



# **COSTA ADEJE**

## **TENERIFE**

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

**RESERVAS- RESERVATIONS- RESERVIERUNGEN  
PRENOTAZIONI-RÉSERVATIONS-REZERVASYONLAR**

En nuestro sitio web, ofrecemos enlaces útiles para que nuestros clientes puedan localizar fácilmente nuestro apartamento vacacional. Estos enlaces están diseñados de tal manera que proporcionan a nuestros huéspedes una manera rápida y sencilla para reservar nuestro apartamento. Esperamos verles pronto.

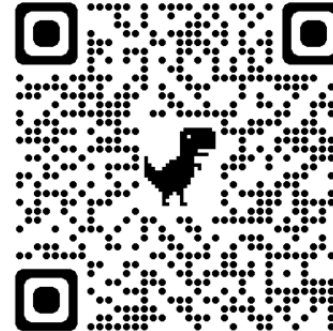
On our website, we provide useful links so that our guests can easily locate our holiday flat. These links are designed in such a way that they provide our guests with a quick and easy way to book our flat. We look forward to seeing you soon.



AIRBNB



BOOKING



HOME2BOOK

**HERE IS OUR SMALL CONTRIBUTION TO THE  
DISCOVERY OF THE ISLAND**

**HE AQUÍ NUESTRA PEQUEÑA CONTRIBUCIÓN AL  
DESCUBRIMIENTO DE LA ISLA**



**¡Hola y bienvenidos a Tenerife Costa Adeje!**

**Hemos realizado algo especial para ti: una recopilación de lugares interesantes con información y fotos de nuestra hermosa isla de Tenerife.**

**Esperamos que encuentres esta información útil durante tu estadía en nuestro apartamento. Queremos que tu experiencia sea inolvidable, por eso hemos reunido detalles sobre los mejores lugares para visitar, acompañados de fotos que capturan la esencia de cada lugar.**

**Agradecemos profundamente tu confianza en nosotros al elegir nuestro apartamento para el disfrute de tus vacaciones. Nuestro objetivo es brindarte una estancia placentera y que disfrutes de días maravillosos en la Isla de Tenerife Costa Adeje.**



**Hello and welcome to Tenerife Costa Adeje!**

**We've put together something special for you: a compilation of interesting places with information and photos of our beautiful island of Tenerife.**

**We hope you find this information useful during your stay in our apartment. We want your experience to be unforgettable, which is why we've gathered details about the best places to visit, accompanied by photos that capture the essence of each location.**

**We sincerely appreciate your trust in choosing our apartment for your vacation. Our goal is to provide you with a pleasant stay and for you to enjoy wonderful days in Tenerife Costa Adeje.**



## **ACTIVIDADES RECOMENDABLES RECOMMENDED ACTIVITIES**

## **DISTANCIA A LUGARES DE INTERES DISTANCE AND PLACES OF INTEREST**

## **COMO TRANSITAR POR LAS INSTALACIONES HOW TO MOVE AROUND THE FACILITIES**







## **RECOMMENDED ACTIVITIES ISLAND OF TENERIFE**

## IF YOU LIKE HIKING

### BARRANCO DEL INFIERNO NATURE RESERVE

This is one of the most popular hiking routes in Tenerife and starts at the highest part of the Calle de los Molinos in ADEJE; it passes some of the best viewpoints in Tenerife and continues along the path next to the bed of the ravine. It is highly recommended to do this hiking route, as the path is impressive as it narrows until it reaches a beautiful waterfall. Also, along the way I encourage you to be very observant and look out for eaglets, crows, kestrels and Cory's shearwaters, which are species that live here all year round.

It is important to bear in mind that this is a place that is only accessible to 20 people every half hour within the access hours. This is mainly due to the desire to protect and preserve the species that live here, some of which are unique in the world. So you will need to book your ticket in advance by emailing [reservas@barrancodelinfierno.es](mailto:reservas@barrancodelinfierno.es)

You will need approximately three hours to complete the trail and as it is only about 200 metres uphill, it is a relatively easy walk. However, remember to wear comfortable clothes and footwear suitable for stony terrain.



## **THE RAVINE OF HELL**

### **NATURAL RESERVE**

The Barranco del Infierno is impressive. It is a beautiful landscape of great geological interest in the municipality of Adeje. Almost 50% of its territory is made up of protected natural spaces. One of these is the Barranco del Infierno Special Nature Reserve. Here hikers can follow a route that crosses deep gorges, waterfalls and caves inhabited by the Guanches. In approximately 6.5 kilometres (round trip), you can see different types of fauna and flora, enjoy breathtaking viewpoints and admire the spectacular Caidero (waterfall), a large waterfall of more than 200 metres formed by the waters of the rising Roque Abinqueotografía not want to miss this natural balcony with the island of La Palma in the background, while lovers of hiking can not resist the impressive Barranco de Masca.





