



TENERIFE

TRAVEL GUIDE

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16. Summary



1 - WELCOME

Welcome to Tenerife, the largest and most diverse island in the Canary Islands!

Tenerife is a true paradise where nature, culture, and the sun come together to create an unforgettable experience for every traveler. It's a place that fascinates with its diversity: from golden beaches to volcanic peaks, from lively resorts to charming and picturesque villages. No matter what you're looking for in your trip, Tenerife will give you unforgettable memories.

Known as the "island of eternal spring," Tenerife offers ideal conditions all year round. Its mild climate, with temperatures rarely dropping below 20°C, makes it the perfect destination in any season. The southern part of the island attracts tourists with its beautiful sandy beaches and modern resorts, while the north impresses with its lush vegetation, mystical forests, and charming villages that look like something out of a postcard.

Tenerife's culture is a harmonious fusion of Spanish traditions with the unique lifestyle of the Canary Islands. Strolling through the narrow streets of La Laguna's historic center or admiring the colorful houses of Garachico, you can feel the spirit of the past still alive on the island. Santa Cruz, the capital, is a vibrant city full of energy, with endless possibilities to discover. It's also worth visiting places that remind us of the island's ancient inhabitants, the Guanches, whose presence has left an indelible mark on the local culture.

Tenerife is not just a destination for relaxing on the beach and swimming in the warm ocean. It's also an island full of attractions that will stay in your memory for a long time. The stunning Teide National Park, with the highest volcano in Spain, offers dreamlike landscapes, and its many hiking routes lead to places where time seems to have stopped. For nature and wildlife lovers, the island is a true paradise for dolphin and whale watching, which can be seen in their natural habitat.

Thanks to some of the best theme parks in Europe, like Siam Park or Loro Parque, Tenerife is also an ideal destination for families with children and for those seeking thrills and unforgettable fun. And if you're a food lover, the island offers a feast of flavors: from traditional Canarian dishes to fresh seafood and local specialties that will delight any palate.

Tenerife has it all: spectacular nature, a rich history and culture, tourist attractions, and the possibility to relax in an unparalleled setting. Whether you dream of resting on the beach or enjoying an active adventure in the mountains, this island has everything you need to experience an unforgettable trip.

Get ready for a unique adventure in Tenerife, an island full of magic that will remain in your memory forever!



2 - Arrival in Tenerife

North Airport

Tenerife North Airport (TFN): Also known as Los Rodeos, it is located near San Cristóbal de La Laguna. It mainly operates national flights and flights between the Canary Islands. It is smaller than Tenerife South but offers modern amenities for travelers.

South Airport

Tenerife South Airport (TFS): Known as Reina Sofía, it is the main airport for the southern part of Tenerife. Located in Granadilla de Abona, it operates numerous international and national flights. It offers modern facilities, shops, restaurants, and car rental services, ensuring comfort for travelers.





Car Rental

Both airports in Tenerife host numerous car rental companies, allowing travelers to conveniently pick up a vehicle upon arrival. This is an ideal option for those who want to explore the island at their own pace.

Public Transport

Buses (guaguas) run regularly between the airports and the main tourist centers, offering an economical transport option. It's recommended to check the schedules, as some connections may be limited at night.



3 - How to get to the hotel or apartment?

Taxi

Taxi stands are located at the exit of the terminals, and the price of the journey varies depending on the distance and time of day. It's a quick and comfortable option, especially for those traveling with a lot of luggage.



Private Transfer

A private transfer booked in advance ensures a comfortable and stress-free journey directly to the hotel. It's an excellent alternative for families, large groups, or those who value comfort and time-saving.



4 - Where is it worth renting an apartment? The north or the south?

Choosing the right location to rent an apartment in Tenerife is a key decision that will impact the comfort of your stay. The island offers an incredible variety, ranging from vibrant resorts to quiet, picturesque villages surrounded by lush greenery. Before making a decision, it's important to consider whether you prefer easy access to beaches and tourist attractions or if you prefer more intimate, local environments away from the crowds.

The climate, landscapes, and entertainment options vary by region, so it's worth carefully reflecting on the location. The north and south of the island each have unique characteristics that may suit different types of travel. If you value beautiful views, nature, and an authentic atmosphere, you may want to search for places away from the tourist hustle and bustle. On the other hand, if you prefer easy access to beaches, restaurants, and entertainment, it's worth paying attention to the more popular destinations.

Regardless of your preferences, Tenerife offers many accommodation options that can satisfy both those seeking relaxation and those in search of a more active break. In the next section of the article, we will suggest which regions of the island may best suit your needs.

North or South of the Island?

Main climatic and landscape differences!



Tenerife North

Puerto de la Cruz, La Orotava, and San Cristóbal de La Laguna are regions that are greener, more mountainous, and cooler than the southern part of the island. Thanks to higher rainfall, the vegetation is lush, and the landscapes captivate with their valleys, cliffs, and dense laurel forests, especially in the Anaga Park. The temperatures are lower, making the climate more moderate, particularly in the summer when the heat in the south can become uncomfortable.

Puerto de la Cruz is the main tourist center in the north, combining traditional architecture with modern attractions such as Loro Parque and the Lago Martiánez swimming complex. La Orotava impresses with its colonial architecture and beautiful gardens, while San Cristóbal de La Laguna, a UNESCO World Heritage Site, offers a unique atmosphere of a historic university town.

The north of Tenerife is the ideal option for those who value nature, authentic Canarian villages, and a more peaceful environment away from the tourist bustle of the southern resorts.



Tenerife South

Los Cristianos, Playa de las Américas, and Costa Adeje make up the sunniest and driest part of Tenerife, characterized by mild weather throughout the year. Due to minimal rainfall, the landscape is predominantly semi-desert, with light sandy beaches and rocky coastlines. The temperatures are higher than in the north, making this region an ideal destination for those seeking warmth and sun, even in the winter.

Playa de las Américas and Los Cristianos are vibrant tourist resorts with numerous restaurants, bars, and clubs, offering lively nightlife.

Costa Adeje stands out for its more luxurious atmosphere, with exclusive hotels and elegant promenades. The area also features several attractions, such as the Siam Park water park and dolphin and whale watching excursions.

The south of Tenerife is the perfect option for those looking for a vacation atmosphere, guaranteed good weather, and access to a variety of activities, both for families and lovers of active tourism.



5 - Recommended Locations – the southern part of the island

5.1 - Costa Adeje

Luxury and Comfort

Costa Adeje is an exclusive area in the south of Tenerife, known for its elegant hotels, luxury apartments, and high-end restaurants. It's the ideal place for those seeking a quieter, yet still touristy, environment with beautiful beaches and excellent infrastructure.

What Makes Costa Adeje Special?

- ✓ Exclusive hotels and apartments with ocean views.
- ✓ Beautiful beaches, such as Playa del Duque with light sand and Playa Fañabé, ideal for families.
- ✓ Excellent restaurants and bars, offering international cuisine and local specialties in an elegant setting.
- ✓ Family-friendly attractions, such as the proximity to Siam Park (one of the best water parks in the world) and Aqualand.
- ✓ A quieter atmosphere, with fewer parties than Playa de las Américas, offering a more exclusive vibe.





Costa Adeje

Costa Adeje is an excellent choice for families, couples, and those who value comfort and luxury in an environment of beautiful landscapes.



5.2 - Playa de las Américas

The Entertainment and Nightlife Hub!

Playa de las Américas is the liveliest area in Tenerife, full of clubs, bars, and restaurants. It's a place where life never stops, attracting mainly young people and those looking for entertainment.

What sets Playa de las Américas apart?

- ✓ Nightlife – A large number of clubs, bars, and nightclubs (including the famous Veronicas Strip).
- ✓ Great beaches – Playa Troya and Playa de las Américas, featuring dark volcanic sand.
- ✓ Water attractions – Excellent conditions for surfing, diving, and other water sports.
- ✓ Rich tourist infrastructure – Hotels, apartments, and a wide range of prices.
- ✓ Proximity to Siam Park – A world-class water park, ideal for water attraction lovers.





Playa de las Américas

Playa de las Américas is a paradise for nightlife lovers, young tourists, and those seeking entertainment and a dynamic atmosphere.



5.3 - Los Cristianos

A Quieter Resort with a Harbor Atmosphere!

