

**SINPROMI**

SOCIEDAD INSULAR PARA LA PROMOCIÓN  
DE LAS PERSONAS CON DISCAPACIDAD, S.L.



# Tenerife

an accessible destination





*Playa de Las Vistas, Arona*



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*Playa Jardín,  
Puerto de la Cruz*



The island has many accessible interesting resources including accommodation, transport, leisure activities and the sale or hire of support services in Tenerife that can be viewed at **[www.tenerife-Accessible.org](http://www.tenerife-Accessible.org)**, a website managed by SINPROMI (Island Company for the Promotion of People with Disabilities).

**SINPROMI, S.L.**

Calle Góngora, s/n. 38005 Santa Cruz de Tenerife

Tel. 00 34 922 249 199 Fax: 00 34 922 244 658

[www.sinpromi.es](http://www.sinpromi.es)

[www.tenerife-Accessible.org](http://www.tenerife-Accessible.org)

[Accessible.sinpromi@tenerife.es](mailto:Accessible.sinpromi@tenerife.es)



*Playa Jardín, Puerto de la Cruz*

## **A** Accessible

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A space, facility or service is deemed Accessible if it fits the functional and size requirements to guarantee independent easy use by those with some disability, mobility issue or communication impediment.

## **P** Practicable

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A space, facility or service is deemed Practicable where, without matching all requirements to qualify as accessible, it does not hinder use by those with some disability, mobility issue or communication impediment with the aid of another person.

# Tenerife an accessible destination



*Anaga Rural Park*



■ Tenerife welcomes five million tourists per year. The island is famous for its kindness in welcoming visitors and the great year-round spring-like climate, with an average temperature of 22° celsius, as well as the quality of the beaches and hotels. It is also a tourist destination offering safe comfortable holidays for those who have mobility or communication difficulties.



*Los Realejos*

Many beaches, squares and leisure facilities in Tenerife are adapted to welcome these tourists who are then able to share in family activities and enjoy all types of open-air adventures in complete peace-of-mind. There are parks and pedestrian areas for pleasant strolls, the chance to dig into the culture and history of

“ comfortable holidays for those who have mobility or communication difficulties ”



*Seawater pools at Bajamar, La Laguna*







Endless possibilities in a destination **intent on becoming a European reference for accessible tourism and culture for all.**

areas such as Santa Cruz, Arona (Los Cristianos), Puerto de la Cruz and La Laguna, and visit shopping centres to buy fashion, jewellery, accessories and handicrafts.

The island is also home to different theme parks - authentic paradises to have fun and spend unforgettable moments. There are options to enjoy nature to the max with areas for camping and vantage points looking out over spectacular local landscapes.

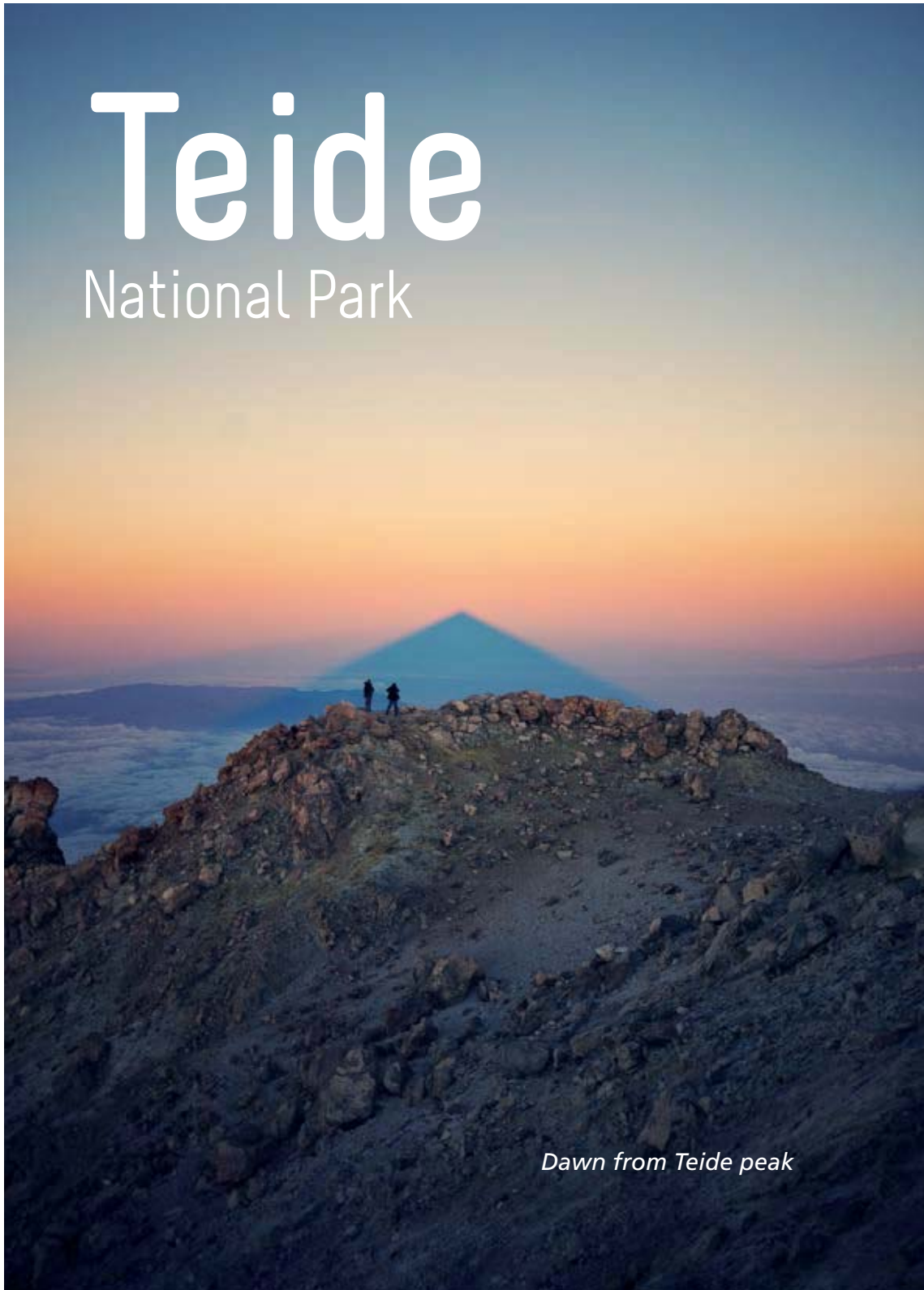


# Things to see and do in Tenerife



# Teide

National Park



*Dawn from Teide peak*

# Enjoy your volcanic experience

■ 48% of Tenerife is protected land. Teide National Park is located on the highest part of the island and can be accessed from the south and north by guagua (bus) or in your own vehicle. Mount Teide has been a dormant volcano for years and crowns the sunrise each morning with its majesty. It measures 3,718 metres and is the third highest volcano in the world. A true giant, declared a

World Heritage Site by UNESCO, it is home to different unique species and landscapes as well as being one the highest peaks in Spain.

The ravines in the Teide National Park offer paths and viewpoints

“Mt. Teide rises to 3,718m above sea level and is the third highest volcano in the world.”



for appreciating some of the highlights in the Park. The best souvenir from your visit can be found in El Portillo visitor centre (open every day from 9am to 4 pm), located just a few kilometres from the Parador Nacional de Turismo.



