cumin, red pepper and green coriander. Very flavourful!

Las Cumbres Mesón del Cordero



Las Cumbres Mesón del Cordero is the place to go for succulent and tender roasted lamb, usually paired with delicious potatoes and onions to

soak up all the flavour.

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Photo: BearFotos/Shutterstock

Address: Avenida de Tirajana, 11, Playa del Ingles,

Maspalomas

Opening hours: Wed-Mon 1pm-4pm / 7pm-midnight; Tue

closed

Phone: +34 928 76 09 41

El Novillo Precoz



El Novillo Precoz is often referred to as the best steak restaurant on the island. It's not often you pay over 30 Euro for a steak in the Canary

Islands, but don't be deterred — El Novillo Precoz will offer you an extraordinary taste experience.

Photo: Chatham172/shutterstock

Address: Calle Portugal, 9, Las Palmas de Gran Canaria Opening hours: Tue-Sun 1pm-4pm / 8pm-midnight; Mon

closed

Phone: +34 928 22 16 59

Internet: www.instagram.com/restauranteelnovilloprecoz

More Info: Close to playa de las Canteras

Restaurante Casa Martell



Casa Martell is a great restaurant on the north side of the island, located in El Madroñal, between the towns of San Mateo and Santa Brigida. The

space used to be a shop, but now you can try exquisite, traditional Canarian food with excellent wine pairings.

Photo: svf74/Shutterstock

Address: Carretera del Centro Madroñal, Km 55, El Madroñal

Phone: +34 928 64 12 83 Internet: casamartell.es

Email: restaurante@casamartell.es

Mirador Cuevas Bascamao



You'll certainly enjoy the view at Mirador Cuevas Bascamao. The local flower cheese (queso de flor) makes a triumphant appearance on the menu

of this Guía grill restaurant.

Photo: Gran Canaria Tourist Board

Address: Lomo de Bascamao 59, Santa María de Guía

Phone: +34 680 20 23 81

Restaurante Calma Chicha



Restaurante Calma Chicha is Playa del Inglés at its most gentrified. Try their posh cup-a-soup, a savoury cappuccino, which offers a gateway to

their nouveau take on traditional Spanish cuisine.

Photo: Gran Canaria Tourist Board

Address: Avenida de Tirajana, 4 Playa del Inglés,

Maspalomas

Opening hours: Tue-Sat 6:30pm-11:30pm, Sun & Mon closed

Phone: +34 928 76 07 14

Internet: restaurantecalmachicha.com/en

Restaurante Ca' Miguel



Do you need to follow a gluten-free diet? Arinaga's Restaurante Ca' Miguel offers celiac-friendly versions of every item on their menu,

including the Canarian staple, pulpo frito (fried octopus).

Photo: Gran Canaria Tourist Board

Address: Playa de Arinaga, Calle Alcala Galiano 17, Arinaga Opening hours: Lunch: Thu-Mon 12:30pm-4:30pm. Dinner:

Fri & Sat 8pm-11:30pm

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Phone: +34 928 18 31 30

Internet: www.instagram.com/ca miguel restaurante

Fusion Restaurant & Loungebar



A gateway into the flavours and fragrances of Southeast Asia in the heart of Playa del Inglés. The British chef/proprietor David

Gibson's regular visits to the Far East make for some authentic renditions of classic Asian dishes.

Photo: Gran Canaria Tourist Board

Address: Avenida de España 12, Playa del Inglés,

Maspalomas

Opening hours: Tue-Sat 6pm-11pm, Sun & Mon closed

Phone: +34 928 76 57 05

In ternet: www.grancan aria regional.com/list/fusion-restaurant

-playa-ingles

El Churrasco



Whilst El Churrasco's original location in the capital city is well worth a visit, this newer Meloneras branch allows you to dine Argentinian al

fresco. The speciality at this restaurant located inside the Lopesan Costa Meloneras resort is the Aberdeen Angus steak.

Photo: Gran Canaria Tourist Board

Address: Playa del Faro, Calle Mar Mediterraneo 1,

Meloneras, Maspalomas

Opening hours: Daily 1pm-midnight

Phone: +34 928 14 88 83

Internet: www.elchurrascorestaurante.com/english

Restaurante 360°



You don't have to be a guest at Playa de Inglés' Bohemia Suites & Spa to enjoy fine dining at the in-house restaurant.

