

Canary Islands



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Atlantic Ocean

La Palma



Tenerife



La Gomera

Gran Canaria



Fuerteventura



Lanzarote

La Graciosa



El Hierro



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INTRODUCTION

A privileged climate all year round, idyllic beaches, nature, culture, entertainment... It's so easy to fall in love with the **Canary Islands**. Paradise out in the Atlantic Ocean, eight islands each with its own spirit and its own personality.

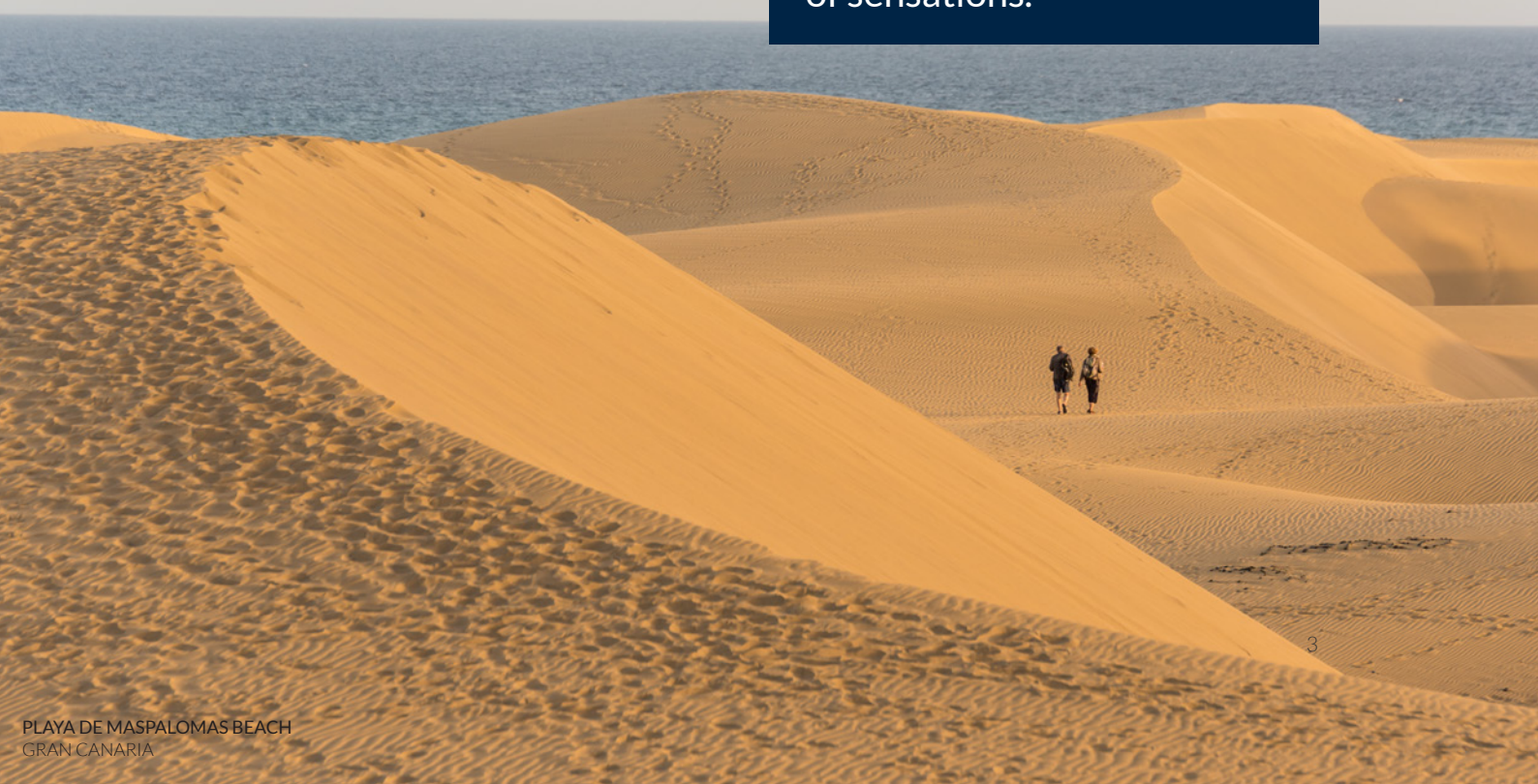
At any time of the year you can take a dip, lie in the sun or go *windsurfing* on **fine, sandy beaches** with crystal-clear waters. But the Canary Islands have much more to offer than the seaside. The interior of the islands is ideal for hiking, cycling, climbing and pot-holing.

Towns and cities full of **fun** and charm are the perfect complement for these outdoor activities. In the islands you'll find nightlife and festivities to suit all tastes, as well as traditions like the unmissable carnival.

The Canary Islands also mean **nature**: The islands are home to four National Parks and Biosphere Reserves. There are surprising volcanic landscapes in Lanzarote, there's the Teide in Tenerife (an inactive volcano which is the highest mountain in Spain), the sand dunes in Fuerteventura and Gran Canaria, the exuberance of El Hierro and the green forests in La Palma and La Gomera.

If you're interested in **culture**, then you must visit monumental sites like the World Heritage City of San Cristóbal de la Laguna in Tenerife. Or enjoy works by the painter, sculptor and architect, César Manrique. Viewing points, gardens, installations along the coast, cultural centres... An extraordinary dialogue between the artist, the countryside and the natural environment which will leave you lost for words.

Come to the Canary Islands
and discover a whole world
of sensations.



GRAN CANARIA

Can you imagine a miniature continent where there is so much to do that every single day is special? That is Gran Canaria, an island of contrasts.