*Mt. Teide National Park*

*Teide cable car*



*La Ruleta Viewpoint*



## National Park Office

Calle Doctor Sixto Perera González, 25

38300 – El Mayorazgo. La Orotava

Tel. 00 34 922 922 371

Opening times: Monday-Friday, 9am-2pm.

El Portillo Visitor Centre

 Practicable

El Portillo Visitor Centre  
Botanical Garden

 Practicable

Roque de Caramujo Path

 Accessible

Alto de Guamazo Path

 Practicable

# Places of





## La Ruleta Viewpoint

**P** Practicable

## Telesforo Bravo Visitors Centre

**P** Practicable

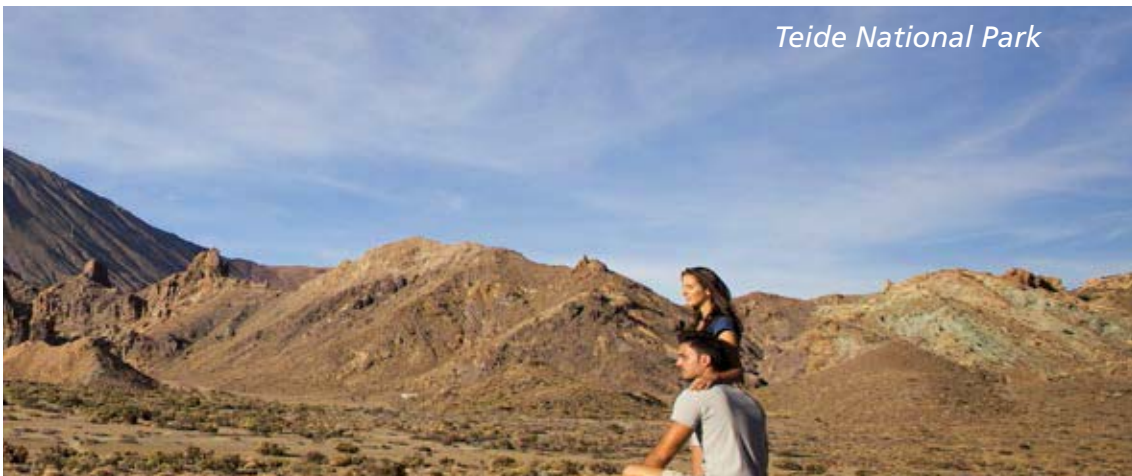
## Network of viewpoints next to the road

**P** Practicable

## Ornamental Garden of native Canary Islands Plants

**P** Practicable

# interest:



### Whale watching in South Tenerife



■ One of the most spectacular spots on the island, its impressive vertical drops are 600 metres high in some places. There are steep gullies further in that can be accessed by boat via the small coves scattered

“ Pilot whales and dolphins live in these waters ”

along the coast, such as Carrizales, Juan López, El Natero or Barranco Seco.

The sea bed in this area drops 30 metres deep and the rich marine life attracts many divers and fishermen and women. The waters are also home to a large colony of cetaceans including examples of short-finned pilot whales and bottlenose dolphins. To see them close-up, there are boat trips every day from the ports of Los Gigantes (Santiago del Teide), Puerto Colón (Adeje) and Los Cristianos (Arona).

# Los Gigantes Cliffs

*Los Gigantes  
Cliffs*



Los Gigantes Tourist Information Office

Practicable

Los Gigantes. Avda. José González Forte

Tel.: 00 34 922 868 186

[www.santiagodelteide.org](http://www.santiagodelteide.org)

[turismolosgigantes@santiagodelteide.es](mailto:turismolosgigantes@santiagodelteide.es)



# Anaga Rural Park

■ The Anaga Rural Park is one of the oldest areas of the island. It is located in Anaga Massif and comprises 14,000 hectares of great beauty that spread from the summit, coinciding with

the Cruz de Taborno (1,000 metres high), to the coast. The area is home to a jewel of local nature, a magical laurisilva forest whose origins date back to the Tertiary Period. The



*Anaga Rural  
Park*



*Forest Ring*

“ The Island boasts  
43 protected nature  
areas covering 50% of  
the surface area ”

*First part of Path of Senses,  
Anaga Rural Park*



Anaga Visitor Centre, in La Cruz del Carmen, offers visitors the information they need to discover this setting in-depth.

# Adapted rambling in Joëlette

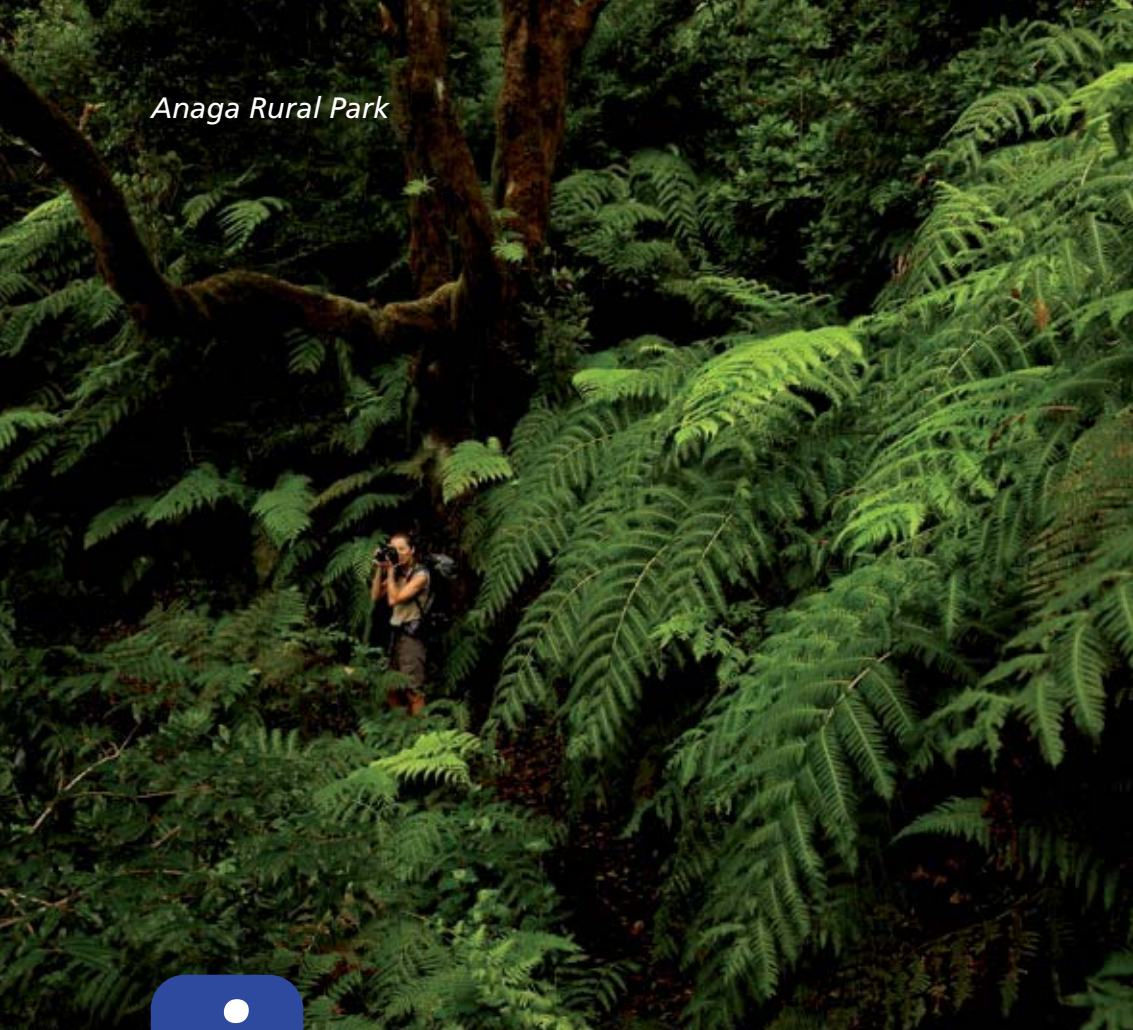
with Montaña para Todos  
(Mountain for All)