There's a separate

entrance for non-hotel guests to enter and order from an adventurous à-la-carte menu.

Photo: Gran Canaria Tourist Board

Address: Hotel Bohemia Suites & Spa, Avenida Estados

Unidos 28, Playa del Inglés

Opening hours: Mon 10:30am-11:30am; Tue-Sun

10:30am-11:30am / 6pm-11pm Phone: +34 928 56 34 00

Internet: www.bohemia-grancanaria.com

Abrasa



The stylish San Fernando eatery specializes in succulent cuts of meat prepared on a charcoal grill. There are also tapas, many of which are

suitable for vegetarians, and fine wines.

Photo: Matthew Hirtes/Gran Canaria Tourist Board Address: Calle Secundino Delgado 5, San Fernando,

Maspalomas

Opening hours: Tue-Sun 7pm-11:55pm, Mon closed

Phone: +34 655 97 12 71

Restaurante Jardín Canario



Overlooking the
eponymous botanic
garden, this is a great Las
Palmas de Gran Canaria
restaurant if you're
looking to get out of the

city. The menu features classic Canarian cooking updated with the 21st-century culinary techniques.



Photo: Gran Canaria Tourist Board

Address: Carretera del Centro Km 7, 35017, Las Palmas de

Gran Canaria

Opening hours: Sun-Thu 10am-6pm, Fri & Sat

10am-midnight

Phone: +34 928 35 52 45

CAFÉS



Gran Canaria Tourist Board

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

Parque Santa Catalina



Less a park and more of a square, for cruise ship passengers, Parque Santa Catalina is the first place they'll see after arriving to Las Palmas de Gran

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

Photo: Gran Canaria Tourist Board

Address: Parque Santa Catalina, Las Palmas de Gran Canaria

Plaza Cairasco



Located in upper Triana, this perfect square is a hop, skip, and a jump away from Vegueta. Take pleasure in leisure as you while away the time in

one of Cairasco's cafés. With the average temperature around 22°, you'll appreciate the al fresco experience.

Photo: Salvador Aznar/Shutterstock

Address: Plaza Cairasco, Las Palmas de Gran Canaria

Plaza Santa Ana



Enjoy a cuppa in the olde-worlde setting of Vegueta. The cathedral looms magnificently over you as the rest of Las Palmas de Gran Canaria

goes about its business in this bustling, pedestrianized area. There's always time for one more cup of coffee, however.

Photo: Gran Canaria Tourist Board

Address: Plaza Santa Ana. Las Palmas de Gran Canaria

Meloneras



Meloneras is your go-to place for retail therapy in the south of the island. Stop before you drop and enjoying a restorative cup of coffee in one of the

stylish, upmarket cafes.

Photo: Gran Canaria Tourist Board

Address: Meloneras, San Bartolomé de Tirajana

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Antico Caffé



Vegueta's very own Little
Italy is the perfect spot to
enjoy a cappuccino or
cool down with an
authentic Italian gelato in
Las Palmas de Gran

Canaria old town.

Photo: Gran Canaria Tourist Board

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

Phone: +34 625 01 54 23

Coki Mesa y López



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

Mesa y López is just as veggie-friendly as its other branch.

Photo: Gran Canaria Tourist Board

Address: Pasaje de Inglaterra, 5, Las Palmas de Gran Canaria Opening hours: Sun-Thu 1pm-11pm, Fri & Sat 1pm-midnight

Phone: +34 625 36 36 52

Quiosco San Telmo: La Modernista



La Modernista café, a charming kiosk in San Telmo Park, stands as an emblematic modernist gem since 1924. Originally from Manises,

Valencia, this café, with its distinctive octagonal structure and colourful tiled façade, offers a quaint outdoor seating area. It's a perfect spot for a quality aperitif amidst the busy Triana neighbourhood, blending historic allure with contemporary café culture.

