



Photo: Maria Lupan/unsplash



Maxim Berg/unsplash



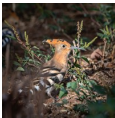
Hert Niks/unsplash



Turismo de Canarias

With the best climate in Spain, Tenerife is a place to kick back and relax. This island, crowned by Mount Teide, has picturesque villages, incredible landscapes and idyllic beaches. Enjoy nightly fiestas and discover why over five million people have chosen this Island as their holiday destination.

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## THE ISLAND



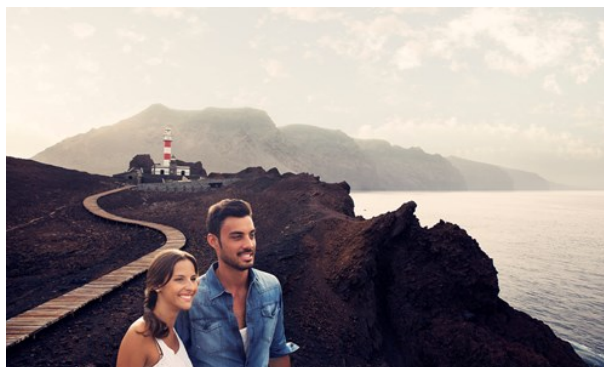
*Turismo de Canarias*

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 with such diverse scenery you will think you are at a thousand places around the world at the same time, or even on the moon: the Teide National Park, for instance, is a huge volcanic area straight out of the movies.

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. Visitors will also 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. Those who know Tenerife, return year after year to relive incredible experiences and happy memories. You will 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 7



*Turismo de Canarias*

### 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 in 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 flora and fauna, such as the Teide violet or the Tenerife bugloss, whose bright colours stand in stark contrast to the thousands of tonnes of ochre running through this unique landscape.

Photo: Turismo de Tenerife

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



Estimated to be over 800 years old, the Ancient Dragon Tree of Icod de los Vinos presents a unique chance to see and touch such an incredibly

old living specimen of *Dracaena Drago*, which is known for being the protector of the islands. This colossal tree is 16 metres tall and it has a width of 20 metres.

Despite facing a threat due to the immense tourism it attracted, the Dragon Tree Park is currently open to visitors thanks to the efforts to conserve and restore the park's biodiversity. It is possible to visit the park on your own, or you can book a guided tour. If you decide to visit Tenerife, you can't miss this great treasure of the Canarian flora.

Photo: Turismo de Tenerife

Address: Parque del Drago, Icod de los Vinos

Opening hours: Daily 8am-7pm

### Volcanic Experiences



The island of Tenerife bears the indelible marks of its volcanic origins, with lava coursing through its veins. Its volcanic soil provides an opportunity to delve into this fascinating facet of the island. The five most visited volcanic areas are: Territorio Antiguo, Volcanes Legendarios, Los Dos Valles, Tierra de Contrastes and El Rincón de la Luz. These unique places offer the most compelling insights into Tenerife's volcanic wonders.

If you are into adventurous activities, you can explore the underwater eruptions, craters, volcanic cones, and vents, all of which contribute to the island's remarkable geological tapestry. All of this goes hand in hand with wine cellars and restaurants that embody the Island's magmatic heritage.

Photo: Turismo de Tenerife

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

### Anaga Rural Park



Anaga is a highland region located in the northeastern part of Tenerife. Its rugged mountains, sharp peaks, and deep ravines draped

in lush laurel forests make this place one of a kind. It is a hidden gem that lies less than an hour's drive from both La Laguna, a UNESCO World Heritage Site, and the island's capital, Santa Cruz.

Due to its cool and humid climate, Anaga Rural Park presents an untouched landscape with breathtaking hiking trails, pristine beaches, quaint villages and a rich array of local flora and fauna. The park has a visitor centre where local guides can recommend the kind of hike that is best for you. All routes and trails are very well indicated, not to mention that they also provide maps. Venturing into this unique haven is an absolute must when visiting the island.

Photo: Turismo de Tenerife

Address: Santa Cruz de Tenerife, Spain

Opening hours: Daily 9:30am-4pm

### Teno Rural Park



Teno Rural Park is located near the charming villages of El Palmar, Teno Alto, Los Carrizales, Las Portelas, and Masca. The region is an enclave of remarkable natural beauty, where serenity and tranquility prevail.

The park offers visitors an excellent setting for a wide array of outdoor activities for the

adventurous at heart. The drive to reach this destination is nothing short of breathtaking, offering awe-inspiring scenery. There is no admission fee to the park, and parking is usually easy. If your plan is hiking from Masca, it is best to explore public transport options or take for a taxi.

Photo: Turismo de Tenerife

Address: Buenavista del Norte, Santa Cruz de Tenerife, Spain

Phone: +34 922 44 79 74

Email: [tenoparque@tenerife.es](mailto:tenoparque@tenerife.es)

### Los Gigantes Cliffs



Los Gigantes is a coastal town located in the Santiago del Teide municipality. The resort is famous for its cliffs of imposing stature soaring

up to 600 metres above sea level. These rock formations extend along a significant stretch of the coastline, offering breathtaking views.

According to the locals, Los Gigantes' cliffs are sacred, as they symbolize the end of the world.

