

Islas
Canarias 
LATITUD DE VIDA

tenerife!
awakens emotions.



You set
the limit



BIOSPHERE
certified destination

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You set the limit

Some people will think you're crazy; crazy because you get up before dawn to run for miles and miles. Others won't understand that you're always looking for the highest mountain, the longest wave, a stronger wind... Some will say that you don't think about anything else, that all you're interested in is your next run. And it will all be true.

Every minute that you're not doing what you enjoy is time wasted. Now you'll be thinking of your next manoeuvre on the board, or the new trail on which you can fill your lungs with pure air.

They'll ask you a million times, why do you do it? And you'll answer with a shrug, a smile or the best answer you can give them: because I like it.

Because you like it, so much that you forget you've already been in the water for more than three hours and can continue sailing, or that you find the strength to pedal even harder and climb the mountain.

Because you like it, you're always searching for new experiences to make you feel that every second you're alive is unique and unrepeatable.

Because you like it, you won't miss the chance of challenging your own limits time and again in a place that offers you everything you're looking for: Tenerife.

Many famous people have already trained on the island: Chris Froome and Alexander Vinokurov on their bikes; Britta Steffen in the pool; Ana Ivanovich and Tomas Berdych on the tennis court; Paul Goodison at sea. And then there are the footballers from the Newcastle, Swansea and Everton teams; and the national squads of France, Germany, the Netherlands, Italy, Switzerland and Spain.

What are you waiting for?





10

Reasons for choosing Tenerife

1. The ideal place for your training is not far away.

Time will fly by until you arrive, as the island is only two hours from mainland Spain and four hours from other major European cities.

2. You can play your favourite sport 365 days a year at a temperature of 22°C.

Forget the cold and enjoy your hobbies to the full, all year round.

3. Discover amazing trails, pedal at over 2,000 metres above sea level and discover landscapes full of contrast.

Hiking:

Lose yourself in over 1,000 kilometres of trails in the heart of nature.

Cycling:

If you're dreaming of a place where you can ride from sea level to an altitude of 2,000 metres in just 30 kilometres, you're dreaming of Tenerife. The island will test you to the limit while climbing from the coast to the summit.

Mountain biking:

Feel the fresh air on your face while you ride through pine forests and discover incredible landscapes.

4. Surf the best waves, dive into crystal-clear waters, or sail wherever the wind takes you.

Scuba Diving:

Dive in unique underwater landscapes and be amazed by any of the over 60 dive sites on the island.

Windsurfing and kitesurfing:

El Médano is a paradise for enthusiasts of these sports, with over 300 windy days a year. It hosts some of the most important national and international competitions.

Surfing, bodyboarding and stand-up paddleboarding:

Discover more than 32 surfing zones, with sandy, rocky or volcanic bottoms. You can choose between many types of waves within just a few kilometres.

5. Discover Tenerife from the sky.

Feel like a bird when paragliding over the island's steep hills.

6. Beat your personal records in the best sports facilities.

You'll have the great advantage of training at both sea level and at 2,000 metres of altitude. You'll be following in the footsteps of many international champions from the world of swimming, tennis, triathlon and football, for whom Tenerife is a regular training destination.

7. Compete in sports events of all levels and formats.

Tenerife plays host each year to many sporting events for everyone, ranging from beginners to elite athletes.

8. Stay where they know how to take care of you.

Tenerife has special accommodation for athletes, where you can enjoy specialised menus, natural diets, a physiotherapy service, massage, etc. But the island offers much more, as it has a comprehensive accommodation service for people who love adventure.

9. Tenerife is a place where elite athletes meet.

Whether you're a professional athlete, or you just train to enjoy your favourite sport, there are a large number of companies available which can offer you everything you need.

10. Whatever your level, Tenerife is for you.

If you love sport, Tenerife is your destination. The island is a meeting point for athletes from around the world. Don't think about it any more, Tenerife is waiting for you!

1 Hiking





■ When hiking along the trails in Tenerife, each step is a new experience, a new sensation. It starts when you put your boots on. All you have to do then is close your eyes and feel the fresh breeze on your face while breathing the pure air into your lungs. You open your eyes again and lose yourself in the immensity of the landscape. You wonder how many surprises are still out there for me? The lava of El Teide engulfing the land with impossible forms; the endless pine forests in a sea of clouds; heart-stopping canyons; wild mother nature... But a word of advice: hearing about it isn't enough. You have to come here to experience the black sand under your feet, to feel the sun's rays lighting up your face, to see how the light filters through the laurel forest, while the breeze makes music in its leaves.

When?

You can go hiking all year round, but you have to be particularly careful when it has snowed in Teide National Park, as the ground can ice over.

Where?

You have over 1,000 kilometres of trails to choose from. The varied landscapes will continue to impress you.

The 10 most important trails:



Developed route

Alto de Guajara

Start: Degollada de Guajara.

Finish: Alto de Guajara.

Degree of difficulty: Intermediate.

Type of trail: Linear.

Distance: 2,0 km (12.89 ft).

Duration: 1 hour 30 mins.

Highest altitude: 2,715 m (12.89 ft).

Lowest altitude: 2,381 m (12.89 ft).

Elevation gain: 357 m (12.89 ft).

Elevation loss: 29,7 m (12.89 ft).

Links to other trails: Degollada de Guajara; El Filo; GR-131 Anaga - Chasna. Strech: El Portillo - Degollada de Guajara; GR-131 Anaga - Chasna. Strech: Degollada de Guajara - Vilaflor.



Developed route

Montaña Blanca - El Teide Peak

Start: Foot of Montaña Blanca.

Finish: La Rambleta - La Fortaleza Lookout Point.

Degree of difficulty: High.

Type of trail: Linear.

Distance: 8,3 km (12.89 ft).

Duration: 5 hours.

Highest altitude: 3,536 m (12.89 ft).

Lowest altitude: 2,349 m (12.89 ft).

Elevation gain: 1,194 m (12.89 ft).

Elevation loss: 812 m (12.89 ft).

Links to other trails: Montaña de los Tomillos; Mirador de La Fortaleza; Lomo Hurtado; Montaña Rajada.



Developed route

Malpaís de Güímar 1

Start: Calle Almirante Cervera (El Puertito de Güímar).

Finish: Calle Almirante Cervera (El Puertito de Güímar).

Degree of difficulty: Intermediate.

Type of trail: Circular.

Distance: 6.11 km (12.89 ft).

Duration: 3 hours.

Highest altitude: 122 m (12.89 ft).

Lowest altitude: 1 m (12.89 ft).

Elevation gain: 169 m (12.89 ft).

Elevation loss: 169 m (12.89 ft).

Links to other trails: Malpaís de Güímar 2; Malpaís de Güímar 3.



Developed
route

PR-TF 10 Cruz del Carmen - Punta del Hidalgo

Start: Cruz del Carmen.

Finish: Punta del Hidalgo.

Degree of difficulty: Intermediate.

Type of trail: Linear.

Distance: 10,4 km (12.89 ft).

Duration: 4 hours.

Highest altitude: 949 m (12.89 ft).

Lowest altitude: 10 m (12.89 ft).

Elevation gain: 420,64 m (12.89 ft).

Elevation loss: 1,300.38 m (12.89 ft).

Links to other trails:

PR-TF 10.1 Las Escaleras - Las Carboneras.



Developed
route

PR-TF 41 El Socorro Beach - Mount Teide (Ruta 0.4.0)

Start: El Socorro Beach.

End: El Socorro Beach.

Degree of difficulty: Very high.

Type of route: Linear.

Distance: 56 km.

Maximum height: 3,718 m.

Minimum height: 0 m.

Accumulated ascent elevation: 4,000 m.

Accumulated descent elevation: 4,000 m.

Connections with other paths: PT-TF 40

Ladera de Tigaiga; PR-TF 41.1 El Cabezón - El

Portillo Alto; Montaña Blanca - Mount Teide;

Access to Mount Teide crater. Telesforo

Bravo Path; La Fortaleza Viewpoint.



Developed
route

PR-TF 43.1 San José de los Llanos - Chinyero Mountain

Start: San José de Los Llanos.

Finish: Chinyero Circular trail.

Degree of difficulty: Low.

Type of trail: Linear.

Distance: 4,3 km (12.89 ft).

Duration: 1 hour 30 mins.

Highest altitude: 1,394 m (12.89 ft).

Lowest altitude: 1,106 m (12.89 ft).

Elevation gain: 306.13 m (12.89 ft).

Elevation loss: 15,66 m (12.89 ft).

Links to other trails:

PR-TF 43 Garachico - Chinyero Mountain.



Developed
route

PR-TF 53 Los Silos - Cuevas Negras - Erjos

Start: Erjos.

Finish: Los Silos.

Degree of difficulty: Intermediate.

Type of trail: Linear.

Distance: 5,7 km (12.89 ft).

Duration: 3 hours.

Highest altitude: 1,000 m (12.89 ft).

Lowest altitude: 105 m (12.89 ft).

Elevation gain: 48,87 m (12.89 ft).

Elevation loss: 940,06 m (12.89 ft).

Links to other trails: PR-TF 51; PR-TF 52; PR-TF 53.1; PR-TF 54; PR-TF 55.



Developed
route

PR-TF 55 Los Silos - Talavera - El Palmar

Start: Talavera.

Finish: Los Silos.

Degree of difficulty: Intermediate.

Type of trail: Linear.

Distance: 5,0 km (12.89 ft).

Duration: 2 hours 30 mins.

Highest altitude: 774 m (12.89 ft).

Lowest altitude: 165 m (12.89 ft).

Elevation gain: 320,73 m (12.89 ft).

Elevation loss: 658,68 m (12.89 ft).

Links to other trails: PR-TF 52.1; PR-TF 52.2; PR-TF 53; PR-TF 54; PR-TF 56.



Developed
route

PR-TF 72 Vilaflor - Lunar Landscape - Vilaflor

Start: Vilaflor.

Finish: Vilaflor.

Degree of difficulty: Intermediate.

Type of trail: Circular.

Distance: 12,9 km (12.89 ft).

Duration: 4 hours.

Highest altitude: 1,967 m (12.89 ft).

Lowest altitude: 1,381 m (12.89 ft).

Elevation gain: 777,90 m (12.89 ft).

Elevation loss: 777,91 m (12.89 ft).

Links to other trails:

GR-131 Anaga - Chasna. Strech: Degollada de Guajara - Vilaflor; GR-131 Anaga-Chasna. Strech: Vilaflor - Arona; PR-TF 83 Altos de Granadilla.



Developed
route

PR-TF 8 Afur - Taganana - Afur

Start: Afur.

Finish: Afur.

Degree of difficulty: Intermediate.

Type of trail: Circular.

Distance: 14.3 km (12.89 ft).

Duration: 7 hours.

Highest altitude: 861 m (12.89 ft).

Lowest altitude: 0 m (12.89 ft).

Elevation gain: 1,546.11 m (12.89 ft).

Elevation loss: 1,546.11 m (12.89 ft).

What do you need?

- You must be in good shape if you are walking on trails with steep climbs; and you should take the altitude into account.
- You must be properly equipped for the mountains (boots, backpack, water, food, etc.)
- Take care in wet weather as the ground may be very slippery.
- Don't forget to take a waterproof jacket and a hat to protect you from the sun. Changes in temperature can be very sudden at altitude and you may be caught off-guard.
- Take water and sufficient food with you for the duration of the trail.
- Although there may be areas in which there is no phone service, you are strongly advised to take your mobile with you.