Photo: RudiErnst/Shutterstock

Address: Calle Triana, 111, Las Palmas de Gran Canaria, Las

Palmas

Opening hours: Mon-Fri 10am-9pm, Sat 10am-11pm, Sun

noon-8pm

Internet: www.zonatriana.com/listing/kiosko modernista

The Couple



The Couple café, located directly on Las Canteras beach, offers a delightful spot for breakfast or a quick bite. Renowned for its international menu,

including Mexican, English and Italian breakfasts, it's perfect for enjoying homemade cakes, special brunch dishes and smoothies.

Photo: Asnim Ansari/unsplash

Address: Paseo de las Canteras, 23, Las Palmas de Gran

Canaria

Opening hours: Mon-Thu 8:30am-11pm, Fri 8:30am-11:30pm, Sat & Sun 9am-11:30pm

Phone: +34 928 33 29 01

Café Madrid



Café Madrid, with over a century of history, offers a diverse menu in a setting filled with character. This café and restaurant features an

eclectic interior and a sought-after outdoor terrace. Their specialities include crispy croquetas, delicious gambas, and a variety of ice creams and smoothies, all enjoyed amidst charming, historic surroundings.

Photo: kelifamily/Shutterstock

Address: Hotel Madrid Las Palmas, Plaza de Cairasco, 4, Las

Palmas de Gran Canaria

Opening hours: Daily 11am-midnight

Phone: +34 928 50 73 97

Internet: www.instagram.com/cafemadridlaspalmas

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Coffeebook



Coffeebook, a literary café in Gran Canaria's capital, is a haven for book lovers and food enthusiasts alike. Known for its high-quality service

and delightful ambiance, it offers an array of delicious tostas, exquisite pastries and varied menus. A perfect blend of tranquility and literary charm, the café is praised for its excellent coffee, sumptuous cakes, and promising gluten-free options.

Photo: Will Ullmo/Shutterstock

Address: 7 Palmas, Calle Lomo San Lázaro, 7, local 10, Las

Palmas de Gran Canaria

Opening hours: Mon-Fri 8am-9pm, Sat 8am-3pm, Sun closed

Phone: +34 622 76 27 34

Internet: www.instagram.com/coffeebook 7palmas

Cafe Platinium



Agaete's Café Platinium, nestled in the coffee-growing region of Gran Canaria, offers a unique experience with its homegrown coffee.

Visitors enjoy tours and tastings, experiencing the coffee's journey from bean to cup. The estate's coffee, along with local cheese and jams, offers a true taste of the region's flavours.

Photo: Milo Miloezger/unsplash

Address: Camino de Los Romeros, 2, Agaete

Phone: +34 635 51 09 80

Internet: cafeplatinium.wordpress.com Email: cafeplatinium@hotmail.com

BARS & NIGHTLIFE



Gran Canaria Tourist Board

The nightlife in Gran Canaria is lively, colourful, and exciting. Maspalomas and Playa del Ingles are the hottest party spots. It starts after midnight and continues until sunrise, with most bars open until 2 am and nightclubs usually open until 6 am. Very little happens before midnight. The Yumbo shopping centre is where most of the action takes place, drawing a diverse crowd of partygoers from sunset to sunrise.

Yumbo Centrum



A shopping centre by day, a LGBTQ+ temple to hedonism by night. There are numerous bars and clubs to choose from. Yumbo Centrum is the

perfect destination for a pub crawl.

Photo: Joe McUbed/Shutterstock

Address: Avenida Estados Unidos 54, Playa del Inglés,

Maspalomas, Gran Canaria Phone: +34 928 764 196

Internet: yumbocentrum.com/en Email: info@yumbocentrum.com



Aqua Ocean Club



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

attracts locals as much as tourists.

Photo: Pressmaster/Shutterstock

Address: Centro Comercial Meloneras Playa, Maspalomas

Phone: +34 928 140 580

Internet: www.instagram.com/aqua ocean club

Mantrix



The party doesn't get started until late at this gay nightclub in the legendary Yumbo. Late means 2 am!

Photo: Cristi Lucaci/Shutterstock

Address: Yumbo Centrum, Playa del Inglés, Maspalomas

Internet: yumbocentrum.com/mantrix

El Altar Bar



Go back to the 1980s with a visit to the capital's El Altar Bar, where DJs spin retro tunes to a packed dance floor.