The lively capital city provides a wide selection of leisure activities, as well as being a benchmark for those who love shopping and water sports. In the north you'll find delightful seaside towns, ideal for resting and enjoying the cuisine. In the south you'll love the endless beaches and sand dunes sculpted by the wind on a daily basis. Whatever you like doing, you're bound to have fun here.

► BASILICA CATHEDRAL OF SANTA ANA
LAS PALMAS DE GRAN CANARIA



CULTURE

Take a walk through the historical old town, the **Vegueta** neighbourhood, in Las Palmas de Gran Canaria, the capital of the island. Here you'll find the **Cathedral of Santa Ana**, a blend of Gothic, Renaissance and Neoclassical architecture with magnificent twin towers. It houses the **Diocesan Museum of Sacred Art** which exhibits a number of valuable artistic objects, paintings and an important collection of Spanish sculpture.

Stroll around the delightful, lively streets near the cathedral, all full of colourful facades, and while you're there you should visit the **Vegueta Market**.

Nearby you'll see the old Governor's House which is now the **House of**

Columbus. Here you can learn about the history of the Canary Islands, their relationship with America and the footprint left on the islands by the explorer.

A walk through the elegant **Triana** neighbourhood will reveal architectural gems like the **Pérez Galdós Theatre**, the **Literary Cabinet** and the **Church of San Francisco**.

The museums are another of the tourist attractions in Las Palmas. The **Néstor Museum** is devoted to one of the main artists of Spanish Symbolism. To explore the Pre-Hispanic culture and the history of the archipelago, the best place is the **Canario Museum**.

The **Pérez Galdós Home-Museum** exhibits furniture, personal objects, books and documents belonging to this famous Spanish writer from the Canary Islands. Meanwhile, the **Atlantic Centre of Modern Art (CAAM)** is one of the most important art centres in the whole archipelago, specialising in Canary Island artists from the 1930s and 1940s.

The **Tufia archaeological site** is surrounded by coast and consists of a Pre-Hispanic Canary Island settlement comprising caves and stone houses.

The biggest festival on the island is the **Gran Canaria Carnival** which takes place between January and March (depending on the year). Here are the essential events you should mark on your calendar: the Gala Queen celebration, the carnival troupe, street band and fancy-dress competitions and the Grand Parade.

NATURE

The island overflows with natural life. Following the network of trails on foot or by bike is a magnificent way of exploring the Biosphere Reserve.

One of the most unforgettable experiences you can enjoy in Gran Canaria is whale watching in **Puerto Rico**. You don't need to go far from the coast before you find dolphins, finback whales, long-finned pilot whales, sperm whales... Your best bet is to be guided by the experts who know all about the waters where these creatures can be found and how they behave.

More outdoor wonders: in the **Viera y Clavijo Canary Island Botanical Garden** you can learn all about the islands' flora.



▲ ATLANTIC MODERN ART CENTRE, CAAM
LAS PALMAS DE GRAN CANARIA

▼ VIERA Y CLAVIJO CANARY ISLAND BOTANICAL GARDENS
LAS PALMAS DE GRAN CANARIA



CANARY ISLANDS

If you love landscapes and wild nature, then you should visit the **Pilancones Nature Reserve** where you can walk amongst really beautiful plateaus and gullies.

The **Roque Nublo** Rural Park, in the district of Tejeda in the heart of the island, has been declared a Biosphere Reserve. The largest natural area in Gran Canaria spreads out over 30 municipal districts

and consists of unique rock formations, incredible viewing points and walking routes leading to all its secret places.

Another wonderful location where you can enjoy nature in all its splendour is the **Tamadaba Nature Reserve**, with natural Canary Island pine forests, sheer cliffs and amazing biodiversity in the ravines.

▼ PILANCONES NATURE RESERVE
SAN BARTOLOMÉ DE TIRAJANA, GRAN CANARIA



BEACHES

Gran Canaria has an almost endless selection of fine sandy beaches, dunes and coves. The little villages in the north are real seaside treasures and ideal for taking a dip and trying some delicious fresh fish. The city of Las Palmas has a lively, well-kept town beach, with all the benefits of being located in a great city.

The south of the island features amazing beaches and sand dunes. They are part of the Maspalomas Dunes Nature Reserve and there are areas ideal for families, for nudists and some areas with waves which are ideal for windsurfers. There are other family-friendly beaches and lively tourist resorts like Puerto Rico.

PLAYA DE LAS CANTERAS BEACH

One of the best urban beaches in the world, where the temperature means you can swim all year round. It has a lively seafront promenade.

MASPALOMAS

An enormous tourist beach where you can sunbathe in comfort. Golden sands and gentle waves, together with numerous facilities, hotels and apartments.

MASPALOMAS DUNES
GRAN CANARIA



PLAYA DEL INGLÉS BEACH

Probably the most famous beach in Gran Canaria. Here there are all imaginable leisure options.

PLAYA DE MOGÁN BEACH

Fine sand and crystal-clear waters. There's also a lovely little town with the same name.

PLAYA DE LAS SALINAS BEACH

Quiet and isolated, this rocky beach is in an unspoiled area at the edge of an old salt pan, you'll love it.

PLAYA DE AGUADULCE BEACH

A beautiful beach sheltered from the currents. Don't forget to take your goggles, this beach is perfect for snorkelling.

① *Further information:*

www.grancanaria.com/turismo

▼ PLAYA DE MOGÁN BEACH
GRAN CANARIA



TENERIFE

The largest of the Canary Islands which has a great variety of landscapes and everything from the Teide volcano to cities with delightful historical old towns, vast protected nature reserves and fantastic golf courses.

Along the coast and inland you'll find delightful little towns and villages surrounded by mountains, where local traditions are maintained and you can breathe an air of tranquillity. The south is renowned especially for its large holiday resorts, theme parks and lively nightlife. One of the greatest attractions is its famous carnival, an explosion of glitter, colour and rhythm.