## VIEWS

### VIEWSPPOINT OF FAÑABE

The Fañabe viewpoint is one of those places to see in Costa Adeje to enjoy the best panoramic views.

This viewpoint can be accessed at any time of the day, even at night, and is one of the most popular in the area. Although, personally, I recommend that you visit it at sunset, when the views in combination with the typical colours of this time of day make it even more beautiful.

From here you will get beautiful views of Adeje, Las Américas and, partially, of Los Cristianos, so you will be able to take some lovely photos.



## THE CULTURE

### STRONG HOSE OF 1556

The fort is one of the oldest monuments in Tenerife and one of the places to see in Adeje. It is a fortification built in 1556 to protect the area from pirate attacks, which were very frequent at the time.

In 1902 it suffered a fire, so if you decide to visit it, you will see the remains of what was a kind of country house and fortress that had a castle with a keep, stables, warehouses and living quarters for all the people who worked there, among other spaces. It is undoubtedly one of those things to see in Adeje, Tenerife, to learn a little more about history



## THE WATER PARKS

### SIAM PARK, A VISIT TO DO IN COSTA ADEJE

SIAM PARK is another popular place to visit in Costa Adeje, especially if you are travelling with children. It's a water park set in Thailand and has been ranked number one for several years in a row as the best water park in the world.

Here you'll find numerous pools, including the world's largest wave pool, and a host of slides, such as the 28-metre high Tower of Power. Best of all, there is fun for everyone, as there are areas for children and areas for adults with pools and slides adapted to each age group.

Going to Siam Park is, without a doubt, one of those things to do in Costa Adeje with children or friends, so if you're up for it, I recommend you book your ticket through. Booking. [www.getyourguide.es](http://www.getyourguide.es)



## THERMALISM

### AQUA THERMAL CLUB TO RELAX

After a long day of sightseeing, the best plan is to go to the Aqua Club Termal. This is considered the best spa on the island, so a visit is definitely worthwhile.

Here you can enjoy different types of treatments or a water circuit, as you will find whirlpool baths, a relaxation pool, a toning pool, a flotarium and much more. There are also experiences for couples, families and groups, so whoever you are travelling with, you will find your moment of relaxation here. Bookings: [www.getyourguide.es](http://www.getyourguide.es)





## THE BEACH

### DUQUE BEACH

There are many beautiful beaches to see in Adeje, such as Playa del Duque. This is a white sandy beach located next to some of the most exclusive hotels on the island. There are also numerous restaurants and shops nearby. You can reach it easily by car or on foot and it has numerous services, such as showers, toilets, changing rooms and sun lounge and umbrella rental service.



## THE BEACH

### FAÑABE BEACH

Another popular beach to visit in Adeje is Fañabé beach, a white sandy beach which is also easily accessible on foot. Its waves are also very calm, which makes it one of the best beaches in Tenerife for families or for practising some water sports, such as snorkelling. You will also find numerous services, such as showers, toilets, children's area and sun lounge and parasol rental service.

The beaches of Troya are actually two beaches, Troya I and Troya II, and are one of the best options for sunbathing and enjoying some quiet time. They are of volcanic sand and the waves are usually very calm, so you can go with the family or enjoy some water activities. In addition to these three beaches, there are other options in Costa Adeje, such as La Enramada beach, Torviscas beach, La Pinta beach, El Bobo beach and Las Cuevitas beach.



**IF YOU LIKE FLYING**  
**HELIDREAM HELICOPTERS**

HELIDREAM, offers a selection of quality helicopter routes to fly, enjoy and relax with breathtaking views of the island. Discover unique places and the thrill of heights. Reservations: 922 711 487  
[reservas@helidreamhelicopters.com](mailto:reservas@helidreamhelicopters.com)



## THE PARALLEL

### BRISA PARAGLIDING TENERIFE ADEJE

Brisa Paragliding stands out for its exquisite customer service and its desire to share the incredible sensation of paragliding.

Brisa Paragliding Tenerife wants to share with you one of man's greatest dreams: to fly, free as the birds. Do you want to touch the skies of Tenerife, feel the ultimate expression of freedom, and admire the mountains and coasts of Adeje from above?

Our pilots have a wide experience of more than 20 years in piloting techniques to guarantee you a maximum of sensations as well as the best safety and optimum performance in tandem paragliding.

Bookings: 922 716 645 Email: [reservas@atlanticoexcursiones.com](mailto:reservas@atlanticoexcursiones.com)





## **TOURS-EXCURSIONS-DIVERSE ACTIVITIES**

### **SWEEST TOURS TENERIFE OFFERS YOU**

SWEEST TOURS Tenerife is the most fun and ecological way to visit the wonderful Costa de Adeje with its infinite diversity.