Photo: Tint Media/Shutterstock

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

Canaria

Phone: +34 615 91 20 21

Internet: www.instagram.com/elaltarlaspalmas

La Azotea de Benito



Enjoy the view of Vegueta, including the Catedral Santa Ana, from this rooftop bar located right on the edge of neighbouring Triana. Get

a gin and tonic, with over 60 gins to select from.

Photo: Gran Canaria Tourist Board

Address: Centro Comercial Monopol, Plaza Hurtado de Mendoza, 2ª Planta, Las Palmas de Gran Canaria

Phone: +34 928 36 74 50 Internet: lazoteadebenito.com Email: info@lazoteadebenito.com

Cervecería The Situation



More than 200 beers from all over the world await at this central bar in Las Palmas de Gran Canaria. Enjoy the wide range of flavours from

bitter to crisp, hoppy to malty, smokey to funky.

Photo: Gran Canaria Tourist Board

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

Canaria

Opening hours: Mon-Wed 7am-midnight, Thu & Fri

7am-2am, Sat 8am-2am, Sun closed

Phone: +34 928 23 43 23

Internet: www.instagram.com/cerveceria the situation

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SHOPPING



Gran Canaria Tourist Board

There are four types of shopping on Gran Canaria: souvenir shopping, strolling on the main street, wandering through shopping centres, and bargaining at the local market. Whatever your heart desires, you can find it on the island. The highest concentration of shops catering to tourists is in the four-storey Yumbo Centre in Maspalomas, with more than 200 stores selling everything from castanets to cigarettes. In the capital, the long pedestrian street Calle Mayor de Triana is your destination for main street city shopping.

To find consumer goods, household items, and fashion accessories under one roof, head to one of the many shopping centres like La Ballena just outside Las Palmas, or Las Arenas near Las Canteras beach. Alternatively, you can try the famous department store El Corte Inglés on Avenida Mesa y López, Las Palmas.

On a smaller scale, purchases can be made at one of the many markets scattered over the island. One of the largest is Mercadillo de Vecindario held every Wednesday in the main square of Vecindario. Also, check out the weekend market in Vega de San Mateo for art, crafts, and locally produced food.

Calle Mayor de Triana



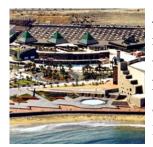
Las Palmas de Gran Canaria's main high street is where the locals like to do their shopping. It's also where they like to have a coffee, grab a

bite to eat, and enjoy a drink. Expect to find lots of bars, cafés and restaurants, along with a plethora of shops.

Photo: Gran Canaria Tourist Board

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

Centro Comercial Las Arenas



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

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

Photo: Gran Canaria Tourist Board

Address: Carretera del Rincón, Las Palmas de Gran Canaria

Opening hours: Daily 10am-10pm

Phone: +34 928 27 70 08 Internet: cclasarenas.com

Centro Comercial El Mirador



Enjoy Atlantic views along with a budget supermarket and Primark at El Mirador. You'll find everything you could need for your beach

vacation, as well as a variety of cafes and restaurants.

Photo: Gran Canaria Tourist Board

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

Opening hours: Mon-Sat 10am-10pm

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Phone: +34 928 68 69 40

Internet: elmiradorshopping.com

Centro Comercial El Muelle



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

travelling in by bus to the capital, since it's located above the Parque Santa Catalina bus station.

Photo: Gran Canaria Tourist Board

Address: Muelle de Santa Catalína, Las Palmas de Gran

Canaria

Opening hours: Mon-Sat 10am-10pm, Sun 10am-9pm

Phone: +34 928 32 75 27 Internet: ccelmuelle.es

Email: contacto@ccelmuelle.es

Commercial & Leisure Center 7 Palmas



Head to Siete Palmas for a modern shopping experience. There are regular exhibitions and concerts here to transform your shopping

into something out of the ordinary.