▲ SAN CRISTÓBAL DE LA LAGUNA
TENERIFE

CULTURE

Tenerife is just brimming with culture. Here you'll find architectural gems like **San Cristóbal de la Laguna**, a World Heritage City, formerly the capital of Tenerife and a model for colonial town planning. You'll love the pedestrian streets and the religious temples, the cathedral is not to be missed. Everywhere you look there are palaces and stately houses with brightly coloured facades and stone porches.

Puerto de la Cruz is the nerve centre of the north of the island. There you can visit architectural marvels like the delightful **Church of Nuestra Señora de la Peña de Francia**, surrounded by

gardens. It is in the heart of the city next to the **Plaza del Charco** and the **seafront promenade**.



PUERTO DE LA CRUZ
TENERIFE



▲ CORPUS CHRISTI CARPETS
LA OROTAVA, TENERIFE

A fascinating excursion would take you to the popular fishing town of **Candelaria**. The most iconic building there is the **basilica**. The festivities in honour of the **patron saint** take place in July and August and consist of parades and floral tributes to their Patron Saint, the Virgen de la Candelaria.

Other eye-catching traditions include the **carpets for Corpus Christi** in La Orotava, where the streets are adorned with flamboyant floral carpets, and the bonfires to celebrate the **Festivity of San Juan**. These take place all over the island, but those in **Puerto de la Cruz** and **Punta del Hidalgo** are especially spectacular. On 4 September, in El Palmar, the celebration of the popular **Librea Dance** takes place, in which a group of dancers in fancy-dress dance

to the sound of traditional "tajaraste" music (of Berber origin) accompanied by musicians.

Santa Cruz de Tenerife is ideal for exploring on foot. The route starts in the **Plaza de España** where you can admire the Modernist architecture. There is an amazing contrast between the churches and traditional buildings like the **Palacio Insular** and iconic contemporary architecture like the Tenerife Auditorium designed by Santiago Calatrava. There are a number of museums in the island's capital city, including the **Museum of Nature and Mankind**, which shows the extraordinary natural wealth of the Canary Islands and explains the "Guanche" culture of the original inhabitants.

For leisure and entertainment you should go to **Lago Martiáñez** in Puerto de la Cruz, a spectacular complex with amazing views and designed by César Manrique from Lanzarote. The facilities include an enormous artificial lake surrounded by natural pools, gardens, terraces and restaurants.

NATURE


Tenerife is synonymous with nature and the environment. Visit Teide, an enormous dormant volcano on the island of **Tenerife**, the top of which is the highest mountain peak in Spain, where you will see numerous volcanic cones and lava flows. You'll find a fascinating array of extraordinary colours and shapes, with areas like **Pico Viejo** looking more like Mars than the Earth.

Explore the beauty of the skies from viewing points and observatories. The Teide and the other peaks in Tenerife have been awarded the prestigious *Starlight* certificate which recognises the excellent quality of the night sky.

More than 70 species of breeding **birds** nest on this island. One of the best places to watch them is from the wildlife viewing points in the **Teno Rural Park**, a volcanic range with huge coastal cliffs. It is a refuge for species like the osprey.

The island has a network of **walking routes** and roads which link the different ecosystems and landscapes. There are guidebooks and maps to help you get around on foot, on horseback and by bike.





The cliffs called "Los Gigantes" are a series of incredible sheer rock walls. Take a boat in **Los Cristianos, Puerto Colón** or **Los Gigantes** and enjoy the sea breeze while you watch whales, dolphins and long-finned pilot whales.

You can swim surrounded by fish, feed skates and see sunken ships in **Las Galletas, Playa Paraíso, Punta de la Rasca, Garachico** and **Puerto de la Cruz**. You'll also find a number of sailing schools.

LOS GIGANTES CLIFFS
TENERIFE

BEACHES

The coast of Tenerife puts on two quite different faces. In the north the beautiful beaches have black, volcanic sand, they are surrounded by green ravines and traditional towns and villages. The south is

more for tourism, with calm, white sandy beaches which are ideal for water sports and numerous leisure activities, with attractions right next to the beach that are open both day and night.



▲ PLAYA DE BENIJO BEACH
TENERIFE

EL MÉDANO AND LA TEJITA

Located in the seaside town of El Médano, they're perfect for *windsurfers* and *kitesurfers*. They have a really lively atmosphere and fantastic views of the Montaña Roja volcano.

LOS CRISTIANOS

This is an urban beach in the district of Arona and you'll love the gentle waves, the golden sands and the nautical atmosphere.

PLAYA JARDÍN BEACH

It is close to Puerto de la Cruz making it one of the most convenient on the island. Perfect for all the family.

EL ROQUE, ALMÁCIGA AND BENIJO

Three sandy beaches located at the southern tip of the island which you'll find incredibly beautiful.

AGUA DULCE

An unspoiled beach in the municipal district of Los Silos. The peace and calm and the crystal-clear water make this beach a paradise.

LAS TERESITAS

Crystal-clear, calm waters, golden sands and palm trees are the essence of this beach in the town of San Andrés where there are plenty of beach bars and restaurants.

PLAYA DE SAN MARCOS BEACH

Stretch out on the black sand with views of a bay which is sheltered from the waves, near Icod de los Vinos. It has a great selection of leisure options and services.

PLAYA DE TROYA BEACH

Protect yourself from the sun under the palm trees surrounding the sandy beach and enjoy the beach and surfing atmosphere of Costa Adeje.

EL BOLLULLO

Greenery right down to the sea and black sand open to the Atlantic on a beach which is halfway between Puerto de la Cruz and El Caletón.

