



The Canaries have what is considered one of the best climates anywhere on the planet, making the Islands the perfect destination for all year round tourism.

Tenerife

Teide National Park

The highest peak in Spain, at 3,718m, is one of Tenerife's greatest attractions. It is possible to hike to the top, and also to catch the cable car. See: www.telefericoteide.com. To access the summit of the volcano, Pico del Teide, you need to obtain a free permit in advance, issued by the Administration Office of the National Park, which you can download at www.reservasparquesnacionales.es.

Santa Cruz

Santa Cruz, the vibrant, bustling capital city of Tenerife, is located on the northeast coast. It has a variety of interesting museums and art galleries, a well maintained historical centre, and an important commercial port. See: www.santacruzmas.com.

La Laguna

La Laguna, a university city, has been a UNESCO World Heritage Site since 1999. It has a lively night life and a thriving cultural scene.

Puerto de la Cruz

The town of Puerto de la Cruz was a popular tourist destination long before the south was. Its attractive and busy town centre has maintained its picturesque fishing-village charm, and nearby is the prestigious, award-winning Loro Parque Zoo. See: www.loroparque.com.



Las Teresitas beach



Los Gigantes cliffs

La Orotava

One of the prettiest towns on the island, La Orotava also gives its name to the whole valley, which has a very prosperous history. The town centre has beautiful old mansions reflecting the wealth of the past.

Anaga Rural Park

The Anaga Rural Park occupies much of the mountainous mas-

sif in the northeastern corner of Tenerife. This is a steeply sloping area with exceptional natural and cultural treasures, and amazing landscapes.

Güímar

This northeastern town is best known for the ethnographic park which was developed by Thor Heyerdahl. The pyramids are a complex construction, astronomically orientated according to the winter and

summer solstices. See: www.piramidesdeguimar.es

Playa de Las Américas

Currently Tenerife's main tourist destination, this area has spectacular views of La Gomera. There's a big night-life scene which attracts younger tourists, but it's also somewhere you can relax, eat, and go sailing, whale and dolphin watching or golfing.

Los Cristianos

Once a little fishing village, Los Cristianos began as a tourist destination for ailing Swedes who came to enjoy some rest and recuperation. From the port you can take a ferry to La Gomera, La Palma or El Hierro. The two main beaches offer safe swimming with disabled access.

Costa Adeje

Costa Adeje is an upmarket area of South West Tenerife

which is popular with European, Russian and national tourists. There are vari-

ous luxury hotels and some very nice, small white sand beaches.

In the foothills above these towns you will find three great places to visit. **Siam Park (The Water Kingdom)**, recently declared the best in the world, has something for everyone, from beach lovers to adrenaline freaks. See: www.siampark.net

Aqualand, on Avenida de Austria, a water park with a dolphin show. See: www.aqualand.es.

The Jungle Park, at Las Águilas del Teide, is great fun for kids of all ages. See: www.aguilas-junglepark.com

Los Gigantes

The town of Los Gigantes, which lives mainly from tourism but on a much more modest scale than Playa de Las Americas or Los Cristianos, is overlooked by the towering cliffs. There is good diving and a small harbour.



Teide National Park

Gastronomic market San Simón

Avenida Amsterdam, 2 | Los Cristianos | Tenerife | Phone 628 52 80 01

Chino & Sushi Bar

San Simón Basque cuisine

San Simón Wines

México Lindo

Dance room

Döner King Kebab

San Simón Butcher

San Simón Canarian cuisine

Live music

Fish shop

Bread corner