Photo: Gran Canaria Tourist Board

Address: Siete Palmas Centro Comercial y de Ocio, Avenida Pintor Felo Monzón, 44, Las Palmas de Gran Canaria

Phone: +34 928 42 41 68 Internet: cco7palmas.com Email: info@cco7palmas.com

Centro Comercial Las Terrazas



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

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

Photo: Gran Canaria Tourist Board

Address: GC-1, Km 5, Telde

Opening hours: Shops: Mon-Sat 10am-10pm. Bars &

restaurants: Mon-Sat 10am-midnight

Phone: +34 928 70 63 28 Internet: lasterrazasoutlet.com

Shopping Center Varadero



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

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

Photo: Gran Canaria Tourist Board

Address: Lugar Meloneras Diseminado, 132, Maspalomas

Opening hours: Daily 10am-10pm

Internet: centro-comercial-varadero.negocio.site

El Tablero Shopping Center



El Tablero is a largely residential area above Maspalomas. The eponymous shopping centre offers a great reason to visit this

commuter town. Shop, dine at fine restaurants on the top floor and admire the views.

Photo: Gran Canaria Tourist Board

Address: Avenida Francisco Vega Monroy, 21, El Tablero,



San Bartolomé de Tirajana Opening hours: Daily 10am-10pm

Phone: +34 928 14 38 70

Internet: www.cceltablero.com/en

Centro Comercial Atlántico Vecindario



Vecindario is a young town on Gran Canaria, which in turn makes this shopping centre one of the newest on the island. Cool down in the shops

that provide shade from the bright sun. You'll also find a cinema, a hypermarket, restaurants and cafes, play area for children and free Wi-Fi.

Photo: Gran Canaria Tourist Board

Address: Calle Adargoma, Vecindario, Santa Lucia de

Tirajana

Opening hours: Mon-Sat 10am-10pm

Phone: +34 928 79 40 74 Internet: www.ccatlantico.com

Email: in fo. vecin dario @ccatlantico.com

FEDAC



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

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

Photo: Gran Canaria Tourist Board

Address: Domingo J. Navarro 7, Las Palmas de Gran Canaria Opening hours: Mon-Fri 10:30am-1:30pm / 4:30pm-8pm; Sat

& Sun closed

Phone: +34 928 36 96 61 Internet: www.fedac.org

More Info: FEDAC stands for Fundación Para El Estudio y

Desarrollo de la Artesanía Canaria

Zona Mesa y López



One of the capital's main thoroughfares, José Mesa y López is both an avenue and a street. There's a cycle lane as well as bus stops and taxi ranks to

help you with your bags. The outdoor ice-cream stalls will cool you down on a hot day, while the tourist information kiosk will provide friendly advice.

Photo: Gran Canaria Tourist Board

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

Internet: zonamesaylopez.com/en

TOURIST INFORMATION



Gran Canaria Tourist Board

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

Aeropuerto de Gran Canaria (LPA)



You'll find the Aeropuerto de Gran Canaria (LPA) roughly halfway between capital Las Palmas de Gran Canaria and the island's southern resorts.

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It's 24km south of the capital city and 30km north of Playa del Inglés. There's a taxi rank at the airport plus Global bus stops.

Photo: bellena/Shutterstock

Address: GC-1, Las Palmas de Gran Canaria

Phone: +34 928 57 91 30

Internet: www.aena.es/es/gran-canaria.html

Public Transport



You can get to more or less anywhere on the island by Global bus (www.globalsu.net). The capital has two bus stations, in Parque San

Telmo and Parque Santa Catalina. If you're travelling around Las Palmas de Gran Canaria, look out for Guaguas Municipales' yellow buses to cut journey times.

Photo: Liga Brolisa/unsplash Internet: www.guaguas.com

Taxi



Taxis are generally inexpensive with fixed rates for longer distances. There's a rank at the airport, as well as outside Las Palmas de

Gran Canaria's two bus stations. Although you never have to wait long to see one on the capital's streets.

Photo: Jackson David/unsplash Internet: www.taxigrancanaria.com

Post



The main post office is in Avenida Primero de Mayo 62. Las Palmas de Gran Canaria. The post office is the place to buy stamps for the postcards you buy

at souvenir shops, as well as to send larger packages home.

Photo: Sonia Kardash/unsplash

Address: Oficina de Correos, Avenida Primero de Mayo, 62,

Las Palmas de Gran Canaria

Opening hours: Mon-Fri 8:30am-8:30pm, Sat & Sun closed

Phone: +34 928 43 29 14 Internet: www.correos.es

Pharmacy



From the largest city to the smallest village, it's generally not a problem to find a chemist. However, it can be trickier to locate one

open out of hours. Nevertheless, each pharmacy displays the information on which particular chemist is open 24 hours on that particular date.