📍 **Further information:**
www.webtenerife.com

PLAYA DE TROYA BEACH
ADEJE, TENERIFE





LANZAROTE

Discover the perfect harmony between art and the landscape, blending carefully with the environment.

▲ JAMEOS DEL AGUA
LANZAROTE

The island of volcanoes is a unique **moonscape**. It's covered with craters, ravines and solidified valleys of lava. Over time a spectacular natural environment has been created which has been declared a Biosphere Reserve. The natural treasures and tranquillity will make you feel like you're on another planet.

Discover the relationship between the inhabitants and their unique natural environment and explore the footprint left by the **architect, César Manrique** and the significance of his ecological message. Most of his works are to

be found in Lanzarote, including the renowned César Manrique Foundation.

Lanzarote has two essential landscapes: the badlands in the north resulting from volcanic activity and the golden, sandy beaches in the south. The towns and villages are small and peaceful and there are surprising landscapes like those in the wine-producing region of La Geria: A series of conical dug-outs in the black soil in which the vines are planted to protect them from the wind. The result is a number of delicious wines with Designation of Origin.



CULTURE

In the historical old town of **Teguise** you'll find the typical architecture of Lanzarote: a series of white-washed small houses and grander homes. The town is home to two of César Manrique's most important creations: the **Cactus Garden** and the **Foundation** that is named after him. This is a chance to learn about all sorts of cactus species and to discover the life and works of the Canary Island maestro. Look carefully at the building which stretches along a lava flow and is built over five volcanic bubbles.

In the **Jameos del Agua** lava caves, Manrique transformed a volcanic tube into an art, culture and tourism centre. Inside there is a spectacular natural lake, a pool of turquoise waters, the Tunnel of Atlantis. A unique auditorium has been placed inside a volcanic grotto.

On top of the Risco de Famara cliffs you'll find the **Rio viewing point** which has spectacular panoramic views of the island of La Graciosa. In the interior there are some interesting ceramics and sculptures.

To learn about the traditional way of life for the inhabitants of Lanzarote you should visit the **Peasant's House Museum**, also the work of César Manrique. It is a tribute to popular architecture and displays objects and tools relating to culture and farming. For in-depth knowledge of the Lanzarote artist, a good option is the **International Contemporary Art Museum (MIAC)** which is located in what was the old military fortress of **San José Castle**.

NATURE

Lanzarote is brimming with treasures of nature. The privileged environment and the unique birds adapted to the different ecosystems make the island an ideal destination for bird-watching. The clear, night skies guarantee an unforgettable experience. **Peñas del Chache** is the perfect place for gazing at the stars.

Nature has also created monuments like the **Los Verdes cave** in Haría which is the result of an eruption and a lava tube from the Corona Volcano. Put on comfortable boots and take a walk which is lit up to create surprising theatrical effects.

Lanzarote is the island of volcanoes which becomes evident when you visit the **Timanfaya National Park**. There you can experience one of the most

picturesque visual spectacles in the Canary Islands. The pure beauty of the red and jet black soil has remained unspoiled while the volcanic landscapes and untouched lava fields make you feel like you're on Mars.

The environmental quality of Timanfaya is such that in order for it to be protected you can only access certain areas. The more active amongst you can explore the park on a camel, on foot, on horseback or by bicycle. For those interested in science, there is so much for you to learn at the Mancha Blanca Visitor Centre. Children will be fascinated by the heat which emanates from the rocks of this dormant volcano. Climb up to **Mount Rajada** to see a vast field of lava which reaches right to the seashore.

TIMANFAYA NATIONAL PARK
LANZAROTE



EXCURSION TO THE ISLE OF LA GRACIOSA

You'll love the only inhabited island in the **Chinijo Archipelago Nature Reserve** which is hidden away and you'll be able to take a break from everyday hustle and bustle. You can get there by ferry from the port of Órzola in Lanzarote and spend an unforgettable day. The crossing takes about 20 minutes and leaves you in **Caleta del Sebo** where you'll find most of the island's hotels and restaurants. The best way to get around La Graciosa is on foot or by bicycle. You'll get to eat delicious fish, sunbathe on idyllic beaches and visit magic places like the **Montaña Amarilla Volcano**.

◀ PLAYA DE LAS CONCHAS BEACH
LA GRACIOSA

Other protected areas include the **Volcanoes Nature Reserve** in Tinajo, with strange and interesting rock formations resulting from the latest eruptions on the island in the 18th and 19th centuries. There are a number of hiking routes where you can observe local species of reptiles and birds.

Explore the **Janubio Lagoon** and climb up to the viewing point overlooking the salt pans. In the **Charco de Los Clicos** Biosphere Reserve there is an extraordinary green lake over a volcanic crater.



▲ CHARCO DE LOS CLICOS
LANZAROTE

BEACHES

The climate in Lanzarote makes you feel like it is always spring and the island has beaches with black or golden sand and a host of idyllic little corners.

In the south of the island, in the unspoiled protected area of Punta del Papagayo, there are hidden coves with white sand and crystal-clear turquoise waters. The Tinajo beaches attract surfers from all over the world. In the north, the beaches of Haría provide a unique landscape which is a blend of beaches and mountains.

PLAYA DEL PAPAGAYO BEACH

One of the most delightful places on the island. Golden sand and turquoise water. The rocky seabeds make the area ideal for divers to explore.

PLAYA DE FAMARA BEACH

It's at its most beautiful at low tide, when a shallow pool of water over the sand reflects the sky and the cliffs of Famara. It's perfect for water sports.