With SWEEST TOURS Tenerife you can book excursions by bus to places such as TEIDE, LA GOMERA, GARACHICO and the island of Tenerife. You can also book a day and time for activities with QUAD- BUGGY - BOAT TRIP. Reservations: +34 628 820 720 - Email. [tuktuktenerife@hotmail.com](mailto:tuktuktenerife@hotmail.com)



## WHLE AND DOLPHIN WATCHING

### WHALE AND DOLPHIN WATCHING IN COSTA ADEJE

Of all the activities to do in Tenerife, whale and dolphin watching is undoubtedly one of them. I assure you that seeing wild dolphins and whales in the wild is an incredible experience. If you decide to take a tour with us, we will depart from the port of Colón in a catamaran that will travel through the waters of Tenerife in search of whales and dolphins. In addition, you will be able to enjoy the sounds they use to communicate through special sound equipment and you will learn a lot about the marine life of the area through the explanations of the guide. You will also have time to swim and snorkel in the open sea, making this a very complete tour.

Although up to 21 different species of cetaceans live in the waters of the Canary Islands, they are wild animals in the wild, so their movements can be unpredictable and no tour can guarantee a sighting. However, in case of no luck, you can repeat the tour free of charge. Reservations: [www.getyourguide.es](http://www.getyourguide.es)



## SNORKELLING

### SNORKELLING WITH TURTLES, AN EXPERIENCE

Snorkelling with turtles is, together with whale watching, one of those experiences that you will never forget. This activity is highly recommended and can be done by anyone who can swim, no diving experience is necessary, and the guide will give you very precise instructions to make you feel comfortable in the water.

Although it is not safe, as they are wild species that live in freedom, as well as turtles, with a bit of luck, you might see colourful fish, octopus, rays, dolphins or whales. Reservations: [www.getyourguide.es](http://www.getyourguide.es)



## SCUBA DIVING

### DIVING ONE OF THE BEST ACTIVITIES

After the snorkelling with turtles you'll probably want more, because if there's one thing about the seabed, it's that it's addictive. If this is your case, I recommend you to go scuba diving, as the seabed of Tenerife is one of the things you have to see.

I recommend you to do this activity for a first contact and to learn how to use all the equipment and to know the safety rules. You can be totally relaxed, as you will be accompanied by an instructor at all times.

During the dive you will be able to see numerous animal species, including manta rays. In addition, the activity includes a photographic report under the sea, so you will have a souvenir of this special day.

If you want to do this excursion, as a recommendation, you should wait at least 12 hours before getting on a plane or going to high altitude areas, such as climbing Mount Teide. Bookings: [www.civitatis.com](http://www.civitatis.com)





## **WATER ACTIVITIES**

### **BOAT-FISHING TOURS**

Discover the stunning south coast of Tenerife on a picturesque boat trip aboard a catamaran. Relax while enjoying a delicious lunch on board and keep an eye out for local species. Let the staff point out wildlife such as dolphins, whales and migratory birds. Begin your adventure with pick-up and departure from Puerto Colon. Receive a safety briefing and start spotting a variety of animals. Reservations: [www.getyourguide.es](http://www.getyourguide.es)



## THE AQUATIC ACTIVITY SPORTFISHING BY BOAT

Share a professional fishing experience, admire the marine life and choose between trolling, casting, bottom fishing, hook or lure fishing. Bookings: [www.getyourguide.es](http://www.getyourguide.es)



## SAILING

### SAILING IN A SAILBOAT

You can swim, snorkel and observe the incredible marine wildlife on this boat adventure off the south coast of Tenerife. Watch for whales and dolphins as you sail from Puerto Colon to El Puertito Armeñime or another nearby beach. Enjoy snacks and drinks on board and relax as your professional skipper navigates the splendid waters of Costa Adeje. Bookings: [www.getyourguide.es](http://www.getyourguide.es)



## **WATER SPORTS**

### **GUIDED JET SKI ADVENTURE ALONG THE COASTLINE**

### **KAYAK RENTAL IN LA CALETA**

Enjoy the deep blue waters of Puerto Colon on a jet ski trip with an experienced guide. Marvel at the horizon of the south coast of Tenerife and the impressive Teide. Booking: [www.getyourguide.es](http://www.getyourguide.es)



Hire a kayak to discover the stunning natural habitat, hidden beaches and coves of La Caleta.





## **UNDERWATER SAFARI UNDER THE ATLANTIC OCEAN**

### **UNFORGETTABLE EXPERIENCE**

Marvel at the serene underwater environment that thrives in the waters off the south coast of Tenerife during this underwater tour. Climb aboard the boat and descend to 30 m (100 ft) below the ocean, where you'll enjoy close-up views of a variety of aquatic life.