Los Cristianos is a popular resort in Tenerife that offers a more tranquil atmosphere compared to the lively Playa de las Américas. What was once a fishing village has transformed into a vibrant place with beautiful beaches, a promenade, and numerous restaurants.

What sets Los Cristianos apart?

- ✓ Quieter atmosphere – Less partying, more relaxed and family-friendly environment.
- ✓ Beautiful promenade and harbor – The perfect place for strolls and enjoying sunsets.
- ✓ Clear sandy beaches – Playa de Los Cristianos and Playa de Las Vistas are among the best in the south.
- ✓ Proximity to excursions to La Gomera – Ferries to the island of La Gomera, La Palma, and El Hierro depart from the harbor.
- ✓ Good options for apartments and hotels – Ranging from budget-friendly to more exclusive choices.





Los Cristianos

Los Cristianos is an excellent choice for families, older travelers, and those looking to relax in a quieter place while still being close to the attractions of southern Tenerife.



6 - Recommended locations – the northern part of the island

6.1 - Puerto de la Cruz

A Resort with Tradition and a Local Atmosphere!

Puerto de la Cruz is the largest tourist center in northern Tenerife, yet it retains its traditional Canarian character. The town is known for its beautiful promenade, botanical gardens, and spectacular views of Mount Teide.

What sets Puerto de la Cruz apart?

- ✓ Authentic atmosphere – The old town with picturesque streets and colonial architecture.
- ✓ Famous beaches – Playa Jardín with dark volcanic sand and Playa Martiánez.
- ✓ Loro Parque – One of the best zoos in the world, featuring orcas, dolphins, and exotic animals.
- ✓ Excellent cuisine – Many local restaurants serving fresh seafood and Canarian dishes.
- ✓ Good summer climate – Although the north is more humid, the climate is more pleasant in summer compared to the hot south.





Puerto de la Cruz

Puerto de la Cruz is a great option for those seeking a well-developed tourist city but with a more tranquil and authentic Canarian atmosphere.



6.2 - La Orotava

A Colonial Village with Soul!

La Orotava is one of the most beautiful villages in Tenerife, full of historic buildings, churches, and traditional Canarian houses. Located on a hill, it offers stunning views of the ocean.

What sets La Orotava apart?

- ✓ Historical architecture – Beautiful old neighborhoods, cobblestone streets, and colonial buildings.
- ✓ Casa de los Balcones – A famous house with wooden balconies, a symbol of Canarian architecture.
- ✓ Proximity to Teide National Park – An excellent base for mountain hiking lovers.
- ✓ Less touristy than resorts – Ideal for those wanting to experience the true atmosphere of Tenerife.
- ✓ Beautiful views – The town is located on hills, offering spectacular landscapes.





La Orotava

La Orotava is the perfect place for travelers who value history, tradition, and tranquility.



6.3 - San Cristóbal de La Laguna

Former Capital and Cultural Heart of Tenerife

San Cristóbal de La Laguna is a UNESCO-listed city, full of colonial buildings, charming squares, and cafes. It is also a university town, which gives it a youthful and dynamic atmosphere.

What sets La Laguna apart?

- ✓ UNESCO and colonial history – One of the oldest cities on the island, with historic streets and a rich history.
- ✓ Cultural and artistic life – Museums, galleries, and concerts held year-round.
- ✓ Excellent cuisine – Numerous local bars and restaurants serving traditional dishes.
- ✓ Proximity to the northern airport – Easy access to other parts of the island.
- ✓ Cooler climate – An ideal place for those who prefer milder temperatures.





La Laguna

La Laguna is an excellent base for lovers of culture, history, and the atmosphere of colonial cities!



7 - Recommended locations – central part of the island

7.1 - Vilaflor

The Highest Village in Tenerife!

Vilaflor is a quiet mountain village located at an altitude of approximately 1,400 meters above sea level. It is on the route to Teide National Park and is surrounded by pine forests.

What sets Vilaflor apart?

- ✓ Peace and tranquility – The perfect place to relax away from the tourist crowds.
- ✓ Excellent hiking routes – Near several trails, including access to Las Cañadas del Teide.
- ✓ Fresh air – The mountain air makes it a popular destination for those seeking rejuvenation.
- ✓ Traditional Canarian food – Many restaurants offer local dishes like "papas arrugadas" with mojo.
- ✓ Proximity to Teide – Easy access to stunning views of the volcano.





Vilaflor

Vilaflor is the ideal place for those seeking peace, nature, and a restful stay in the mountains.

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7.2 - Santiago del Teide

The Gateway to Los Gigantes Cliffs!

Santiago del Teide is a picturesque village located in the mountains, near the famous Los Gigantes cliffs. It's an excellent starting point for hiking excursions and exploring the western part of the island.

What sets Santiago del Teide apart?

- ✓ Proximity to Los Gigantes – Impressive cliffs that rise 600 meters above the ocean.
- ✓ Proximity to the village of Masca – The famous ravine that leads to the ocean.
- ✓ Excellent hiking routes – Trails leading to Masca, one of the most beautiful ravines in Tenerife.
- ✓ Less touristy than southern resorts – A quieter and more authentic environment.
- ✓ Good access to the coast – Just minutes from the beaches of Los Gigantes and Puerto de Santiago.
- ✓ Beautiful landscapes – Picturesque hills, vineyards, and ocean views.





Santiago del Teide

Santiago del Teide is an excellent place for hiking enthusiasts and those wanting to explore the western part of Tenerife.



8 - The most important tourist attractions in Tenerife

- 8.1 - [Teide National Park](#) – volcano and picturesque landscapes
- 8.2 - [Masca](#) – a picturesque village located in the mountains
- 8.3 - [Los Gigantes](#) – cliffs with a height of up to 600 meters
- 8.4 - [Anaga](#) – mountainous biosphere reserve with forests
- 8.5 - [Barranco del Infierno Gorge](#) – hiking trail
- 8.6 - [Cueva del Viento](#) – lava cave
- 8.7 - [Garachico](#) – monuments and natural pools
- 8.8 - [Icod de los Vinos](#) – the thousand-year-old drago tree
- 8.9 - [Candelaria](#) – the Basilica of Our Lady of Candelaria



8.1 - Teide National Park

The Highest Peak in Spain (3,715 m above sea level), a Volcano, and Stunning Landscapes!



You have to see it, because if you don't... you'll miss one of the most surreal landscapes on Earth!





Teide National Park



The Teide National Park is the largest natural attraction in Tenerife and one of the most extraordinary landscapes in Europe. Home to Mount Teide, the highest peak in Spain at 3,715 meters above sea level, it's also the third highest volcano in the world when measured from the ocean floor.

The park's landscape is surreal, almost lunar, filled with solidified lava, rock formations, and craters. The Teide and its surroundings are recognized as a UNESCO World Heritage Site. Notable rock formations like the Roques de García appear as natural sculptures carved by the wind and erosion.

To reach the summit of Teide, the best way is via the Teide Cable Car, which takes visitors up to 3,555 meters. The final stretch to the top can be done on foot, but it requires a special permit (which must be booked in advance). Alternatively, there is a demanding hiking route like the Montaña Blanca Trail, which traverses volcanic, barren terrain.

At night, Teide National Park is one of the best stargazing spots in the world. The sky is exceptionally clear, and the famous Teide Astronomical Observatory operates in the area, offering fantastic celestial views.



[See the map!](#)



8.2 - Masca

A Picturesque Village Hidden in the Teno Mountains, Ideal for Hiking through the Ravine to the Ocean



If you miss this, you'll miss one of the most unforgettable treks through wild canyons to the ocean! An adventure awaits right around the corner.



Masca is one of the most picturesque places in Tenerife. This small village, nestled in the heart of the Teno Mountains, feels like an island treasure. Surrounded by steep, vegetation-covered slopes, narrow, winding paths lead to it through breathtaking ravines.

For a long time, Masca was isolated from the rest of the island, accessible only by foot or on horseback. Today, it can be reached by car, but the road leading to the village is one of the most spectacular and challenging, full of sharp turns and amazing views.

One of the main attractions is the Masca Ravine, which descends from the village to the ocean. It's a very popular hiking route, allowing visitors to descend through the ravine to the Masca Beach, nestled between towering cliffs. The hike takes about 3-4 hours one way and offers an unforgettable experience.

Masca enchants with its traditional architecture: white houses surrounded by palm trees and terraced gardens, giving the impression that time has stood still here. It's the perfect spot for photography lovers, hikers, and nature enthusiasts.