■ The Joëlette is a wheelchair designed for hill walking on any terrain, even uneven land. It has a single wide wheel, a chair, safety features (brakes,

“Users can be physically disabled or with reduced mobility”

shock absorbers, belt) and two arms to the front and back. The Joëlette needs a passenger and crew

comprising several drivers or companions for it to work. Rambling in Joëlette makes for a different type of hill walking and access to nature. A new solidarity method for social participation, a shared activity for people with and without difficulties to head out on trails. Passengers may have a physical disability, reduced mobility or other difficulties who have an interest in nature and mountain activities.



*Anaga Rural Park*



## Asociación Montaña para Todos

Edif. Olimpo. Plaza de La Candelaria, 28, 3º-Ofic. 304  
38003 Santa Cruz de Tenerife.

Horario: L - J de 09:00 a 12:00 h.

Tel.: 00 34 922 282 570

[info@mptodos.org](mailto:info@mptodos.org)

[www.mptodos.org](http://www.mptodos.org)

## Cruz del Carmen Visitors Centre

 Accessible

Ctra. Las Mercedes, Km. 6 - 38294

San Cristóbal de La Laguna

Tel.: 00 34 922 633 576

[cvisitantes@tenerife.es](mailto:cvisitantes@tenerife.es)

Opening times

October-June: Mon.-Sun.: 9.30am-4pm.

July-September: Mon.-Sun.: 09.30 - 15.00.

## Los Sentidos Path

  Accessible

Parque Rural de Anaga. Cruz del Carmen

# Places of





## Agua García Path

 Accessible

Ctra. de La Esperanza - Calle Madre del Agua

## Anaga Rural Refuge

 Accessible

Ctra. El Bailadero - Chamorga, s/n

38125 Santa Cruz de Tenerife

Information and Bookings: 00 34 922 823 225

[alberguedeanaga@idecogestion.net](mailto:alberguedeanaga@idecogestion.net)

[www.alberguestenerife.net](http://www.alberguestenerife.net)

Opening times: Mon.-Fri. 9am-3pm

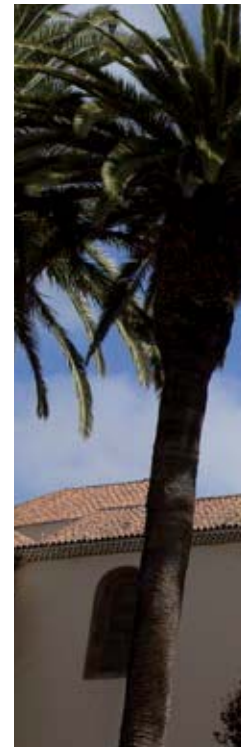
# interest:



*Anaga Rural Park*

Historic Centre

# La Laguna



■ A lively university city, La Laguna is a showcase for pure Canary architectural

“ The old quarter is a UNESCO World Cultural Heritage Site ”

style. Its unique cobbled streets and colonial style have led to the historic

centre being declared a World Heritage Site by Unesco. Its specific design as the first constructed non-walled city was an example for those built later in the New World.

A stroll around is a must to uncover the city's magic, aided by the main pedestrianised streets, as is a stop-off in any



of the cafés and bars dotted around the centre. Buildings such as the Leal Theatre, the Cabrera Pinto Institute, La Concepción Church, the Cristino de Vero Foundation or Casa Lercaro, the current Museum of the History of Tenerife where the island's history can be discovered first-hand, are well-worth a visit in what is also known as the Governor's city.



*Street in the old quarter*

## Museum of History

  Practicable

Calle San Agustín, 20 y 22

38201 San Cristóbal de La Laguna

Tel.: 00 34 922 825 949/943 - Fax: 00 34 922 630 013

[www.museosdetenerife.org](http://www.museosdetenerife.org)

Opening times:

The museums are open every day of the year,  
Monday-Sunday, except 24th, 25th and 31st December,  
1st and 6th January, and Shrove Tuesday.

Tuesday-Saturday: 9am-8pm.

Sunday and Monday: 10am-5pm.

# Places of



## Leal Theatre

  Practicable

Calle Obispo Rey Redondo, 50  
38201 San Cristóbal La Laguna  
Tel: 00 34 922 265 433

[www.teatroleal.com](http://www.teatroleal.com)

Opening times: Monday-Friday 9am-3pm

## Cabrera Pinto Institute

  Practicable (only the ground floor)

Calle San Agustín, 48  
38201 San Cristóbal de La Laguna  
Tel.: 00 34 922 250 742

# interest:



## La Concepción Church

 Practicable

Plaza Doctor Olivera, s/n  
38201 San Cristóbal de la Laguna  
[www.aytolalaguna.com](http://www.aytolalaguna.com)

## Cristino de Vera Foundation

 Practicable

Calle San Agustín, 18  
38201 San Cristóbal de La Laguna  
Tel.: 00 34 922 262 873  
[info@fundacioncristinodevera.com](mailto:info@fundacioncristinodevera.com)  
[www.fundacioncristinodevera.org](http://www.fundacioncristinodevera.org)  
Opening times: Monday-Saturday, 11am-2pm and 5-8pm.  
Sundays and bank holidays: closed