After a convenient pick-up from your hotel, stroll down to the pier and enter the spacious, fully equipped submarine. This unique vessel is equipped with numerous viewing ports and TV monitors connected to a network of cameras linked to the outside, giving you a close-up view of the underwater world around you.

Descend and gaze out of a window and observe bustling schools of exotic fish and thriving plant life. An expert guide on board will be on hand to offer interesting insights into this environment and the diverse plants and animals that inhabit it. Ask as many questions as you can as you cruise below the surface and finally return to the dock, where your experience will end with a ride back to your hotel.



## **DISCOVER TENERIFE NORTH**

### **TEIDE AN ICON TO SEE IN TENERIFE**

It goes without saying that no one can leave Tenerife without visiting Mount Teide. This volcano, which is 3718 metres high, is the island's symbol par excellence. It is the highest peak in Spain and the third highest volcano on the planet after Mauna Kea and Mauna Loa in Hawaii. There is a wide variety of things to do on Mount Teide: walk along its extensive network of trails, take the cable car up the mountain, travel along the roads and contemplate the views from its viewpoints, stay in one of its refuges, stargaze...

The most comfortable way to get to Teide is by cable car. You can also do a combined cable car and hiking route to Teide to see the sunset.

To access the summit of Teide you must obtain a permit, which must be requested well in advance. You will find more information on the official Tenerife tourism website.



## STARGAZING

### EXCURSIÓN TO THE TEIDE NATIONAL PARK

If you are an astronomy enthusiast or simply looking for a unique experience, then a trip to Teide in Tenerife is a must. The island of Tenerife is known for its incredible natural beauty, including its clear skies, which make it a privileged place for stargazing. Teide, a 3,718m volcano, is the highest point in Spain and offers stunning views of the night sky.

Take in Tenerife's stunning scenery and watch the sunset on a stargazing excursion in the Teide National Park. Use telescopes at an altitude of 2,000 metres to see the moon and stars. Booking: [www.getyourguide.es](http://www.getyourguide.es)



## **TEIDE NATIONAL PARK**

### **SURREALIST ISLAND**

El Teide "the surreal island" if you are an astronomy enthusiast or simply looking for a unique experience, then a trip to Teide in Tenerife is a must. The island of Tenerife is known for its incredible natural beauty, including its clear skies.

The whimsical shapes designed by the lava, the native plant species, the sea of clouds as it descends from Las Cañadas.

At 3,718 metres high, Mount Teide is the roof of Spain and the third largest volcanic structure in the world. Its solemn presence imposes itself on the whole island. And on clear days it is visible from other parts of the archipelago. Locals are always happy to see it again when they have been away for a while. Travellers fix its image in their memories. It is one of those corners of the world where it seems possible to perceive the longed-for harmony with nature.





## **PUERTO DE LA CRUZ LOROPARK**

### **ONE OF THE BEST ZOOS IN THE WORLD**

Loro Parque is located very close to Playa Jardín, in Puerto de la Cruz. This area, which covers an area of 135,000 square metres, is one of the most visited in the Canary archipelago. Tourists from all over the world come to see the largest and most diverse parrot reserve in the world. But there are many other species that coexist in this large tropical garden. Here, children and adults alike are amazed by the fauna and the exotic vegetation of the place.

Awarded several years on TripAdvisor as "Best Zoo in the World", Loro Parque offers the opportunity to get up close and personal with its huge family of parrots. But also lions, gorillas, hippopotamuses, killer whales, sea lions, penguins, flamingos. Sharks, alligators and turtles. All these animals live in spaces that reproduce their natural habitats. PUERTO



## CHARMING VILLAGES

### ICOD DE LOS VINOS AND THE MILLENARY DRAGON TREE

**ICOD DE LOS VINOS** is known for the good wines produced in the area and for the ancient dragon tree, one of the symbols to see in Tenerife. A land of Guanches and conquerors, Icod de los Vinos is a pretty village with cobbled streets and small squares, where you can find its famous tree: the thousand-year-old dragon tree, one of the symbols to see in Tenerife.

The thousand-year-old dragon tree of Icod de los Vinos is the oldest known arboreal plant. Its height is 20 metres and it is estimated to be between 800 and 1000 years old. To see this emblematic tree you can enter the Parque del Drago for 5 euros or see it from the Plaza Andrés de Lorenzo Cáceres.

If you decide to enter the park you can go to the foot of the tree and visit a beautiful garden and even a volcanic cave.