This resort town is home to nearly 2,700 people. It has a marina and a black sand beach. There is also a promenade with numerous cafés and restaurants. The cliffs can be easily admired from the sea, however, getting to the top is more physically challenging due to their formidable nature and rugged terrain.

Photo: Turismo de Tenerife

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

### Historic Areas



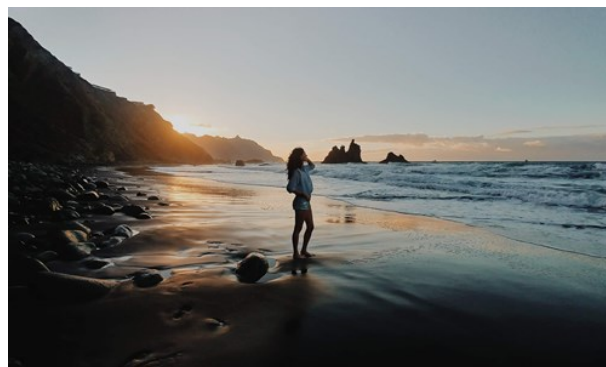
Tenerife transcends the image of a mere idyllic resort, revealing itself as a destination brimming with heritage, art, and culture. The island

proudly showcases a wealth of historic areas, awarded for their architectural and cultural significance. Among these illustrious examples are La Laguna, which is a UNESCO World Heritage Site, as well as Garachico and La Orotava, all standing as testaments to Tenerife's rich historical and cultural tapestry.

The island's colonial-era architecture and charming plazas offer visitors a chance to delve into the island's historic riches and cultural uniqueness.

Photo: Turismo de Tenerife

### DO & SEE



Iancu Voinovan/unsplash

There is no time to be bored in Tenerife, as it is home to numerous theme parks, 43 protected nature areas, and an endless list of outdoor activities. The island is also a popular spot for extreme sports. You can ride through spectacular landscapes on your mountain bike or on horseback, climb the many rock walls or mountains, and paraglide over gorgeous

landscapes of Tenerife.

### Sendero de los Sentidos



El Sendero de los Sentidos is a network of forest trails nestled within Tenerife's Anaga Rural Park. These interconnected pathways start near the Mirador Cruz del Carmen, guiding hikers through captivating, lush woodlands. The Sendero de los Sentidos will help you decipher Tenerife's natural landscape. A true adventure that will help you to stimulate all your senses.

Photo: Hans/Pixabay

Address: Sendero de los Sentidos, Santa Cruz de Tenerife

Phone: +34 922 63 35 76

### Canyoning



Tenerife is crisscrossed by a large number of canyons, so it is no surprise that canyoning grows in popularity each year. There is also a rare chance to explore underground caverns hidden beneath our feet.

Embark on a dry canyoning adventure by venturing into the riverbeds of Vilaflor. Descend the canyon with professional guides via rappelling, and enjoy the picturesque hills, dense pine forests, and breathtaking vistas.

Los Carrizales is another opportunity to engage in thrilling activities like sliding, jumping, and rappelling down to discover natural waterfalls and serene pools. After a descent of 15 metres, you'll find a unique, natural water park.

Los Arcos canyons are a rock formation of warm

orange and green colours due to the erosion over the years. This dry canyon welcomes experienced canyon enthusiasts as well beginner ones, making ideal for families.

Photo: Javier Sanchez Portero/cc by 2.0/wikimedia

(upscaled)(image cropped)

Internet: [www.sunbonoo.com/en/tenerife/canyoning](http://www.sunbonoo.com/en/tenerife/canyoning)

### Lava Tubes



A truly unique experience awaits those who venture to explore a lava tube, a singular opportunity found nowhere else. In the picturesque town of

Icod de los Vinos, you will discover La Cueva del Viento, a cave that stretches a remarkable 17 kilometres, making it the longest in all of Europe. This remarkable underground expanse provides an unforgettable journey deep into the Earth's depths, unveiling the intriguing volcanic history of the island.

Photo: Eladio Anxo Fernández/cc by 2.0/flickr (upscaled)(image cropped)

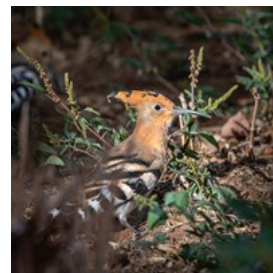
Address: Camino los Piquetes, Icod de los Vinos, Tenerife, Spain

Opening hours: Daily 9am-4pm

Phone: +34 922 47 43 80

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

### Bird Watching & Stargazing



With some of the clearest skies in the world, Tenerife is perfect for stargazing and bird watching. The Canary Islands and Tenerife are the first places you can see birds on their annual migration to Equatorial Africa.

As for stargazing, Tenerife's high altitude and

little pollution offer the best spots to see the cosmos. Some of the most popular ones are The Masca Viewpoint in Teno Rural Park, The Mountains of Guajara in Teide National Park and The Mirador de la Ruleta in La Orotava.

Birdwatching on the other hand, is something you can do anywhere in Tenerife, as the island is home to many species, some of which are completely endemic. The northwest region is its most remote area, where the infamous Bolle's Pigeon and the elusive White-tailed Laurel Pigeon live. Other regions for birdwatching are the northeast and the south of the island.