## La Laguna Tourist Information Office

Practicable

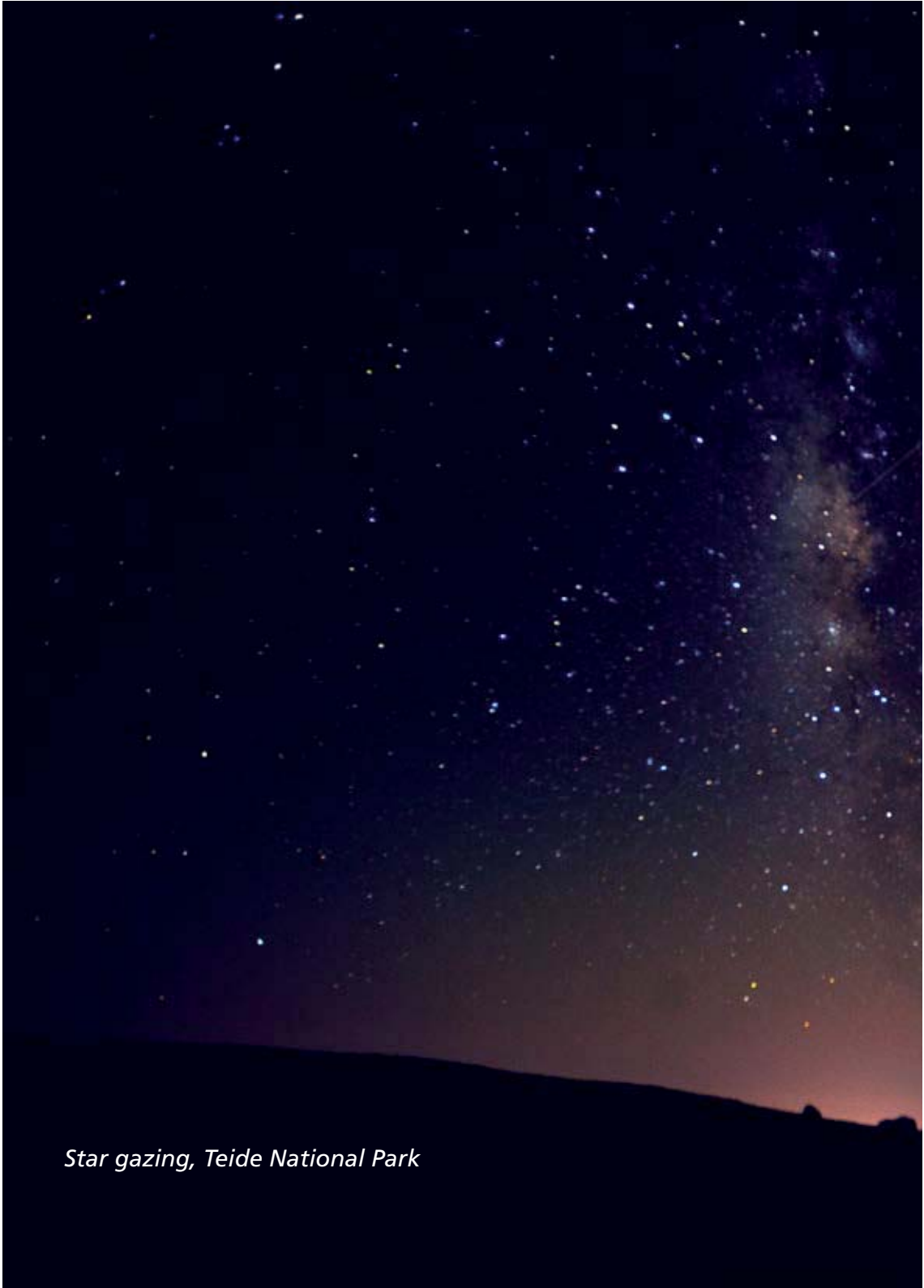
Casa Alvarado Bracamonte (Capitanes Generales)

Calle La Carrera, 7, Bajo

Tel.: 00 34 922 631 194

Opening times: every day, 9am-5pm.

[coordinador@visitalaguna.es](mailto:coordinador@visitalaguna.es)



*Star gazing, Teide National Park*





## Museum of Science and the Cosmos

  Practicable

Calle Vía Láctea, s/n

38200 San Cristóbal de La Laguna

Tel. 00 34 922 315 265 / 00 34 922 315 080

Fax: 00 34 922 263 295

[www.museosdetenerife.org](http://www.museosdetenerife.org)

### Opening times

The museums are open every day of the year, Monday-Sunday, except 24th, 25th and 31st December, 1st and 6th January, and Shrove Tuesday.

Tuesday-Saturday: 9am-8pm.

Sunday and Monday: 10am-5pm.



■ Garachico was the island's main commercial port in the past but the nascent development of the town was interrupted by the eruption of Trevejo Volcano in 1706 which almost completely entombed the town. After its reconstruction, the historic centre is today one of the most picturesque in Tenerife, leading to it being declared a Site of Cultural Interest. The pretty narrow cobbled streets are home to impressive buildings such as Santa Ana

Church, the former convent San Francisco de Asís (with its heartwood cloisters and rows of balconies) and the Franciscan church of Nuestra Señora de Los Ángeles. Further highlights include the home of the

“ Discover XVII architecture like La Quinta Roja ”

Marquis de la Quinta Roja or the residential palace of

## Historic Centre

# Garachico

the Counts de la Gomera - known as the Casa de Piedra (House of Stone), both dating from the 17th century. The best option, a pleasant stroll around to admire the architecture from the outside, offers the best views of each building.

In 1980, King Juan Carlos I awarded the town the Gold Medal for Fine Art for the special care taken of its artistic and historical heritage and its streets, squares and gardens.



### Garachico Information Office

Practicable

Avda. República de Venezuela, s/n

38450 Garachico

Tel.: 00 34 922 133 461

Opening times: Monday-Saturday, 10am-3pm.

citgara@hotmail.com

# Buenavista

## del Norte

■ This town stands out for its magnificent landscapes and has expanded in recent decades thanks to the increase in coastal tourism, with establishments like the

Vincci Buenavista Hotel. It is ideal to peacefully roam the streets in the historic centre with highlights including Los Remedios Church and its square, surrounded by the



most important institutions and homes in the town. A quiet stroll to appreciate the town's beauty is highly recommended.



## Buenavista Information Office

Practicable

Plaza de los Remedios, s/n. Casa Matula

38480 Buenavista del Norte

Tel.: 00 34 922 128 080

[www.buenavistadelnorte.com](http://www.buenavistadelnorte.com)

[turismo@buenavistadelnorte.com](mailto:turismo@buenavistadelnorte.com)

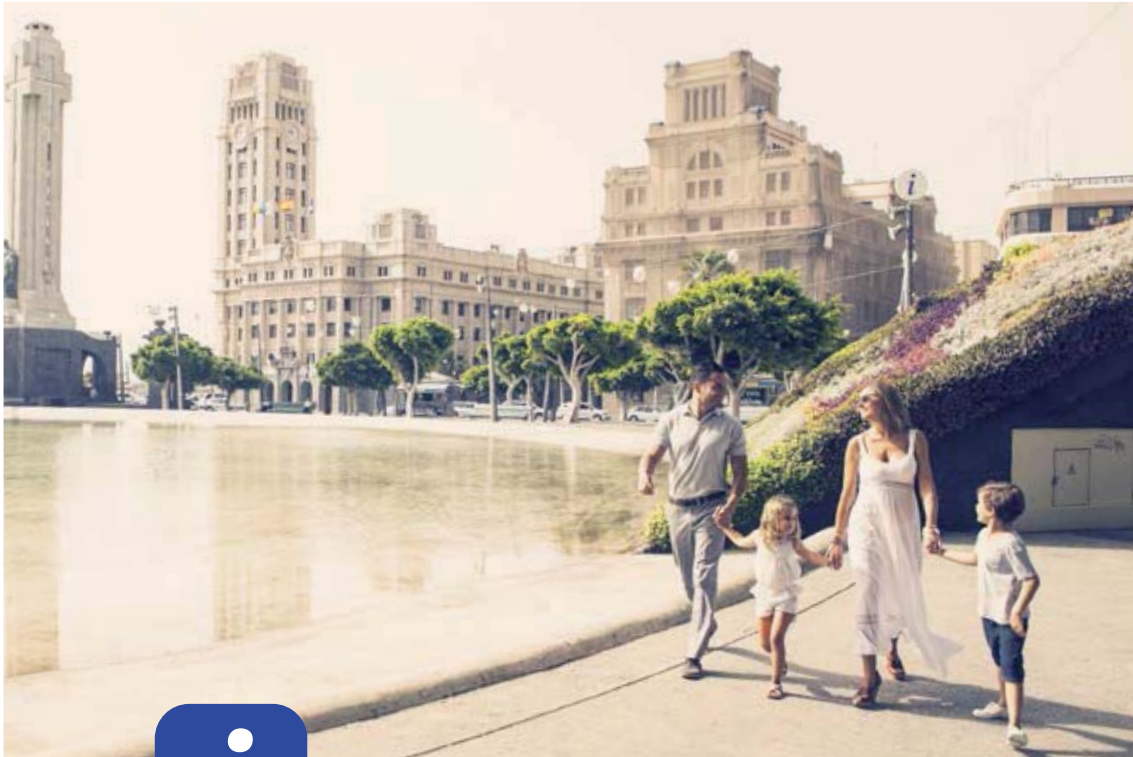
Opening times: October-March: Monday-Friday, 9am-3pm, Saturday, 9am-1pm.