[See the map!](#)

8.3 - Los Gigantes

Majestic Cliffs Reaching up to 600 Meters in Height, Visible from Viewpoints or on a Boat Ride



If you don't see them, it's like missing out on a colossal masterpiece of nature! A view that takes your breath away, whether from land or sea!





Los Gigantes

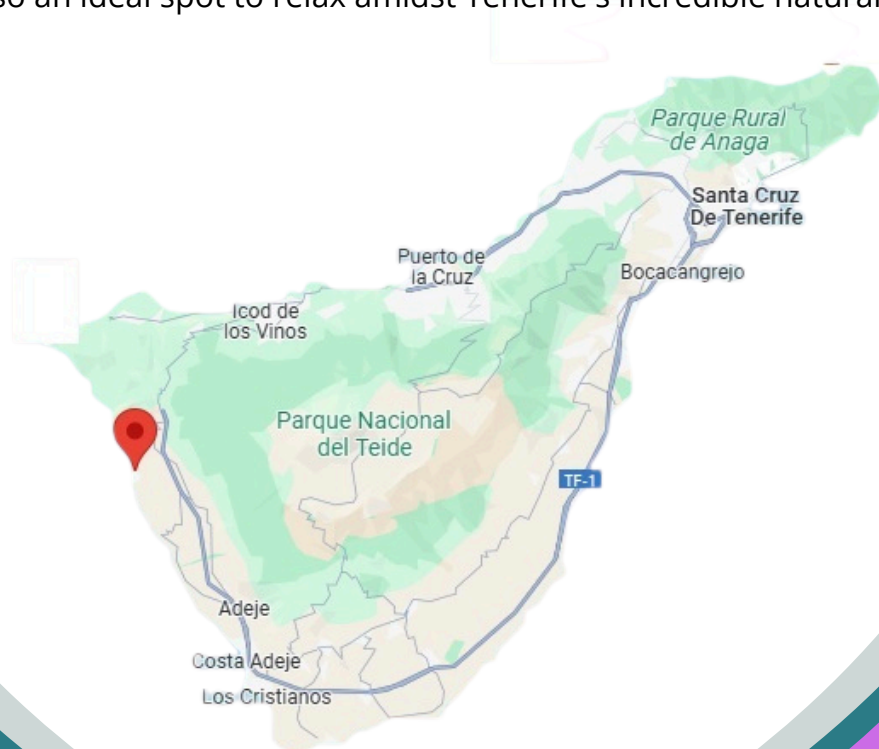


Los Gigantes are spectacular cliffs located on the western coast of Tenerife, reaching heights of up to 600 meters, almost vertical, falling straight into the ocean. Their name, "Giants," reflects their enormous size and imposing appearance. The cliffs create an awe-inspiring landscape, making them one of the island's most iconic sights.

The best way to admire Los Gigantes up close is through a boat or catamaran ride. Not only can you view the cliffs, but you might also spot dolphins and whales, which frequent these waters, making the experience even more magical.

For diving and snorkeling enthusiasts, the waters surrounding Los Gigantes provide excellent conditions for exploring the underwater world. The water is crystal clear, and the marine life is abundant, with various fish species and the chance to see sea turtles.

Nearby, the Playa de los Guios beach, known for its black sand, is the perfect place to unwind after a day of excitement, enjoying tranquility and the majestic views of the cliffs. It's also an ideal spot to relax amidst Tenerife's incredible natural beauty.



[See the map!](#)



8.4 - Anaga Rural Park

A Biosphere Reserve with Laurisilva Forests and Beautiful Hiking Trails



If you don't visit it, you'll miss a journey back in time to the era of prehistoric forests. It's one of the few places in the world where nature still looks as it did millions of years ago!



Anaga Rural Park

The Anaga Mountains, located in northeastern Tenerife, are one of the island's wildest and most mysterious areas. This region has been declared a UNESCO Biosphere Reserve due to its unique ecosystems.

It is one of the few places in the world where you can still see laurisilva forests, a relic vegetation that has survived millions of years since prehistoric times. The misty atmosphere, humid air, and dense vegetation give it an almost magical quality.

Anaga is a paradise for hiking lovers, with numerous spectacular routes, such as the Sendero de los Sentidos, which passes through a thick forest, or the Camino del Barranco de Afur, leading through wild ravines to the ocean.

Some of Anaga's highest points offer stunning views of Tenerife's northern coast, including the famous Playa de Benijo, one of the most picturesque beaches on the island.



[See the map!](#)



8.5 - Barranco Del Infierno Gorge

A beautiful trekking trail that ends at a waterfall.



Don't miss the hike through the spectacular Barranco del Infierno! The trail leads to a hidden waterfall, and access is limited, so book in advance.





Barranco Del Infierno Gorge



Barranco del Infierno, meaning "Hell's Gorge," is one of the most beautiful and popular trekking routes in Tenerife. It is located in the town of Adeje, in the south of the island.

The route is about 6.5 km long (round trip) and passes through spectacular landscapes, including steep cliffs, lush vegetation, and rock formations. The trail ends at the highest natural waterfall in Tenerife, which is about 200 meters high.

The trail is well-prepared, but access is limited to a restricted number of tourists daily (a maximum of 300 people), so it is recommended to reserve your entry in advance.

Due to nature protection and safety, climbing outside the designated path is prohibited.

This is an ideal place for nature lovers, as you can encounter unique species of birds and exotic plants, including cacti and palms growing on the steep slopes of the gorge.



[See the map!](#)



8.6 - Cueva del Viento

One of the largest volcanic caves in the world.



Discover the secrets of Cueva del Viento! It is one of the largest volcanic caves in the world, an incredible underground maze created by nature thousands of years ago.





Cueva del Viento



Cueva del Viento, meaning "Wind Cave," is one of the longest lava tunnels in the world, measuring 18 km.

It is located near Icod de los Vinos in northern Tenerife and is a fascinating geological attraction of the island.

It was formed around 27,000 years ago as a result of the eruption of the Pico Viejo volcano. Inside, you can admire unique rock formations, such as lava stalactites, basalt columns, and an extensive system of underground corridors.

The cave is completely dark, and its intricate structure full of hidden passages means that visits are conducted exclusively with a guide.

This is an ideal place for geology and adventure enthusiasts. Rare invertebrate species adapted to life in the dark have been discovered in the cave.

For safety and environmental protection reasons, the number of visitors is limited, so it's recommended to book a visit in advance.



[See the map!](#)



8.7 - Garachico

A charming town with natural lava pools.



Garachico – the town that survived a volcanic eruption and still retains spectacular views. Today, instead of lava, you'll find natural pools, picturesque streets, and an atmosphere that says: "Stay longer!"



Garachico is one of the most beautiful and charming towns in Tenerife, located on the northwest coast of the island. It is a place where history blends with natural beauty, creating a unique atmosphere.

The History of Garachico – From Prosperity to Disaster

Founded in the 15th century by Genoese merchants, Garachico was one of Tenerife's most important commercial ports. Goods from South America and Europe arrived here, and the town experienced a period of great development.

Everything changed in 1706, when the catastrophic eruption of the Montaña Negra volcano occurred. The lava advanced relentlessly, destroying the port, many houses, and agricultural fields, almost completely halting the growth of the town.

Today, Garachico is a tranquil and picturesque town where you can still see the remnants of that tragedy, now part of the landscape and history.



[See the map!](#)

8.8 - Icod De Los Vinos

A picturesque village in Tenerife, famous for its majestic Millennium Drago Tree.



Icod de los Vinos – the town that knows the secret of longevity! Here grows the Millennium Drago Tree, an older tree than many legends. If you want to see a true elder of nature, this is the perfect place!