Do you need permits?

You have to apply for a special permit to climb to the summit of El Teide, on the website: www.reservasparquesnacionales.es. The permit is free, but it must be applied for in advance.

Practical advice

Before organising your hike, check the weather conditions and make sure the trails are open.



Who can help me?



[webtenerife.co.uk/
what-to-do/nature/hiking/](http://webtenerife.co.uk/what-to-do/nature/hiking/)

2 Diving

A large school of small, silvery fish with yellowish-green stripes swims in a clear blue ocean. Above them, a diver is visible in the distance. The title '2 Diving' is written in large white font on the left side of the page, with a wavy line below it.

■ Make sure that all your equipment is ready and then dive into the water. It's the start of an experience you will never forget. As soon as you dive in, you'll see everything with amazing clarity, including marine turtles and manta rays all around you. There is a lot of light in the water. If you submerge yourself a little more, you'll see catafulas, white seabream and African striped grunts. And the view is crystal clear. Diving off Tenerife is a hypnotic spectacle that you will never want to end. You can easily feel at home in the sea.

Where?

There are over 60 diving sites along the coast.

When?

You can dive at any time of year with a visibility of between 10 and 30 metres. Although diving conditions may vary, the water temperature is always a constant 19°C to 26°C.

The 10 best dives sites

The Cathedral

Municipality: Puerto de la Cruz.

Place: Puerto de la Cruz.

Max. depth: 40 m.

Average depth: 35 m.

Dive time: 30 min.

Access: By boat.

Current: Moderate.

Difficulty: Intermediate.

Qualifications: FEDAS***/ C.M.A.S, PADI M.S.D., ACUC Divemaster, Ssil Master-dive, BSAC S.D.

Marine life: There are lots of parrotfish, Mediterranean rainbow wrasses, ornate wrasses, moray eels, big eyes, arrow crabs and, just under the surface, you will find sea bream, lesser amberjacks and Mediterranean horse mackerel. On the sandy seabed, there is a colony of yellow and red sea whips.

Las anclas

Municipality: Garachico.

Place: Between the sunken jetty and Roque.

Max. depth: 26 m.

Average depth: 20 m.

Dive time: 50 min.

Access: By boat.

Current: Moderate.

Difficulty: Intermediate.

Qualifications: FEDAS**/ C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: You will find groups of sea bream, Canary damsels, triggerfish, barred hogfish, black seabreams, redbanded seabreams and island groupers. Amongst the rocks live moray eels, catalufas and mantas.

Baja de los Realejos

Municipality: Los Realejos.

Place: El Guindaste.

Max. depth: 45 m.

Average depth: 30 m.

Dive time: 30 min.

Access: By boat.

Current: Strong.

Difficulty: Advanced.

Qualifications: FEDAS***/ C.M.A.S, PADI M.S.D., ACUC Divemaster, Ssil Master-dive, BSAC S.D.

Marine life: The drop serves as a refuge for small fish such as boops, mackerel and sardines. These attract large predators such as lesser amberjacks, bicudas and groupers. Among the rocks, you will find African striped grunts, catalufas, moray eels, sea bass and barred hogfish.

Barranco seco

Municipality: Santiago del Teide.

Place: Los Gigantes cliffs.

Max. depth: 25 m.

Average depth: 20 m.

Dive time: 40 min.

Access: By boat.

Current: Weak.

Difficulty: Easy.

Qualifications: FEDAS*/C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: In the summer, there are lots of round stingrays, brown garden eels and Atlantic angel sharks. In the caves, there are small red scorpion fish, prawns, moray eels, catalufas, schools of bastard grunts, African striped grunts, trumpetfish and sargos.

Atlantis

Municipality: Santiago del Teide.

Place: Los Gigantes cliffs.

Max. depth: 25 m.

Average depth: 20 m.

Dive time: 40 min.

Access: By boat.

Current: Moderate.

Difficulty: Medium.

Qualifications: FEDAS*/C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: In the large basalt rock in the shape of a prism, you can see moray eels, lobsters and big eyes. Near the rocks live sea bream, Canarian drums, schools of bastard grunts, red mullets and trumpetfish. On the sandy seabed, there are yellow sea-whips.

Punta Blanca

Municipality: Guía de Isora.

Place: Alcalá.

Max. depth: 30 m.

Average depth: 25 m.

Dive time: 35 min.

Access: By boat.

Current: Moderate.

Difficulty: Medium.

Qualifications: FEDAS**/ C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: There are big schools of different species of fish. On ledges and in little caves, you will see large groups of African striped grunts. Near loose rocks, there live grunts, and you can find large schools of salema porgy in midwater.

Las Morenas Cave

Municipality: Arona.
Location: Los Cristianos.
Max. depth: 30 m.
Average depth: 20 m.
Dive time: 45 min.
Access: By boat.
Current: Weak.
Difficulty: Intermediate.
Certifications: Fedas**/CMAS, PADI AOWD, SSI AOWD, ACUC AOWD.

Marine life: A popular dive in the south of Tenerife where we can observe three different types of moray eels: brown moray eel, muraena augusti and fangtooth moray. Hundreds of garden eels poke their heads up through the sand. We can also see trumpetfish, parrotfish, breams, puffers and sharpnose puffers. Stingrays and angelsharks delight divers. At a depth of 30 metres, resting on the sand, we can find a large stone statue, Our Lady of Carmen, placed by local fishermen in honour of the sea.

Round stingrays

Municipality: Arona.
Place: Las Galletas.
Max. depth: 25 m.
Average depth: 20 m.
Dive time: 50 min.
Access: By boat.
Current: Scarce.
Difficulty: Low.
Qualifications: FEDAS**/C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: In this area, you will find large schools of different species of fish, which share their space with rays, including black rays, turtles, barracudas, shoals of sea bream, bastard grunts and salema porgies. Around ledges and in little caves, there are large groups of African striped grunts. Near loose rocks, you will see shoals of grunts, and you might see a large shoal of salema porgy in midwater.



Montaña Amarilla

Municipality: Arona.
Place: Ten Bel.
Max. depth: 25 m.
Average depth: 20 m.
Dive time: 40 min.
Access: By boat.
Current: Scarce.
Difficulty: Low.
Qualifications: FEDAS**/C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: In sandy areas, you can see cuttlefish, lizardfish, greater weavers, wide-eyed flounders, bull rays and eels, including garden eels. Moray eels, lobsters and crabs, including arrow crabs, hide amongst the rocks. In the surrounding areas, there are trumpetfish, parrotfish, Canary damsels, ornate wrasses, sea bream and schools of bastard grunts. For this reason, lesser amberjacks often come close when hunting.

The port harbour, the cave and the pier

Municipality: El Rosario.
Place: Radazul.
Max. depth: Harbour 20 m, cave 50 m, pier 40 m.
Average depth: Harbour 15 m, cave 40 m, pier 30 m.
Dive time: Harbour 60 min., cave 20 min., pier 30 min.
Access: By boat.
Current: Harbour none, cave strong, pier strong.
Difficulty: Harbour - low, cave - high, pier - high.
Qualifications: Harbour FEDAS*/C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.
Cave FEDAS***/C.M.A.S, PADI M.S.D., ACUC Dive-master, Ssil Master-dive, BSAC S.D. Pier FEDAS**/C.M.A.S, PADI M.S.D., ACUC Dive-master, Ssil Master-dive, BSAC S.D.

Marine life: Amongst the breakwater blocks, you will see parrotfish, trumpetfish and big eyes. Around them there are schools and small fish looking for shelter. There are also barracudas, manta rays, lesser amberjacks and pollocks that come to feed in the area.

Special
recommendations

Diving among
shipwrecks

The wrecks

■ The rusty iron of sunken ships can tell many stories. Don't forget to take your camera, as a surprising diversity of species can be found hiding around any corner.



Tabaiba shipwreck

Municipality: Rosario.
Place: Tabaiba baja.
Max. depth: 30 m.
Average depth: 20 m.
Dive time: 40 min.
Access: By boat.
Current: Moderate.
Difficulty: Medium.
Qualifications: FEDAS*/C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.
Marine life: The shipwreck is in perfect condition and you can find large schools of sardines and mackerel around it. Amongst the breakwater blocks, there are usually parrotfish, trumpetfish, big eyes and little fish looking for shelter. There are also barracudas, rays, lesser amberjacks and pollocks that come to feed.

Puerto Colón – Los Gemelos shipwreck

Municipality: Adeje.
Place: Puerto Colón.
Max. depth: 20 m.
Average depth: 18 m.
Dive time: 35 min.
Access: By boat.
Current: Little or none.
Difficulty: Low.
Qualifications: FEDAS*/C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.
Marine life: It is normal to see round stingrays resting under shipwrecks. Around them, you can find great schools of bastard grunts and boops boops, which attract lesser amberjacks that come to hunt in the area. You can also find lizardfish, anemones and bearded fireworms, amongst others.

El Meridian shipwreck

Municipality: Arona.
Location: El Palm-mar.
Max. depth: 30 m.
Average depth: 27 m.
Dive time: 35 min.
Access: By boat.
Current: Moderate.
Difficulty: Intermediate.
Certifications: Fedas**/CMAS, PADI AOWD, SSI AOWD, ACUC AOWD.
Marine life: The wreck is lying in sailing position on the sandy seabed and provides shelter to underwater life: trumpetfish, parrotfish, ornate wrasse, Canary damsels, anemones, etc. It's also easy to spot schools of boops boops, horse mackerels and lesser amberjacks swimming around the ship, and stingrays and angelsharks on the sand.

El Condesito shipwreck

Municipality: Arona.
Place: El Palm-Mar.
Max. depth: 20 m.
Average depth: 15 m.
Dive time: 50 min.
Access: By boat.
Current: Weak.
Difficulty: Low.
Qualifications: FEDAS*/C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.
Marine life: The boat is used as a shelter by many animals: amongst it rusty iron, there are small red scorpionfish, lizardfish, trumpetfish, big eyes, sea bream and bearded fireworms. There are usually schools of boops boops that attract lesser amberjacks and bicudas. On the sandy seabed, there are round stingrays and wide-eyed flounders.

What do you need?

- You need full diving equipment, which will be provided at any diving centre.
- Don't forget to use sunscreen.
- If you go diving by yourself you will need a qualification, a licence, a certificate and medical insurance

Do you need permits?

- You won't need permits if you are diving through an authorised diving centre, they will apply for you.
- If you think diving is for you, you can take a diving course to obtain a qualification.
- If you already know how to dive and want to do it on your own, you need a certificate proving that you have taken the necessary courses.

Please note: Baptisms in the sea must be carried out through authorised diving centres and clubs. They have to be taught by staff qualified to be group guides.

Practical advice

- You should always be accompanied when you go diving.
- Don't use centres that are not properly certified.
- Safety is paramount.
- Before diving, always check the weather conditions.
- Take into account both your own abilities and the actual conditions.
- You will have to adapt your dive to your qualifications and experience.
- You must have valid insurance or a licence from a federation, which guarantees:
 - Treatment in a hyperbaric chamber
 - Sea and underwater rescue, including by helicopter
 - Civil liability insurance

If you need more information or advice, get in touch with the Canary Island Federation for Underwater Activities (FEDECAS).



Who can help?



webtenerife.co.uk/what-to-do/sports/water/diving/

3 Cycling



Routes on the island

■ Take a deep breath. Push yourself a little more. Up the rhythm. Let's go! You only have to think about yourself, your ride and when you want to stop to admire another incredible landscape. There are many routes to choose from, with different levels of difficulty.