Photo: Erik Karits/unsplash

### Water Activities



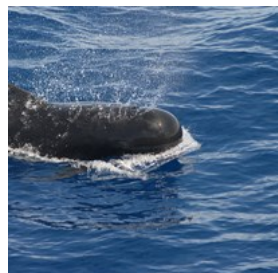
Deep-sea fishing, sailboat trips, windsurfing, kitesurfing, kayaking and diving are just some of the activities on offer in Tenerife. The

crystal-clear waters of La Playa de las Americas and Los Cristianos, 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.

Photo: Jeremy Bishop/unsplash

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

### Dolphin & Whale Watching



Tenerife is a top destination for whale and dolphin watching. Take advantage of the fact that 21 of the world's 79 species of dolphins and whales inhabit the island's waters, including a

permanent colony of some 500 pilot whales and 250 bottlenose dolphins. Most of these extraordinary creatures predominantly inhabit the waters nestled between the island's southern coastline and the neighbouring La Gomera. What makes this experience truly exceptional is their proximity to the shoreline, oftentimes only three miles from the coast.

Photo: NOAA/unsplash

Internet: [www.webtenerife.co.uk/what-to-do/nature/whale-and-dolphin-watching](http://www.webtenerife.co.uk/what-to-do/nature/whale-and-dolphin-watching)

### Jungle Park



Located in the southern region of the island, Jungle Park transports visitors into a lush jungle environment with an array of wild animals. The

park boasts captivating exhibitions, including a bird of prey free flights featuring majestic eagles. Other awe-inspiring species you can find in Jungle Park are wild cats, storks, peacocks and even blue-eyed tigers. This unique zoo and botanical park is an ideal destination for families looking for exciting adventures. Hike through natural trails adorned with rope bridges, cascading waterfalls, and intriguing tunnels.

Photo: steve p2008/cc by 2.0/wikimedia(image cropped)

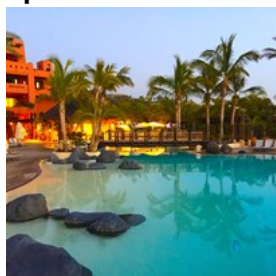
Address: Urbanización Las Águilas del Teide, Arona, Spain

Phone: +34 922 72 90 10

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

Email: [comercialtenerife@aspro-ocio.es](mailto:comercialtenerife@aspro-ocio.es)

## Spas



Not only do Tenerife's natural assets give you energy and vitality, but a visit to one of its spas. 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.

Photo: Studio Sarah Oh/cc by 2.0/Flickr(image cropped)  
Internet: [www.webtenerife.co.uk/activities/health-and-wellbeing/](http://www.webtenerife.co.uk/activities/health-and-wellbeing/)

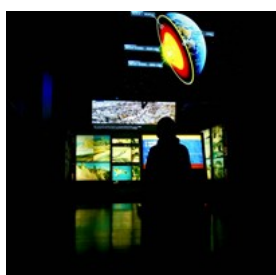
## Language Learning



Tenerife is emerging as a top destination for language learning, due to its climate and leisure options. Those 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.

Photo: Daniel Prado/unsplash  
Internet: [www.webtenerife.co.uk/what-to-do/learn-spanish](http://www.webtenerife.co.uk/what-to-do/learn-spanish)

## Museums



Tenerife is rich in history and vibrant culture. It boasts an array of fascinating museums across the island that will expand your knowledge

on nature and natural history. 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.

Photo: Jose Made/cc by 2.0/Flickr(image cropped)  
Internet: [www.museosdetenerife.org](http://www.museosdetenerife.org)

## Pyramids of Güímar



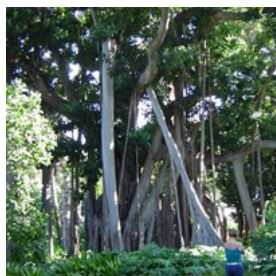
Located in the southeastern part of Tenerife, these curious, rectangular pyramid-shaped structures are a curious

aspect of Tenerife's landscape. Archaeologists dispute why and when they were created. Most theories lean towards Aborigines and local farmers, although some believe these structures are the result of contact between the Tenerife natives and the Aztecs.

This archaeological park consists of six distinctive stepped pyramids of lava stone, standing at approximately four meters in height. The museum serves as both an educational journey and a tribute to the traditions and culture of ancient civilizations.

Photo: Arctic Cynda/cc by-sa 4.0/wikimedia(image cropped)  
Address: Calle Chacona, Güímar, Santa Cruz de Tenerife, Spain  
Phone: +34 922 51 45 10  
Internet: [www.piramidesdeguimar.es/en](http://www.piramidesdeguimar.es/en)  
Email: [piramides@piramidesdeguimar.es](mailto:piramides@piramidesdeguimar.es)

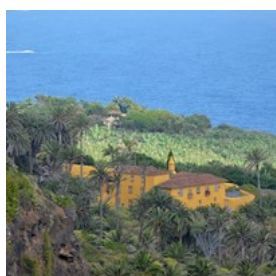
### Botanical Gardens Puerto de la Cruz



Although its real name is La Orotava Climatisation Garden, it is commonly known by the locals as Jardín Botánico. This 18th-century botanical garden is home to a large number of tropical & subtropical plants. Visitors can wander through a lush green jungle which may lead you to the famous 200-year-old fig tree.