April-September: Monday-Friday, 9am-4pm, closed on Saturday

# Santa Cruz de Tenerife

■ Home to over 200,000 inhabitants, Santa Cruz is the island's capital. It is a great city to walk around and go shopping, discover and savour island cuisine and enjoy the best programme of events. Strolling the streets, enjoying the parks and gardens or stopping off at one of the pleasant terraces are just a few

suggestions, as well as attending music, dance and other shows throughout the year. Beaches such as Las Teresitas or a visit to Anaga Rural Park, with Los Sentidos Path as a large adapted showcase for those with some type of disability, round off a day or a few days in this charming city.



## Santa Cruz Tourist Information Office

Accessible

Plaza de España, s/n

Tel.: 00 34 922 289 394 / 922 151 975 / 922 281 287

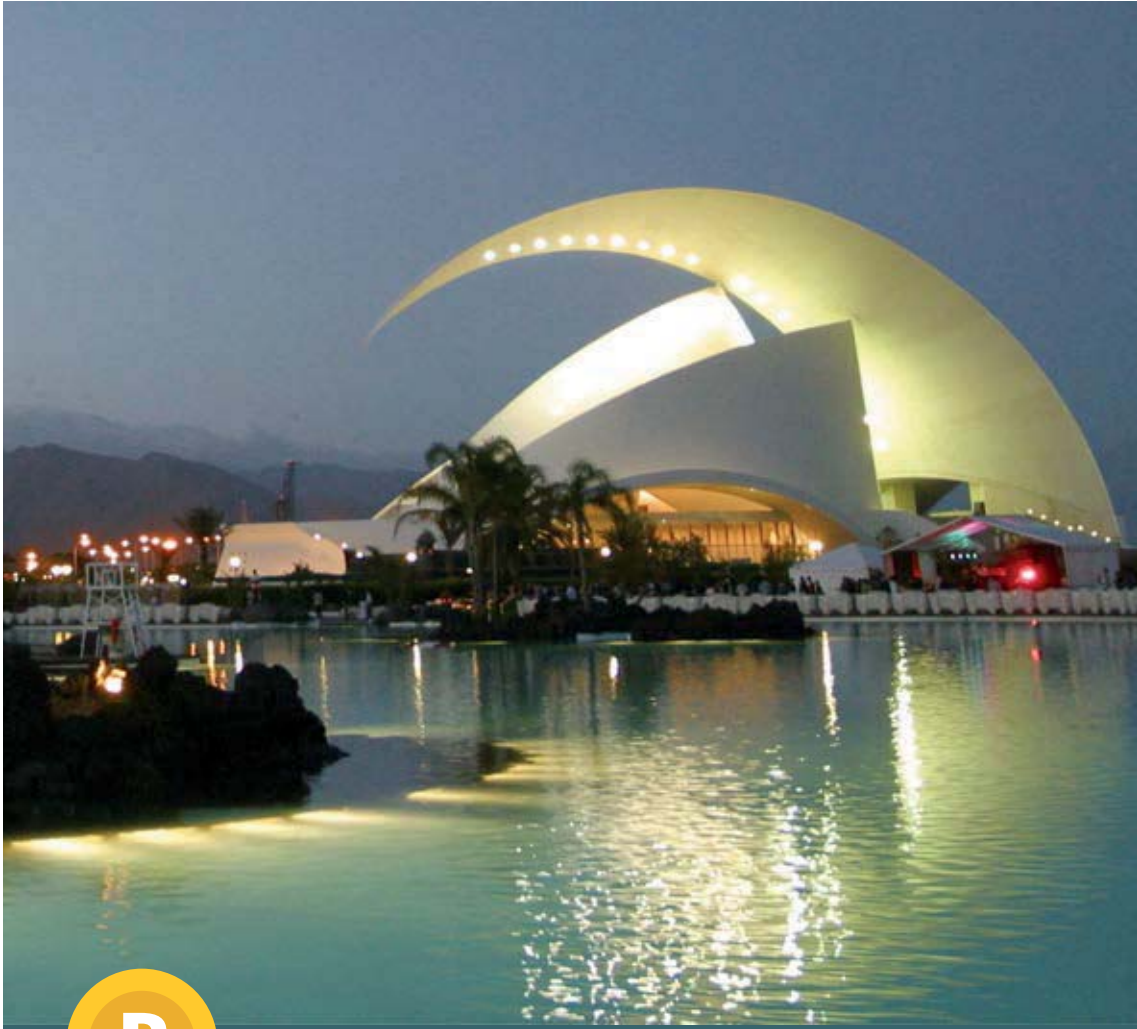
Fax: 00 34 922 284 965

[bfonollosa@tenerife.es](mailto:bfonollosa@tenerife.es) | [lale@tenerife.es](mailto:lale@tenerife.es)

Monday-Friday: 9am-6pm. - Saturday: 9am-1pm.

In July, August and September it closes at 5pm and midday, respectively.

Sundays and bank holidays: closed.



## Adán Martín Tenerife Auditorium

Practicable

Av. Constitución, 1

38003 Santa Cruz de Tenerife

Tel.: 00 34 922 568 600

Fax: 00 34 922 568 602

[www.auditoriodetenerife.com](http://www.auditoriodetenerife.com)



■ The Auditorium of Tenerife is one Santa Cruz's emblematic buildings. Designed by Santiago Calatrava, the daring modernist architecture makes it one of the most photographed buildings on the island. There are two concert halls, one chamber, one symphonic, with the latter seating 1,600. Highlights from

## Auditorio de Tenerife

# Adán Martín

the annual programme include the Tenerife Dance, Atlantic Jazz, World Music, Amongst Friends and Great Performers festivals. It also hosts seasons from the Tenerife Symphony Orchestra, the Tenerife Opera Festival and the Canary Islands Music Festival.



# Museum of Nature and Mankind

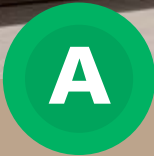
■ The Museum of Nature and Mankind is located in an emblematic building

in the capital and has been declared a Site of Cultural Interest. Discover

what the guanches, the island's ancient inhabitants, were like and how they lived through the largest collection in existence on this culture. There are two separate areas: Natural Sciences and Archaeology. The first houses collections on palaeontology, marine life, botanicals, entomology and land vertebrate animals and is considered to be the best nature library in the Canary Islands. The Archaeology Museum contains the guanche mummy collection and the aboriginal burial world.