Icod De Los Vinos

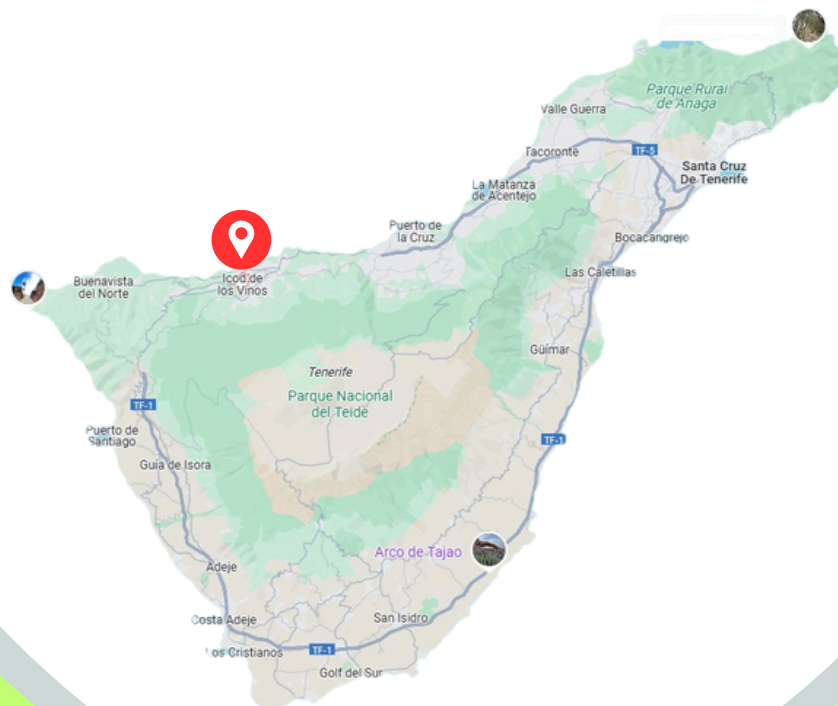
Icod de los Vinos is a picturesque town in northern Tenerife, best known for the impressive Millennium Drago Tree (Drago Milenario), estimated to be over 1000 years old.

It is one of the most important symbols of the island, surrounded by a beautiful park with endemic vegetation.

The town is also famous for its long tradition of winemaking – nearby vineyards produce exceptional wines, including the famous Malvasia.

Walking through its cobbled streets, you can admire colonial architecture, historic churches, and traditional Canarian houses with wooden balconies.

Surrounded by volcanic slopes and with views of Teide, Icod de los Vinos combines history, nature, and culture, making it an ideal place to discover authentic Tenerife.



[See the map!](#)



8.9 - Candelaria

A historic town in Tenerife, known for the Basilica of Candelaria and the worship of the Virgin.



The religious epicenter of Tenerife! The Basilica of Candelaria is the main place of worship for the Virgin of Candelaria, while the Monument to the 9 Guanches honors the legendary indigenous leaders. History, culture, and spirituality in one place!



Candelaria

Candelaria is one of the most important religious sites in Tenerife, located on the south coast of the island.

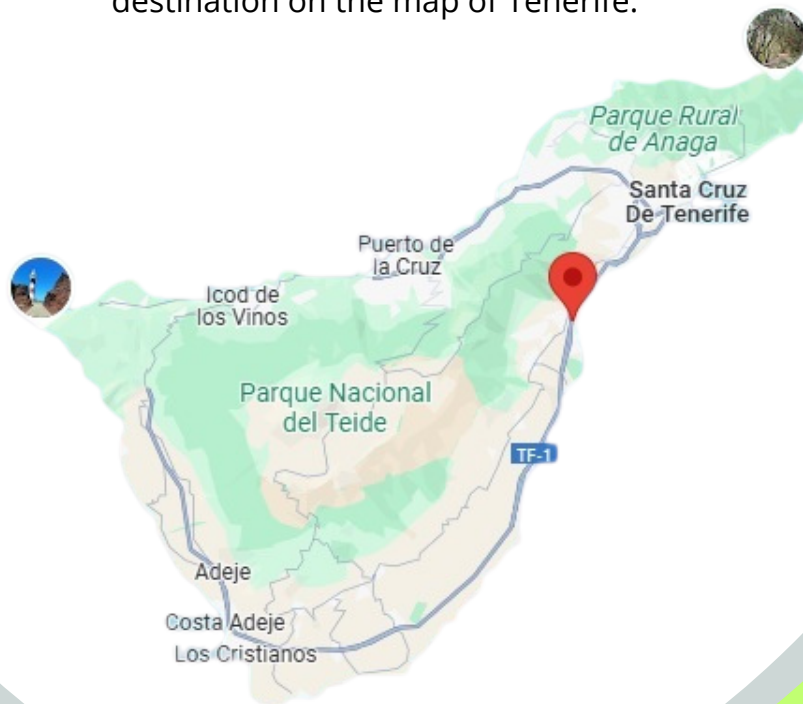
It is famous for its Basilica of Candelaria, a sanctuary dedicated to the Virgin of Candelaria, the patron saint of Tenerife.

According to legend, the image of the Virgin was found by the Guanches, the indigenous people of the island, on the coast of Candelaria.

Built in the 19th century, the basilica stands out for its architecture and each year in August, it hosts a large pilgrimage, attracting pilgrims from all over the island.

Another notable attraction is the Monument to the 9 Guanches, which honors the ancient indigenous leaders of Tenerife.

Candelaria is a place where religion, history, and culture merge, becoming a must-see destination on the map of Tenerife.



[See the map!](#)



9 - The best beaches of Tenerife

- 9.1 - [Playa de Las Teresitas](#) – golden sand from the Sahara
- 9.2 - [Playa del Duque](#) – yellow fine sand and black sand
- 9.3 - [Playa de Benijo](#) – dark volcanic sand
- 9.4 - [Playa Jardín](#) – dark volcanic sand
- 9.5 - [Playa de Abama](#) – light yellow sand
- 9.6 - [Playa de los Guios](#) – dark sand
- 9.7 - [Playa de la Tejita](#) – yellow sand
- 9.8 - [Playa de El Bollullo](#) – dark volcanic sand
- 9.9 - [Playa de Las Vistas](#) – light yellow sand
- 9.10 - [Playa de Almacíga](#) – dark volcanic sand



9.1 - Playa De Las Teresitas

One of the most famous beaches in Tenerife. The golden sand was brought from the Sahara, and the surrounding hills add a picturesque charm.



A beach with sand like in commercials! You don't need to travel to the Sahara to feel like you're in the desert.



Playa De Las Teresitas

Located in the picturesque village of San Andrés, near the island's capital, Santa Cruz de Tenerife, **Playa de Las Teresitas** is one of the most well-known and popular beaches in Tenerife.

The golden sand covering the beach was carefully brought from the Sahara, giving it a unique character that is completely different from other beaches on the island. The beach is sheltered from the wind by the nearby mountains, making the water calm and perfect for swimming, especially for families with children.

The surroundings, with beautiful hills and green areas, offer unforgettable views, and the hills themselves provide an excellent space for walks and landscape admiration.

The beach is well-equipped with numerous bars, restaurants, and also sunbeds and umbrellas for rent, making it an ideal spot to spend a whole relaxing day.

Without a doubt, it's one of the most beautiful and popular spots in Tenerife.



[See the map!](#)



9.2 - Playa Del Duque

An elegant beach with fine, clear sand. An ideal place for a luxurious break, surrounded by exclusive hotels and restaurants.



A beautiful coastline where the water is so blue that it's hard to believe it's the real ocean.



Playa Del Duque

Playa del Duque, located in the elegant neighborhood of Costa Adeje, is one of the most exclusive places on the island.

This beach is characterized by its fine, clear sand, which, along with the crystal-clear waters, creates the perfect conditions for relaxing and sunbathing. It radiates luxury, with the surrounding exclusive hotels, elegant restaurants, and boutiques.

In addition to its beautiful ocean views and luxurious infrastructure, Playa del Duque also offers a wide range of amenities, such as pools, spas, and access to water sports and recreational activities.

Despite its popularity among tourists, the beach maintains a tranquil atmosphere thanks to the ample space that allows for a comfortable rest.

Therefore, it's an ideal place for a luxurious break, whether for couples or families who wish to enjoy relaxation in prestigious surroundings.



[See the map!](#)



9.3 - Playa De Benijo

A wild and spectacular beach with dark volcanic sand. Surrounded by cliffs and rocks, ideal for nature lovers and photography enthusiasts.



For those who want to feel like they're at the end of the world, or at least at the end of Tenerife!



Playa De Benijo

Located in the picturesque Anaga Park, on the north coast of Tenerife, **Playa de Benijo** is a wild beach that captivates with its austere beauty.

Surrounded by monumental cliffs and volcanic rocks, it offers stunning views that attract photographers and nature lovers. The black volcanic sand, characteristic of this beach, makes it a unique and special place, completely different from other beaches on the island.