Photo: Bayreuth2009/cc by 3.0/wikimedia(image cropped)  
Address: Retama, 2, Puerto de la Cruz, Santa Cruz de Tenerife, Spain  
Opening hours: Daily 9am-6pm  
Phone: +34 922 92 29 81

### La Rambla de Castro



La Rambla de Castro is a 2-kilometre coastal path that goes through a nature preserve. Starting at sea level at the beach of Los Roques, this path takes in wonderful ocean views, craggy cliffs, and palm groves. Historic landmarks on the route include the Casona de Castro, Saint Peter's hermitage, and the 18th century San Bernardo's Fort. The walk is not strenuous and public transport is available at the end of the route.

Photo: Echeide777/cc by-sa 3.0/wikimedia(image cropped)  
Address: Camino del Guindaste, 3, Los Realejos, Santa Cruz de Tenerife, Spain  
Phone: +34 922 34 26 54

### Candelaria Basilica



Its white and beige tones provide stark contrast to the bronze Menceyes, which are statues of ancient pre-Spanish kings. These statues are 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 spirituality housed within. The exquisite statue of the Virgin of Candelaria, Patroness of the Canary Islands, is highly revered by the islanders.

Photo: Turismo de Tenerife  
Address: Plaza de la Patrona de Canarias, 1, Candelaria, Santa Cruz de Tenerife, Spain  
Opening hours: Mon 3pm-7:30pm, Tue-Sun 7:30am-7:30pm  
Phone: +34 922 50 01 00  
Internet:  
[www.candelaria.es/basilica-nuestra-senora-de-candelaria](http://www.candelaria.es/basilica-nuestra-senora-de-candelaria)

### Adán Martín Tenerife Auditorium



Designed by the Spanish architect and structural engineer Santiago Calatrava, this work of art initially seemed like an impossible building to erect, since a part of its structure is hanging in mid-air as if by magic. The exterior radiance of the Tenerife Auditorium reflects the beauty which it emanates. It is a must-see for all visitors to the Island, not to mention the regular concerts, operas or musicals, which are the ultimate experience.

Photo: Turismo de Tenerife  
Address: Avenida de la Constitucion, 1, Santa Cruz de Tenerife, Spain  
Phone: +34 922 56 86 00

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

## BEACHES



*Turismo de Canarias*

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.

### Las Teresitas



Las Teresitas is the most famous beach around the metropolitan area of Santa Cruz, the Island's capital. At 1.5 kilometres in length, its golden sands are in close proximity to the small coastal town of San Andrés. The beach is also conveniently located near Anaga Rural Park. You can visit its lush green forests dotted with white houses first, then finish your day under a tropical palm tree on this iconic beach.

Photo: Beneharo Hernandez/cc by-sa 3.0/wikimedia(image cropped)

Address: Las Teresita, Santa Cruz de Tenerife, Spain

### Black Sand Beaches

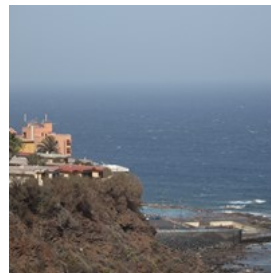


Due to its volcanic origins, Tenerife also has beaches of black sand, mainly in the north of the Island. On such beaches, your skin soaks up their

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.

Photo: Otto Domes/cc by-sa 4.0/wikimedia(image cropped)

### Volcanic Pools



Exploring the beautiful coastline of Tenerife offers a unique opportunity to discover natural pools created centuries ago by lava

flows merging with the crystalline waters of the ocean. These captivating geological formations have become some of the island's most beloved attractions. Among the renowned natural pool locations are Bajamar, Punta del Hidalgo, San Juan de la Rambla, Garachico, and San Miguel. These picturesque spots offer not only a chance to cool off in the clear waters but also a glimpse into the island's volcanic history and its harmonious interaction with the sea.

Photo: Gay Tenerife/cc by-nd 2.0/flickr(image cropped)

## DINING



*Turismo de Canarias*

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.

Tenerife's traditional cuisine revolves around the abundant resources of the sea, with an emphasis on fish and seafood. What is more, the island's culinary heritage is inspired by South American countries, such as Venezuela and the Caribbean. The island's gastronomy is characterized by its simplicity, prioritizing locally-sourced products like fish, potatoes, pork and cheeses.

### Guachinches



There is 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.

Photo: karel291/cc by 3.0/wikimedia(image cropped)

Internet: [www.webtenerife.co.uk/what-to-do/eat-drink](http://www.webtenerife.co.uk/what-to-do/eat-drink)

More Info: [guachinchestenerife.com](http://guachinchestenerife.com)

### Local Specialties



A great way to sample Tenerife's cuisine is to try one of the island's local delicacies, like the Papas Arrugadas served with red or green mojo sauce.

There is a rich variety dishes to excite foodies, such as the Canarian stew made with mixed vegetables and meat, as well as melt-in-your-mouth grilled sardines.

Honey is a popular dessert ingredient, and the island offers unique tasting honey obtained from endemic species like the Teide broom.

Photo: Jon Gudorf Photography/cc by-sa 2.0/flickr(image cropped)

### Casa Del Vino



Tenerife is an ideal destination for wine enthusiasts looking to sample a wide range of unique wines. The local whites and reds showcase flavours and aromas that beautifully reflect the island's climate and volcanic origins. You can choose to visit wineries that employ modern winemaking techniques or opt for those that adhere to traditional and time-honoured methods.