Icod de los Vinos occupies a territory winding through ravines that descend from the slopes of Mount Teide to the Atlantic Ocean, in the north of the island of Tenerife. As well as admiring its varied nature, marked by the volcanic origin of the area, it is a delight to stroll through its well-kept streets and squares, full of monuments and stately homes, surrounded by vegetation typical of these latitudes. As if this were not enough, from here you can enjoy spectacular views of the north face of Mount Teide, forming part of the Corona Forestal Natural Park and the Teide National Park. Wine, beach, artistic heritage.



## PICTURESQUE VILLAGES

### GARACHICO

A few minutes drive from Icod de los Vinos is the picturesque municipality of Garachico, a fishing village that was once the commercial port of Tenerife.

Garachico has been included in the network of the most beautiful villages in Spain and we are not at all surprised! Some of the things to do in Garachico include a visit to the rock of Garachico, the hermitage of San Roque, the Plaza de la Libertad, the church of Santa Ana, the Parque de la Puerta de Tierra or the castle of San Miguel.

And to end your visit to this beautiful town, there is nothing better than a good swim in the natural pools of Caletón.





## CHARMING VILLAGES

### VILLAGE OF LA OROTAVA

In the Orotava Valley lies the historic town of Villa de la Orotava, a place not to be missed on your visit to northern Tenerife. Its historic quarter has been declared a historic-artistic site and here you can see several churches and houses of colonial architecture such as the Casa de los Balcones, the Church of Nuestra Señora de la Concepción, the Higuera del Botánico, the Victoria Gardens or the Liceo Taoro and some beautiful parks.

Another of the things to see in the Villa de la Orotava is the La Máquina mill, one of the 10 water mills that are still preserved in La Orotava and one of the 3 that are still in operation.

There you can see how gofio is prepared and the many products that are made from it. I can tell you that if you eat gofio you will have energy for the rest of the day. Nowadays this mill is powered by electricity.

The village of La Orotava can be visited in one afternoon, after your visit to the Teide. So don't hesitate to include it in your itinerary and don't forget to take this wine tour.





## CLIFFS

### CLIFFS OF THE GIANTS

The enormous cliffs of Los Gigantes de Tenerife are between 300 and 600 metres high. They are made of volcanic rock. The first known inhabitants of the Canary Islands (Guanches) called the cliffs walls of hell.

The cliffs are monstrous. They make a big impression and are overwhelming, even when seen from a distance. The images often appear "so-so" because no picture reflects their scale and power. But the live impression is incredible. You just have to go there, stand and feel the majesty of these rocks. A certain primal energy pulses from them. Visitors to this place simply seek a moment in silence. I saw it. Everyone (maybe even not always consciously) just needs a moment to quietly embrace this state of mind. Time stands still and for a moment the energy of the rocks takes over.



## DEVOTEE VILLAGES

### LA CANDELARIA

The municipality is home to the Virgin of Candelaria, patron saint of the Canary Islands, which is why it is also known as the Villa Mariana de Candelaria. It is considered to be the archipelago's sacred place of pilgrimage par excellence. Every 2nd February and 14th and 15th August thousands of pilgrims from all the islands come to the Villa Mariana to celebrate the feast of the patron saint in the so-called "walk to Candelaria".

The municipality is of great importance not only religiously, but also historically, as it is where the Guanche and Castilian cultures came together around the image of the Virgin.



## **BEACHES IN THE MIDDLE OF NATURE**

### **BENIJO BEACH**

Brutal, wild, magical and everything you can imagine. We enter a natural paradise that sometimes goes unnoticed by a good percentage of visitors: the Anaga Rural Park. A place where the largest orchard on the island and the wildest cliffs merge to perfection. And in the deepest part of the landscape, Benijo appears before our eyes, a place where the largest orchard on the island and the wildest cliffs merge to perfection. And in the depths of the landscape, Benijo appears before our eyes, a beautiful black sand beach under the watchful eye of the iconic rocks.

In recent years, it has become famous for its sunsets. They say they are the best in Tenerife. And I corroborate this. A sunset from Benijo beach should be a compulsory subject for every tourist visiting the island for the first time. And if you don't pass the exam, you know: you have to do it again.



## BEACHES IN THE MIDDLE OF NATURE

### BOLLULLO BEACH

To discover Bollullo is to enter a beach with a natural charm that will captivate you from the very first moment. Located on the edge of a cliff in the area of El Rincón, (La Orotava), it has a black sand surface that blends in with the volcanic formations that lead into the sea. El Bollullo is an ideal beach to disconnect from the noise of the city and get closer to nature. If you like to play with the waves and surf, you will enjoy it very much, as the swell is usually quite strong all year round. For the same reason you should take extreme precautions when it comes to swimming. Access to the beach is quite limited. You can reach it on foot from Puerto de la Cruz in a 45-minute walk or from the restaurant El Bollullo (in the area of El Rincón), via a staggered path that takes just a few minutes.