Due to its location, Playa de Benijo is less accessible and requires a short walk, which makes it less crowded and favors a more intimate atmosphere.

It's the perfect spot for those looking for quiet moments in nature, as well as for surfers who can find excellent conditions to practice their sport.

For those looking for a connection with the wild nature and forgotten charm of the island, Benijo is a true oasis of peace.



[See the map!](#)



9.4 - Playa Jardín

**Designed by the famous architect César Manrique.
In addition to its beautiful black sand, it offers
well-kept gardens and beautiful walks.**



As if someone turned a garden into a beach: the ideal place to feel like you're in a paradise garden, but with sand instead of grass!





Located in Puerto de la Cruz, **Playa Jardín** is a beach that stands out not only for its beautiful black sand but also for its unique architecture.

It was designed by the famous Canarian artist and architect César Manrique, which gives it a distinctive character.

Surrounded by well-maintained gardens and greenery, it's the perfect place to relax in a natural setting.

The walks, palms, exotic flowers, and numerous sculptures create an atmosphere that blends art with nature.

It's also an excellent place for walks along the coast, and the numerous cafes and restaurants offer a tasty break to enjoy a delicious meal.

Playa Jardín is a place that combines the beauty of the natural landscape with elements of human creativity, creating a space that captivates and inspires.



[See the map!](#)



9.5 - Playa De Abama

A small and charming cove with turquoise water and fine sand. A luxurious place, accessible via the Ritz-Carlton Abama hotel.



A beach where the turquoise waters say, "Hello, millionaire!" – but don't worry, everyone can come to relax for a while!



Playa De Abama

Playa de Abama, located in the exclusive area of Guía de Isora, is a small but incredibly charming beach that attracts with its turquoise waters and fine golden sand.

This exclusive cove is primarily available to guests of the luxurious Ritz-Carlton Abama hotel, making it one of the most intimate and prestigious locations in Tenerife. Of course, anyone can enjoy it.

The beach is surrounded by cliffs and lush vegetation, giving it a tropical and tranquil character.

Thanks to its location, Playa de Abama is known for its tranquility and relaxation, and the water access is extremely comfortable, making it the ideal place to rest away from the crowds.

Around the beach, there are luxury services such as restaurants serving local dishes and wellness areas that allow you to fully immerse yourself in an atmosphere of relaxation and comfort.



[See the map!](#)



9.6 - Playa De Los Guios

An extraordinary beach at the foot of the massive cliffs of Acantilados de los Gigantes. Panoramic views guaranteed!



When you want to feel like you're in a movie – the giant cliffs leave a bigger impression than the best blockbuster!



Playa De Los Guios

Playa de los Guios is a unique beach located at the foot of the massive cliffs of Acantilados de los Gigantes, which reach heights of up to 800 meters above sea level.

These powerful and dramatic rock formations make this one of the most picturesque spots on the island, offering spectacular views of both the ocean and the cliffs themselves.

The dark volcanic sand of the beach contrasts with the turquoise water, creating an incredible atmosphere that attracts tourists from around the world. The beach is well-prepared to receive visitors, with numerous restaurants and bars nearby offering local dishes and drinks.

Ideal for sunbathing, swimming, and photography, Playa de los Guios is also an excellent spot for water sports, such as kayaking or sailing.

This exceptional beach combines natural beauty with modern infrastructure, making it the perfect place to spend the whole day.



[See the map!](#)



9.7 - Playa De La Tejita

One of the longest natural beaches on the island. Known for its windy climate, it's ideal for walks and relaxation, with beautiful views of the ocean and cliffs.



Where the wind blows in such a way that you can feel like a hero in an adventure movie, but without the tension!



☀ Playa De La Tejita ☀

Playa de la Tejita, located next to El Médano, is one of the longest natural beaches in Tenerife, and its spaciousness and beautiful landscape make it the perfect place to relax and enjoy an active rest.

The beach is especially known for its windy climate, which attracts water sports enthusiasts. The long stretch of sand along the coast also makes it an excellent spot for walks while admiring the stunning views.

In the background, you can see the majestic Montaña Roja, adding to the beach's charm. Playa de la Tejita is less developed than other beaches on the island, which allows for a greater connection with nature.

Although it doesn't have many facilities, it's undoubtedly a place for those who appreciate the tranquility and natural beauty of Tenerife.



[See the map!](#)



9.8 - Playa De El Bollullo

One of the most authentic beaches with black volcanic sand. Ideal for those seeking tranquility and a connection with nature.



If you want to feel like you're at a beach that only you and the waves know about, this place is like a private paradise – but you don't need a yacht!





Playa De El Bollullo



Playa de El Bollullo, located in the picturesque area of La Orotava, is a wild and authentic beach with black volcanic sand that has gained popularity among those seeking more secluded and natural spots.

The beach is surrounded by steep cliffs and green hills, making it one of the most picturesque places in northern Tenerife.

It's the perfect spot for those who want to relax in peace, away from the hustle and bustle of tourist resorts.

Due to its isolated location, El Bollullo is an excellent choice for nature lovers who want to feel close to the ocean and nature.

The beach is accessed via a narrow path, making it not too crowded, and the atmosphere here is intimate and tranquil.



[See the map!](#)



9.9 - Playa De Las Vistas

**One of the most popular beaches in the south.
It has fine, clear sand, and is ideal for families.**



For those who enjoy the sun with views of the mountains and calm waters, it's simply a classic!



Playa De Las Vistas

Playa de Las Vistas, located in the popular resort of Los Cristianos in the south of Tenerife, is one of the most well-known beaches on the island.

With a wide stretch of fine, clear sand and turquoise waters, it's an excellent place for swimming and sunbathing.

Thanks to its convenient location, it's easily accessible and well-equipped, offering numerous amenities such as sunbeds, umbrellas, and several nearby restaurants and bars.

The beach is also ideal for families with children, as the water is relatively shallow and calm.

Las Vistas is also an excellent place for walks along the promenade that runs along the beach, offering beautiful views of the coast and surrounding areas.



[See the map!](#)



9.10 - Playa De Almáciga

A wild and beautiful beach with black sand, frequently visited by surfers. It's located in a picturesque setting.



Here, where black sand meets the blue sky, every wave sounds like, 'Hello, relaxing!' – come, and it will greet you with open arms.



Playa De Almáciga

Located in the picturesque setting of Anaga Park, **Playa de Almáciga** is one of the wildest beaches in Tenerife.

The dark volcanic sand and the rugged landscape with impressive cliffs and hills create a unique atmosphere that attracts tourists looking to be in touch with nature.

The beach is known for its excellent surfing conditions, thanks to the strong waves and winds that make it an ideal place for water sports enthusiasts.

Although accessing the beach requires a walk, the effort is well worth it to experience the magic of this place, which fascinates with its wildness and beauty.

Almáciga is a beach that perfectly combines elements of adventure, nature, and extreme sports, while also offering tranquility and harmony in a stunning natural setting.



[See the map!](#)



10 - What is worth eating in Tenerife?

10.1 - Papas Arrugadas with Mojo 🥔🔥

10.2 - Gofio 🌾🥣

10.3 - Ropa Vieja 🍖🍲

10.4 - Conejo en Salmorejo 🐰🍲

10.5 - Puchero Canario 🍲🍷

10.6 - Almogrote 🧀🔥

10.7 - Canarian cheeses (Queso Canario) 🧀

10.8 - Fish and seafood 🐟🦐



10.1 - Papas Arrugadas with Mojo

What is it?

Small potatoes cooked in very salty water (traditionally in seawater) until the skin wrinkles. They are served with two sauces: red mojo (spicy, made from peppers and chili) and green mojo (milder, made from cilantro).

Where to try it?

You can try them at any local guachinche, a traditional Canarian restaurant that serves homemade food and local wines. You will especially find them in the north of Tenerife, where more authentic family-run establishments have been preserved.



10.2 - Gofio

What is it?

Toasted corn or wheat flour, which is the base of Canarian cuisine. It is added to soups, milk, and even desserts. Popular dishes with gofio include gofio escaldado (a thick soup) and mousse de gofio (a sweet mousse).

Where to try it?

You can try it in restaurants serving Canarian cuisine, especially in the north of Tenerife, where traditional dishes are most popular. It's worth visiting the local guachinches, where gofio frequently appears in homemade recipes.



10.3 - Ropa Vieja

What is it?