Whether you ride at sea level or at an altitude of over 2,000 metres, you'll always have the services you need close by. That is why the best cyclists in the world are choosing Tenerife for their training. When are you coming?



Developed route

ROUTE 1

Garachico - Erjos -
Santiago del Teide - Masca
Buenavista - Garachico

Start: Garachico TF-421
Finish: Garachico TF-42
Distance: 54 km
Accumulated ascent: 1,589 m
Average drop: 6%

Maximum altitude: 1,107 m
Average speed: 18 km/h
Estimated time: 3 hours
Level of difficulty: High



Developed route

ROUTE 2

La Orotava - Parque Nacional
del Teide - La Esperanza - La
Laguna - El Sauzal por Los
Ángeles - La Matanza - Santa
Úrsula - La Orotava

Start: La Orotava Rotonda
TF-21 with TF-324
Finish: TF-21 entrance
to La Orotava
Distance: 98 km
Accumulated ascent: 2,727 m

Average drop: 5.4%
Maximum altitude: 2,302 m
Average speed: 19 km/h
Estimated time: 5 hours
Level of difficulty: High



Developed route

ROUTE 3

Santa Cruz - Bailadero -
Pico del Inglés - Las Mercedes
La Cuesta - Santa Cruz

Start: Santa Cruz TF-11
Finish: Santa Cruz
Plaza de España
Distance: 52 km
Accumulated ascent: 1,235 m
Average drop: 4.9%

Maximum altitude: 998 m
Average speed: 20 km/h
Estimated time: 2 hours 5 min.
Level of difficulty: Intermediate



Developed route

ROUTE 4

Buenavista -
Punta del Hidalgo

Start: Buenavista TF-42
Finish: Punta del Hidalgo TF-13
Distance: 75 km
Accumulated ascent: 1,786 m
Average drop: 3.9%

Maximum altitude: 1,477 m
Average speed: 22 km/h
Estimated time: 3 hours 25 min.
Level of difficulty: Intermediate



Developed route

ROUTE 5

Sur Alta: Costa Adeje -
Trasera de Los Cristianos
- Carretera General del Sur -
La Camella - Granadilla -
Vilaflor - Arona - Trasera de
Los Cristianos - Costa Adeje

Start: Costa Adeje
Finish: Costa Adeje
Distance: 62 km
Accumulated ascent: 2,332 m
Average drop: 5.8%

Maximum altitude: 1,380 m
Average speed: 20 km/h
Estimated time: 3 hours 5 min.
Level of difficulty: Intermediate



Developed route

ROUTE 6

Sur Baja: Costa Adeje -
Trasera de Los Cristianos -
Las Galletas - El Médano -
San Isidro - Granadilla -
Carretera General del Sur -
Los Cristianos - Costa Adeje

Start: Costa Adeje
Finish: Costa Adeje
Distance: 70 km
Accumulated ascent: 1,368 m
Average drop: 4.4%

Maximum altitude: 703 m
Average speed: 22 km/h
Estimated time: 3 hours 10 min.
Level of difficulty: Easy



Developed
route

ROUTE 7

Costa Adeje - Guía de Isora
Chío - Parque Nacional del
Teide - Boca Tauce - Vilaflor
Granadilla - San Miguel -
La Camella - Traseira de Los
Cristianos - Costa Adeje

Start: Costa Adeje

Finish: Costa Adeje

Distance: 101 km

Accumulated ascent: 3,841 m

Average drop: 5.8%

Maximum altitude: 2,360 m

Average speed: 20 km/h

Estimated time: 5 hours

Level of difficulty: High



Developed
route

ROUTE 8

Costa Adeje - Traseira de
Los Cristianos - Carretera
General del Sur - Arafo -
Dorsal de la Esperanza -
Parque Nacional del Teide -
Vilaflor - Arona - Traseira
de Los Cristianos - Costa Adeje

Start: Costa Adeje

Finish: Costa Adeje

Distance: 101 km

Accumulated ascent: 3,841 m

Average drop: 5.8%

Maximum altitude: 2,360 m

Average speed: 20 km/h

Estimated time: 5 hours

Level of difficulty: High



Where?

Across the whole island. There is an extensive network of roads of up to 2,000 metres above sea level. Whether you are a beginner or a professional, there are many routes and services to choose from that can be adapted to your needs.

When?

The favourable climate means that you can enjoy cycling all year round. The average year-round temperature is 22 degrees.

What do you need?

- A bicycle.
- You don't need to bring your own. There is a wide range of specialised stores to provide you with the service you need, offering top-of-the-range bicycles. E-bikes are also available to go on routes.
- Technical services and roadside assistance are available.
- Don't skimp on any possible safety measures. Most importantly, wear a helmet.

Do you need permits?

A permit is required for groups of more than 50 cyclists. You can apply for a permit through the roads department of the Island Council of Tenerife or the Island Cycling Federation.

Practical advice:

- Don't forget to wear clothes for the cold and rain. Remember that the island has a microclimate and the weather can change quickly, especially at altitude.
- Check the weather forecast before starting.
- Be extremely careful on the road, particularly in built-up areas with heavy traffic.
- If you are cycling alone, always leave your mobile phone number at the hotel reception, so they know where you are.
- Use a helmet, which is mandatory and essential for your safety.
- There are cycling companies that can plan out routes for you tailored to your experience and ability.

Who can help me?



webtenerife.co.uk/whatto-do/sports/land/cycling/

4 Mountain biking



■ Don't stop pedalling. Cycle along the forest tracks while taking in the landscape and nature. There is no more enriching experience than enjoying your favourite sport in a dream environment. You can stop for a moment at any time, gaze at the horizon and discover panoramic views that seem to come out of a film. Your heart may be racing, but nature will calm your pulse. It's time to carry on!

You still have over 20 kilometres to go.

When?

The favourable climate means that you can enjoy cycling all year round. The average temperature for 365 days is 22 degrees.

Where?

There are over 200 kilometres of forest trails open to you. Most of them are in the higher parts of the island, above all in the Corona Forestal Park. The network of trails connects much of the north with the area of Tacoronte and the south, so you can begin and end in places with services, and often with public transport and parking.

What do you need?

- A bicycle.
- You don't need to bring your own. There is a wide range of specialised stores to provide you with the service you need, offering top-of-the-range bicycles. E-bikes are also available to go on routes.
- Technical services and roadside assistance are available.
- Don't skimp on any possible safety measures, most importantly, a helmet.
- Find out as much as possible before choosing any route.



Routes



■ The network of trails consists of five main routes, each of them with a number of variants and alternatives which you can combine as you wish. You can customise your own route based on the length, difficulty of the route or type of landscapes you want to see.



Developed route

BC-1: North Route

It has a total of 84,852 km on its main route and 52.35 km of alternative routes and variants. It is the longest route on the island. You will go all along the northern face, connecting with the main infrastructures for public use in the natural forest spaces. This route has a total of 13 derived routes or variants:

BC -1.1:	Lomo de la Jara	BC -1.6:	Ramón Caminero por Chimoche	BC -1.9:	Barranco de la Arena
BC -1.2:	Las Calderetas			BC -1.9.a:	Fuente Pedro
BC -1.3:	La Vica	BC -1.7:	La Orilla del Monte	BC -1.10:	La Tahona
BC -1.4:	Las Lagunetas	BC -1.8:	Caminero por La Bermeja	BC -1.11:	Las Hayas
BC -1.5:	La Lagunetilla Chica			BC -1.12:	Arenas Negras



Developed route

BC-2: Las Raíces - Las Lagunetas Route

It is a short route over a distance of 6,559 km. It is entirely within the protected scenery of Las Lagunetas and connects with Las Raíces. It has a 3.6 km derived route that links to the La Esperanza campsite:

BC -2.1:	La Esperanza campsite.
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Developed route

BC-3: Guía de Isora Route

It is 9.32 km long and it is in the north-east of the island, in the Corona Forestal. It uses some of the forest tracks in Fife and El Canal, between two points on the island road TF-38. Worth seeing are the Chío pine forests, between the towns of Santiago del Teide and Guía de Isora.



Developed route

BC-4: South Route

The route is 16.61 km long and runs through a large part of the southern summit of the island and scenery full of extensive natural pine forests. The route starts at El Contador recreational area and ends in the area known as Volcanes Negros, in the municipality of Arico.



Developed route

BC-5: Vilaflor Pine Forests

The route covers most of the municipality of Vilaflor, one of the highest towns in Spain. This route is within La Corona Forestal Nature Reserve and one of its most important pine forests.

Km por Ruta	Code	Name	km	%	Code	Name	km	%
	BC-1	North Route	84,852 km	45,14%	BC-2	Monte La Esperanza	6,559 km	3,49%
	BC-1.1	Lomo de la Jara	1,994 km	1,06%	BC-2.1	La Esperanza campsite	3,601 km	1,91%
	BC-1.2	Las Calderetas	1,026 km	0,54%				
	BC-1.3	La Vica	1,811 km	0,96%	BC-3	Guía de Isora	9,323 km	4,96%
	BC-1.4	Las Lagunetas	5,726 km	3,05%				
	BC-1.5	La Lagunetilla Chica	4,074 km	2,17%	BC-4	Pinares de Sur y Volcanes Negros	16,61 km	8,84%
	BC-1.6	Ramón Caminero por Chimoche	7,981 km	4,24%				
	BC-1.7	La Orilla del Monte	4,358 km	2,32%	BC-5	Vilaflor Pine Forests	13,78 km	7,33%
	BC-1.8	Ramón Caminero por La Bermeja	8,873 km	4,72%				
	BC-1.9	Barranco de La Arena	3,144 km	1,67%				
	BC-1.9a	Fuente Pedro	0,488 km	0,24%				
	BC-1.10	La Tahona	0,355 km	0,19%				
	BC-1.11	Las Hayas	4,540 km	2,41%				
	BC-1.12	Arenas Negras	8,923 km	4,75%				

Do you need permits?

In principle, you don't need any kind of permit provided that you ride on the tracks where cycling is permitted.

Practical advice

- Don't forget to pack warm clothes and a waterproof jacket. Remember that the island has a microclimate and the weather can change quickly, above all at altitude.
- Check the weather forecast before starting.
- Be extremely careful on the paths, particularly in areas used by vehicles or hikers.
- If you are cycling alone, always leave your mobile number at the hotel reception, so they know where you are.
- Use a helmet, which is mandatory and essential for your safety.



Who can help me?



webtenerife.co.uk/what-to-do/sports/land/mountain-biking/

5 Surfing and bodyboarding



■ What they say is true. There's a spot every ten minutes in Tenerife. If you don't like one wave, there's always another! You can choose sandy, stone or volcanic coral reef bottoms... And you can surf all year round. Leave your winter suit at home; the water is always warm here.

When?

Tenerife is the perfect island for surfing. There are multiple spots for surfing all year round.

Thanks to the low Atlantic pressure in the winter (October-April) and the influence of the trade winds in the summer (May-September), it is the ideal place for surfing of all kinds and for all levels. The waves break on different bottoms: rocks and sand, sand and volcanic coral.

The water temperature varies from 19 degrees centigrade in the winter to 26 degrees in the summer.

The waves on sand and rocks tend to be the easier breakers, suitable for beginners and intermediate surfers. Volcanic coral bottoms are more difficult, so they are more appropriate for surfers who are technically proficient.