## **BEACH OF THE AMERICAS**

### **SEA AND FUN**

**Playa de las Américas is located between the municipalities of Arona and Adeje, in the south of Tenerife. The name of the beach is also the name of the entire tourist area, a destination for many Europeans seeking sun during the cold winter months.**

**Those who want fun, sports and entertainment for all members of the family have found their place in this enclave. The nights are party time here, but during the day the centre of attraction is the golden sandy beaches and crystal clear waters. The 500-metre long beach of Las Americas is the longest. But on this stretch of coastline, which occupies one kilometre.**

**This corner of Tenerife has a good range of hotels and restaurants, shops and all kinds of services available to visitors. All this makes it one of the favourite places to spend a holiday on the island. There are many leisure and water sports activities available. Water skiing, windsurfing and scuba diving are particularly popular. The area has a golf course.**



## **LOS CRISTIANOS BEACH**

### **A POPULAR DESTINATION**

Los Cristianos is another of the most popular tourist resorts in the south of Tenerife. The beach of the same name is characterised by the colourful boats anchored nearby. It has always been very popular with island families, as has the beach of Las Vistas. The latter is much longer, almost a kilometre long, and has shallow waters.

Los Cristianos was once a fishing village. The town centre has expanded to accommodate the growing number of tourists, but it still retains its seafaring character in certain corners. The heart of the place is the pedestrian promenade that runs along the beaches, full of restaurants, bars and cafés. At night the atmosphere gets livelier and competes with Las Américas as an entertainment enclave.

Another outstanding meeting place is the Puerto de Los Cristianos area. It is located to the west of Tenerife South Airport (Reina Sofia). Fishing, whale watching and diving excursions depart from here. There are also ferries to the neighbouring islands of La Gomera, La Palma and El Hierro. Nearby attractions include Monkey Park Zoo and Aqualand.



## **BEACH IN THE CITY**

### **LAS TERESITAS**

The very Caribbean of Tenerife, just a few minutes from the island's capital. A 1,300 metre long bay, fine golden sand, crystal clear waters and an amazing landscape. This is the beach of Las Teresitas in the north-east of Tenerife. So long, so beautiful and so ideal that its northern location comes as a surprise. In fact, the trick lies in the golden sand itself. It was brought from the Sahara in 1970 to replace the pre-existing black sand.

At the top of the mountain you'll find a panoramic viewpoint and, when hunger pangs strike, plenty of restaurants serving the best of the local cuisine.





## IF YOU LIKE NATURE

### ANAGA RURAL PARK

Anaga is a massif of sharp-edged mountains and deep ravines, in tight succession, covered in a green blanket of laurel forest and dotted with charming hamlets here and there. All this, less than an hour's drive from La Laguna, a UNESCO World Heritage city, and from Tenerife's capital and main port, Santa Cruz. To explore Anaga is to travel to a place with a distinctly rural flavour and a bygone era when the relationship between humans and their environment was closer.





## IF YOU LIKE NATURE

### RURAL PARK OF MASCA

The rugged, jagged terrain on which Masca stands slopes down to the ocean and is surprisingly beautiful. This is the oldest part of the island and an area of enormous geological wealth. The climatic phenomena that took place millions and millions of years ago, the sea and erosion have shaped the incredible landscape that you see today. So much so that there is practically no traveller who visits Tenerife who does not include Masca in their itinerary. The peculiarity of the landscape and its physiognomy, totally different from the rest of the island, is something that everyone wants to see with their own eyes. Photography enthusiasts don't want to miss this natural balcony with the island of La Palma in the background, while hiking enthusiasts can't resist the impressive Barranco de Masca.



## LOCAL GASTRONOMY

### GUACHINCHES

Tenerife has a great gastronomy which we can enjoy in the Guachinches which are mainly found in the northern part of the island, although they can also be found in the southern part of the island but to a lesser extent. The main objective of the guachinches is to sell the wine left over from the harvest, which is why they are normally found in the wine-growing areas of the island, such as the municipality of La Orotava.

The origin of the guachinches was to make local produce and wine left over from the harvest season available to visitors and the general public at a low cost, accompanied by portions of freshly made traditional Canarian food.

For those who don't know, the word Guachinches refers to a type of establishment specific to Tenerife. In the old days, farmers and stockbreeders would set up stalls where they would serve good home-made food and wine on a certain date (usually at the end of the wine harvest) and sell their local produce to tourists visiting the island.

With the passing of time they have been converted into small family-run "bars" following certain rules so that they can be considered authentic Guachinches.



## LOCAL GASTRONOMY - LA LAGUNA

### GUACHINCHE LA CUEVA DE CASIANO

This is a small but very popular home cooking restaurant in the municipality of San Cristóbal de la Laguna. They serve a variety of Canarian dishes for everyone. They are family-run "bars" following certain rules so that they can be considered authentic Guachinches, with very affordable prices, even on a tight budget, you can dine with friends and family. Guachinche La Cueva de Casiano is a typical and popular restaurant. There you will find homemade desserts such as the grandmother's cake.