▼ PLAYA DEL PAPAGAYO BEACH
LANZAROTE





▲ NATURAL POOLS OF LOS CHARCONES
LANZAROTE

NATURAL POOLS OF LOS CHARCONES

The climate in this secret little hideaway is somewhat cooler than in the rest of Lanzarote. peace and quiet in magical surroundings.

PLAYA DEL RISCO BEACH

It is almost at the northernmost point of Lanzarote and boasts nearly a kilometre of golden sandy beach.

BARRANCO DEL QUÍQUERE GULLY

A craggy, coastal area leading to secret, rocky coves. For those who love diving, this shouldn't be missed.

PLAYA LA FRANCESA BEACH

This unspoiled beach is one of the prettiest on the island of La Graciosa. It has extraordinary views of the natural rocky wall formed by the cliffs of Famara.

PLAYA GRANDE BEACH

One of the most popular beaches in Lanzarote. Fine golden sand and a good selection of leisure activities and restaurants.

① *Further information:*
www.turismolanzarote.com

LA PALMA



▲ CHURCH OF EL SALVADOR
SANTA CRUZ DE LA PALMA

Known as the 'isla bonita' (beautiful island), it is the greenest island in the archipelago. It is well worth a visit if only for the pre-historic subtropical laurel forests and the extraordinary astronomical conditions which make it possible to observe the stars under one of the best night skies in the world. The whole island has been declared a Biosphere Reserve and you can travel around it in a number of ways although by far the best is to do it on foot. There are trails to suit all types of adventurers and they'll take you to some extraordinary places.

CULTURE

The beautiful town centre of **Santa Cruz de La Palma** has palaces, Renaissance buildings and traditional architecture which will remind you of its colonial past. Take a stroll through the narrow streets leading to the **Church of El Salvador** and the **Convent of Santo Domingo**. Take the **Avenida Marítima**, the **Calle O'Daly** and climb up to the **Santa Catalina Castle**.

The close relationship between La Palma and the sea will become evident in the **Barco de la Virgen Naval Museum** which is located in a sailing ship. Climb on board this ship which is anchored in the city centre and walk around the decks.

In the centre of the island, the district of El Paso is home to the **Silk Museum** where you can learn all about producing silk, from breeding the worms to weaving the cloth and embroidery.

The pre-historic archaeological Park of **Belmaco** is the most iconic in La Palma. The site exhibits the remains of the indigenous inhabitants before the arrival of colonists from the Iberian Peninsula.

The most popular festival on the island of La Palma is the so-called **dance of the dwarfs**. It is one of the main attractions of the Festival of the *Descent of the Virgen de Las Nieves* and it takes place every 5 years in Santa Cruz de La Palma. Experience a magical night when twenty or so men dress up as dwarfs, put on a Napoleonic hat and dance to a polka for both adults and children in thanksgiving to the patron saint of the island.



NATURE

The Caldera de Taburiente National Park is ideal for hiking: volcanic landscapes, dense forests, beaches, natural pools and an ideal climate with mild temperatures. The lush forests in the north contrast with the lunar landscapes in the south and there are numerous hiking routes for you to discover all its secrets.

You really shouldn't miss the **volcanoes route** in the **Cumbre Vieja Nature Reserve** which has views of both sides of the island and a number of endemic animal species. The **natural monument of the Teneguía volcanoes** deserves a special visit.

Ideal for hiking is the **Caldera de Taburiente National Park**, a rugged landscape criss-crossed by streams and waterfalls. There you'll find indigenous plant species like the Canary pine and the highest peaks on the island.

La Palma has one of the most prestigious astronomical observatories in the world at **Roque de los Muchachos**, as well as a number of other extraordinary viewing points. The clear, protected night skies of La Palma provide unbeatable conditions for star gazing. You can do it yourself by booking a guided night tour or an observation session.

The sea around La Palma won't let you down either: swim and dive in crystal-clear waters with black coral reefs and amazing seabeds.

In the "**Jardín de las Aves**", or Bird Garden, you'll see birds from the five continents flying around freely.



The jagged coastline of La Palma creates many small coves and pebble beaches where you can swim and enjoy water sports.

▲ PLAYA CHARCO VERDE BEACH
LA PALMA

BEACHES

On the coast of **Fuencaliente** volcanic eruptions have created rugged profiles which reach down to the sea and beaches like La Zamora. What you mostly see are lava flows which have created little bays like **Punta Larga**, **Punta Martín**, **El Río** and **Los Roquitos**.

The largest sandy beaches, providing all kinds of services, are the town beaches of **Los Cancajos**, **Puerto Naos** and **Puerto de Tazacorte**.

PLAYA DE BAJAMAR BEACH

Its location near Santa Cruz and the selection of cafés and restaurants have made it one of the most popular on the island.

PLAYA NOGALES BEACH

It lies within the Monte de los Sauces y Puntallana Nature Reserve, which is why it is so clean and peaceful. It is Mecca for local surfers.

CHARCO VERDE BEACH

An extraordinary, wild sandy beach near Puerto Naos, in the southeast of the island, You'll love the unspoiled environment which is so easy to get to.

PLAYA ECHENTIVE BEACH

Located within the Volcanoes of Teneguía National Monument, it is an idyllic landscape with natural pools in which you can take a refreshing and relaxing dip even when the sea is rough.

📍 **Further information:**
www.visitpalma.es

FUERTEVENTURA

In Fuerteventura there are endless idyllic, fine, white sandy beaches with turquoise waters and year-round sunshine. The second-largest island in the archipelago has picturesque landscapes like the mythical Mount Tindaya, which the original inhabitants felt had magic qualities.

The island is also noted for the rolling plains dotted with windmills used for producing the toasted cereal meal which is an essential part of many of the island's traditional dishes.