You simply must make a stop at Casa del Vino. Housed within the Casa del Vino, a meticulously restored 17th-century Canarian agricultural estate, this establishment has welcomed visitors since 1995. This restaurant specializes in both

traditional island gastronomy and innovative, creative Canarian cuisine. The restaurant's wine list showcases only wines from Tenerife's five wine denominations.

Photo: CA Creative/unsplash

Address: San Simón 9, El Sauzal, Santa Cruz de Tenerife, Spain

Opening hours: Tue-Sun 10am-8pm, Mon closed

Phone: +34 922 57 25 35

Internet: [www.casadelvinotenerife.com/en](http://www.casadelvinotenerife.com/en)

### Abama Kabuki



With its elegant décor featuring a minimalist color palette of reds and blacks, Abama Kabuki is under the expert supervision of Ricardo

Sanz. His restaurants in Madrid and Wellington are renowned as some of the best Japanese dining establishments in Europe. Ricardo Sanz and his team are celebrated for their creative blend of traditional Japanese influences with modern Western culinary techniques, all complemented by the use of exceptional ingredients. At Kabuki, they artfully incorporate Canary Island ingredients into their dishes, infusing them with imaginative flair.

Photo: Studio Sarah Lou/cc by 2.0/flickr(image cropped)

Address: Carretera General del Sur 47, Santa Cruz de Tenerife, Spain

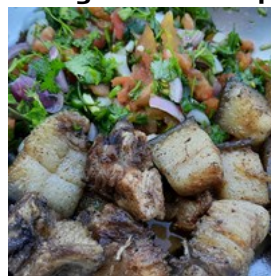
Opening hours: Tue-Sat 7pm-10pm

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.

Photo: Principriya Dutta/cc by-sa 4.0/wikimedia(image cropped)

Address: Carretera General La Perdoma, 37, La Orotava, Santa Cruz de Tenerife, Spain

Opening hours: Mon-Fri 1pm-4:30pm / 7:30pm-11pm; Sat & Sun 1pm-11pm

Phone: +34 922 30 94 66

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

### Mesón Los Ángeles



The Mesón Los Ángeles is a space designed to delight with the aromas, textures and flavours of The Canary Islands. Do not miss out on the

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.

Photo: Alpha/cc by-sa 2.0/flickr(image cropped)

Address: Avenida Islas Canarias, 28, Santa Cruz De Tenerife, Spain

Opening hours: Daily 8am-11pm

Phone: +34 922 28 04 13

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

Email: [hola@mesonlosangeles.com](mailto:hola@mesonlosangeles.com)

### Restaurante Bodeguita Canaria



La Bodeguita Canaria is located in the center of Santa Cruz, just a few meters from Plaza España. The restaurant specializes in traditional

Canarian gastronomy, featuring some of the most popular and typical dishes such as Ropa Vieja, Ribs and Potatoes, Rabbit in Salmorejo, Tortilla, and Shark. These dishes are always accompanied by a wide variety of local wines.

Photo: Max Nayman/unsplash.com

Address: Calle Imeldo Serís, 18, Santa Cruz De Tenerife, Spain

Opening hours: Daily 1pm-4pm / 7pm-11pm

Phone: +34 922 29 32 16

Internet: bodeguitacanaria.com

### BARS & NIGHTLIFE



*Turismo de Canarias*

When the sun goes down, Tenerife truly comes to life. The island's 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. You will not have to look far to find great bars, clubs and live music venues in Tenerife.

### Casinos



Tenerife offers a luxurious casino experience where you can test your luck with games like blackjack, poker, or roulette. Among the island's top casino options, you will find one of the most prestigious casinos nestled on the ground floor of Las Américas hotel. Additionally, renowned establishments like Casino Santa Cruz and Casino Taoro await your visit.

Photo: Obduliez/cc by-sa 3.0/wikimedia (upscaled)(image cropped)

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

### Live Shows



Enhance your stay on the island with a variety of entertainment options, ranging from classical music and jazz concerts to live performances by today's biggest stars. Tenerife's year-round festival calendar caters to diverse tastes, offering an array of musical styles. Moreover, the island boasts a vibrant nightlife scene, with numerous venues and nightclubs in both the northern and southern regions, ensuring you have the opportunity to enjoy original live shows daily.

Photo: Anthony Delanoix/unsplash

### Parties



For the true party enthusiasts, an array of trends and atmospheres await at pubs and clubs that keep their doors open every night of the week. Dance into the early hours at a nightclub

pulsing with the beats of rock, pop, house, techno, or even salsa.

Take part in sessions hosted by renowned Spanish and international DJs at festivals and clubs throughout the island. There are also bars and venues that cater to techno and chillout aficionados, ensuring a euphoric experience. Alternatively, for a more laid-back choice, moonlight beach parties provide exceptional music and delightful company under the stars.

Photo: Baptiste Merel/unsplash

### Tenerife Magma



Initially intended to be a conventional conference centre, the impressive Magma Arte & Congresos is now the venue for a diverse array of cultural events, including concerts, musicals, and exhibitions. Due to its architectural design, this building optimizes acoustic qualities across its different areas, making it exceptionally suitable for hosting a wide range of live music events.