A traditional stew made of meat (beef or chicken), chickpeas, potatoes, onions, and spices. Its name means "old clothes," as the meat is shredded into fine strands.

Where to try it?

You can try it in restaurants serving Canarian cuisine, especially in Santa Cruz and La Laguna, where there are many establishments specializing in traditional dishes. It's also recommended to look for it in guachinches, which are family-run restaurants serving authentic Canarian flavors.



10.4 - Conejo en Salmorejo

What is it?

Rabbit marinated in wine, garlic, and spices, then stewed until the meat is tender and aromatic.

Where to try it?

You can try it in traditional restaurants in the north of Tenerife, especially in guachinches, where it's prepared with homemade recipes, often served with papas arrugadas and mojo sauce.



10.5 - Puchero Canario

What is it?

The Canarian version of a stew: a rich broth with various meats (pork, beef, chicken), vegetables (cabbage, sweet potatoes, pumpkin), and chickpeas.

Where to try it?

You can try it in homemade food bars (guachinches), especially in the north of Tenerife, where traditional cuisine is still alive and served according to family recipes.



10.6 - Almogrote

What is it?

A spicy paste made from cheese from the island of La Gomera, made with cured cheese, garlic, olive oil, and peppers. It's delicious with bread!

Where to try it?

You can try it in restaurants serving Canarian cuisine and in local product shops, especially in La Gomera and Tenerife, where it is a popular delicacy.



10.7 - Canarian cheeses (Queso Canario)

What is it?

The islands are famous for their sheep and goat cheeses, often grilled and served with mojo or palm honey.

Where to try it?

You can try it in local product markets and in restaurants, especially those specializing in traditional Canarian cuisine.



10.8 - Fish and seafood

The most popular are:

- Vieja – a local fish, also known as parrotfish, with a delicate and sweet flavor.
- Calamares a la Romana – breaded squid.
- Cherne – a Canarian fish with firm flesh.

Where to try it?

You can try them in coastal restaurants, especially in Los Cristianos or Las Galletas in the south, and Garachico in the north of Tenerife, where fresh, local fish is served straight from the ocean.



11 - Water and Zoological Parks

Tenerife offers a wide variety of parks, from exciting water parks to educational and interactive zoos! Whether you prefer water adventures or want to meet exotic animals, the island has everything you need for a perfect, fun-filled day.

11.1 - [Siam Park](#) 🏰🌊 – water park

11.2 - [Aqualand Costa Adeje](#) 🌊🏊 – water park

11.3 - [Loro Parque](#) 🦜🌳 – zoological park

11.4 - [Jungle Park](#) 🌳🐒 – zoological park



11.1 - Siam Park

Siam Park is the undisputed leader of water parks in Tenerife, and one of the best in the world! Here, you'll find not only spectacular water slides but also a unique atmosphere inspired by Thailand. The park features a wave pool with waves up to 3 meters high, the Tower of Power (a 28-meter-high slide), and a lazy river area. Additionally, there's a perfect beach for sunbathing and relaxing.

Location:

Costa Adeje, Tenerife South.

Book here



11.2 - Aqualand Costa Adeje

Aqualand is another popular water park in Tenerife, offering a variety of water attractions, ideal for families with children.

The park features several slides, wave pools, and an area for younger kids.

Aqualand is also famous for its dolphinarium, where you can enjoy dolphin shows.

Location:

Costa Adeje, Tenerife South.

Book here →



11.3 - Loro Park

Loro Parque is one of the best and most popular zoos in Tenerife, and also one of the best in the world. Here you'll find an enormous collection of parrots (more than 3,000 specimens), but also other amazing animals such as dolphins, orcas, sea lions, penguins, gorillas, tigers, and many more.

The park also has a spectacular aquarium and recreates the animals' natural habitats in a very modern and respectful way.

Location:

Puerto de la Cruz, Tenerife North.

Book here →



11.4 - Jungle Park

Jungle Park is a themed zoo park that combines elements of an amusement park with a zoo.

Here, you'll find many wild animals, including monkeys, birds of prey, and shows such as the birds of prey show.

Additionally, the park offers zipline routes and other attractions for those seeking adventure.

Location:

Arona, Tenerife South.

Book here →



12 - Attractions in Tenerife

- 12.1 - Catamaran cruise - dolphin and whale watching
- 12.2 - Yacht cruise - dolphin and whale watching
- 12.3 - Jet skis - guided safari along the coast
- 12.4 - Fishing from a boat - guided fishing cruise
- 12.5 - Scuba diving - underwater adventure in an incredible location
- 12.6 - Kayaking - kayaking adventure and turtle watching
- 12.7 - Tandem paragliding - stunning views
- 12.8 - Go-karting - racing on a professional track in fast go-karts
- 12.9 - Rope park - Forestal Park in the north of Tenerife
- 12.10 - Guided tours - a variety of options to choose from



12.1 - Catamaran cruise

If you dream of a relaxing day on the ocean, surrounded by blue waters and breathtaking views, a catamaran ride through the waters of Tenerife is one of the best activities on the island.

It's not only an opportunity to relax and admire the picturesque coastline but also an incredible chance to encounter wildlife such as dolphins and whales.

Most excursions last between 2 and 5 hours, depending on the package chosen.

During the tour:

You'll observe dolphins and whales.

You'll admire the cliffs of Los Gigantes.

You'll stop for a swim in the ocean.

Book here →



12.2 - Yacht cruise

A yacht ride through the waters of Tenerife is a unique experience that combines luxury, privacy, and stunning views of the ocean and the island's coast. It's the ideal option for those who value comfort and an intimate atmosphere, as well as for those who dream of sailing in premium style.

Yacht rides are available in different formats, from several-hour excursions to full-day expeditions. You can also rent a yacht for a private ride, which is a great option for a romantic adventure or an exclusive trip with friends.

During the tour:

You'll observe dolphins and whales.

You'll admire the cliffs of Los Gigantes.

You'll stop for a swim in the ocean.

[Book here](#)



12.3 - Jet skis

If you're looking for thrills and adrenaline, a jet-ski ride across the ocean is one of the most popular water attractions in Tenerife. It's the ideal option for speed lovers and those who want to admire the island from a completely new perspective.

Depending on the package chosen, you can opt for short rides (around 30 minutes) or longer aquatic safaris lasting up to 2 hours, covering the most beautiful stretches of coastline.

During the tour:

You'll ride at high speed across the ocean.

You'll explore the coastline from the sea.

You'll have the opportunity to see dolphins.

You'll stop to swim and snorkel.

You'll experience a thrilling sense of freedom and excitement.

Book here →



12.4 - Fishing from a boat

If you dream of an exciting adventure in the Atlantic, boat fishing in Tenerife is the perfect attraction for you! Thanks to the rich waters surrounding the island, you'll have the chance to catch true sea giants while enjoying stunning views and relaxing in the ocean.

Fishing excursions are available for both beginners and experienced anglers. You can choose shorter trips of a few hours or full-day expeditions in search of larger specimens.

During the tour:

You'll fish in one of the best places in the world.

You'll have the opportunity to catch record-breaking specimens.

You'll admire the beauty of the ocean and wildlife.

No experience is necessary.

You'll enjoy a relaxed atmosphere.

Book here →



12.5 - Scuba diving

Tenerife is a true paradise for divers, offering stunning underwater landscapes, crystal-clear water, and rich marine life. Thanks to the mild climate and warm waters of the Atlantic Ocean, diving is possible year-round, and the water clarity allows you to admire the underwater world even at 30 meters depth.

One of the most fascinating aspects of diving in Tenerife is the unique rock formations created by ancient volcanic eruptions. The solidified lava has formed underwater caves, tunnels, and basalt columns that look like true natural cathedrals hidden beneath the surface.

At places like Montaña Amarilla or Cueva de Palm Mar, you can explore these spectacular structures, which are exclusive to the Canary Islands, and with a bit of luck, you might spot turtles, rays, or even angel sharks.

Book here →



12.6 - Kayaking

If you're looking for an active yet relaxing activity, a kayak excursion in Tenerife is a perfect option! It's one of the best ways to admire the island's spectacular landscapes, reach hidden coves, and encounter dolphins and sea turtles in their natural habitat.

Excursions are organized for both beginners and experienced kayakers. No prior experience is needed, as guides provide a brief instruction before starting.

During the tour:

You'll paddle along the picturesque coastline.

You may encounter dolphins and sea turtles.