“ Discover the Guanches, the island's aborigines - who they were and how they lived ”



## Museum of Nature & Mankind

Accessible

(Former Civic Hospital)

Calle Fuente Morales, s/n

38003 Santa Cruz de Tenerife

Tel.: 00 34 922 535 816

[www.museosdetenerife.org](http://www.museosdetenerife.org)

Opening times:

The museums are open every day of the year,

Monday-Sunday, except 24th, 25th and 31st

December, 1st and 6th January, and Shrove Tuesday.

Tuesday-Saturday: 9am-8pm.

Sunday and Monday: 10am-5pm.

# TEA

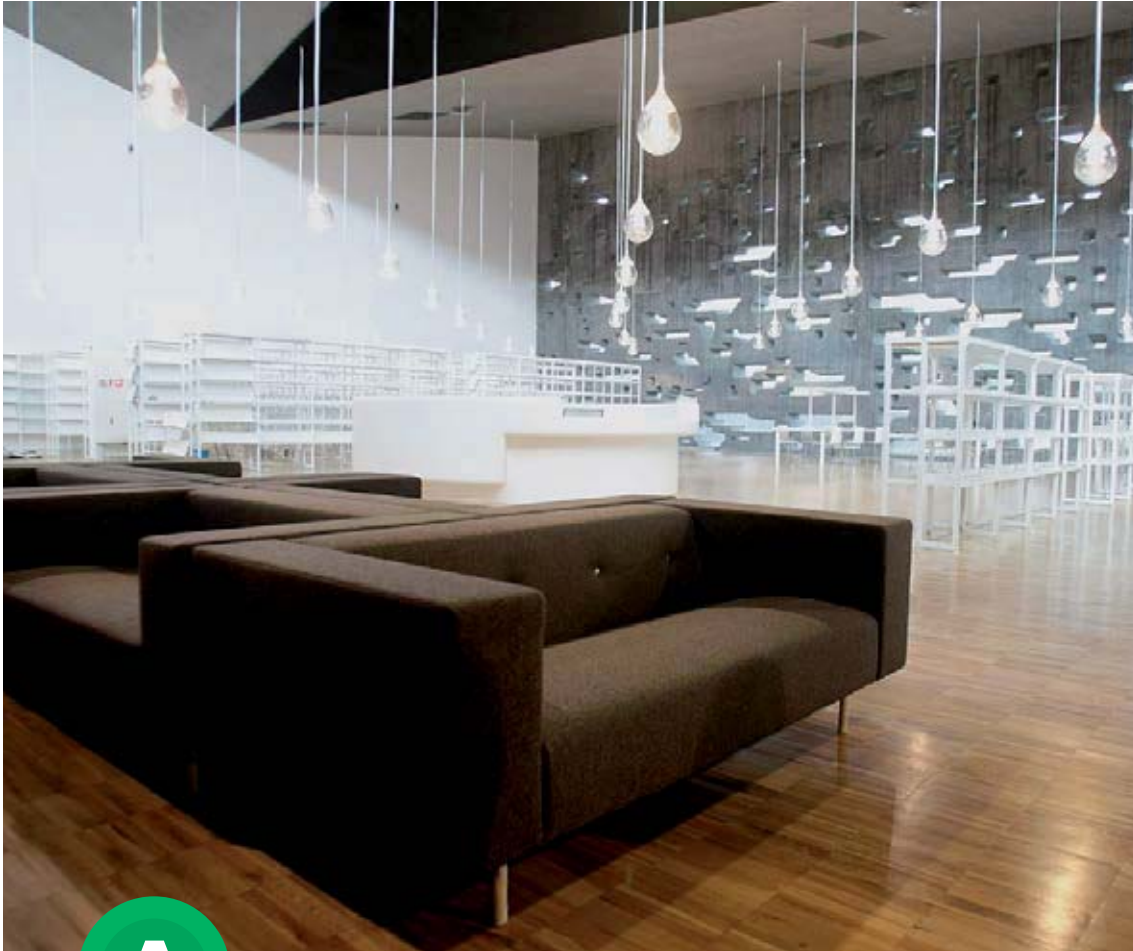
## Tenerife Espacio de las Artes



■ TEA, Tenerife Arts Centre, was designed by Swiss architects Jacques Herzog & Pierre de Meuron and Canary-born Virgilio Gutiérrez. Opened in 2008, it houses different exhibition rooms, a large library and the Tenerife Centre for Photography. The centre was created with the aim of becoming a reference in contemporary art in the

Canary Islands and is well-worth a visit both for the great exhibitions and for the building, a true work of art in itself.

“Discover works of art in another work of art, the building”



## TEA, Tenerife Espacio de las Artes

Accessible

Avda. de San Sebastián, 10 | 38003 S/C de Tenerife.

[tea@tenerife.es](mailto:tea@tenerife.es) | [www.teatenerife.es](http://www.teatenerife.es)

Tel.: 00 34 922 849 057

Exhibition Room Opening times:

Tuesday to Sunday: 10am-8pm.

Closed Mondays (except bank holidays)

Library Opening times: Open 24 hours a day, every day.

# Places of interest:

## ADÁN MARTÍN TENERIFE AUDITORIUM

**P** Practicable

## MUSEUM OF NATURE AND MANKIND

**A** Accessible

## TEA, TENERIFE ARTS CENTRE

**A** Accessible

## TOURIST BUS S/C

**P** Practicable

[www.city-sightseeing.com](http://www.city-sightseeing.com)

Tel.: 902 101 081



“ Stroll around the city streets, enjoy the parks and gardens or relax at one of the street cafés ”



■ Tenerife is today one of the main destinations to observe and study cetaceans. Twenty-five of the 79 species in the world live in the Canaries and 21 of these have been seen in the waters of Tenerife where there are stable schools of short-finned






# Whale and dolphin watching

“ Of the 79 known species worldwide, 25 live in the Canary Islands ”

pilot whales and bottlenose dolphins. Lots of boats leave for spotting every day from Puerto Colón (Costa Adeje), Puerto de Los Cristianos and Puerto de Los Gigantes (Santiago del Teide).



## Catamarán Lady Shelley

 Practicable

Pirámide de Arona. Avda. de las Américas, s/n

38660 Arona

Tel.: 00 34 922 757 549

[www.ladyshelley.com](http://www.ladyshelley.com)

## Neptuno Sea Company "Shogun"

 Practicable

Calle Colón, s/n. Puerto Colón

38660 Adeje

Horario: todos los días de 09:00h a 21:00h.

Tel.: 00 34 922 798 044

[info@barcostenerife.com](mailto:info@barcostenerife.com)

[www.neptunosctenerife.com](http://www.neptunosctenerife.com)

## Marítima Acantilados "Nashira Uno"

 Practicable

Muelle de Los Gigantes

38683 Santiago del Teide

Tel.: 00 34 922 861 918

Fax: 00 34 922 860 726

[www.maritimaacantilados.com](http://www.maritimaacantilados.com)

[info@maritimaacantilados.com](mailto:info@maritimaacantilados.com)



# “We are removing the physical barriers that hinder mobility”

■ Being aware of the need to remove physical barriers that make mobility difficult, the Council of Tenerife, the governmental body of the island set up SINPROMI (Island Company for the Promotion of People with Disabilities) in 1993 and since then, has worked to make Tenerife a more accessible place. Highlights from its activities include upgrading ten of the busiest beaches

in the south and north of the island. In the north, the beaches of El Socorro (Los Realejos) and Playa Jardín (Puerto de la Cruz) offer accessible services such as showers and bathrooms and have access ramps and walkways linking the different facilities on the coast. The eight remaining accessible beaches are in the south, in the municipalities of Granadilla, Arona,



*Rambla de Castro, Los Realejos*



*Playa del Duque, Costa Adeje*



Adeje and Santiago del Teide. Arona stands out for Las Vistas beach, with all facilities necessary for those with mobility issues, including a bathing support service with crutches and water chairs available, as well as specific rest areas.