Photo: Mataparda/Public Domain/Wikimedia(image cropped)

Address: Avenida Los Pueblos, Costa Adeje, Santa Cruz de Tenerife, Spain

Opening hours: Tue-Fri 9am-5pm, Sun 9am-5pm

Phone: +34 922 75 20 27

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

Photo: Helena Yankovska/unsplash

Address: Avenida Rafael Puig Y Lluvina, 2, Adeje, Santa Cruz de Tenerife, Spain

Phone: +34 922 78 89 16

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

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

### Blanco Bar



This cocktail bar located in Puerto de la Cruz has become a reference among nightclubs in the north. Together with the best music in a variety of styles, the customers can enjoy monologues, plays, concerts and magic performances, of this is impregnated with the atmosphere that is characteristic of this entertainment venue.

Blanco Bar's facilities boast a welcoming terrace, and it also provides accessibility features for individuals with disabilities, including accessible bathrooms and ramps.

Photo: DaYsO/unsplash

Address: Calle Blanco 12, Puerto De La Cruz, Tenerife, Spain

Opening hours: Daily 8pm-4am

Phone: +34 658 34 43 44

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

## SHOPPING



*Rene Boulay/cc by-sa 3.0/wikimedia (upscaled) (image cropped)*

Whether you're strolling the streets or exploring the convenience of a shopping centre, whether you are in search of the best bargains or the most exclusive items, whether you are looking for the perfect ingredients for a special meal or on a quest to find the ideal gift for someone — whatever your needs or desires may be — simply step out, clear your mind, and spend some leisurely time browsing the stalls and window displays. In Tenerife, you can find everything you want and need.

### Markets



Traditional marketplaces and street markets in towns and villages across the island offer an abundance of fresh produce, frequently sourced from organic farms. These bustling meeting points also provide opportunities to engage with locals who possess expert knowledge of the area, creating memorable experiences for visitors. Some of the must-see markets on the island are the Agromercado de Adeje, The Medano Farmer's Market and the Mercado de Nuestra Señora de África.

*Photo: Koppchen/cc by 3.0/wikimedia(image cropped)*

### 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.

Photo: Simone Pellegrini/unsplash

Address: Avenida Ernesto Sarti 10 Parque Royal, Costa

Adeje, Santa Cruz de Tenerife, Spain

Phone: +34 922 71 68 67

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

### El Corte Inglés



El Corte Inglés in Santa Cruz de Tenerife is conveniently situated just a few meters away from the Auditorio and the Exhibition Hall, offering a wide variety of goods to both residents and visitors. This expansive department store features an extensive selection of brands across various categories, including food, fashion, jewelry, watches, footwear, books, and accessories, among others.

Photo: Koppchen/cc by 3.0/wikimedia(image cropped)

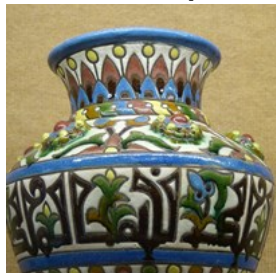
Address: Avenida Tres De Mayo, 7, Santa Cruz De Tenerife, Spain

Opening hours: Mon-Sat 9:30am-9:30pm, Sun closed

Phone: +34 922 84 94 00

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

### Artenerife 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. All products at Artenerife come with the distinct Artenerife certification, guaranteeing their origin and quality, and are proudly labelled with the AENOR certification. You can discover Artenerife shops in various locations, including Puerto de la Cruz, Santa Cruz de Tenerife, Las Americas, Playa de las Vistas and La Orotava.

Photo: Wolfgang Sauber/cc by-sa 3.0/wikimedia(image cropped)

Address: Calle Tomás Zero 27, La Orotava, Santa Cruz de Tenerife, Spain

Opening hours: Mon-Fri 10am-5pm, Sat & Sun closed

Phone: +34 922 33 40 13

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 known as Gofio. This versatile ingredient finds its place in Canarian breakfasts and traditional dishes, available in various delightful variations, including seven cereals, chickpeas, and traditional wheat, all meticulously ground using the traditional millstone method.

Expanding its horizons, Gofio La Molineta now exports its products to discerning customers in the United States and Germany, and their range is conveniently accessible online for enthusiasts near and far.

Photo: TurCanary/cc by-sa 3.0/wikimedia(image cropped)

Address: Calle Núñez De La Peña 61, La Laguna, Santa Cruz de Tenerife, Spain

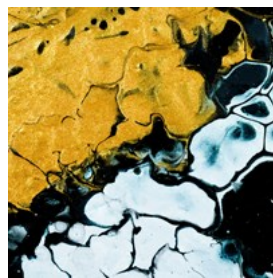
Opening hours: Mon-Sat 8:30am-1:30pm / 4pm-6:30pm; Sun closed

Phone: +34 922 25 71 55

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

Email: [info@gofiolamolineteta.es](mailto:info@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. Visitors to this unique establishment can also enjoy a personalized service, with direct consultations available from the master Goldsmith, Peter Krahn. 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.

Photo: FLY:D/unsplash

Address: San Sebastián, Local 4 C, Adeje, Santa Cruz de Tenerife, Spain

Opening hours: Mon-Sat 11am-2pm, Sun closed

Phone: +34 665 60 17 33

Internet: [www.arte-aurum.com](http://www.arte-aurum.com)

### Buenum



Buenum offers traditionally made mojo sauces which contain all the taste of the 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.

