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WELCOME TO TENERIFE

A TRAVEL GUIDE TO THE CITY

2023

DIRECTORY OF RECOMMENDED ACTIVITIES

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Rest & Relax





AEQUOR SPA

- A large number of treatments aimed at toning your body, recovering mobility, recharging batteries and recovering the beauty and vitality of your body.
- Price start from 30€
- Website: www.hoteljardinesnivaria.com
- Located in Costa Adeje
- T: +34 922 713 333
- **Advanced reservation required**



Aqua Club Termal

- Treatments specially designed to help disconnect, rejuvenate and achieve perfect harmony between body and mind.
- Price starts from 40€
- More offers [linked here](#).
- Located in Tenerife
- T: +34 922 716 555
- **Advanced reservation required**



Spa Azules de Nivaria

- Its spa circuit includes a thalassotherapy with hydrojets, a jacuzzi, a cold well, a flotarium, bithermal showers, Roman baths, a Turkish bath, a Finnish sauna, a pebble walk with hot and cold jets, hot therapeutic stone beds and a relaxation area.
- Offers on website: tienda.spawellplus.es/
- Located in Tenerife
- T: +34 662 646 510
- **Advanced reservation required**



Bangkok Thai Massage

- Bangkok is a quiet, clean, friendly place dedicated to those who want to give themselves well-being, treat themselves or just need a break.
- More offers [linked here](#).
- [Located in Tenerife](#)
- T: +34 634 712 924
- **Advanced reservation required**



BUA Wellness Center

- Thai massages with a big variety of treatments, dedicated to those who want to give themselves well-being time.
- More offers [linked here](#).
- [Located in Tenerife](#)
- T: +34 656 435 037
- **Advanced reservation required**

Cocktails





Kaluna Beach Club

- Salads, burgers, wraps and an extensive cocktail list in a bustling luxury beach club with an infinity pool.
- €€
- Website: www.kalunabeachclub.com
- Located in Costa Adeje
- T: +34 922 713 889



The Sixteenth

- The terrace is an ideal place to have quality cocktails watching the sunset in the south of Tenerife, with spectacular views from the top of the hotel.
- €€
- Website: www.hardrockhoteltenerife.com
- Located in Hard Rock Hotel
- T: +34 922 741 700



Bahia Beach Club

- It is a spectacular place next to the sea, chill out atmosphere, with artificial sand, armchairs and hammocks.
- €€
- Website: www.bahiabeachtenerife.com
- Located in Tenerife
- T: +34 822 14 12 25



Papagayo Beach Club

- Lively nightclub with DJs on weekends, beach access, and a simple restaurant.
- €€€
- Website: www.papagayobeachclub.com
- Located in Costa Adeje
- T: +34 922 788 916



Summum Club

- Enjoy the most beautiful sunsets on the island of Tenerife, a few meters from the magnificent “Playa La Pinta Puerto Colón” while you enjoy cocktails made by a master mixologist.
- €
- Website: www.summumbar.club/
- Located in Costa Adeje
- T: +34 643 836 165



Havana's Las Vistas

- Terrace that is located on top of a shopping center that enjoys excellent views, cocktails and service.
- €€
- Website: -
- Located in CC San Telmo
- T: +34 619 301 412



A Taste of Tenerife



M.B Martín Berasategui

- 2* Michelin-star restaurant. Chef Erlantz Gorostiza follows the vision of Martín Berasategui and offers a daring menu of Basque inspiration.
- €€€€
- Website: www.ritzcarlton.com/dining/mb
- Located in Tenerife
- T: +34 922 83 91 57
- **Advanced reservation recommended**



Abama Kabuki

- 1* Michelin-star restaurant, adapts traditional Japanese cuisine to Western flavors, offering a perfect fusion of local ingredients and Japanese traditions.
- €€€€
- Website: www.restaurantekabuki.com
- Located in Tenerife
- T: +34 922 12 60 00
- **Advanced reservation recommended**