Where?

The biggest waves are in the north and north-west of the island. The waves in the south and south-west are weaker. However, the strength of the sea varies according to the time of year.

12 waves



Almáciga

Municipality: Santa Cruz

Services: bars / restaurants

Optimal sea direction:

N, NE, NW, WNW

Wave direction: right and left

Characteristics: tube and with wall

Optimal wind direction:

S, SE and SW

Seabed: sand

Optimal tide: high tide and half tide

Optimal season: all year round

Technical level: beginner,
intermediate and expert

El Socorro

Municipality: Los Realejos

Services: toilets / showers

/ bars / restaurants

Optimal sea direction:

N, NW, WNW and NE

Wave direction: right and left

Characteristics: tube and with wall

Optimal wind direction:

S, SE and SW

Seabed: pebbles and sand

Optimal tide: high tide and half tide

Optimal season: all year round

Technical level: intermediate
and expert

Punta del Hidalgo

Municipality: La Laguna

Services: bars / restaurants

Optimal sea direction:

N, NW, WNW and W

Wave direction: left

Characteristics: tube and with wall

Optimal wind direction:

S, SE, SW and NE

Seabed: pebbles

Optimal tide: low tide and half tide

Optimal season: autumn,
winter and spring

Technical level: beginner
and intermediate.

La Caleta de Interián

Municipality: Los Silos

Services: bars / restaurants

Optimal sea direction:

NW, WNW and W

Wave direction: right and left

Characteristics: tube and with wall

Optimal wind direction:

S, SE and SW

Seabed: pebble and rock

Optimal tide: low tide and half tide

Optimal season: autumn,
winter and spring

Technical level: intermediate
and expert

Martínez

Municipality: El Puerto de la Cruz

Services: bars / restaurants

Optimal sea direction:

N, NW and NE

Wave direction: right

Characteristics: mild

Optimal wind direction:

S, SE and SW

Seabed: pebbles and sand

Optimal tide: high tide and half tide

Optimal season: autumn,
winter and spring

Technical level: beginner
and intermediate

Las Conchas

Municipality: Santiago del Teide

Services: life guard / toilets /

showers / bars / restaurants

Optimal sea direction:

NW, WNW and W

Wave direction: right

Characteristics: tube and with wall

Optimal wind direction:

N, NE, E and SE

Seabed: volcanic reef

Optimal tide: high tide and half tide

Optimal season: autumn,
winter and spring

Technical level: intermediate
and expert

Punta Blanca

Municipality: Guía de Isora
Services: none
Optimal sea direction: NW, WNW and W
Wave direction: short right and left
Characteristics: tube and with wall
Optimal wind direction: N, NE, E and SE
Seabed: volcanic reef
Optimal tide: low tide and half tide
Optimal season: autumn, winter and spring
Technical level: intermediate and expert

La Caleta

Municipality: Adeje
Services: bars / restaurants
Optimal sea direction: S, SW and WSW
Wave direction: right and left
Characteristics: tube and with wall
Optimal wind direction: N, NE, E and SE
Seabed: volcanic reef
Optimal tide: low tide and half tide
Optimal season: summer
Technical level: intermediate and expert

La Derecha del Conquistador

Municipality: Arona
Services: bars / restaurants
Optimal sea direction: NW, WNW and W
Wave direction: right with a short radical left
Characteristics: tube and with wall
Optimal wind direction: N, NE, E and SE
Seabed: volcanic reef
Optimal tide: low tide and half tide
Optimal season: autumn, winter and spring
Technical level: intermediate and expert



La Machacona

Municipality: Granadilla
Services: none
Optimal sea direction: WSW, SW and S
Wave direction: right and left
Characteristics: tube and with wall
Optimal wind direction: N, NE and E
Seabed: volcanic reef
Optimal tide: low tide and half tide
Optimal season: summer
Technical level: intermediate and expert

Playa del Faro (El Porís)

Municipality: Arico
Services: none
Optimal sea direction: N and NE
Wave direction: right and left
Characteristics: tube and with wall
Optimal wind direction: W, WSW, SW
Seabed: sand
Optimal tide: low tide and half tide
Optimal season: all year round
Technical level: beginner

El Socorro de Güímar

Municipality: Güímar
Services: none
Optimal sea direction: N and NE
Wave direction: left
Characteristics: with wall
Optimal wind direction: W, WNW, SW
Seabed: rock
Optimal tide: low tide and half tide
Optimal season: all year round
Technical level: intermediate



What do you need?

If you're one of those who sleeps with their board, you will already know how to travel with your inseparable friend, but if you prefer not to have to carry it, don't worry - we've got different surf shops and schools that can provide the board you need according to your level and knowledge.

Do you need permits?

No special licence is required for these activities.



Who can help me?



webtenerife.co.uk/what-to-do/sports/water/surfing-bodyboarding/

6 Stand-up paddleboarding



■ Do you fancy a walk on the sea? Get on a board, pick an oar and start your journey. You'll discover places that very few can reach, while exercising all your muscles in the company of friends or family. Other good news: anyone can enjoy stand-up paddleboarding. All you need is some enthusiasm and a sense of balance. In the east, west and south-east of the island, there are some very calm areas for this type of surfing.

When?

There is now a different way to discover the coast of Tenerife: stand-up paddleboarding. You can enjoy paddleboarding alone, with a partner, as a family or with a group of friends. The volcanic eruptions on the island, together with the erosion caused by the wind and the sea, have given rise to spectacular landscapes of cliffs, caves and natural coves.

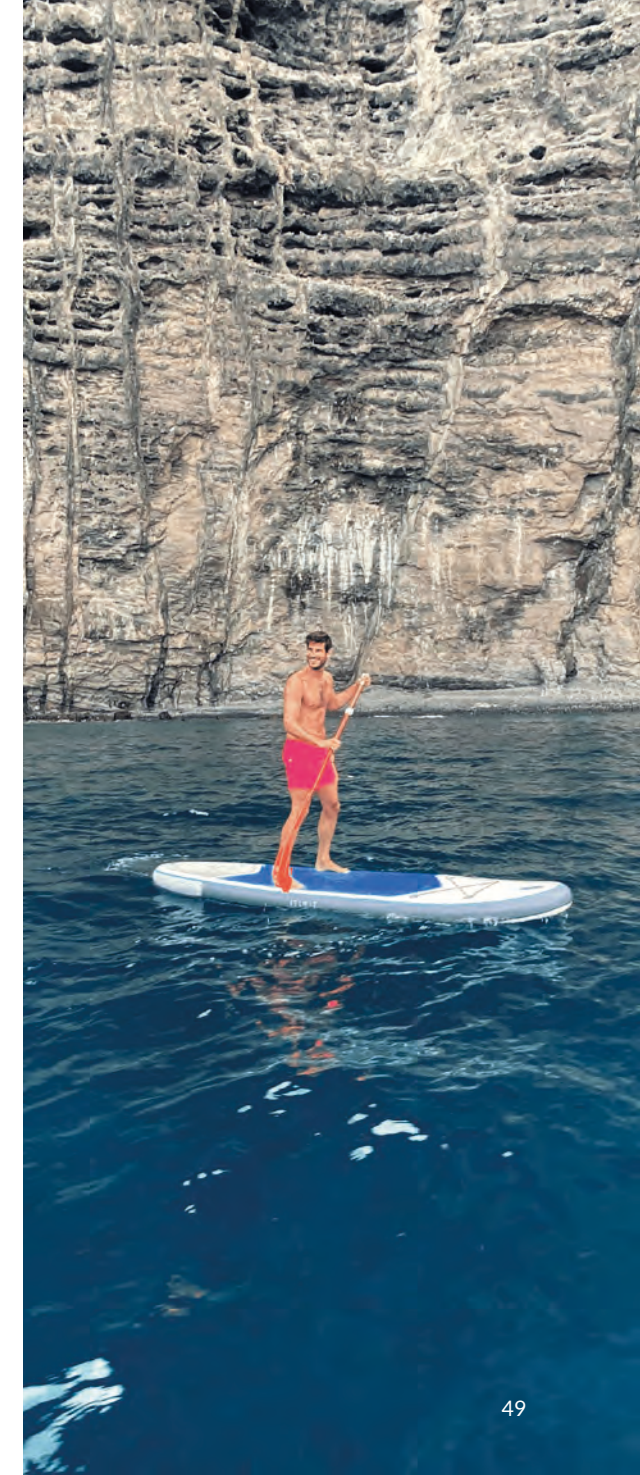
You can also start out in this sport through the schools on the island.

The water temperature ranges between 19°C in the winter and 26°C in the summer.

Where?

Playa de las Teresitas - Santa Cruz de Tenerife
Radazul - El Rosario
Las Galletas - Arona
El Palm-Mar - Arona
Los Cristianos - Arona
Caleta de Adeje - Adeje
Los Gigantes - Santiago del Teide

If you want to paddle-surf the waves, we suggest you do it on Playa de las Américas beach.



What do you need?

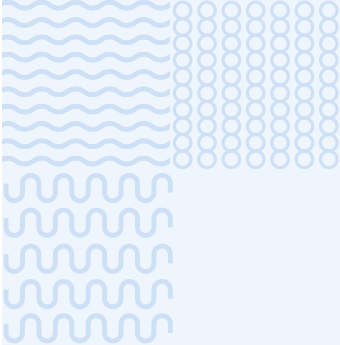
As the stand-up paddleboard is so big, the best thing to do is to rent the equipment from a specialist shop or company organising activities of this type.

Safety in the water

Tenerife has easy waves, but also powerful breakers. You must be aware of your physical fitness and level of experience before entering the water. In general, the beaches have lifeguard services. The lifeguards can advise you. Don't hesitate to ask. If there is no lifeguard point in the area, you should check:

- The strength and direction of the wind
- The direction of the main currents
- The time and movement of the tides
- The size of the waves
- The entry and exit zones. Remember that these zones can change depending on the above factors.

- It is always a good idea to surf with someone, and for no longer than 2 hours per session to prevent fatigue and dehydration.
- Protect yourself from the sun and ensure you follow a balanced diet during the holidays. That way, you'll surf much better.



Who can help me?



webtenerife.co.uk/what-to-do/sports/water/stand-up-paddle/



7 Windsurfing



■ For windsurfing enthusiasts, there is no better situation than strong winds and good waves. That's why Tenerife is your ideal location. Specifically, El Médano can offer you 300 windy days a year. The water is warm in both the winter and summer. The south of the island is a magnet for athletes from around the world. National and international championships are held as part of the world PWA tour. You can breathe an air of tranquillity and passion for windsurfing, which makes it unique.



When?

You can enjoy windsurfing almost all year round, depending on whether you want waveriding, freestyle or speed windsurfing. The winds tend to be easterly and north-easterly.

There are two seasons for windsurfing, with different wind speeds:

Winter (October to April):
approximately 10 to 25 knots.
Summer (May to September):
approximately 15 to 30 knots.

Where?

The most popular place in Tenerife for windsurfing is El Médano. It is famous around the world because of the national, international and world cup events held there. For decades, it has also been the place where the best windsurfers in Europe meet.



3 Beaches for windsurfing

What do you need?

There are windsurfing centres in different parts of the south of the island, where you can hire all the equipment you need and receive training classes.

Do you need permits?

You don't need a special permit to windsurf.