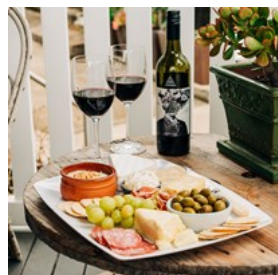
Photo: Mironov Vladimir/shutterstock

Address: Calle El Natero, 22, Los Realejos, Santa Cruz de Tenerife, Spain

Phone: +34 922 09 10 61

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 the local gastronomy and culture: wines, liqueurs, cigars, cheeses, mojo sauces and jams, as well as cosmetics, music, books and handicrafts.

Photo: Melissa Walker Horn/unsplash

Address: Plaza De La Candelaria, 6, Santa Cruz De Tenerife, Spain

Opening hours: Mon-Sat 10am-8:30pm, Sun closed

Phone: +34 922 24 39 32

### La Despensa de Tenerife



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 The Canary Islands that you can find at La Despensa.

La Despensa de Tenerife in an online business. Order through their website and receive your order within 48 hours. Note that processing of orders and deliveries are paused for weekends.

Photo: Jez Timms/unsplash

Phone: +34 922 53 10 13

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

Email: [info@teneriferural.org](mailto:info@teneriferural.org)

### Cooperativa Mercado Nuestra Señora de África



This bustling traditional market is a one-stop-shop for all things gastronomic. Try local artisan products such as meat, cheese, bread and ham. The preferred market of locals, this market offers favourite treats such as churros and the famous local banana wine.

Photo: Koppchen/cc by 3.0/wikimedia(image cropped)

Address: Avenida de San Sebastián 51, Santa Cruz de Tenerife, Spain

Opening hours: Daily 6am-2pm

Phone: +34 922 21 47 43

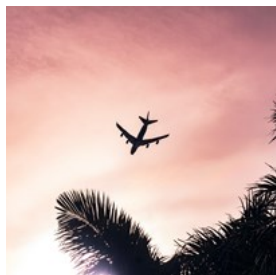
Internet: [la-recova.com](http://la-recova.com)

## TOURIST INFORMATION



*Turismo de Canarias*

### Tenerife Reina Sofía Airport (TFS)



Tenerife Reina Sofía Airport, commonly known as Tenerife South Airport, stands as the larger of the two airports on the island and is situated

approximately 90 kilometres away from the capital city of Santa Cruz.

There are three busses connecting the airport to the rest of the island:

- The 343 bus line runs non-stop between Tenerife Norte and Tenerife Sur Airports in just 50 minutes;
- Bus line 111 (night line 711) cruises between Santa Cruz, the airport, Los Cristianos and Costa Adeje;
- Bus line 415 connects El Fraile, the airport and San Isidro.

As the second busiest airport in the Canary Islands (after Gran Canaria, LPA), the Tenerife Reina Sofía Airport plays host to a multitude of major European airlines and destinations, including the likes of Air France, British Airways, Finnair, and Iberia, among others.

Photo: Eduardo Velazco Guart/unsplash

Address: Granadilla de Abona, Santa Cruz de Tenerife, Spain

Phone: +34 913 21 10 00

Internet: [www.aena.es/es/tenerife-sur.html](http://www.aena.es/es/tenerife-sur.html)

### Tenerife Norte Airport (TFN)



Tenerife North Airport, previously known as Los Rodeos Airport, is one of the two international airports on the island of Tenerife. It is located in San Cristóbal de La Laguna, approximately 11 kilometres from Santa Cruz de Tenerife.

There are four bus lines connecting Tenerife North Airport to the rest of the island:

- Line 343 runs from Puerto de la Cruz, to Tenerife Norte Airport, to Tenerife Sur Airport and ends in the town of Los Cristianos. This bus line runs non-stop between the two airports in just 50 minutes;
- Line 20 connects Santa Cruz with La Laguna and Tenerife Norte Airport;
- Line 30 connects Puerto de la Cruz with Tenerife Norte Airport
- Line 104 shuttles passengers between Santa Cruz, Tenerife Norte Airport and Puerto de la Cruz.

Unlike Tenerife Reina Sofia, this airport is smaller and it serves more as a connection between all seven of the Canary Islands. However, it also offers flights to the Iberian Peninsula and to other countries in Europe. Currently, Tenerife North Airport is home to airlines such as Binter Canarias, CanaryFly, Vueling, Ryanair, and others.

Photo: yousef alfuhi/unsplash

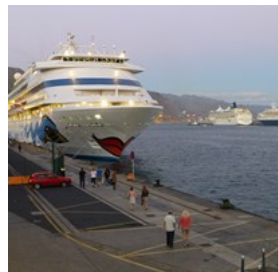
Address: San Cristóbal de La Laguna, Santa Cruz de Tenerife, Spain

Phone: +34 902 40 47 04

Internet:

[www.aena.es/en/tenerife-norte-ciudad-de-la-laguna.html](http://www.aena.es/en/tenerife-norte-ciudad-de-la-laguna.html)

### Santa Cruz de Tenerife Cruise Port



Cruise ships visiting the island dock at the conveniently located port in Santa Cruz de Tenerife, just a short distance from the city centre, approximately one kilometre away. To enhance passengers' convenience, the Tenerife Port Authority offers complimentary shuttle services to Plaza España within the city.

The port stretches over a substantial ten kilometres, encompassing the entire waterfront from the Fishing Dock to the Dock of Honduras. It prides itself on its modern and well-maintained facilities, designed with accessibility in mind to accommodate passengers with disabilities or mobility challenges. Remarkably, this terminal has the capacity to simultaneously accommodate up to five cruise ships.