NUB

- 1* Michelin-star famous and refined restaurant with innovative tasting menus of Chilean and Italian fusion cuisine.
- €€€€
- Website: www.nubrestaurante.com/
- Located in San Cristóbal de La Laguna
- T: +34 922 07 76 06
- **Advanced reservation recommended**



El Rincón de Juan Carlos

- Restaurant that defends a style of cuisine where flavor and balance are indisputable pillars of its elaborations, combining local product with the most select international products.
- €€€
- Website: www.elrincondejuancarlos.com
- Located in Adeje
- T: +34 922 86 80 40
- **Advanced reservation required**



La Sandunga

- Unique style of fusion cooking, mastery of world recipes, a taste for Canarian raw materials, and haute cuisine on the island, will make you travel the world through your palate.
- €€
- Website: www.lasandunga.es
- Located in Tegueste
- T: +34 923 63 72 09
- **Advanced reservation required**



Sagrario

- 1* Michelin-star with a very familiar atmosphere, whose cuisine is very traditional with local touches.
- €€€
- Website: www.facebook.com/profile
- Located in Tenerife
- T: +34 922 10 27 88
- **Advanced reservation required**



Experience Tenerife



Anaga Natural Park

- A park in the northern mountains, steep cliffs and magical forests. Enjoy the beautiful views of this part of the island it leads to Benijo beach.
- Free entrance
- Website: www.webtenerife.com/parqueruraldeanaga
- Located in the north of Tenerife
- T: +34 922 633 576



Teide

- Active volcano of 3718 meters with the highest peak in Spain, a famous cable car and hiking trails. Inside the National Park of Teide
- Website: www.webtenerife.com/teide/
- Located in National Park



Benijo Beach

- Benijo is a wild beach in the north-east of the island. An extension of natural black sand washed by the Atlantic, famous for the huge volcanic rocks in the water and incomparable sunsets.
- Website: tenerifeplayas.com/playa-benijo/
- Located in the north of Tenerife



Auditorium de Tenerife

- Auditorio de Tenerife is avant-garde, in its' architecture and its' programme. An open space, communicative, that connects with everyone.
- Programming website: auditoriodetenerife.com
- Located in Tenerife
- T: +34 922 568 600



Catedral de San Cristobal de La Laguna

- Neoclassical cathedral with a neo-Gothic interior and a baroque altar dedicated to the Virgen de los Remedios.
- General entrance: €6
- Website: lalagunacatedral.com/
- Located in La Laguna
- T: +34 637 236 055



Palmetum

- 12 hectare botanical garden is a beautiful and peaceful place to visit, with exotic palm trees from all over the world. It was originally a rubbish dump, but it has been transformed into an amazing garden that is perfect for relaxing walks.
- General entrance: €3
- Website: <http://palmetumtenerife.es/>
- Located in Tenerife
- T: +34 922 229 368



Parque Marítimo César Manrique

- Aquatic center with three saltwater pools, waterfalls, palm trees and a solarium.
- General entrance: 4€
- Website: parquemaritimasantacruz.es/
- Located in Tenerife
- T: +34 922 229 368



Arts & Culture



Espacio de las Artes

- Contemporary art center, wide range of activities on offer for all ages, including exhibitions, films, workshops and guided visits.
- Free entrance
- Website: <http://teatenerife.es/>
- Located in Tenerife
- T: +34 922 849 090



Casa del Carnaval

- Museum with traditional costumes worn in the annual carnival, video exhibits and children's costumes.
- Free entrance
- Website: <https://casacarnavalsantacruz.com/>
- Located in Tenerife
- T: +34 922 046 020



Museo Bellas Artes

- You can see exhibitions of Canarian painters and some works donated by El Prado.
- Free entrance
- Website: www.santacruzdetenerife.es/
- Located in Tenerife
- T: +34 922 609 446