You can enjoy *windsurfing*, explore the fascinating seabeds, taste delicious, locally caught fish and just relax watching the beautiful sunsets. There are some spectacular volcanic landscapes.



BETANCURIA
FUERTEVENTURA

CULTURE

If you're interested in culture, Fuerteventura has some very interesting attractions. For example, the El Carmen Salt Pans are home to the **Salt Museum**. There you can follow its path from the sea to the table and discover the importance it had in the history of the Canary Islands. Another museum you shouldn't miss is the **Alcogida Ecomuseum**, a group of dwellings that recreate traditional life on the island.

In the town of **Betancuria** you can learn about Fuerteventura's traditions. The city was founded in the 15th

century, it is located in one of the most barren parts of the island and has an extraordinary historic town centre. It was once the island's capital and has an archaeological museum where you can learn how its inhabitants used to live. You can also visit **Casa Santa María Handicrafts**, accessible through an idyllic garden and where you can watch the island's craftsmen at work.

In **Antigua** there are a number of archaeological sites and examples of popular buildings like churches and mills.

NATURE

The island is a paradise for nature lovers, it has a number of protected natural areas and has been declared a **Biosphere Reserve**.

If you climb up to the **Las Peñitas viewing point** you'll discover an oasis in the middle of the desert. From the **Morro Velosa viewing point**, a work by César Manrique, you'll have incredible views of the island.

The **Corralejo Nature Reserve** is an extraordinary field of dunes which are home to numerous endemic species. The **Islote de Lobos Nature Reserve**, which can only be visited by boat, is another area of great environmental importance and a haven of peace where you'll find species of plants and birds that don't exist anywhere else on the planet. There you can enjoy the natural pools of Puertito de Lobos, crystal-clear, turquoise waters where you can take a relaxing dip and perhaps do a little snorkelling.

In Betancuria you also have the natural pools of **Aguas Verdes**, on the **Playa del Valle** beach, where you'll find a series of cliffs and rock formations sheltering pools of great beauty.

Out on the open sea, Fuerteventura's winds and waves are ideal for perfecting your skills as a *windsurfer*. Diving is possible at all levels, especially from the beaches of the **Jandía Peninsula** and in **Caleta de Fuste**. Other sports available are sailing, surfing, water skiing and fishing (if you're feeling adventurous try fishing for marlin).



ISLOTE DE LOBOS NATURE RESERVE
FUERTEVENTURA



WINDSURFING
FUERTEVENTURA

Photo: philipus/123rf.com

BEACHES

If you're looking for sunshine and the sea, there are 150 kilometres of idyllic coastline around the island with something for everyone. In the north there is a group of beaches and coves which come under the name of Corralejo. All around the district of La Oliva there are extensive dunes interspersed with little beaches and crystal-clear waters.

Fuerteventura has some of the most spectacular sandy beaches in the Canary Islands, those in the Jandía Peninsula in the south of the island deserve special mention.

PLAYA DE MORRO JABLE BEACH
FUERTEVENTURA



PLAYA DE COFETE BEACH

A sight for sore eyes, this is a beach with endless white sands, an untamed ocean and a feeling of absolute freedom. It is so big that one of the best options is to visit it in a 4x4 vehicle.

PLAYA DE VIEJO REY BEACH

Another small Garden of Eden in the Jandía area.

PLAYA DEL CASTILLO BEACH (CALETA DE FUSTE)

A very safe beach, with smooth, white sand and calm waters as it is located in a bay.

PLAYA DE AJUY BEACH

A quiet beach with black sand next to the Ajuy caves, near Pájara. The fine, volcanic sand and the moderate waves make it ideal for a relaxing holiday.

CORRALEJO VIEJO

Ideal for all the family: turquoise-blue waters which are just like a swimming pool, a full range of services and plenty of parking space.

BUTIHONDO

A semi-urban beach with golden sands and calm waters where nudism is allowed.

COSTA CALMA

An inlet with fine sand and everything you need to enjoy water sports.

PLAYA DE MORRO JABLE BEACH

It stretches from the Playa de Las Gaviotas beach in the north as far as the seaside town of Morro Jable in the south. There is a long avenue with shops, leisure centres and restaurants alongside the beach.

PLAYA DE LA CONCHA BEACH

Peaceful, beautiful and top-quality in El Cotillo, in the northwest of the island. On windy days you can shelter behind the "corralitos" - small walls built out of volcanic stone by the local inhabitants. Ideal for all the family.

PLAYA DE SOTAVENTO BEACH

The nerve centre for *windsurfing* and *kitesurfing* on the island. It is well-known for the lake which forms between the shore and the sandbar.