Over the years, the port has garnered recognition for its strategic positioning, connecting it to a vast network of more than 270 ports across Europe, Africa, and the Americas. This strategic location plays a crucial role in facilitating international maritime travel and trade.

Photo: Carlos Teixidor Cadenas/cc by-sa 3.0/wikimedia(image cropped)

Address: Avenida Francisco la Roche 29, Santa Cruz de Tenerife, Spain

Phone: +34 922 60 54 00

Internet: [www.puertosdetenerife.org/en](http://www.puertosdetenerife.org/en)

### Puerto Los Cristianos



Los Cristianos, located right next to Playa de las Americas in the south of Tenerife, serves as a notable ferry terminal in the Canary Islands. It

facilitates connections to the neighbouring islands of La Gomera, El Hierro, and La Palma. While Los Cristianos welcomes some cruise ships, its primary role lies in ferry transportation.

For sailors seeking both relaxation and convenience, Los Cristianos offers an ideal destination. Its location is in one of the liveliest and sunniest areas of the island. What is more, it also serves as a strategic starting point for voyages to other Canary Island ports. The area features a pleasant beachfront promenade, offering a variety of activities to enjoy.

Photo: Bengt Nyman/cc by 3.0 Unported/wikimedia(image cropped)

Address: Muelle de Pescadores, puerto de Los Cristianos, Arona, Santa Cruz de Tenerife, Spain

Internet: [www.puertosdetenerife.org](http://www.puertosdetenerife.org)

### 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: Vasile Cotovanu/cc by 2.0/flickr (upscaled)

Phone: +34 922 53 13 00

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

More Info: [www.tenerifeguide.eu/public-bus-timetable](http://www.tenerifeguide.eu/public-bus-timetable)

### Taxis



Taxis are the most convenient way to get around the island, but also the most expensive. They are easy to come by as there are taxi stands in

every resort. There are plenty of them driving around all over the island. You can pay cash or by credit card.

Photo: peakpx/cc0 1.0

Address: Eurotaxi in Santa Cruz de Tenerife

Phone: +34 609 86 75 81

### Medical Tourism



Tenerife boasts a hospital network with leading qualified professionals and the latest techniques and surgical advances. The centres meet the

medical and sanitary standards of an EU country, but with significant price 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.

Photo: Jernej Furman/cc by 2.0/Flickr(image cropped)

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

### 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: Hans Moerman/unsplash

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

### Post



Tenerife offers several post offices where you can send or receive mail efficiently. The Spanish postal service operates reliably on the island. For

added convenience, there is a post office located near the cruise port.

Photo: Andrew Dunstan/unsplash

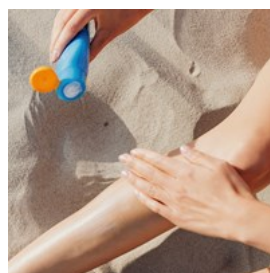
Address: Oficina de Correos, Calle Enrique Wolfson 34, Santa Cruz de Tenerife, Spain

Opening hours: Mon-Fri 8:30am-8:30pm

Phone: +34 922 53 36 35

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

### Pharmacy



When it comes to pharmacies, Tenerife offers numerous choices, with some operating 24 hours a day. Farmacias Santa Cruz is one of the

most well-known pharmacy chains on the island.

Photo: Karolina Grabowska/pexels

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

Opening hours: Daily 9am-10pm

Phone: +34 922 28 30 37

Internet: farmaciasantacruz.es

### Business Events & Conferences



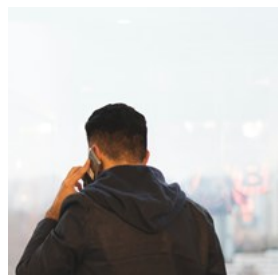
Tenerife is also an ideal destination for conferences, events and incentive trips. A comprehensive network of ultra modern

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

Photo: Headway/unsplash

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

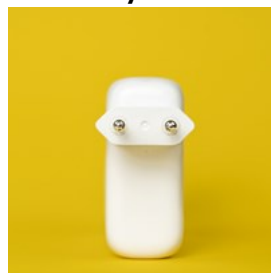
### Telephone



Country code: +34 Area code: 922

Photo: Marilia Castelli/unsplash

### Electricity



220 Volts AC 50Hz,  
two-pronged European  
power plugs

Photo: Mika Baumeister/unsplash

### Population

Approximately 1 million

### Currency

Euro (EUR) €1 = 100 cents

### Opening hours

Normal opening hours in Tenerife are from 10 am to 1:30 pm and from 5 pm to 8:30 pm. However, in tourist resorts the opening hours are longer from 10 am until 10 pm, sometimes even later.

### Internet

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

### Newspapers

El Dia — [www.eldia.es](http://www.eldia.es)

Diario de Avisos — [www.diariodeavisos.lespanol.com](http://www.diariodeavisos.lespanol.com)

Tenerife Weekly (in English) — [www.tenerifeweekly.com](http://www.tenerifeweekly.com)

### Emergency numbers

Emergency: 112

National Police: 091

Local Police: 092

Civil Guard: 062



Oceano Atlantico

Oceano Atlantico

Tenerife

0 20 km



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		