Museo Militar

- Since 1988 in the Almeida Barracks, it is one of the best historical cartography research centers and a wide sample of weapons and objects related to the military activity of the islands.
- Free entrance
- Website
- Located in Tenerife
- T: +34 922 298 557



Museo de Naturaleza y Arqueología

- Natural History Museum of the islands with mummies and objects from the indigenous Guanche culture.
- General entrance: €5
- Website: www.museosdetenerife.org/muna
- Located in Tenerife
- T: +34 922 535 816



Castillo de San Cristóbal

- Underground remains of a 16th century castle, with a museum and a cannon that was supposedly fired at Admiral Nelson.
- Free entrance
- Website: ww.museosdetenerife.org
- Located in Tenerife
- T: +34 922 285 605

A wide-angle photograph of a grand, multi-story shopping mall atrium. The space is characterized by a large, circular skylight with a grid pattern, allowing natural light to illuminate the interior. The architecture features classical elements like stone columns, arched doorways, and ornate balconies with balustrades. Two large, mature palm trees stand prominently on either side of the central area. In the foreground, a circular stone fountain with water spraying upwards is surrounded by a low wooden lattice fence. The ground floor is filled with retail stores, including Hermès and Prada, and a dining area with tables and chairs. The overall atmosphere is one of luxury and sophisticated design.

Shopping



Castillo Street

- Is the commercial route par excellence of Tenerife. This street offers all the classic boutiques starting at Plaza Weyler and ending in the very busy Plaza España.
- Located in Tenerife



CC X-Sur

- Modern center with a variety of shops, restaurants, a supermarket and a spacious multiplex with seven screens.
- Website: www.x-sur.com/
- Opening times: Everyday from 10am - 10pm
- Located in Adeje
- T: +34 922 712 847