A home cooked restaurant that you will want to come back for more after tasting their dishes. They offer a wide range of Canarian cuisine, with a variety of meat and fish dishes, as well as drinks and wines.



## LOCAL GASTRONOMY

### PAL CHOSO GUACHINCHE IN ADEJE

Pal Choso Guachinche - The first Canarian restaurant in Costa Adeje with 100% Canarian food and the best atmosphere for you to enjoy the authentic in the south of Tenerife.

Extensive menu, Canarian products, indoor lounge and outdoor terrace to enjoy a nice lunch or dinner in the South of Tenerife.

In front of our restaurant you will find a large public car park (on the side of Aqualand), which will allow you to enjoy a pleasant experience.

If you want to experience authentic Canarian gastronomy and an excellent atmosphere and service, come and visit us!





## LOCAL GASTRONOMY

### GUACHINCHE EL VENTORRILLO - LOS CRISTIANOS

This restaurant is a great choice if you are in the mood for Mediterranean and Spanish cuisine. The chefs here prepare homemade octopus, tender lamb and unique croquettes. If you haven't yet tasted El Ventorrillo's well-crafted fruit cake, then you haven't yet enjoyed life. It's great to taste their sensational wine.

You will take away good memories of this place, as it is famous for its great service and friendly staff, always ready to help. You will pay low prices for their dishes. This place has a quiet atmosphere and great decoration.



## **THE GASTRONOMY OF THE ISLAND OF TENERIFE**

### **ITS GASTRONOMY**

On your trip to Tenerife you can't miss its gastronomy, with Canarian specialities that go beyond the famous *papas arrugadas con mojo* (wrinkled potatoes with mojo sauce), which is one of our favourite dishes. We would also highlight the rabbit in *salmorejo* sauce.

We also recommend trying the island's cheeses, as the Canary Islands produce some of the best cheeses in the world, which unfortunately are very difficult to consume outside the islands because production is so small.

Of course, being an island, fish is always the main ingredient in many of the dishes. One of the best known fried fish places is *La Cofradia de Pescadores* in the harbour of Candelaria.

Good prices, fresh and very good food, it is the typical small place in the harbour, not sophisticated, cheap, but with an unbeatable quality, from the sea directly to the plate.

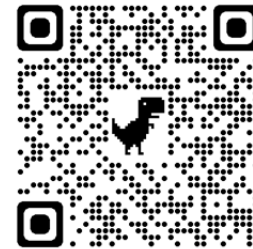


## RECOMMENDED RESTAURANTS

### GARIBALDI-HIGH CUISINE

For special occasions, special places.

At Garibaldi they take care of every detail so that you can enjoy yourself in an unbeatable atmosphere.  
Enjoy the best variety of seafood and fresh fish.



## RECOMMENDED RESTAURANTS

### PICAMAR TAPAS BISTRO

Visit this establishment and taste its international cuisine. With its generous tuna tataki, tasty tuna tartar and homemade tapas you will be impressed. You won't be able to forget the spectacular wine and the sensational cordial you can drink here.

You will leave with good memories of this restaurant, as it is well known for its great service and friendly staff, always ready to help. According to the users' criteria, their prices are adequate. At Picamar Tapas Bistró, diners enjoy a cosy atmosphere and festive décor.





## RECOMMENDED RESTAURANTS

### LA MASIA DEL MAR (LA CALETA)

Restaurant La Masia del Mar is located in one of the most beautiful areas in the south of Tenerife. The restaurant offers fish and seafood specialities, using their own fishing boats and prepared by their experienced chefs. Fruits, salads and vegetables come from their own facilities. The meat comes from their own livestock.

The restaurant is ideal for couples, families, small and large groups. With an impressive interior and an outdoor terrace with direct sea views, the restaurant has space for 240 people. A large terrace offers additional seating. The wines are as delicious as the food, where they are specially selected by the owner. All wines have European awards and medals. An ideal place not only for lunch or dinner, but also to enjoy a coffee or a cocktail with friends in the evening. On different days, you will be entertained by piano music or Canarian folklore.



## RECOMMENDED RESTAURANTS

### LA VIEJA-LA CALETA ADEJE

La Vieja is located in La Caleta de Tenerife, with beautiful views of the island of La Gomera. It is a traditional restaurant in every aspect: in its decoration, in its menu, in the treatment, in the atmosphere... Its greatest exponent are the grilled fish, always from the islands (viejas, fulas, lobster, wreckfish...), and the seafood cuisine. The terrace is excellent. Extensive wine list, with a predominance of denominations of origin from the islands.



