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Population

830,000

Currency

1 Euro = 100 cents

Opening hours

On weekdays shops generally open from 9.30 until 1.30 and then again from 16.30 until 19.30. At weekends most only open 9.30 until 1.30 on Saturday. Those in the resort areas generally open seven days a week.

Internet

www.grancanaria.com

www.spain-grancanaria.com

Newspapers

Island Connections fortnightly newspaper

Emergency numbers

112

Tourist information

Oficina de Turismo

Plaza de las Palmeras 3,
Las Palmas

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GRAN CANARIA

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Contents: The Island, Do & See, Beach Life, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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If you like your climate balmy, your attractions plentiful and your scenery varied the Canary Islands' miniature continent could be your bull's eye. Geographically African, politically Spanish and culturally diverse, Gran Canaria is a melting pot of tastes and influences. Ever since the original cave dwellers roamed its palm-filled valleys and pounding shores, marauders have tried to claim it as their own - and for good reasons.

THE ISLAND



© JUAN RAMON RODRIGUEZ SOSA

Most new arrivals to Gran Canaria are lured to the gilt-edged south where sandy bays, fishing harbours and bite-sized coves provide the coconut oiled crowd with a plethora of horizontal opportunities. Here, the rolling dunes of Maspalomas are the only natural icon among the buzzing man-made resorts of Playa del Ingles, and Playa de Maspalomas. Further along the coast, Puerto Rico and Puerto de Mogán also draw the bucket and spade brigade, the latter providing a scenic mooring spot for the yacht-erati.

Inland, dotted between flower-speckled meadows and narrow country roads, you'll find villages like Fataga, Tamaraceite, and Teror. Here time drifts calmly by, save for the periodic village fiesta. But not the capital, Las Palmas. It's not only the most populated metropolis of the archipelago but also the most cosmopolitan. The historical quarter displays a rich legacy sparkling with tales of daring incursions that have shaped the Gran Canaria of today.

DO & SEE



© JUAN RAMON RODRIGUEZ SOSA

Vegueta

Step back in time in the old quarter of the capital, the narrow streets of the ancient district of Vegueta has existed for more than 500 years. Cobble streets, colour-washed mansions and remarkable ornate carpentry provide an outdoor showcase of island history dating back to the 15th century.

Address: Vegueta district, Las Palmas

Puerto De Mogan

Dubbed the 'Venice' of the Canary Islands, Puerto de Mogan is where the yacht-erati park their gleaming hulls and step ashore to visit the plentiful fish restaurants. It is a charming little fishing village, far from the hectic everyday life that characterizes places further east. The quaint streets are completely pedestrianized and everywhere you see, you find the beautiful whitewashed houses covered with bougainvillea.

Address: Puerto de Mogan
Internet: www.internetmogán.com

Camel Ride in the Dunes of Maspalomas

Don the Lawrence of Arabia gowns and hop aboard a humped beastie for a lollipop through 6 km of undulating sand.

Address: Avenida Dunas, Maspalomas
Subway: Bus to Faro de Maspalomas (29, 30, 32)

Aqualand

In Maspalamos lies Canaries largest water park with over 40 slides and attractions. The waterpark is loved by the whole family and allows adults to become children again. It is perfect as a full-day excursion, you can spend several hours of going on all the different water slides and constantly finding new ones.

Address: Carretera. Palmitos Park, Km 3, Maspalomas
Phone: +34 928 140525
Internet: www.aqualand.es/grancanaria
More Info: Global Bus from Playa del Inglés – Line 451, Global Bus from Puerto Rico - Line 701.

Sioux City

Western Park Sioux City in San Agustin is very popular. Sioux City was built in 1972 for recordings of western movies. There are activities such as horseback riding, playground for children, performances by bank robbers, sheriffs, outlaws, cowboys, Indians and all that belongs to a western movie. An experience for the whole family.

Address: Canon de Aguila, San Agustin
Phone: +34 928 762 573
Internet: www.siouxcity-grancanaria.com

Palmitos Park

Species from every continent, an exotic flora and spectacular shows awaits you at this Gran Canaria icon. The park re-opened in August 2008, after restoration.

Address: Barranco de los Palmitos, Maspalomas
Phone: +34 928 797 070
Internet: www.palmitospark.es

BEACH LIFE



© JUAN RAMON RODRIGUEZ SOSA

Although Gran Canaria has a glut of cultural and verdant attractions, the majority of visitors are lured by the stretches of sand. Roughly 20 percent of the coastline is made up of beaches varying in size, facilities and colour.