Photo: Bonsales/Shutterstock

Population

864,500

Currency

1 Euro = 100 cents

Opening hours

On weekdays, shops generally open from 9 am until 1 pm and then again from 4:30 pm until 8:30 pm. At weekends, most only open in the morning on Saturday. Those in the resort areas generally open seven days a week. Over the Christmas and New Year period, shopping centres extend their opening hours to accommodate the extra trade with some staying open until as late as midnight.

Internet

www.grancanaria.com

Newspapers

Canarias 7: www.canarias 7.es La Provincia: www.laprovincia.es



The Canary News: thecanarynews.com

Emergency numbers

112

Tourist information

Patronato de Turismo de Gran Canaria (Oficina de Información Turística de Turismo de Gran Calle Triana 93, Las Palmas de Gran Canaria

+34 928 21 96 00

Oficina Información Turística Aeropuerto de Gran Canaria Arrivals, Puerta A, Aeropuerto de Gran Canaria, Telde +34 928 57 41 17 cit@grancanaria.com

Centro Insular de Turismo Avenica Estados Unidos, Maspalomas, Las Palmas +34 928 77 15 50 cit@grancanaria.com

Oficina de Turismo de Cruz de Tejeda Cruz de Tejeda, Puesto nº 2 , Tejeda +34 928 66 63 34