## **RESTAURANTES RECOMENDADOS**

### **EL CORDERO**

**Restaurante El Cordero is much more than a typical Canarian food and grilled meats establishment. It is a restaurant that enjoys a natural and autochthonous setting, faithful to the traditions of the Canary Islands and the flavours of our land. With the most cheerful atmosphere in the south of Tenerife and surrounded by nature, at Restaurante El Cordero diners are received with personalised attention from the very first moment; offering a different gastronomic experience capable of stimulating all the senses.**

**The menu contemplates the most select recipes of traditional Canarian cuisine, with the seal of identity that only El Cordero Restaurant can offer. They specialise in grilled meats, and also offer a delicious variety of Canarian products: the best wines, wrinkled potatoes, Canarian mojo, grilled cheese with jam and delicious desserts.**

**Undoubtedly, eating at Restaurante El Cordero is more than a wise decision. The peculiar gastronomic offer, the excellent service and all the elements that make it up, have made the establishment the perfect balance between tradition, service, quality and price.**

**A large Canarian patio in an autochthonous setting, divided into sectors, which offers the visitor an unforgettable gastronomic experience.**





## HOW TO MOVE AROUND THE INSTALLATIONS



MAIN ENTRANCE



WASTE STORAGE



GARAGE ENTRANCE



## **MAIN ENTRANCE.**

To access the residential complex we can do it with **VEHICLES AND WALKING** using the corresponding remote control.

## **ENTRANCE WITH VEHICLES.**

We can enter through the main gate using the **REMOTE CONTROL**. We can park in the main street and also in front of our flat N° 508 as long as it is not occupied.

## **EXIT WITH VEHICLES**

To leave the residential complex with the vehicle, drive to the end of the street where the exit gate is located. In order for the exit gate to open automatically, the vehicle must be brought close to the gate.

## **WALKING.**

To access the facilities **ON FOOT**, proceed through the **MAIN ENTRANCE** of the residential complex, using the **WALKING** entrance door. In order to gain access, it is necessary to dial the access code which is visible on a **DISPLAY** inside the flat. To **WALK OUT** you can use the pedestrian doors at the entrance and exit of the residential complex, each door has a button to open it.



***DISTANCE TO PLACES OF INTEREST  
FROM CALLE GALICIA Nº 43***

## SHOPPING CENTRES

- 3 km. THE DUKE SHOPS. Avda. Bruselas N°14.
- 2 km. THE CORNER SCHOPPMG CENTER. C/ Unterhaching.
- 0.9 km. X- SOUTH C/ Lisboa N°2.
- 3 km. SAN EUGENEO Avda. de los Pueblos 20.
- 2.8 km. PLAZA DEL DUQUE C/ Londres s/n
- 3.8 km. SIAM MALL Avda. Siam N°3
- 5 km. SAFARI Avda. las Américas N°5
- 3 km. EL MIRADOR Avda. de Bruselas s/n

## NATURAL SURROUNDINGS

- 13.8 km. ERQUES RAVINE (GUIA DE ISORA).
- 8 km. RAVINE OF HELL (ADEJE).
- 1.7 km. CALDERA DEL REY (ADEJE).
- 23 km. PROTECTED LANDSCAPE OF IFONCHE (ADEJE)
- 86 km. NATURAL PARK OF LA CORONA FORESTAL
- 6.3 km. LA CALETA (ADEJE)
- 13.7 km. ISORANA CLIFFS (GUIA DE ISORA)

## WATER PARKS

- 2.6 km. AQUALAND AVDA. Austria n° 15 (ADEJE)
- 1.5 km. SIAM PARK. Avda. Siam s/n (ADEJE)
- 3.5 km. THE GIANT Avda. Siam s/n. (ADEJE)

## **THE BEST BEACHES**

- 2.4 km. FAÑABE BEACH (ADEJE)
- 2.9 km. TORVISCAS BEACH (ADEJE)
- 2.9 km. EL BOBO BEACH (ADEJE)
- 3.4 km. LA PINTA BEACH IN PUERTO COLON (ADEJE)
- 3.6 km. PLAYA DEL DUQUE BEACH (ADEJE)
- 6 km. ENRAMADA BEACH (ADEJE)
- 6.8 km. LA TROYA BEACH (ADEJE)
- 7.6 km. LOS CRISTIANOS BEACH ( ARONA )
- 8.8 km. LAS AMERICAS BEACH (ARONA)
- 88 km. BEACH OF LAS TERESITAS (SANTA CRUZ)
- 105 km. BENIJO BEACH (TAGANANA)

## **NEAREST AIRPORTS**

- 22 km. TENERIFE SUR AIRPORT
- 86 km. TENERIFE NORTE AIRPORT