📍 **Further information:**
www.visitfuerteventura.es

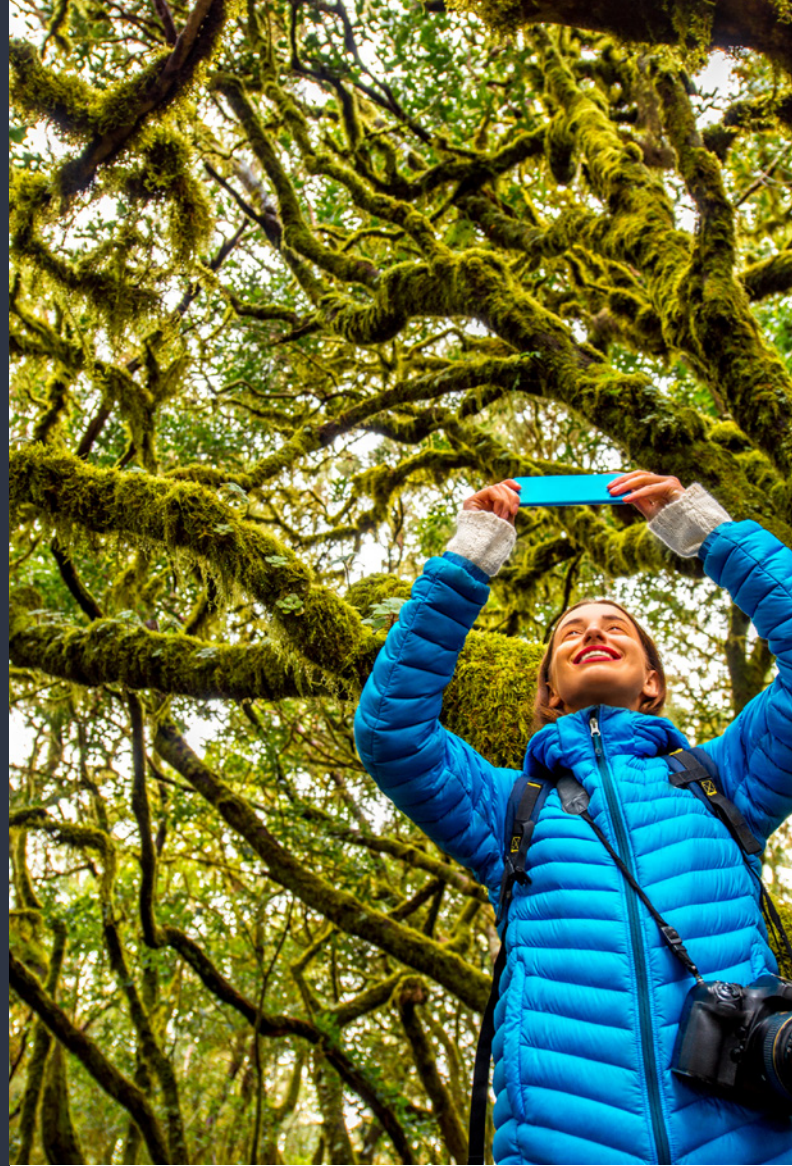
LA GOMERA

Small in size but with so many attractions. That's La Gomera. Have an idyllic holiday surrounded by unforgettable landscapes. It's like a garden with valleys full of palm trees, enormous ravines, a coastline ideal for diving and forests of an intense green. A paradise for hikers and lovers of the outdoor life.

Explore the island on foot and visit the **Garajonay National Park**, a World Heritage forest of pre-historic vegetation. This perfectly preserved subtropical laurel forest is unique in the world and represents half the extension of this type of forest in the whole archipelago.

Other interesting features of this National Park are the diversity of plant formations, the large number of endemic species (especially invertebrates) and spectacular geological formations like Los Roques. From the Los Roques viewing point you'll get a fantastic view of La Gomera from high up.

Take a dip on beaches nestling amongst cliffs and visit the amazing **Los Órganos** in the north of the island where you'll hear the music made by the wind as it strikes the rocks. The **Valle del Rey** is a blend of palm trees and groups of white-washed houses. Or you could visit the delightful little town of **Agulo**. The image of its fairy-tale colourful houses will stay with you for ever.



▲ GARAJONAY NATIONAL PARK
LA GOMERA

Up on the cliffs in the north of the island you'll find the **Abrante viewing point**: a surprising building with an overhanging glass structure which will make you feel like you're flying up in the sky. From there you'll be able to see the Agulo valley and, sea mist permitting, the island of Tenerife and the Teide.

You can also attend an exhibition of "**silbo gomero**", an ancient whistle language used for communication on the island and declared an Intangible Cultural Heritage by the UNESCO.

① **Further information:**
www.lagomera.travel



EL HIERRO

Its marine reserves are a guarantee of a first-class undersea world.

The smallest of the Canary Islands is surrounded by crystal clear waters which are ideal for diving.

The island itself is covered with volcanic soil and dense, green forests. The land is fertile and there are sheer cliffs and extraordinary lava formations. The **La Peña viewing point** will give you a wonderful perspective, with marvellous views of the Gofio valley and its cliffs.

El Hierro is excellent for outdoor sports. In San Andrés you really must visit the **Garoé Tree**, a sacred tree for the ancient

inhabitants of El Hierro, since its leaves collected enough rain water to satisfy the whole population. Today there is a visitor centre where you can learn all about the phenomenon of horizontal rain and all the mysteries surrounding this amazing place. There are great options for hikers like the "Ruta del Agua" or Water Route.

In the area of La Dehesa you'll find **El Sabinar**, a beautiful forest of juniper trees that have been shaped by the strength of the wind. The twisted trunks and branches are an incredible sight.

Other magical natural features include the **Frontera Rural Park**, where you'll feel like you're in an enchanted forest, walking amongst eight-metre high trees, and the **Tibataje Special Nature Reserve**, a shelter for the El Hierro giant lizard which is in danger of extinction.

The rugged coastline is interspersed with coves and amazing natural salt-water pools like the **Charco Azul**. There is a full range of services at these beaches and the water here is tidal so it frequently changes.

Do you like diving? You'll feel just like Jacques Cousteau in **La Restinga Marine Reserve**, in the southernmost town in Europe, a unique undersea landscape which is full of varied life resulting from its singular volcanic features. This is where you'll find most of the main diving centres. You can enjoy dives like the one to El Bajón, an undersea volcano which the famous oceanographer explored on his first journey on board the Calypso.

① **Further information:**
www.elhierro.travel





PAPAS ARRUGÁS

DISCOVER THE TASTE OF THE CANARY ISLANDS

Canary Island cuisine is simple, tasty, nutritional and owes a lot to the Guanche tradition. The star dish is "*papas arrugás*" (potatoes in their skin boiled in salt water) which are accompanied with **mojo** picón or mojo verde (typical Canary Island sauces). Another staple ingredient is

"**gofio**", toasted wheat or maize grain meal. One of the most traditional recipes is "gofio escaldado" or blanched meal which is made by adding fish broth to the toasted meal and stirring until it becomes creamy and smooth with a unique flavour.