You'll reach hidden beaches and caves.

You'll stop for snorkeling.

You'll feel an amazing connection with nature.

Book here →



12.7 - Tandem paragliding

Tandem Paragliding; If you dream of a unique adventure that offers excitement and breathtaking views, a paragliding flight over Tenerife is the perfect attraction! It's one of the most thrilling activities on the island, allowing you to see its landscapes from an entirely new perspective.

No prior experience is needed, as flights are done tandem with a professional pilot who controls the entire flight.

During the tour:

You'll take off from high viewpoints.

You can record your adventure.

You'll land on the beach or in the valleys.

You'll feel an incredible sense of freedom and lightness.

You'll soar over stunning landscapes that will leave you breathless.

Book here →



12.8 - Go-karting

If you're looking for exciting fun that brings speed, competition, and adrenaline, karting in Tenerife is an excellent choice! Whether you're a beginner driver or an experienced racer, the karts on the island promise great fun for everyone.

In Tenerife, you'll find modern and well-equipped karting circuits that offer different types of vehicles for both adults and children.

During the tour:

You'll compete against the clock.

You'll experience the racing atmosphere.

You'll feel the thrill of a real competition.

You'll test your driving skills.

You'll adjust the kart according to your level.

Book here →



12.9 - Rope park - Forestal

If you're looking for active thrills and want to spend time surrounded by nature, Forestal Park Tenerife is the ideal place! It's the largest adventure park in the Canary Islands, located in the picturesque Esperanza Forest, near Teide National Park. Here, you'll find routes full of obstacles, bridges, zip lines, and platforms that will make you feel like a true explorer.

The park offers different difficulty levels, so both kids and adults will find something for them. It's a great attraction for families, groups of friends, and those who love active entertainment and adrenaline.

During the tour:

You'll zip-line across the park.

You'll enjoy the beautiful nature.

You'll feel the adrenaline and satisfaction.

You'll overcome hanging bridges and obstacles.

Book here →



12.10 - Guided tours

Tenerife not only offers beautiful beaches and turquoise waters but also a fascinating history, rich culture, and stunning landscapes. By choosing an excursion with an experienced guide, you'll have the opportunity to discover places you won't find in guidebooks.

Dive into the authentic charm of Tenerife, learn its secrets, and live unforgettable moments with a local guide.

During the tour:

You'll go on a hike.

You'll taste local delicacies.

You'll visit picturesque villages.

You'll discover the majestic Teide volcano.

You'll explore the most beautiful places in Tenerife.

Book here →



13 - Natural pools

- 13.1 - [El Caletón in Garachico](#) - Northern Tenerife
- 13.2 - [Charco de la Laja](#) - Northern Tenerife
- 13.3 - [Charco del Tancón](#) - South-Western Tenerife
- 13.4 - [Charco de Los Chochos](#) - Northern Tenerife
- 13.5 - [El Pris Piscina Natural](#) - Northern Tenerife
- 13.6 - [Piscinas de Bajamar](#) - Northern Tenerife
- 13.7 - [Charco de los Abrigos](#) - Southern Tenerife
- 13.8 - [Charco de Isla Cangrejo](#) - Western Tenerife



13.1 - El Caletón in Garachico

El Caletón is one of the most picturesque spots in Tenerife, located in the charming town of Garachico on the island's north coast. These natural volcanic pools were formed as a result of the Trevejo volcano eruption in 1706. The lava formations that reached the ocean created these unique rocky pools, which today are one of the main attractions in this part of the island.

Why visit El Caletón?

Natural beauty – The black volcanic rocks contrast with the turquoise ocean water, creating an unforgettable view.

Safe swimming – Although the ocean in this part of Tenerife can be rough, the pools offer calmer and protected areas for swimming.

Ideal place to relax – The stone terraces around the pools provide comfortable spaces to sunbathe and unwind.

Proximity to historic Garachico – A stroll through the town's picturesque streets allows you to experience the atmosphere of the island's former capital and admire traditional Canarian architecture.



13.2 - Charco De La Laja

Charco de la Laja is one of the most beautiful natural pools in Tenerife, located in the town of San Juan de la Rambla on the island's north coast. This exceptional volcanic pool was created due to past volcanic activity and is surrounded by rugged black rocks that protect it from the ocean's strong waves.

Why visit Charco de la Laja?

Crystal-clear water – Thanks to natural filtration, the pool's water is clear and perfect for a refreshing swim.

Wild and picturesque scenery – The surroundings of Charco de la Laja impress with their natural beauty and the contrast between the volcanic rocks and the deep blue ocean.

A quieter alternative – It is a less crowded place than other popular natural pools, making it ideal for those seeking relaxation.

Close to local attractions – After swimming, you can explore the charming town of San Juan de la Rambla and try local dishes in nearby restaurants.



13.3 - Charco Del Tancón

Charco del Tancón is one of the most spectacular natural pools in Tenerife, hidden among volcanic rocks near Puerto de Santiago on the island's southwest coast. It is a unique sea cave where the crystal-clear water creates an extraordinary natural pool, offering unforgettable experiences for adventure lovers.

Why visit Charco del Tancón?

Magical scenery – The natural cave with transparent, turquoise water gives the feeling of a hidden, paradise-like spot.

Crystal-clear water – The pool is connected to the ocean, ensuring a continuous supply of fresh water and spectacular light effects inside the cave.

⚠ Warning! Charco del Tancón can be very dangerous, especially during high waves. The water entering the cave creates strong currents, which can be a threat even for experienced swimmers. Due to the risk of drowning, great caution is required, and swimming should be avoided when the ocean is rough.



13.4 - Charco De Los Chochos

Charco de Los Chochos is one of Tenerife's lesser-known yet extremely picturesque natural pools, located in the municipality of Los Silos on the island's north coast. It is the perfect place for those seeking a peaceful swim while enjoying crystal-clear waters and spectacular views of the ocean and majestic cliffs.

Why visit Charco de Los Chochos?

Peaceful and safe swimming – Thanks to its protected structure, the pool is shielded from the ocean's strong waves, making it an excellent spot for relaxation.

Crystal-clear water – Natural filtration makes the water in Charco de Los Chochos exceptionally clear, ideal for swimming and snorkeling.

View of the cliffs and Mount Teide – While swimming here, you can admire breathtaking landscapes that combine the ocean, cliffs, and the imposing Teide volcano in the background.

Proximity to other natural attractions – Nearby, you can find other picturesque natural pools and the famous Cueva del Agua cave.



13.5 - El Pris Piscina Natural

El Pris Natural Pool is a scenic natural pool located in the small, traditional fishing village of El Pris, on Tenerife's northeast coast, in the municipality of Tacoronte. This tranquil pool, surrounded by volcanic rocks, offers safe conditions for swimming and relaxation. Its location makes it a perfect spot to enjoy spectacular sunsets and views of Mount Teide.

Why visit El Pris Natural Pool?

Safe swimming – The pool is protected from strong ocean waves, making it an ideal place to swim, even for those with less experience.

Authentic atmosphere – El Pris is a small fishing village where you can enjoy the local ambiance and try fresh seafood at seaside restaurants.

Stunning views – From the pool, you can enjoy a wonderful panoramic view of the ocean and the imposing Teide volcano in the background.

Perfect for relaxation – The concrete terraces around the pool provide a comfortable space for sunbathing and resting.



13.6 - Piscinas De Bajamar

The Bajamar Natural Pools are among the most beautiful natural pools in Tenerife, located on the island's north coast, in the municipality of Bajamar (within La Laguna). It is a perfect place to relax and swim safely in the crystal-clear waters of the Atlantic, even when the ocean is rough.

Why visit the Bajamar Natural Pools?

Excellent swimming conditions – Two large pools and a smaller one for children offer a safe space to swim, even when the ocean is rough.

Impressive ocean waves – Although the pools are protected, you can often see spectacular waves crashing against the concrete walls of the area.

Great infrastructure – The place is well-equipped for tourists, with showers, restrooms, changing rooms, and lifeguards ensuring the safety of swimmers.

Close to the beach – Next to the pools, there is a small sandy beach, ideal for those who prefer swimming in the ocean.



13.7 - Charco De Los Abrigos

Charco de Los Abrigos is a little-known yet incredibly scenic spot, located near the village of Los Abrigos on Tenerife's south coast. It is the perfect place for those looking for a peaceful retreat to relax, surrounded by volcanic rocks and the crystal-clear waters of the Atlantic.