Practical advice:

- Check all your sports equipment before entering the water.
- Check the weather conditions before setting off.
- Find out about the areas suggested for windsurfing.
- Try not to surf alone; if you do so, make sure that someone knows about it.
- Respect other users on the beach.
- Respect the safety measures when windsurfing.

Who can help me?



webtenerife.co.uk/what-to-do/sports/water/windsurfing/

El Médano

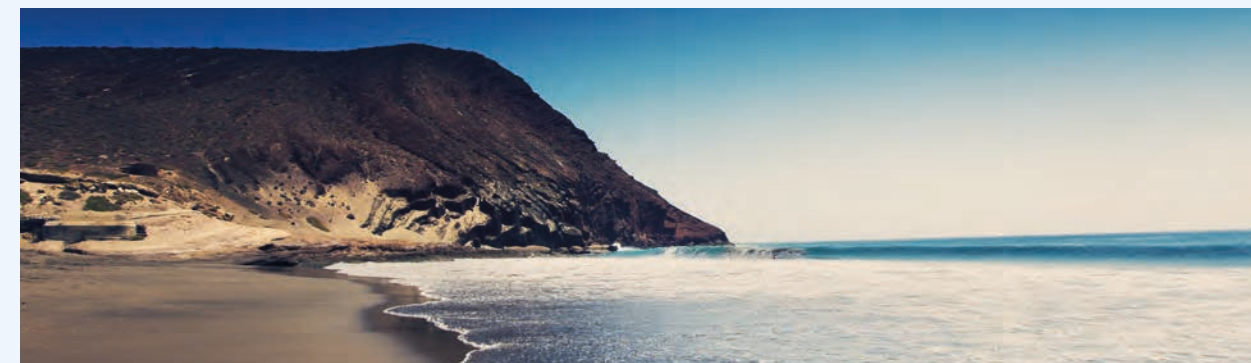
This is the most famous, but not the only one. It has favourable easterly and north-easterly winds (side and side-on). It is a sandy beach, ideal for an intermediate or high level of expertise. It is not suitable for unmonitored beginners. There are schools and centres nearby where you can hire equipment only 100 metres away from the windsurfing zone.

El Cabezó

The favourable winds are easterly and north-easterly (side and side-on). It is a beach with sand and rocks. Access is difficult. It is ideal for experienced athletes and has a wave spot nearby. It is not recommended for beginners. There are schools and centres where you can hire windsurfing equipment nearby, as well as a parking area 200 metres from the surfing zone.

Playa de Las Américas (Fitenia)

The favourable winds are westerly, south-westerly (side and side-on). The beach is rocky and the easiest access is from opposite the Mare Nostrum resort. It is ideal for experienced windsurfers. There is one wave spot to the left and another to the right. There is parking 100 metres from the surfing area.



8 Kitesurf



■ It's sunny, the water's warm and the easterly winds are blowing at 22 knots. Your kite barely touches the water and gets faster and faster. You wait until the last moment. You push the kite to its highest speed and... you're flying! You fly to get a bird's eye view of the Montaña Roja volcano of El Médano. It only lasts a moment, and is soon replaced by an adrenaline rush when you return to the water.

When?

You can go kitesurfing all year round, but remember that September is the calmest month and sometimes there is no wind.

The area around El Médano has an average of 300 windy days a year and the water temperature ranges between 19°C in the winter and 26°C in the summer.

The prevailing winds are easterly and north-easterly.

There are two seasons of different wind speeds:

Winter (October to April):
approximately 10 to 25 knots.

Summer (May to September):
approximately 15 to 30 knots.

Where?

The most famous location is El Médano. It is very well known for the number of kitesurfers who come from across Europe to enjoy the outstanding conditions on the coast. It hosts national and international competitions. But as well as El Médano, there are other areas we can recommend if you like kitesurfing.





What do you need?

There are kitesurfing centres in different parts of the south of the island, where you can hire all the equipment you need and receive training classes. Remember:

- We suggest you take out civil liability insurance.
- It is always better to surf as a member of a group.
- In some rocky spots, we recommend wearing plimsolls.

Do you need permits?

You don't need a special permit to kitesurf.

Practical advice

- Check all your sports equipment before entering the water.
- Check the weather conditions before setting off.
- Find out about the areas suggested for kitesurfing.
- Do not surf alone if possible; if you do so, make sure that someone knows about it.
- Respect other users on the beach.
- Respect the safety measures when kitesurfing.

Who can help me?



webtenerife.co.uk/what-to-do/sports/water/kitesurfing/

3 beaches for kitesurfing

El Médano

It has favourable easterly and north-easterly winds (side and side-on). It is a sandy beach, ideal for an intermediate or high level of expertise. It is not suitable for unaccompanied beginners. There are nearby schools and centres where you can hire kitesurfing equipment, and parking only 100 metres away from the kitesurfing zone.

El Cabezo

The favourable winds are easterly and north-easterly (side and side-on). It is a beach with sand and rocks. Access is difficult. It is ideal for experienced athletes and has a wave spot nearby. It is not recommended for beginners. There are schools and centres for hiring kitesurfing equipment close by, as well as a parking area 200 metres from the surfing zone.

Playa de Las Américas (Fitenia)

The favourable winds are north-westerly and south-westerly (side and side-on). It is a rocky beach. The most comfortable access is from opposite the Mare Nostrum resort and is ideal for highly experienced kitesurfers. The beach has one wave spot on the left and another on the right. There are centres that rent out kitesurfing equipment nearby. There is parking 100 metres from the kitesurfing area.

9 Sailing and dinghy sailing

■ Imagine a universe of sun and 22-knot winds. When you gaze at the horizon the sea looks like an infinite plain waiting for you to navigate it. Check the sails and equipment... Ready! All you have to do is leave the port and start sailing.

When?

All year round, but winter is the most attractive season if you live in Europe. In September, the so-called calms of September begin: a month without much wind.

Where?

On the island as a whole, the eastern and south-eastern parts are the windiest.

What do you need?

For this sport, you will need a club or school that can provide you with the infrastructure and equipment needed, such as boats, marinas, access ramps to the sea, etc.

If you already have everything, we recommend you check the available points for setting sail.

Do you need permits?

You don't need any special permits for sailing, but the club or school must have all its permits in order and valid insurance. If you are taking part in competitions through a club, the club must be registered with the Canary Islands Sailing Federation and in the Register of Sporting Institutions.

Practical advice

- Before setting sail, make sure you check the weather conditions.
- Find out about the areas permitted for sailing.
- You can only sail if you have all the necessary safety equipment.
- Before sailing, listen to the advice given by the monitor, who will indicate the weather conditions, rules for departure and arrival, and the zones where sailing is permitted.



Who can help me?



webtenerife.co.uk/what-to-do/sports/water/sailing/

10 Kayaking



■ Rowing can take you places you've never seen. You'll be surprised by the changing nature of the sea. You'll discover the surprising volcanic caves which have been formed in the island's cliffs, and by the beauty of the crystal-clear water reflected in the malpais above. And what about making a noise? The caves will project the echo of your voice as you've never heard it. And how about a swim? The water's waiting! Bring your camera, because you'll see some amazing sights from the kayak. And if you're lucky, you'll meet some dolphins to keep you company during your journey.



When?

You can explore the island's coastline by kayak all year round. It's an ideal way of discovering unusual places which you can only access by sea. You'll have a great time, whether alone, with a partner, with your family or a group of friends.

The volcanic eruptions and erosion caused by the wind and the sea have given rise to spectacular landscapes of cliffs, caves and natural coves.

Where?

The east and south-east of the island are ideal for kayaking, as you will normally be protected from sea swells.

1. Playa de las Teresitas - Santa Cruz de Tenerife
2. Radazul-El Rosario
3. Las Galletas-Arona
4. El Palm-Mar-Arona
5. Los Cristianos-Arona
6. Caleta de Adeje-Adeje
7. Los Gigantes-Santiago del Teide

What do you need?

The best idea is to hire everything you need in a specialist shop or company which can organise the activity.

Do you need permits?

You don't need any special permit for this activity.

Who can help me?



webtenerife.co.uk/what-to-do/sports/water/kayaking/



11 Freediving



■ Do you know your limits? Do you think you can control your body and mind? Freediving is not only about having to hold your breath under water; it is about learning to control your mind and body to limits you never imagined before. Tenerife is one of the main destinations in Europe for freediving.

Do you dare to try it?

When?

All year round. However, winter is the most attractive season for all the European athletes, as the water temperature is always constant and there is no thermocline. The sea temperature ranges between 19°C in winter and 26°C in summer and between 0 and 50 metres of depth there is only 1 degree of variation. There is still visibility between 20 to 25 metres.

Where?

Anywhere on the whole island, but the western coast is particularly recommended due to its orographic characteristics, which make the temperature, currents and weather ideal for freediving in all its forms.

All the equipment you may need is available, whether you are starting out in this sport or are already an expert and want to perfect your technique. You have a choice of the modern facilities and services offered by T3 or the prestigious Academy West Europe Center of Umberto Pelizzari. Each is a world-renowned centre, and they are barely 200 metres apart.

The professionals will teach you breathing techniques and how to move in the water to make your underwater experience more enjoyable. Tenerife is thus a perfect place to enjoy all forms of freediving.



What do you need?

Fins, monofins, a neoprene suit, goggles and a snorkel.

Do you need permits?

No special permit is necessary for freediving. However, you should remember that academies tend to ask for a medical certificate for this activity.

Practical advice

- Check the weather forecast before any swim.
- Ask professionals about places you can go to and the ideal sea conditions for this kind of swimming.
- You should always swim with someone, never alone.

Who can help me?



webtenerife.co.uk/what-to-do/sports/water/apnea/

12 Offshore fishing



■ Everything's calm until you feel a fish has bitten; that's the start of what is a struggle of great strength. You start reeling it in. You speed up. Your heart beats very quickly. You pull with a great deal of force. You speed up even more! It is a battle that at times can last for hours and that will only end when one of the two gives up. If you're lucky, all your efforts will have been worthwhile and you'll be thinking of the next catch. If you're not lucky - you'll also be thinking of it!



When?

You can enjoy this sport 365 days a year. It is one of the best places in the world to do it, thanks to the excellent sea conditions. The waters off Tenerife are a key stopping point on the main migratory routes of a large variety of autochthonous species, including enormous blue marlins and tunas. The best time for fishing for either of them is from May to September.

Where?

The many marinas, mainly those to the south of the island, offer a large fleet of vessels specialised in this kind of elite international sport. The vessels are fitted out with the equipment and crew necessary, so that you can enjoy an unforgettable day's fishing.

Marinas en Tenerife:

Radazul
La Galera
Puertito de Güímar
Marina San Miguel
Marina del Sur
Los Cristianos
Puerto Colón
Los Gigantes
Garachico

What do you need?

You'll need a mooring point if you come with your own vessel. Or you can hire a vessel via a central reservation system. The vessels have the fishing gear needed for the sport: outriggers, fishing boat seats, fishing rods and reels of varying resistance, electric reels, bait.

What is not allowed

You must comply with the regulations established by the Department of Agriculture, Livestock, Fishing and Waters of the Regional Government of the Canary Islands.

The following is prohibited:

- Fishing protected species such as red tuna, hake, swordfish and louvar.
- Fishing without holding the corresponding fishing licence. If you fish on dedicated vessels, a licence is not necessary, given that they have a Collective Fishing Licence according to the number of people authorised on board.
- There are also other species, which the captain has to declare if captured. They are: albacore (longfin tuna), bigeye tuna, yellowfin tuna.