## Playa de Troya

Fine black sand

South of the Island. Adeje

The oldest beach in the area. It has lifeguards, sun loungers and beach umbrellas. There are nearby restaurants, a taxi rank and guagua bus stop. It has been awarded the Blue Flag. Ramps and Walkways, accessible toilets and showers.



## Playa de Torviscas

Fine golden sand

South of the Island. Adeje

Located next to Puerto Colón with a connecting promenade, it is at the foot of Torviscas estate. Sun lounger and beach umbrella hire, as well as many nearby restaurants. Car parks, ramps, accessible toilets and showers.

## Playa Fañabé

Fine grey sand

South of the Island. Adeje

This is one of the main beaches on Costa Adeje. Many shops and restaurants offer supplementary user services. It has lifeguards, sun loungers and beach umbrellas. There are nearby restaurants, a taxi rank and guagua bus stop. It has been awarded the Blue Flag. Car parks, ramps, accessible toilets and showers, water chair and crutches.



## Playa El Duque

Fine grey sand

South of the Island. Adeje

Located in one of the newest areas on Costa Adeje and next to the emblematic Gran Hotel Bahía del Duque, it has a sun lounger and beach umbrella service. Restaurants and taxi rank. It has been awarded the Blue Flag. Car parks, ramps and Walkways, accessible toilets and showers.

## Playa de Las Vistas

Fine golden sand

South of the Island. Arona

This is one of the best beaches in Spain. Thanks to its facilities and seven kilometres of fully accessible promenade, the biggest in Europe, it offers accessible bathing throughout the year. This is why it has received different quality awards. It has been awarded the Blue Flag. Car parks, ramps and Walkways, accessible toilets and showers, rest area, water chairs and crutches, support staff for bathing year-round.



## Playa de Los Cristianos

Fine golden sand

South of the Island. Arona

A historic beach in the Arona area located right in the heart of Los Cristianos, a unique pioneering spot that welcomed the first tourists to the south of the island in the 1960s. Sun lounger and beach umbrella service. Car parks, ramps and Walkways, accessible toilets and showers.



## Playa de El Médano

**Fine grey sand** South of the Island. Granadilla de Abona  
Located in the old port of Granadilla, it covers two kilometres with shallow waters. This fine grey sandy beach is frequently blown by the wind, making it a popular windsurfing area. It has sun loungers and beach umbrellas for hire. It has been awarded the Blue Flag. Car parks, ramps, accessible showers, water chairs and crutches, support staff for bathing (summer only)



## Playa de San Juan

**Medium black sand** South of the Island. Guía de Isora  
Located in the quiet fishing village, it has recently been remodelled. There are lifeguards, sun loungers and beach umbrellas, alongside a few cafés. It has been awarded the Blue Flag. Car parks, ramps and Walkways, accessible toilets and showers, eater Chair, support staff for bathing year-round.

## Playa de El Socorro

**Medium black sand** North of the Island. Los Realejos  
El Socorro is an extremely beautiful long beach of volcanic black sand with a car park and nearby guagua bus stop. It has been awarded the Blue Flag. Car parks, ramps, accessible toilet.

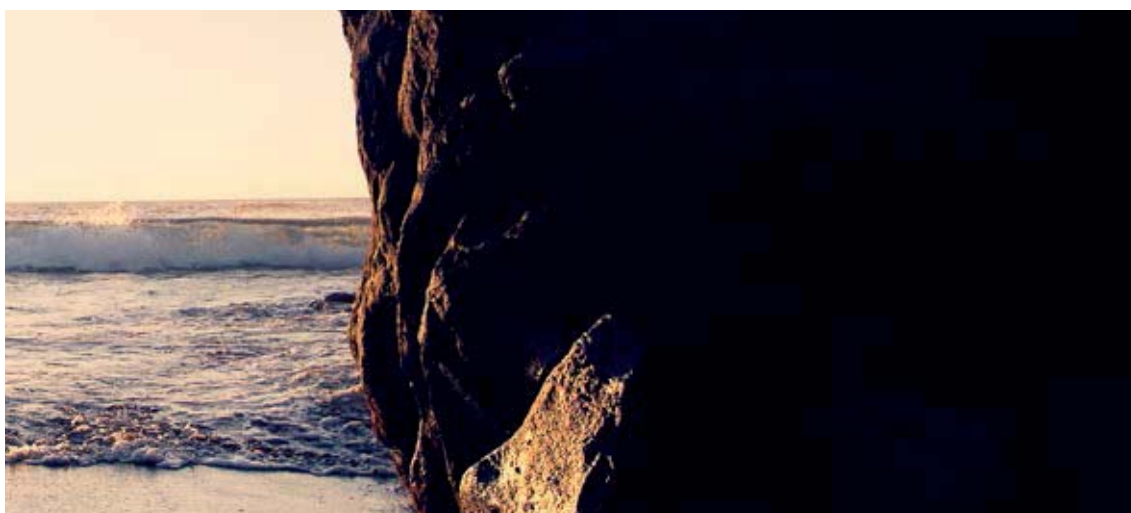


## Playa de Las Teresitas

**Fine golden sand** Santa Cruz de Tenerife  
Located seven kilometres from the city centre, it is around one and a half kilometres long. It is protected from currents and waves by a breakwater making it ideal for children. It has sun loungers and beach umbrellas for hire as well as a nearby guagua bus stop. Car parks, ramps and Walkways accessible toilets and showers, water chair and crutches, support staff for bathing (summer only).

## Playa Jardín

**Medium black sand** North of the Island. Puerto de la Cruz  
Designed by the Canarian artist César Manrique, it comprises three beaches: the first, next to San Felipe castle, is 250 metres long. The second is 100 metres long and the third, 300, making a total of around 650 metres. There are sun loungers and beach umbrellas for hire, as well as restaurants. It has been awarded the Blue Flag. Car parks, ramps and Walkways, accessible toilets and showers.



## Playa de La Arena

**Medium black sand** South of the Island. Santiago del Teide  
The beach is located in the coastal town of Puerto Santiago. It has sun loungers and beach umbrellas for hire, walkways, toilets and showers, as well as a car park and nearby guagua bus stop. It has been awarded the Blue Flag. Car parks, ramps and Walkways, accessible toilets and showers, water chair and crutches, support staff for bathing (summer only).



# water sports

■ The island's sea beds are also a great attraction with the crystal-clear waters ideal for diving.

Tenerife offers unbeatable conditions for divers such as swimming with dense shoals of brilliant-coloured fish or



diving alongside giant rays. In popular diving areas such as Los Cristianos, the abundant fauna (ornate wrasse, combers or redhead cichlid) means they can be seen up-close without any problems.

The CIDEMAT (Island Centre for Water Sports of Tenerife) also offers different possibilities for water sport lovers such as adapted sailing courses, kayaking and diving.