Playa Del Ingles

Playa del Inglés is located at the 8 km long beach that runs between San Agustin and Maspalomas. On the westernmost part of the beach of Maspalomas, is the 65 meter high lighthouse Faro de Maspalomas, built in the late 1800's. This golden beach with sand originated from the Sahara is combined with an attractive promenade and plenty of bars, restaurants and shops.

Puerto Rico

In Puerto Rico there are two high-class beaches. The actual Puerto Rico beach that lies between two harbors, and the new artificial Amadores Beach. It has pure white sand and breakwaters in order to get the water as calmly as possible. All along the beach there are shops and restaurants. The ports are easy to find boats offering dolphin trips and other fun rides.

Sardina

The village of Sardina del Norte's neighborhood is a small fishing harbor with beautiful and colorful houses. In the summertime the dark-brown sand beach is filled with school vacant youth and families. The island's sport divers take willingly to this small sheltered harbor, offering the island's best night dives.

Playa de San Agustín

Playa de San Agustín is more quiet than Playa del Inglés and Maspalomas. This is a place where you can spread out and get a break from all the other tourists. The conditions here are ideal for snorkelling and scuba diving. The promenade offers a variety of sea food restaurants, cafés and shops.

Playa de Amadores

On the south west coast of Gran Canaria lies this 800 meter stretch of golden sand and crystal clear waters. Playa de Amadores means "Beach of Lovers", and the site is indeed perfect for loving couples. Ball games and loud music are prohibited, which creates a peaceful and serene setting.

Maspalomas

Walking in the sand dunes, or along the amazing beach is enormously popular. Maspalomas is situated next to the famous Maspalomas Desert, a mini-Sahara of protected natural golden sand dunes as it is an amazing experience to walk around here. The beach is five kilometers long and is bordered to the neighboring destination Playa del Inglés.

EATING



© machu.

Surrounded by ocean, it's no wonder that seafood plays a starring role on the island's menu, but it's by far not the only ingredient in Canarian cuisine. By all means sample the local specialty of vieja (similar to parrotfish), but also keep an eye out for conejo en salmoreja (rabbit in spicy sauce) and carbon (baby goat). All will be offered with papas arrugadas (potatoes boiled in sea salt) and a variety of mojos (oil, vinegar, garlic, hake, in the red pepper and in the green coriander).

Las Cumbres Meson del Cordero

For those who like lamb is Las Cumbres Meson del Cordero in Playa del Ingles a must. The restaurant does the best lamb on the whole island, and is known throughout Gran Canaria.

Address: Avenida de Tirajana 11, Playa del Ingles
Phone: +34 928 760941

Tagoror

Wonderful place in the mountains, stunning decorations and excellent Spanish / Canarian food. In addition, very good and friendly staff, well worth a visit, both for the amazing food and the environment.

Address: Montana las Tierras 21, Ingenio, Aguimes.
Phone: +34 928 172 013

La Casa Vieja

Serving an eclectic array of food, from familiar tapas to not-so familiar snails and quails. Very nice grill, a popular location among tourists.

Address: Calle El Lomo 139, Maspalomas
Phone: +34 928 769 010
Internet: www.grillrestaurantelacasavieja.com

Restaurante Casa Martell

A very good restaurant on the north side of the island. It is located in El Madroñal, between the villages of San Mateo and Santa Brigida, and was for a couple of years ago a store, which was converted into a restaurant. It serves the utstökt traditional Canarian food.

Address: El Madronal, near Santa Brigida, Las Palmas
Phone: +34 928 641283

El Novillo Precoz

El Novillo Precoz, the best steak restaurant on the island. It's not often you pay more than 30 euros for a steak in the Canary Islands, but do not be intimidated, El Novillo Precoz offer you a taste beyond the ordinary.

Address: Calle Portugal 9, Las Palmas
Phone: +34 928 221659

CAFES



© JUAN RAMON RODRIGUEZ SOSA

The café culture is alive and kicking in Gran Canaria, particularly in the capital. Many locals partake in thimblefuls of potent café cortado at regular intervals throughout the day. Try any of the terrace cafés around Parque Catalina or Plaza España for an instant submersion into local life.

Café Madrid

On the Plaza Cairasco, which is right beside the Gabinete Literario in the middle of the old part of Las

Palmas, you can find the Café Madrid. Although it was already founded in 1910, this café has kept its charm for almost 100 years.