Who can help me?

There is a booking office that can provide you with the kind of boat that best suits your needs. The available vessels are located at: Marina San Miguel, Marina del Sur, Puerto de Los Cristianos, Puerto Colón and Puerto de Los Gigantes.



webtenerife.co.uk/what-to-do/sports/water/deep-sea-fishing/



13 Caving



■ What discoveries can you make in a place created by the earth 27,000 years ago and that has been preserved almost intact? There is a cave on the island which was created by the vacuum formed when the outside of an enormous lava tongue cooled much quicker than its inside. This was the origin of the longest volcanic tunnel in Europe. The **Cueva del Viento** (wind cave) is around 17 kilometres long, of which 250 metres are open to the public, who can experience the bowels of the north of Tenerife and the valley of Icod de los Vinos.

Where?

Your guide on an underground walk will reveal to you what is hidden in this labyrinthine cave on three different levels.

Visitors Centre Tel:
Tel. 00 34 922474380
C/ Los Piquetes, 51. El Amparo
38430. Icod de los Vinos.
info@cuevadelviento.net
www.cuevadelviento.net
Visits can be booked via the website

How to get there by car?

Take the TF-5 motorway to Icod de Los Vinos. Once in the town, take the TF-366 road to El Amparo, following the indications to 'Centro de Visitantes - Cueva del Viento'. When you get to the restaurant El Refugio, turn left. The Visitors Centre is one kilometre further on.

You can also take the Anillo Insular island ring road to reach the Visitors Centre, by heading for Tanque, where there is a turning to Icod-Cueva del Viento. If you want to use the guide app, enter the Centre's address, which is Calle los Piquetes 51, Icod de los Vinos. If you directly enter Cueva del Viento, it will take you near the cave and not to the Visitors Centre, which is where the entrance is.

What do you need?

- You have to book in advance.
- There are guided visits in Spanish, English, German and French every day.
- Come 30 minutes in advance.
- The guided routes are for 15 people each. If you arrive late, you will not be allowed to enter.
- You must wear long trousers and hiking boots or sports shoes.
- The walk is classified as of medium difficulty, so it is not recommended for children of under 5 years of age or people with problems of mobility in terms of bones, knees or ankles, or with claustrophobia.
- The route lasts a total of 2 hours in all, including the part by vehicle.

Who can help me?



webtenerife.co.uk/what-todo/sports/land/caving/

14 Paragliding

■ You look at the sky and feel the fresh air in your face. You run like crazy so the paraglider rises... and suddenly, you're flying above the trees. You feel you can touch them with your feet. If you look behind, you can see El Teide. If you look down, you'll see the steep hills of pine trees, enormous valleys of banana trees, and the volcanic black sand beaches which will be your landing strip.

When?

All year round, although it always depends on the weather conditions specific to each zone and day. The best time of year for expert pilots is October to May.

BY ZONES

From September to May

North, La Corona

Autumn, spring and summer

East, Ladera de Güímar

From autumn to spring, often in summer

Summit of Izaña

All year round.

Where?

The main areas for paragliding with easy access are:

- North – Los Realejos
- South-west – Adeje
- East - Güímar.

You must be supervised by local pilots or companies for this activity. Although there are no official infrastructures for landing or take-off, these are the zones currently used. If you have any queries, contact the Air Sports Federation or legally constituted and specialised companies.



What do you need?

Your paragliding experience will depend on your objectives and expertise:

If you want the flight experience, you can try a two-seater flight with one of the legally authorised specialist companies that offer this service.

If you want to learn how to fly by yourself, you can take a course organised by federated schools and associate companies with legal authorisation.

If you already know how to fly, you can fly yourself with your own equipment (equipment is not usually hired as it is very personal).

5 takeoff areas

La Corona - Los Realejos

The take-off area of LA CORONA is located in the north of Los Realejos. The coordinates for one of its points is 28 R 343.171 E 3.140.191 N at a height of approximately 765 m above sea level. There is an area of 420 m2 used as a take-off ramp and for preparation. It is used when the winds at this height are between northerly and easterly.

Early morning and late evening - Pupil level (1-2)
Midday - Intermediate/high intermediate level (3-4)
Related landings:
Finca Los Quintos – Los Realejos
Playa del Socorro: avoid landing from June to August between 11 am and 6 pm – Los Realejos.

Ifonche- Vilaflor

The take-off area of IFONCHE is located in the north-west of Güímar. The coordinates for one of its points is 28 R 333.787 E 3.112.285 N and it is located at a height of approximately 1,000 m above sea level. There is an area of 750 m2 used as a take-off ramp and for preparation.

It is used when the winds at this height are between south-westerly and north-easterly.
Related landings:
Playa La Caleta (winter only, prohibited on summer days with bathers.

Ladera de Güímar – Güímar

The take-off area of LA LADERA DE GÜIMAR is located in the centre of the Güímar district, and the coordinates for one of its points is 28 R 360.926 E 3.130.318 N at a height of approximately 725 m above sea level. There is an area of 400 m2 used as a take-off ramp and for preparation.

It is used when the winds at this height are between easterly and north-easterly (gentle).
Related landings:
Güímar Esplanade-Ladera
Playa Puertito Güímar (winter only, prohibited on summer days with bathers on the beach).

Volcán de Fasnía – Fasnía

The take-off area of FASNIA is located in the south-east of the island in Fasnía. Its coordinates are 28°13'44.8"N 016°25'57.4"W 2 8°13'28.4"N 016°25'25.1, at an approximate height of 400 metres above sea level. There is an area of approximately 400 m2 used as a take-off ramp.

It is used when the winds at this height are between southerly, easterly and north-westerly.
Early morning and late evening – High/low intermediate level (2-4)
Midday - Intermediate/high level (3-4)
Related landings: Volcán de Fasnía esplanade at the base of the Fasnía volcano.

Izaña to the North and to the South (Km 33 and 34 of road TF-24)

Standard gliding flight down towards the coast. Intermediate level (2-3) throughout the day, depending on weather conditions, but it may change to expert level (5) in the space of a few hours. It is very important to get up-to-date meteorological information before beginning the flight. This glide is very special because you fly out looking at the Teide. It is a unique flight as it is one of the glides with the largest drop in Europe. You start at the summit of the Teide at 2,300 metres above sea level.

Related landings:
To the North: Port Lighthouse-Puerto de la Cruz/Unpaved esplanade next to the El Peñón football ground by the lighthouse – Puerto de la Cruz.
To the South: Güímar Esplanade - Ladera
Playa Puertito Güímar (winter only, prohibited on summer days with bathers on the beach).

Zonas de aterrizaje

- Finca Los Quintos (winter only) – Los Realejos
- Playa del Socorro (winter only) – Los Realejos
- Earth esplanade next to the El Peñón football ground by the lighthouse – Puerto de la Cruz
- Puertito de Güímar, beach (only winter and spring) – Güímar
- Volcán de Fasnía at the base of the volcano – Fasnía





What is not allowed

Under current FEDECA regulations

fecda@fecda.org

Tel. 00 34 928 400 805 / 00 34 615 602 329

Within airport security areas, airfields, air corridors and restricted flight areas.

From Ocaso to Orto.

Inside clouds.

Over crowds.

Below 300 metres over densely populated areas, except in the case of an emergency landing.

Any others established by the competent authority or by the FECDA.

Who can help me?



webtenerife.co.uk/what-to-do/sports/air/



15 Rock Climbing



■ When each muscle of your body is tense and you stick to the wall as if you could hear its heartbeat, you know that your only way is up. And on you go! You snap on another carabiner and carry on with more strength. The summit is now very close. You stick your fingers into the last hole in the rocks. You push yourself a little further with your feet and... You've arrived! Everything looks different from above. You'll discover landscapes which seem to be from another planet, such as Cañadas del Teide.

Where?

The island of Tenerife has an infinite number of rock faces with different skill levels for this activity. However, the best idea is to contact legally authorised specialist companies, which know the best places and the best time of year. They will make sure you take an unforgettable experience back home with you.

When can you do it?

You can enjoy rock climbing in Tenerife at any time of year, although you have to remember that it is restricted in certain areas due to the nesting of some species of birds.

What do you need?

The legally authorised companies specialising in this sport will provide you with all the equipment you need. However, we suggest you should take personal protection equipment, a helmet, harness, lanyards, climbing shoes, 1 litre of water per person, food like nuts and raisins, swimming costume, sunscreen... and plenty of enthusiasm.



Permits

Don't worry about applying for permits, because the legally authorised companies will do it all for you, so you can leave it to them.

Practical advice

Climbing is a very enjoyable activity, but it involves a certain risk. It is carried out in the heart of nature, far from the rescue services. It is reserved for people who are in good physical shape. You always have to be accompanied by someone when climbing. If you have any queries, get in touch with a legally authorised company, which will give you all the information you need.



Who can help me?



webtenerife.co.uk/what-to-do/sports/land/climbing/



16 Canyoning

■ Can you imagine exploring the deepest corners of the canyons of Tenerife? Your feet are set firmly on the slope. The harness is tight, you feel safe and begin to descend. You feel as if your body is shot through with adrenaline while the water of the cascade showers over you and you enjoy the moment. You feel how small you are when surrounded by the high walls of the canyons. The isolation and silence make your hairs stand on end. The only important thing is the here and now. And that's why you take one step after another without stopping. You are metres away from the ground and you feel more alive than ever. You see directly the action of erosion that has taken thousands of years to create the canyons. What's best about it? The infinite number of canyons to choose from and the best professionals here to guide you.

Where?

The island of Tenerife is criss-crossed by a huge number of canyons, but the best idea is to contact legally authorised specialist companies that know which are best for canyoning, and also the best time of year to go, to make sure you take an unforgettable experience back home with you.

When can you do it?

You can experience canyoning at any time of year in Tenerife, although after the rains the canyons will have water in them and be more enjoyable. The most recommended months are between 1 September and 30 June. You have to take into account that some zones are restricted due to the nesting of certain species of birds. But don't worry, the specialist companies will advise you about everything.

Who can help me?



webtenerife.co.uk/what-to-do/sports/land/canyoning/

What do you need?

The legally authorised companies will provide you with all the equipment you need. In any case, we suggest you should take personal protection equipment, a helmet, harness, lanyard, climbing shoes, 1 litre of water per person, food like nuts and raisins, swimming costume, sunscreen... and plenty of enthusiasm.

Permits

Don't worry about applying for permits, because the legally authorised companies will do it all for you, so you can leave it to them.

Practical advice

Canyoning is a very enjoyable activity, but it involves a certain risk. It is carried out in the heart of nature, far from the rescue services. It is reserved for people who are in good physical shape. You always have to be accompanied by someone when canyoning. If you have any queries, contact the legally authorised companies.



17 Tennis and padel tennis



■ It doesn't matter if you're on court for two hours or ten. Time isn't important. What matters is that you're playing with your friends, your family, in a championship... What's important is that your hairs stand on end because you get to the ball just in time to play a backhand which lands perfectly on the other side of the net.

Where?

There are more than 11 open-air sports facilities available with Plexi pave, clay and synthetic grass courts. You will have a prestigious team of physiotherapists available who will guarantee your fitness and first-class training. The splendid climate is a real magnet if you want to recover from injuries or long periods of competition. You can also play frontenis and squash in many locations on the island.