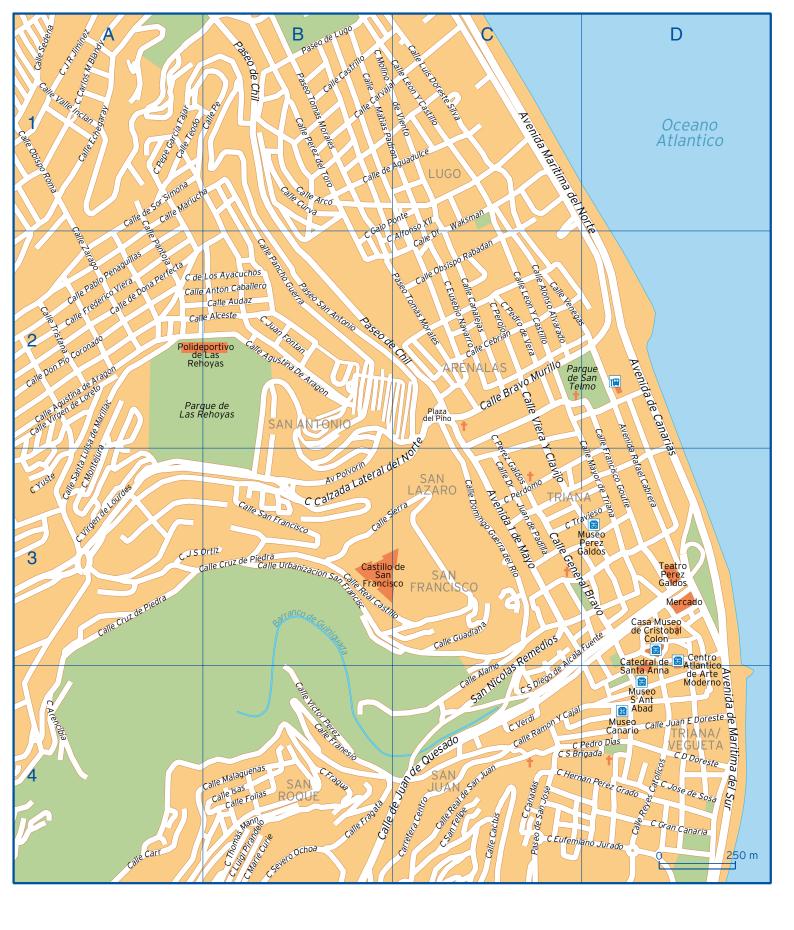
Oceano Atlantico

Gran Canaria



Oceano Atlantico

0 20 km



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		Calle Eufemiano Jurado	C4 D4	Calle Perdomo	C3
Avenida 1 de Mayo	C3	Calle Eusebio Navarro	C2	Calle Perez del Toro	B1
Avenida de Canarias	D2 D3	Calle Folias	B4	Calle Perez Galdos	C2 C3
Avenida de Maritima del Sur	D4	Calle Fragata	B4	Calle Perojo	C2
Avenida Maritima del Norte	C1 D2	Calle Fragua	B4	Calle Ramon Y Cajal	C4
Avenida Polvorin	В3	Calle Francisco Goutie	D2 D3	Calle Real Castillo	B3 C3
Avenida Rafael Cabrera	D2 D3	Calle Franesio	B4	Calle Real de San Juan	C4
Calle Agustina de Aragon	A2 B2	Calle Frederico Viera	A2	Calle Reyes Catolicos	D4
Calle Alamo	C4	Calle Galo Ponte	B2 C1	Calle S Diego de Alcala Fuente	C4 D3
Calle Alceste	A2 B2	Calle General Bravo	C3 D3	Calle San Felipe	C4
Calle Alfonso XII	B2 C1	Calle Granadera Canaria	D4	Calle San Francisco	В3
Calle Alonso Alvarado	C2	Calle Guadiana	C3	Calle Santa Luisa de Marillac	A2 A3
Calle Anton Caballero	A2 B2	Calle Hernan Perez Grado	C4 D4	Calle Sedena	A1
Calle Arco	B1	Calle Isas	B4	Calle Severo Ochoa	B4
Calle Arencibia	A4	Calle J R Jiminez	A1	Calle Sierra	B3 C3
Calle Audaz	B2	Calle Jose de Sosa	D4	Calle Sor Brigada	C4 D4
Calle Bravo Murillo	C2	Calle Juan E Doreste	D4	Calle Teodo	A1
Calle Cactus	C4	Calle Juan Fontan	B2	Calle Thomas Mann	B4
Calle Calzada Lateral del Norte	B3 C2	Calle Juan Saraza Ortiz	A3 B3	Calle Travieso	C3 D3
Calle Canadas	C4	Calle Leon Y Castillo	B1 C1 C2	Calle Tristana	A2
Calle Canalejas	C2	Calle Luigi Pirandelo	B4	Calle Urbanizacion San Francisc	В3
Calle Carlos M Blandy	A1	Calle Luis Doreste Silva	C1	Calle Valle Inclan	A1
Calle Carr	A4	Calle Malaguenas	B4	Calle Venegas	C2
Calle Carvajal	B1 C1	Calle Marie Curie	B4	Calle Verdi	C4
Calle Castrillo	B1	Calle Mariucha	A1 B1	Calle Victor Perez	B4
Calle Cebrian	C2	Calle Matias Padron	B1 C1	Calle Viera Y Clavijo	C2 C3
Calle Cruz de Piedra	A3 B3	Calle Mayor de Triana	C2 D3	Calle Virgen de Loreto	A2
Calle Curva	B1	Calle Molino de Viento	B1	Calle Virgen de Lourdes	A3
Calle de Aguadulce	B1 C1	Calle Montejura	A2 A3	Calle Yuste	A3
Calle de Dona Perfecta	A2	Calle Obispo Roma	A1	Calle Zarago	A1 A2
Calle de Juan de Quesado	B4 C4	Calle Obsispo Rabadan	C2	Carretera Centro	C4
Calle de Los Ayacuchos	A2 B2	Calle Pablo Penaguillas	A2	Paseo de Chil	B1 B2 C2
Calle de Sor Simona	A1	Calle Pancho Guerra	B2	Paseo de Lugo	B1
Calle Domingo Doreste	D4	Calle Pantoja	A1 A2	Paseo de San Jose	C4
Calle Domingo Guerra del Rio	C3	Calle Pe	B1	Paseo San Antonio	B2
Calle Don Pio Coronado	A2	Calle Pedro de Vera	C2	Paseo Tomas Morales	B1 B2 C2
Calle Dr Juan de Padilla	C3	Calle Pedro Dias	C4 D4	Plaza del Pino	C2
Calle Dr Waksman	C1	Calle Pepe Garcia Fajar	A1	San Nicolas Remedios	C3 C4
Calle Echegaray	A1				