▲ LA GERIA
LANZAROTE

In the "fortunate islands" you can enjoy exquisite **fish and seafood**, like parrotfish, grouper and stone bass. The Canary Islands are also a paradise for fruit, with the **banana** playing a leading role. You should try the **10 designation of origin wines** produced in the archipelago and the different **cheeses**, especially the one denominated as **majorero**, a culinary gem from Fuerteventura made with

goat's milk. Another of the island's gastronomic attractions is **Canary Island rum** or the alternative called honey rum.

You shouldn't leave without trying a typical "rancho", a traditional stew made with beans, meat, noodles and green vegetables.

In Gran Canaria, in places like the Vegueta Market you can sample all these typical products.

CANARY ISLANDS FOR CHILDREN

If you're travelling with children, the Canary Islands is an ideal destination. There are activities to suit all tastes and ages, from water parks to submarine safaris. There are numerous spectacular routes and trails which are easy for families, hundreds of beaches where you can enjoy the sea and the sand and a beautiful starry sky for you to explore the mysteries of the universe.

The **Oasis Park Fuerteventura** is a huge tropical theme park, with activities like camel riding, lemur monkey shows and feeding giraffes. The children will just love it!

In La Palma there's the **Maroparque**, with a great number of exotic and endangered species.

Loro Parque is a paradise for parrots. It's located in Puerto de la Cruz (Tenerife), and also has a spectacular aquarium which puts on a fantastic show with killer whales. On the same island you'll also find **Siam Park**, the largest water park in Europe and one of the most popular in the world.

More thrills for children: the **Lanzarote Aquarium** has an underwater tunnel where you can pass amongst different types of sharks and touch tanks where you can touch and learn about species like sea urchins and sea cucumbers.



Photo: Wiesław Jarek/123rf.com

▲ OASIS PARK FUERTEVENTURA

In Gran Canaria, **Sioux City Park** will take you back to the Wild West, it's a real town with a sheriff's office, a blacksmith and a *saloon*. It also puts on themed shows with cowboys and indians, and activities with horses.

There are also events which are a blend of fun and culture, like the Lanzarote Piracy Museum, located in the Santa Barbara Fortress. There is a regular programme of activities especially for children who can learn about historic pirates and Spanish ships.

ENJOY THE NIGHTLIFE IN THE CANARY ISLANDS

The best nightlife is in Tenerife, Gran Canaria, Fuerteventura and Lanzarote.



If you're in **Tenerife**, head for Playa de las Américas or enjoy the student atmosphere in La Laguna. For something more family-friendly, try Los Gigantes and Playa de La Arena.

In Gran Canaria there's also plenty to choose from. In **Las Palmas** there are plenty of clubs, as there are in **Maspalomas**, **Playa del Inglés** and **Puerto Rico**.

Corralejo and **Morro Jable** are the hot-spots for nightlife in **Fuerteventura**.

The main centres of nightlife in **Lanzarote** are the **Avenida de las Playas** and the **Centro Atlántico** in **Puerto de Rosario**. If you're looking for somewhere more relaxed where

you can sit and have a drink, **Playa Blanca** has plenty of choices. In the **Costa de Teguise**, you'll find the clubs on the **Avenida de Javillo**.

On the other islands, things are a bit more quiet. In **La Palma** you can enjoy a cocktail in one of the little pubs and bars in **Breña Baja**, **Los Llanos**, **San Andrés** and **Los Sauces**.

The smart cafés in the coastal areas of **La Gomera** become the clubs at night. **Jardín Tecina** is La Gomera's largest night complex.

If you fancy going out at night in **El Hierro** then you should go to **Valverde**, the island's capital.

HOW TO GET THERE

BOAT

You can take a *ferry* from Cádiz to Gran Canaria and Lanzarote. There are also ferry connections between all the islands. On some of the *ferries* you can also take your car.

AIRPORT

All the islands have their own airport, so you can fly there from a number of European cities, either by direct flight (in many cases from mainland Spain) or by connecting with many international flights.

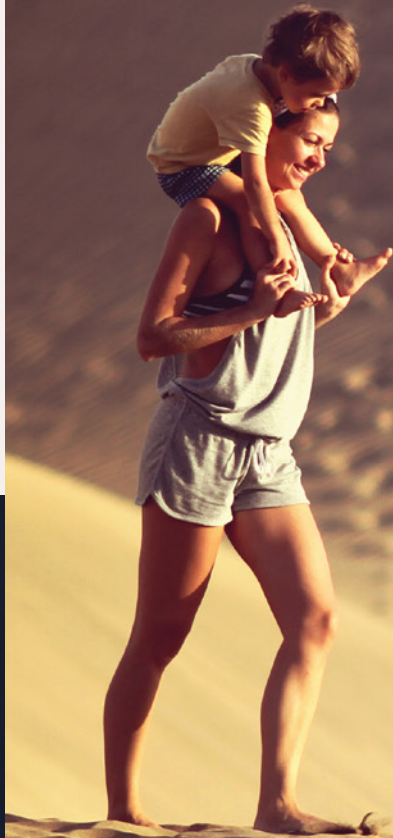
GETTING AROUND IN THE CANARY ISLANDS

In each island you can use the "*guaguas*" which is their name for the buses. Distances are short, so you can also rent a car, a motorbike or a bicycle.


① Further information on
www.holaislascanarias.com
www.spain.info

▼ GRAN CANARIA AIRPORT





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