Address: Plaza de Caraisco 2, Las Palmas

La Posada

This is one of the most famous cafes in Las Palmas, thanks to their rather odd and varied menu, and there are more than 20 different coffee drinks on offer. The decoration is very rural-like and, at times, you could even imagine yourself entering through the doors of an old plantation.

Address: La Naval 8, Las Palmas

Plantaciones

Very popular warehouse-style café with one of the best terraces for people-watching.

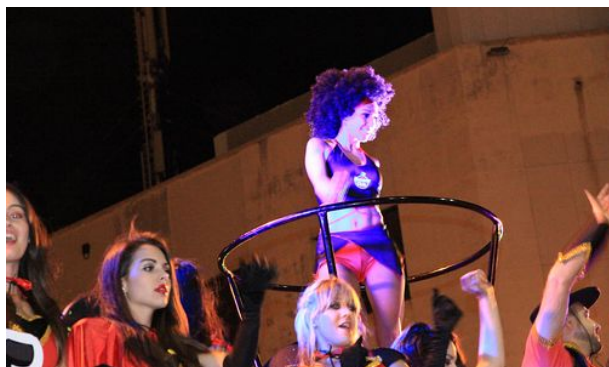
Address: Centro Comercial Monopol, Lentini 10, Las Palmas

Café del Mar

A lounge café with a great view over the beach with tasty smoothies and nice food. The evenings often means live cuban music. Located at Avd. de Madrid, inside Centro Commercial Tropical, Playa Amadores.

Address: Avd. de Madrid, Playa Amadores
Phone: +34 928 725 086

BARS & NIGHTLIFE



© Brian Fagan

Nightlife in Gran Canaria is lively, noisy and fun. Maspalomas and Playa del Ingles are the party hotspots. It starts late and goes on all night with most bars opening until 02.00 and discos and clubs usually until 06.00. Very little happens before midnight. The Yumbo commercial centre is where most of the action takes place catering for a mixed bag of revellers from sundown to sunrise.

Chic & Cream

One of the most stylish clubs in town entertains locals and visitors. Chic & Cream is located in the very centre of Playa del Inglés which plays the latest House music, and at the weekend this is where you can hear the best international DJs.

Address: Edificio Maritim, Playa del Ingles

Bachira

Bachira is one of the trendiest nightclubs in Gran Canaria. It is located in Maspalomas, one of the most popular clubbing destinations on the island and it is open from Thursday to Saturday from 11.30 p.m. until 6 a.m.

Address: Avenida de Italia 27, Playa del Inglés

The Highlander

Keep up to date with the latest sporting events at the Highlander in Gran Canaria. This Scottish pub was opened in 1997 in Puerto Rico and gives a warm welcome to all Brits who want a home from home to indulge themselves in their favourite drinks.

Address: Puerto Rico

Club Ozono

Club Ozono is a popular nightclub situated in Hotel Buenaventura in the Playa del Inglés resort. On Friday and Saturday nights you can dance to some of the best electronic music on the island. This club plays a variety of music such as dance, house, hip-hop, R&B, House and Techno.

Address: Hotel Buenaventura, Playa del Inglés

Lineker's Bar

Lineker's Bar is a bar for the sports fan, they have an impressive sports coverage as well as theme nights and an unbeatable party atmosphere. You will find Linekers a unique and refreshing change of pace in a young and lively resort.

Address: C.C. Shopping Centre Plaza, Playa del Ingles

SHOPPING



© JUAN RAMON RODRIGUEZ SOSA

There are four styles of retail therapy in Gran Canaria – souvenir purchases, high street strolling, shopping mall meandering and local market trading. Whatever you like in your basket, the island caters for all. The biggest concentration of shops catering to tourist tastes are to be found in the four-storey Yumbo Centre in Maspalomas with more than 200 businesses selling everything from castanets to cigarettes. In the capital, the long pedestrian strip of Calle Mayor de Triana is your golden mile for high street shopping.

For everyday goods, household items and fashion accessories all under one roof, head for one of the many malls such as La Ballena just outside Las Palmas, or Las Arenas near Las Canteras beach. Alternatively, try the famous El Corte Ingles department store on Avenida Mesa y Lopez, Las Palmas.