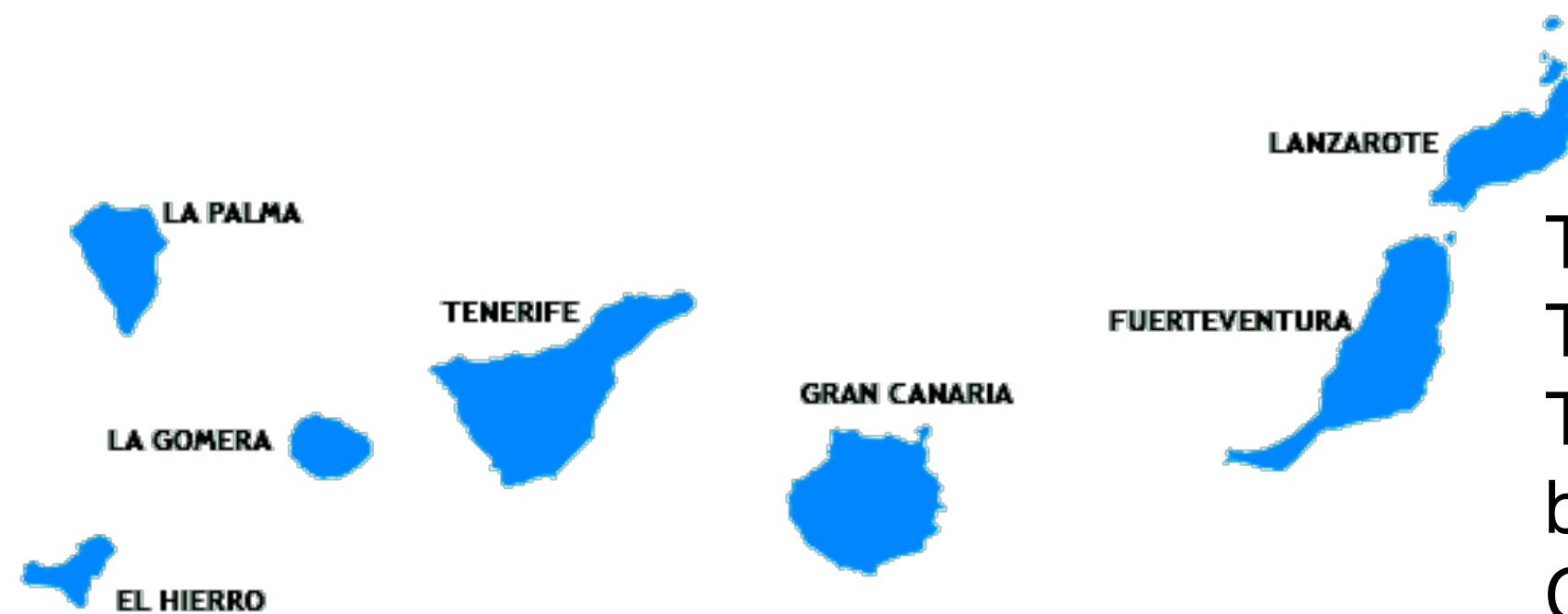
CC Plaza del Duque

- Elegant, luxurious and innovative design with premises of prestigious brands, restaurants and space for events.
- Website: <https://plazadelduque.com/>
- Opening times: Everyday from 9:30am - 10pm
- Located in Adeje
- T: +34 922 719 888

The image shows the flag of Tenerife, which is divided into three vertical sections: white on the left, blue in the center, and yellow on the right. The blue section features the coat of arms of the island, which includes a crown, a banner with the word 'OCEANO', and two dogs flanking a shield with three triangles. The text 'About Tenerife' is overlaid in white on the blue section.

About Tenerife

The Canary Islands are a volcanic archipelago, the southernmost autonomous community of Spain. Located in the Atlantic Ocean. There are approximately 2 million people living in the Canary Islands at present.



The archipelago is composed by seven main islands and several islets. They are split in two provinces, which you can see on the map. The autonomous community of the Canary Islands has a shared capital by the cities of Santa Cruz de Tenerife and Las Palmas de Gran Canaria.

In the Canary Islands summers are pleasant (19-28°C) and very mild winters (15-20°C). An eternal spring of sunny days, blue skies and stable temperatures, without great oscillations throughout the year.

The islands have a different time zone than the Spanish peninsula, in the Canaries there's an hour less than in the mainland.



Fun Facts

- 1. Tenerife is the largest island in the archipelago and the only one that has two international airports.**
- 2. Tenerife is famous for its carnival, that usually takes place around February.**
- 3. The island is crowned by the highest peak in Spain - the Teide volcano, at 3,718 meters.**
- 4. Its cuisine includes goat cheese, goat meat, a large assortment of fish (sambras, chernes, viejas, tuna, sardines etc.), the famous potato dish “papas arrugadas” and “gofio”, a toasted mix of ground grains.**





Useful information

HOSPITALS

Hospital del Sur de Tenerife
TF-28, 21, 38652 Arona, Santa Cruz de Tenerife

T: +34 922 174 756

Tenerife

Hospital Norte de Tenerife UTE
Cl. la Pardela, s/n, 38434 Buen Paso, Santa Cruz de Tenerife

T: +34 922 923 107

**TELEPHONE SERVICES**

Emergency - **112**

Police - **091** or **092**

Ambulance - **061**

Fireman - **080**

Tenerife Information and Tourism department: +34 922 53 33 53

Airport number for Tenerife: South: +34 913 211 000

North: +34 902 404 704

NOTES FOR TELEPHONE SERVICES

The Spain prefix is “+34” / “0034”

The 807 and the 902 telephone numbers have extra cost

PUBLIC TRANSPORT

Bus

Price: 5€ Single

Schedule: 6:30am to 10:00pm (thereafter are Nightbus)

NO Metro

** You can find more information on www.titsa.com/



OTHER TRANSPORT

Taxi Service Tenerife

Taxi: +34 922 397 074

Aprox. Price: 0'55€ x Km

Extra Charges: 3'15€ x Initial Fare

Maximum speeds:

Motorways/highways: 120kph

Local roads: 100-90kph

City: 50kph