“ Dive into a blue seascape. The ocean bed is a big attraction ”

Cidemat

   Accessible

Ctra. Gral. de San Andrés (Valleseco)

38150 Santa Cruz de Tenerife

Tel.: 00 34 922 597 525

[www.deportestenerife.net/cidemat](http://www.deportestenerife.net/cidemat)

# Ocean



## Centro de buceo Mar y Sol Aquasport

  Accessible

Mar y Sol Spa & Sport Hotel

Avda. Amsterdam, 8

38650 Los Cristianos, Arona

Tel.: 00 34 922 750 540

[www.marysol.org](http://www.marysol.org)

# activities:





# Loro Parque

■ Loro Parque is one of the best-kept, most prestigious and busiest zoos in the world. It was opened in 1972 by German Wolfgang Kiessling and has become a reference on the island since that time. It covers 135,000 square metres and delights big and little ones alike. It is home to the largest

selection of parrots in the world and has included new shows every year, attracting millions of visitors. These include Orca Ocean, the dolphin show, as well as Planet Penguin (the largest penguin enclosure in the world with 170 penguins from the South Pole in a space that recreates their natural



habitat). Further examples of the many attractions include an aquarium with over 3,000 species, an impressive 18-metre shark tunnel, the Pueblo Thai and Katandra Treetops, one of the largest free-flight aviaries in the world (a small jungle with over 200 birds from 25 species and sub-species from Australia and Asia).



## Loro Parque

Practicable

Punta Brava - Puerto de la Cruz

Tel.: 00 34 922 373 841

Fax: 00 34 922 375 021

loroparque@loroparque.com

www.loroparque.com

Opening times: 8:30am-6:45pm. (last entry: 4pm)

Transport: Free from Plaza de los Reyes Católicos - Loro Parque, 9am-5pm, every 20 minutes



# Pueblo Chico

■ Pueblo Chico houses a huge scale-model exhibition of emblematic landscapes and buildings in the archipelago where visitors feel like real-life giants. It is designed as a large open-air museum for appreciating the

architecture, customs and most representative and picturesque nooks from the seven Canary Islands. The theme park is set in a unique setting and has a total surface area of around 20,000 square metres.

One of the park's main attractions is its interactive nature, with attractions being swathed in light, sound and movement.



## Pueblochico

Practicable

Autopista del Norte TF-5 (Salida 35)

Camino Cruz de los Martillos, 62

38300 La Orotava

Tel.: 00 34 922 334 060 - Fax 00 34 922 320 669

[info@pueblochico.com](mailto:info@pueblochico.com)

[www.pueblochico.com](http://www.pueblochico.com)



## Ethnographic Park

# Pirámides de Güímar

■ Güímar Pyramids is a 64,000 metres square Ethnographic Park housing exceptional cultural value: six terraced pyramids that have been studied by archaeologists from around the world, led by famous Norwegian anthropologist Thor Heyerdahl. Visitors to the park can discover the

results from investigations on their astronomy alignment with the summer and winter solstices, be surprised by the Kon Tiki audiovisual exhibit which won Heyerdahl the Oscar for best documentary feature in 1954, and view the boats used in transoceanic crossings in

the Expedition Room, including a large-scale reproduction of the Ra II junk boat which crossed the Atlantic on an exceptional odyssey in 1970.



20,000 metres square of local flora gardens, exhibitions, a café and a children's entertainment area round off the Güímar Pyramids facilities.



## Parque Etnográfico Pirámides de Güímar

Practicable

Calle Chacona, s/n

38500 Güímar

Tel.: 0034 922 514 510 - Fax 0034 922 514 511

repcionpg@piramidesdeguimar.es

www.piramidesdeguimar.es



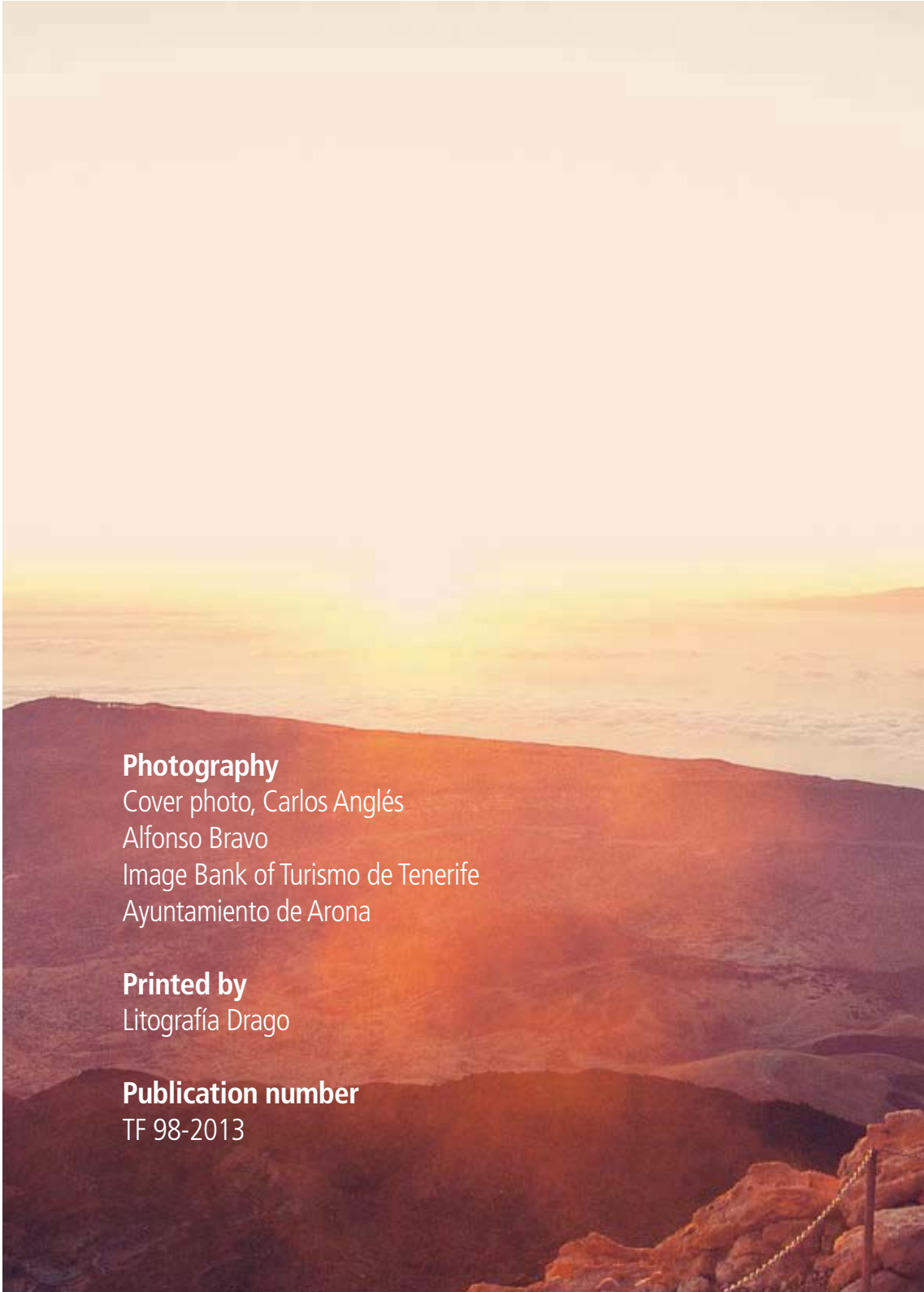
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