Less grand, purchases can be found at one of the many markets dotting the island. One of the biggest, the Mercadillo de Vecindario, occurs every Wednesday on the main square in Vecindario. Also check out the weekend Vega de San Mateo for art, crafts and locally produced food.

SLEEPING



© JUAN RAMON RODRIGUEZ SOSA

There's no shortage of quality accommodation in Gran Canaria. Understandably, more of the large resort hotels are based along the southern coastline although quieter alternatives can be found nestled amongst the banana plantations inland.

Gran Hotel Residencia

One of the island's most upmarket offerings. Located 200 metres from the dunes of Maspalomas. The ground floor rooms have a small terrace surrounded by raised beds planted with tropical plants, which gives privacy to the terrace. This hotel is beautiful, the food is exceptional and the service is brilliant.

Address: Avenida del Oasis, Maspalomas
Phone: +34 928 723 100
Internet: www.grand-hotel-residencia.de

Gran Hotel Lopesan Villa De Conde

Village-style resort at the high end of luxury. Apart

from the myriad of architectural styles there are four restaurants, five bars and five swimming pools. It is excellently situated on the sea front, very close to Meloneras beach, only 300 meters away, and just a few minutes walk to the lighthouse and the dunes of Maspalomas Nature Preserve, about 800 meters.

Address: Mar Mediterraneo 7, Meloneras
Phone: +34 928 563 200
Internet: www.lopesanhr.com

Hacienda Del Buen Suceso

Stylish rural retreat with sea views, swimming pool, jacuzzi and fitness room. The building and rooms are atmospheric and charming and the hotel has a very peaceful and attractive location.

Address: Carretera de Arucas a Banaderos Km1, Arucas
Phone: +34 928 622 945
Internet: www.haciendabuensuceso.com

Seaside Hotel Palm Beach

Large boutique hotel designed in retro 70s style with bright colours and dizzying fabrics. In 2002 this design hotel underwent a complete renovation, the Parisian architect and designer Alberto Pinto created a very special design concept for our edifice. The hotel is situated in the south of the island, not far from the famous Maspalomas dunes.

Address: Avenida del Oasis, Maspalomas
Phone: +34 928 721 032
Internet: www.hotel-palm-beach.com

Riu Palace Maspalomas

This hotel has spacious facilities, lush gardens and breathtaking scenery, with walking distance to the beach. It's very clean and the staff is friendly, polite and happy.

Address: Avenida Tirajana s/n Plaza Fuerteventura, 35100 Playa del Ingles

ESSENTIAL INFORMATION



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Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

Airport

Gran Canaria airport is located in Telde, 18 km from the capital, Las Palmas. The airport can be accessed from north or south from the GC-1 motorway.

Buses service the airport line 60 to Las Palmas takes 30 minutes and runs twice an hour starting at 06.15.

Line 66, to Faro de Maspalomas, takes an hour and runs

once every hour starting at 07.20.

Taxis are also available outside the arrivals hall. Alternatively, rent a car at one of the on-site offices.

For more information see:

Internet: www.aena.es

Public Transport

Gran Canaria has a good local bus network serving most parts of the island (see www.globalsu.net for timetables and prices).

For more flexibility, don't think twice about hiring a car. The roads are generally very good and well signed making driving a pleasure. Having said that, Las Palmas can be confusing for the uninitiated. It's often less stressful to stop at the first car park you come across and then either walk or hail a taxi.

For the more active, bicycles can be hired at a daily rate (from around € 10 for one day). Please see:

Phone: +34 928 766 832

Internet: www.happy-biking.com

Taxi

Taxis are generally inexpensive, charging around € 0.40 per kilometre with fixed rates for longer distances.

Post

The main post office is in Avenida Primero de Mayo 62, Las Palmas.

Pharmacy

Look at the door to a pharmacist to see which ones are in duty.

Dentist

There are many English-speaking doctors and dentists. Your hotel will always be able to recommend one.

Telephone

Country code: +34

Area code: 928

Electricity

220 volts power supply using round two-pin plugs.

Tourist Traps

Be careful when buying cameras and electrical goods from shops in the tourist resorts. If the price seems too good to be true, it probably is. There are many fakes in circulation. Always ask to see an international guarantee before you pass over any money.

Also, don't fall for the timeshare touts who approach with a scratch card. The prize they 'can't believe you've won' can only be collected if you agree to a timeshare sales tour. They say it only takes 90 minutes - count on nearly double that.

Oceano Atlantico

Gran Canaria



Oceano Atlantico



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