Who can help me?



webtenerife.co.uk/what-to-do/sports/land/tennis-paddle/

18 Golf



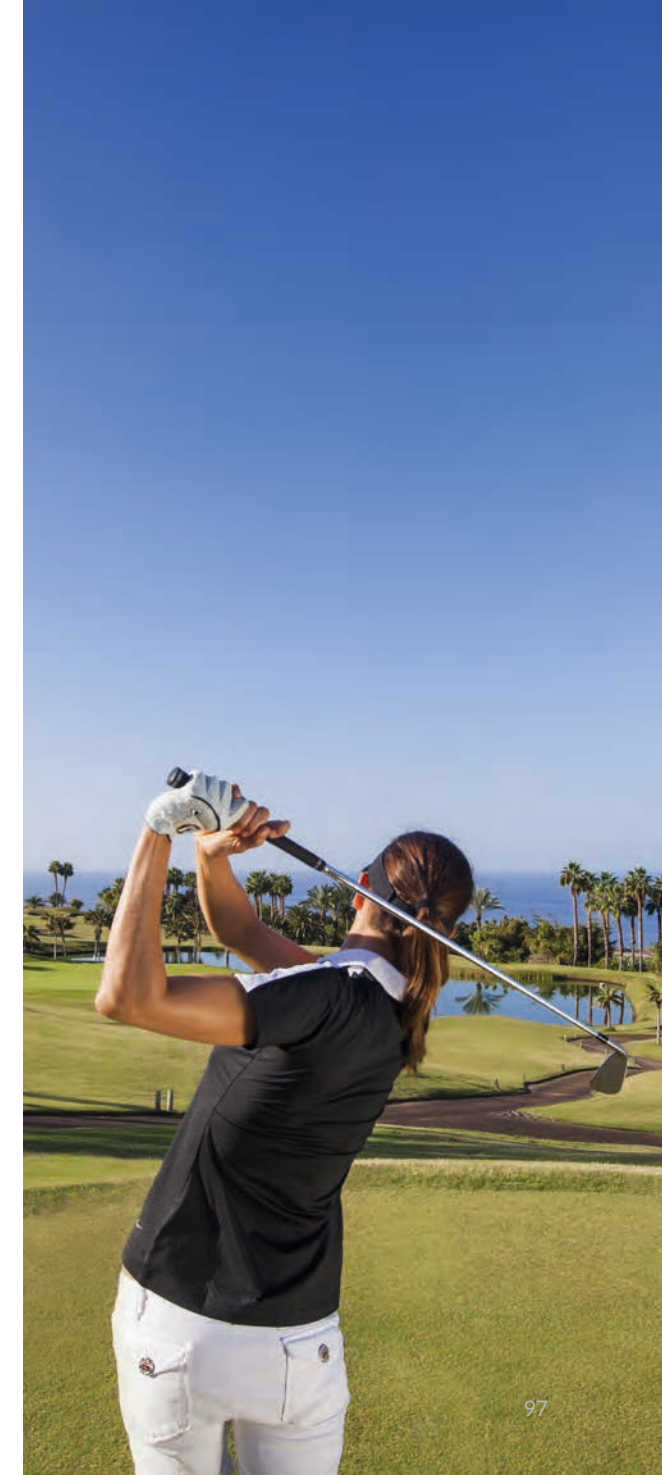
■ Imagine practising your swing by the sea or overlooking some amazing cliffs; or walking on freshly cut grass among palm trees, lakes and ravines with El Teide in the background. Everything is provided to make sure you enjoy a unique and unforgettable experience.

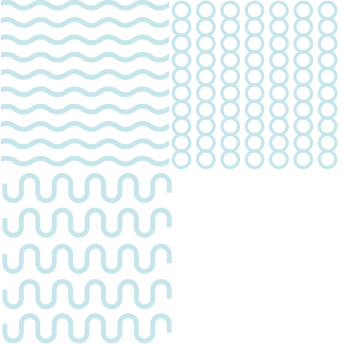
When?

The constant spring temperature means you can play your favourite sport all year round.

What do you need?

There are 8 golf courses and 2 pitch and puts, in the north and south of the island. Each offers a you a completely different way of enjoying this sport. Moreover, there is a wide range of first-class hotels and apartments under the Tenerife Golf brand, which provide all kinds of specialised services. The beauty of the courses, designed by famous names such as Seve Ballesteros, John Jacobs and Donald Steel, can be seen in their bunkers of black sand and impressive water hazards. Moreover, Tenerife has played and continues to play host to professional golf tournaments like the Canary Island Open, the Tenerife Open and the Tenerife Ladies Open, attracting the best professional players in Europe.





Golf courses



webtenerife.co.uk/what-todo/sports/land/golf/





■ Whether you are preparing for your next competition, want to perfect your technique or simply want to continue with your normal level of training, you can make use of facilities equipped with the latest technology and the best team of professionals to guide you in your training.

Every year, the high-performance centres attract European and world champions in swimming, tennis, triathlon and football. They combine the latest technology and the benefits of training at sea level with preparation at over 2,000 metres of altitude.

Who can help me?



webtenerife.co.uk/need-know/touristservice-companies/sports-facilities/sports-centres/t3+tenerife+top+training

20 Trail running



■ When you start running in the mountains, it seems your senses are made more intense. Your eyes gain precision, your hearing is more acute, your saliva acquires a different taste, your skin becomes one with the breeze... This cocktail of sensations makes you feel part of the landscape. And in Tenerife, that means a lot. The island has outstanding volcanic environments, including thick pine and laurel forests, and trails that run along the coast... a real paradise for trail running where the steepness of the land will make your experience a real challenge.

When?

Summer, autumn, winter, spring... You can enjoy trail running in Tenerife all year round, but you have to be particularly careful when it has snowed in Teide National Park, as the ground can ice over.

Where?

The island has over 1,000 kilometres of trails to choose from. The landscape, rich with contrasts, will surprise you again and again... But if all this information is too much for you and you don't know where to start, the following 8 trails together with Route 040 will help you develop your capabilities while you enjoy a unique environment.

Top 9 trails

- There are 9 routes out of all the trails you can enjoy on the island which are ideal starters due to their special characteristics:

Route 040

With a total length of close to 30 kilometres up to the peak of El Teide (27,762 metres) or 53 kilometres if the return downward leg is also completed, Route 040 mainly runs through the municipality of Los Realejos, although it also passes through La Orotava. This route runs through natural spaces of the Protected Landscape of Los Campeches, Tigaiga and Ruiz, the Corona Forestal Natural Park and Teide National Park, to then return, on the downward leg, back to the coast. The starting point is located at 12 metres above sea level and ends at 3,718 metres above sea level on the peak of El Teide - the highest point in Spain - which means that the climb is more than 3,600 metres, a unique milestone in the country.

Cruz del Carmen-El Batán-Cruz del Carmen:

11 kilometres in a circular route through the spectacular backdrop of Anaga Rural Park. Ideal for short distance training.

Las Calderetas-Lagunetas-Caidero:

A 22-kilometre route through a Canary Island pine forest, green hills with gentle slopes and deep canyons.

La Caldera-Crucita-M. Limón:

Suitable for good mountain training, with a distance of 18 kilometres that combines a demanding climb, technical parts, others at speed and altitude.

Las Cañadas-Alto Guajara-Parador:

Attractive route to train at altitude, ranging from 2,100-2,700 metres above sea level. It combines a variety of skills: a demanding climb, technical parts, others at speed and altitude. It offers the best views of Teide National Park and the southern part of the island.

Arenas Negras-Chinyero:

12 kilometres of routes for racers looking for a short, fast circuit. El Chinyero is an outstanding, very pretty spot that is worth a visit because it is located in one of the most charming corners of Tenerife.

Albergue de Taganana-Igüeste-Taganana:

This 31-kilometre route is charming as it runs through small villages in Anaga, surrounded by vegetation, mountains and sea, far from the bustle of large towns.

Los Silos-Erjos-Monte del Agua:

Two of the best trails in Teno Rural Park start from the centre of Los Silos: Cuevas Negras and Las Moradas, named after the old hamlets of the midlands of the municipality, which were inhabited decades ago.

Vilaflor-La Florida-Paisaje Lunar:

22 kilometres of spectacular route to see outstanding aspects of Tenerife that starts from the centre of Vilaflor and rises to Paisaje Lunar to end amongst the largest pine trees in the Canary Islands



Download the OTR app to time your routes

The Open Trail Races (OTR) app includes Tenerife as a trail running destination. It allows you to time your runs and register your times for these 9 routes and take part in virtual competitions between runners, comparing times and classifications



Practical advice

- Make sure you have the right sports equipment for your activity.
- Even if you go in the summer, if you are going on the high mountain routes remember to bring warm clothing (windbreaker, gloves, hat).
- Bring your mobile phone, GPS and an additional charger, all with fully charged batteries, so you can follow the routes in complete safety.
- To be as safe as possible, bring a paper map of the area in which you will run the trail. Technology may fail you.
- Bring more than sufficient food and water for the trail.
- Take a first-aid kit, a thermal blanket, a whistle and even a small mirror for signalling: it may appear over the top, but in case of accident, and particularly on remote trails, it may save your life.
- Check the weather forecast before starting. You will find the info on the main page of each TrailZone.
- Always follow the track and use the marked paths. Do not leave them, as you may be in a protected area.
- You are responsible for your own safety. Be aware of your physical condition and technical expertise.
- Read a description of the route beforehand and look at the images of the trail provided. In this way, you will be clear about what you are facing.
- Always tell someone the route or area you will be running in. You can even send us an email with the day and route you'll take. If you have an accident, we'll know where to find you.
- If you are inexperienced, contact us and we will provide you with a trailrunning guide for the zone.

21 Sports competitions

■ You have many options available for testing yourself at any time of year. Tenerife has a busy calendar of sports events and you can choose which is best suited to your expectations.

It has hosted major world championships such as the WSL Pro Las Américas, Cicloturista Vuelta al Teide, The Tenerife Bluetrail, PWA Windsurf, Spartan Race, Santa Cruz Xtreme and the International Santa Cruz de Tenerife Marathon.

Check upcoming events at:
www.webtenerife.com/agenda



22 Recommended accommodation



■ Many travellers choose Tenerife for their holidays and want to enjoy their favourite leisure activities or sports every day. For all of them, whether professionals or amateurs, it is essential to have places in which they can enjoy activities such as hiking, swimming, tennis, golf, triathlon, football and cycling. That is why it is important to have quality facilities for sports, access to the right equipment and all kinds of adventure activities prepared for them.

They can find high-quality accommodation in Tenerife which is adapted to their tastes and preferences. Cycling enthusiasts, for example, have a wide range of specialised establishments, but there are also some that are specifically geared to other sports.





Hotel Hacienda del Conde - Member of Meliá Collection

***** *Gran Lujo*



Located in Buenavista del Norte, on the coast in the Isla Baja region at the foot of the Teno Rural Park.

It offers:

- Buenavista Golf Course and croquet, with exclusive prices.
- Workshop with tools and spare parts + exclusive bicycle park.
- Gymnasium.
- YHI SPA with Thermal Circuit and 10 Massage Cabins.
- 4 meeting rooms.
- Salazar a la carte restaurant.
- Exclusive Ikko bar.

Tel. 00 34 922 061 700
melia.haciendadelconde@melia.com
www.melia.com

Hotel Barcelo Tenerife



Located in a peaceful area in the south of Tenerife (San Miguel de Abona), only five minutes from the Tenerife Sur Airport, and with direct access to the San Blas Environmental Reserve.