Why visit Charco de Los Abrigos?

Natural beauty – The rock formations and crystal-clear waters create an impressive and wild landscape.

Tranquil atmosphere – This spot is less touristy than other natural pools in Tenerife, ensuring an intimate and relaxing experience.

Ideal for snorkeling – The clear water and abundant marine life make this an excellent place for observing fish and other sea creatures.

Proximity to the picturesque village of Los Abrigos – After swimming, you can visit this charming fishing village and try fresh seafood at local restaurants.



13.8 - Charco De Isla Cangrejo

Charco de Isla Cangrejo is a picturesque natural pool located in the tourist town of Los Gigantes, on Tenerife's west coast. Hidden among volcanic rocks, it offers a tranquil swimming environment and breathtaking views of the Atlantic Ocean and the towering Los Gigantes cliffs.

Why visit Charco de Isla Cangrejo?

View of the Los Gigantes cliffs – It is one of the best spots to admire these monumental rock formations that rise up to 600 meters above sea level.

Peaceful pool – Thanks to the natural barriers formed by volcanic rocks, the pool is protected from strong waves, offering safer swimming conditions.

Relaxation away from the crowds – Although Los Gigantes is a popular tourist destination, Charco de Isla Cangrejo remains relatively quiet and uncrowded.

Ideal place to watch the sunset – In the evening, you can enjoy spectacular views as the sun slowly sets on the horizon.



14 - PRACTICAL TIPS

14.1 - Currency and payments

- The currency in Tenerife is the euro (EUR).
- Most places accept card payments, but it's good to have cash for small shops, markets, and some restaurants.
- ATMs are widely available, though they may charge withdrawal fees.
- Tipping is not mandatory but appreciated—5-10% is common in restaurants.

14.2 - Language and communication

- The official language is Spanish, but in tourist areas, many locals speak English and German.
- Useful phrases:
 - Hola! (Hello!)
 - Gracias (Thank you)
 - ¿Cuánto cuesta? (How much does it cost?)
 - La cuenta, por favor (The bill, please)
- Internet is widely available, and many cafes, hotels, and restaurants offer free Wi-Fi.
- You can buy a local SIM card or use EU roaming.

14.3 - Transport and getting around the island

- Renting a car is the most convenient option—prices start at €20-30 per day.
- Highways are toll-free, but mountain roads can be challenging for inexperienced drivers.
- Public transport (Titsa buses) is well-developed—consider getting a Ten+ card for cheaper fares.
- Taxis are easily available and relatively affordable; always ensure the driver uses the meter.

14.4 - Weather and clothing

- Tenerife has a mild climate year-round: 25-30°C in summer, 18-24°C in winter.
- In the mountains and Teide National Park, temperatures drop significantly—bring warm clothing.
- Sunscreen (SPF 50) is essential, even in winter.
- Comfortable shoes are recommended, especially for hiking.



14.5 - **Health and safety**

- Tap water is safe for washing, but bottled water is recommended for drinking.
- Pharmacies are well-stocked, and many medications are available without a prescription.
- In case of emergency, dial 112.
- The EHIC (European Health Insurance Card) provides basic medical coverage, but additional travel insurance is recommended.
- Be cautious of strong ocean currents—swim only in designated safe areas.

14.6 - **Local customs and culture**

- Spaniards eat late: lunch around 2 PM, dinner from 8 PM onwards.
- Many small shops and restaurants close on Sundays.
- Bargaining is common in markets, especially for handmade products and souvenirs.
- Some beaches, like Playa de la Tejita, allow nudism.

14.7 - **Shopping and souvenirs**

- Tenerife has a lower VAT (IGIC - 7%), making electronics, perfumes, and alcohol cheaper than on the mainland.
- Popular souvenirs:
 - Handmade ceramics and lace
 - Canarian wines and banana liqueurs
 - Mojo sauces and local spices
 - Goat cheese and local honey

14.8 - **Shopping and souvenirs**

- Tenerife is a year-round destination, but the best months are September-November and March-May.
- High season (December-February, July-August) means more crowds and higher prices.
- The Santa Cruz de Tenerife Carnival (February) is a major cultural highlight.



14.9 - What to know before your trip

- Tenerife follows UTC +0 in winter, UTC +1 in summer (same as London, one hour behind mainland Spain).
- Travel insurance is advisable, especially if planning water sports.
- To climb Mount Teide's peak, you must book a free permit online in advance.

14.10 - What to avoid in Tenerife?

- Overexposure to the sun – Tenerife's sun is strong, increasing the risk of sunburn.
- Swimming in unmarked areas – ocean currents can be deceptively strong.
- Feeding wild animals – applies to both city pigeons and marine life like turtles and dolphins.
- Inappropriate clothing in sacred places – cover shoulders and knees when visiting churches.
- Going to Teide without preparation – sudden weather changes can be dangerous.
- Leaving valuables on the beach – thefts can happen, especially in touristy areas.
- Leaving valuables in cars – especially during excursions or shopping trips.
- Ignoring nature protection rules – don't pick plants or walk on dunes.
- Disrespecting locals – loud behavior at night and lack of courtesy are frowned upon.
- Littering – keep beaches and trails clean.

With these tips, your trip to Tenerife will be even more enjoyable and hassle-free!



15 - Useful links in Tenerife

Airports

 [Tenerife South Airport \(TFS\)](#)

 [Tenerife North Airport \(TFN\)](#)

Weather and Meteorological Conditions

 [AEMET – Weather forecast](#)

 [Windy – Wind and weather conditions](#)

Safety and Health


 [112 Canarias – Emergency services](#)


 [Hospital Universitario de Canarias – Largest hospital \(North\)](#)

 [Hospiten Sur – Hospital in the South](#)



Attractions and Tickets

 [Siam Park – Water park](#)


 [Loro Parque – Wildlife park](#)

 [Forestal Park – Zipline adventure park](#)

 [Teide National Park – Entry reservation required](#)

 [Avemto Attractions Zone – Tours and boat trips](#)

Shopping and Local Products


 [Mercado Nuestra Señora de África – Largest market in Santa Cruz de Tenerife](#)

 [Centro Comercial Siam Mall – Popular shopping center in Costa Adeje](#)

 [El Corte Inglés – Iconic luxury department store in Spain](#)

Local Events and Festivals

 [Santa Cruz Carnival – Official page](#)

 [Tenerife Auditorium – Concerts and events](#)



16 - SUMMARY

The guide you have before you has been created with everyone in mind who wants to make the most of their trip to Tenerife. We have put great effort into developing a document that not only provides essential information but also helps you feel comfortable and safe on this wonderful island.

We understand that traveling can present challenges, from choosing the right accommodation to organizing transportation and understanding local customs. That is why we have done our best to make each section of this guide as clear and user-friendly as possible, whether you are visiting Tenerife for the first time or returning once again.

Each chapter is designed to help you discover the island in its entirety. With divisions by regions and attractions, you will have the opportunity to plan the perfect trip based on your interests and preferences. We want you to relax on the beaches of Costa Adeje, explore charming villages, hike volcanic trails, or simply indulge in the local gastronomy.

This guide also includes a series of practical tips to make your stay on the island easier, save you time, and help you avoid common tourist inconveniences. We have gathered useful information on transportation, currency, local customs, and safety so you can focus on enjoying your trip without worries.

Ultimately, Tenerife is a place full of contrasts and unique magic, from its towering mountains to its golden beaches, from bustling resorts to peaceful corners in the heart of nature. We hope our guide helps you discover both the most well-known places and the hidden treasures of the island.

We wish you unforgettable memories, fascinating adventures, and many joyful moments in Tenerife. We hope that our work contributes to making your stay truly satisfying and that this island remains forever in your heart as one of the most beautiful places in the world.

"Travel is the only thing you spend money on that makes you richer."



Thank you for using our guide!

We hope this guide helps you discover the most amazing places, the most authentic flavors, and the unique adventures that Tenerife has to offer. We have worked hard to make it as practical and accessible as possible so that you can fully enjoy your trip.

Wishing you unforgettable moments, breathtaking landscapes, and wonderful memories!

Have a great trip! 🌴☀️

📌 If you found this guide helpful, share your opinion [HERE](#) or scan the QR code



✉️ Do you have any suggestions or comments? Contact us at: info@avemto.com

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