It offers:

- Bike Friendly Hotel Certificate, bike rentals, and room to store, clean and repair bicycles.
- Hiking, jogging and mountain bike circuits inside the Environmental Reserve. Including an American track.
- Guided tours to the Environmental Reserve.
- Gymnasium open 24/7.
- Spa with sauna and Jacuzzi, 2 treatment cabins.
- Meeting rooms.

Tel. 00 34 922 749 010
d.trapero@barcelo.com
www.barcelo.com

Hotel Dreams Jardín Tropical



Situated in the heart of the exclusive area of Costa Adeje, in South Tenerife, with impressive views over the Atlantic Ocean and the island La Gomera.

It offers:

- Cycling Friendly Certificate.
- Ocean Gym – unique open-air gymnasium with sea views.
- Broad offer of sports activities (spinning, stretching, aerobics, GAP, etc.).
- Bike station with possibility of bike rentals and room to store, clean and repair them, sale of spare parts, air pumps.
- Offer of more than 25 routes on the island, personalised routes and guided tours.
- Wellness Center with sports massages, sauna and steam bath.
- Golf desk to book tee times.
- Located on the ideal seafront for jogging and sea-swimming.
- Offer of protein shakes and isotonic drinks, energy bars.

Tel. 00 34 922 746 000
reservations.drejt@dreamsresortseu.com
www.dreamsjardintropical.com

Hotel La Casona del Patio



Located in the fascinating valley of Santiago del Teide, more than 900 meters above sea level, in the northwestern part of the island of Tenerife.

It offers:

- Room to service bicycles (washing, fitting out, etc.).
- Elite bike rental service (Trek, Pinnarello, BH, Cannondale) and advice on routes.
- Physiotherapist specialised in cyclists, spa and gym.
- Personalised menus for athletes (specific diets).
- Pro Cyclist Room – Room fitted out for leisure activities for elite teams and cycling groups.
- Laundry service.
- Meeting room.
- Horse-riding (routes).

Tel. 00 34 922 839 293
reservas@lacasonadelpatio.com
www.lacsonadelpatio.com

Hotel Luz del Mar

Located in Los Silos and surrounded by the slopes of Mount Teno, banana plantations and the sound of the sea, in a quiet area near the coast.

It offers:

- Hiking, with or without a guide, maps and your own GPS.
- Bike rentals.
- Sauna with a jet circuit and relaxation massages.
- Tuesday: Tapas night.
- Thursday: Local Canary Island food and live folklore evening.
- Vegetarian menu.
- Petanque.

Tel. 00 34 922 841 623
info@luzdelmar.eu
www.luzdelmar.eu

Casa Rural Finca Delicias



Located in Guía de Isora in the south of Tenerife, surrounded by the estate's banana plantations which go down to the sea shore, its natural pools and the La Jaquita beaches, with sunsets that are always unique, views of the sea and of the island of La Gomera.

It offers:

- A set of five independent cottages, fully equipped and with all the necessary services.
- Cycling Friendly Certificate.
- Bike rentals and routes that depart from the estate.
- Workshop, room to store and clean bikes, and an electric bike charge station.
- Surf- and Body-boards – our seafront gives access to the waves of Punta Blanca.
- Diving - our seafront gives access to Alcalá quay, where a diving school is located, along with Los Gigantes Quay.
- Kayaking and Stand up Paddle at Los Gigantes Quay.
- Golf.

Tel. 00 34 696 638 960
www.fincadelicias.com
reservas@fincadelicias.com



Hotel Spa Villalba ****

Hotel located at a height of 1,500 m, in the middle of the island, in Vilaflor, only 15 km away from Mount Teide National Park, and 20 km away from the beach. The perfect place to start an adventure.

It offers:

- Multiple hiking and mountain bike routes departing from the entrance to the hotel.
- The highest gymnasium and climbing wall in the Canary Islands.
- Complete spa with sauna, sanarium, Turkish Baths, swimming pool with water jets, Jacuzzi, the Camino de Guijarros [Guijarros Trail] and relaxation room.
- Massage service, body treatment and physiotherapy, with three interior cabins and one exterior.
- Tablets for clients with all the information on routes, activities and services.
- Personal laundry.
- Horse-riding.
- Lounge with fireplace.
- Restaurant with specialised menus for athletes.

Tel. 00 34 922 709 930
hotelvillalba@hotelesreveron.com
www.hotelvillalba.com

Spring Arona Gran Hotel & Spa ****

With an excellent location on the seafront of Los Cristianos bay, it is an ideal establishment to enjoy its exquisite gastronomy together with its unique views and spectacular sunsets.

It offers:

- Bike Friendly: Gold Certificate. Room to store, repair and look after your bike.
- Gymnasium with sea views, with cutting-edge technology. Pilates and spinning room.
- Free transfers to the hotel for online bookings from the hotel's website, from Tenerife Sur Airport.
- Adults-only hotel. Rooms with sea views.
- UP Terrace! Exclusive with infinity pools, Jacuzzi, Balinese beds, all on the roof of the hotel.
- Exquisite gastronomy in the La Palapa a la carte restaurant.
- Sports bar, bridge room, small meeting room for up to 40 people.
- Spa, massage and treatment room for couples of individuals.

Tel. 00 34 922 750 678
aronaspringhoteles.com
www.springhoteles.com

Coral Teide Mar ***

Comfortable complex of studios located in Puerto de la Cruz, just a few metres away from a wide range of restaurants and leisure activities, where you can find thousands of offers to see the spectacular island of Tenerife.

It offers:

- Cycling Center with a cycling package available
- Bike routes from the hotel
- Equipped kitchen in all our units
- Tennis court
- Its 4,000m2 of subtropical gardens
- Free Wi-Fi in the hotel

Tel. 00 34 922 09 99 30
info@coral-hotels.com
www.coral-hotels.com/hotel-teide-mar-en-tenerife/

Spring Hotel Bitácora ***

Hotel Bitácora, a four-star hotel, is located in the heart of Playa de Las Américas, just 350 metres from the beach and 17 kilometres from Tenerife Sur-Reina Sofía Airport.

It offers:

- Very large rooms (2+2 or 3+1)
- The Locker – to store boards and clean wetsuits, with a TV where you can check the wind and waves, the weather, etc.
- Special price/agreement with the surf school (350 metres from the hotel), which includes a photo pack
- Spa and gymnasium
- Exclusive UP zone and adults-only pool with outdoor spa and its Pink bar, also adults-only
- Fun for the whole family and all ages, including those who don't surf
- The best location – exclusive exit to the Surfer friendly paseo cangrejo
- Different regimes – from bed and breakfast to premium all inclusive – excellent food

Tel. 0034 922 79 15 40
bitacora@springhoteles.com
www.springhoteles.com

Hotel Playa Sur ***

Located on El Médano beach (Granadilla de Abona), bordering a Natural Park with sand dunes in South Tenerife.

It offers:

- Walks.
- Concerts.
- Guided tours.
- Massages, sauna, infrared cabin.
- Windsurfing.
- Kite surfing.
- Mountain biking.

Tel. 00 34 922 176 120
mb@hotelplayasurtenerife.com
www.hotelplayasurtenerife.com

Coral Compostela Beach Golf ***

Located close to Golf Las Américas and opposite a large shopping centre, this two-storey complex is ideal for families.

It offers:

- Cycling Center with a cycling package available
- Bike routes from the hotel
- Large apartments for big families
- Equipped kitchen in every unit
- Location: close to Golf Las Américas golf course and the Parque Santiago 6 Shopping Centre

Tel. 00 34 922 09 99 30
info@coral-hotels.com
www.coral-hotels.com/hotel-teide-mar-en-tenerife/



Hotel Riu Garoe ★★★★

Located in the north of Tenerife in the municipality of Puerto de la Cruz in a privileged environment.

It offers:

- Welcome gift pack for cyclists.
- Direct access to the most popular route for cyclists, mainhighway and ascent to National Park and El Teide.
- 1 km from La Rosaleda Golf Course, 28 from Los Rodeos Golf Course and 38 km from Buenavista Golf Course. Close to three golf clubs: Tenerife Royal Golf Club, Buenavista Golf Club and La Rosaleda Golf Club.
- Jogging area next to the hotel and walking trail.
- Bollullo Beach, Vista Paraiso, Martianez Promenade to Rambla de Castro.
- Gymnasium 24/7 and tennis, squash and free mini golf in the hotel complex.
- Complete SPA with cabins for all types of massage (for a fee).
- 25-metre outdoor swimming pool, ideal for lengths.
- Buffet adapted for athletes and take-away picnic service. With its own pizzeria and sautéed pasta to order.
- Multiple meeting rooms for sports teams or groups.
- Wi-Fi throughout the hotel.

Tel. 00 34 922 382 988
direccion@hotelgaroe.com
www.riu.com

Route Active Hotel ★★★★

Accommodation located on the north coast of Tenerife (Los Realejos). Perfect for all outdoor activities that the environment allows.

It offers:

- Complete graphic information on hiking in the area and in Tenerife – available at reception.
- Some of the island's best cycling and mountain-biking routes, bike rental and repair, cleaning and storage of material in rooms with video surveillance systems.
- Olympic athletics track and football field within walking distance (both recently opened).
- Introductory courses on diving.
- Professional gym.
- Professional massage room.
- Meeting/ projection room.
- Healthy breakfast to regain your energy after a day of activities.
- Fully equipped kitchen in all rooms of the hotel.

Tel. 00 34 922 363 726
info@routeactivehotel.com
www.routeactivehotel.com

Hotel Regency Country Club Apartment Suites

Privileged location in the south of the island of Tenerife, located on one of the most popular cycle routes towards El Teide, and just a few minutes from Los Cristianos beach. Architectural design inspired by the exotic island of Bali, with spectacular panoramic views of the Atlantic Ocean.

It offers:

- Cycling Friendly GOLD Certificate
- Fully equipped "Cycling Center"
- Balinese-style mini-golf
- Heated outdoor swimming pools and jacuzzi
- Entertainment programme
- Kids area with mini club
- Gymnasium

Tel: 0034 922 729 200
www.regencycountryclub.com
booking@regencycountryclub.com

Parador de Turismo Las Cañadas del Teide ★★

Located at a height of 2,152 metres in the Teide National Park.

It offers:

- Catering with menus adapted to the needs of sportsmen and women
- Space for bike storage maintenance work on bicycles
- Washing-machine and tumble-dryer
- Massage room, gymnasium, sauna and heated pool
- Meeting rooms

Tel. 00 34 922 386 415
canadas@parador.es
www.parador.es

Albergue Montes de Anaga

Located in the heart of nature. An ideal place for lovers of sport and active tourism.

It offers:

- Hiking
- Caving
- Climbing
- Surfing
- Group activities and much more...

Tel. 00 34 922 823 225
alberguedeanaga@idecogestion.net
www.alberguestenerife.net

Refugio de Altavista (Refugio del Teide)

Located at 3,270 meters altitude in the Teide National Park. A unique place in the world to recharge your batteries and enjoy the sunrise from the highest lodgings in Spain.

It offers:

- Rest area in the reception.
- Three dormitories for up to 54 people.
- Heating and warm bed clothes
- Toilets. No showers.
- Self-catering dining room to regain strength after the ascent.
- Hot drinks, soft drinks and water on sale.
- Option to heat up food.

Tel. 00 34 922 010 440
info@volcanoteide.com
www.volcanoteide.com

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