

QUÉ VER EN TENERIFE EN

Una ruta de 4 días por
los imprescindibles de la isla

4 DÍAS

*Acantilado de los Gigantes
Puerto de la Cruz
Parque rural de Anaga
Santa Cruz de Tenerife
Los cristianos
Parque Nacional del Teide
La laguna*

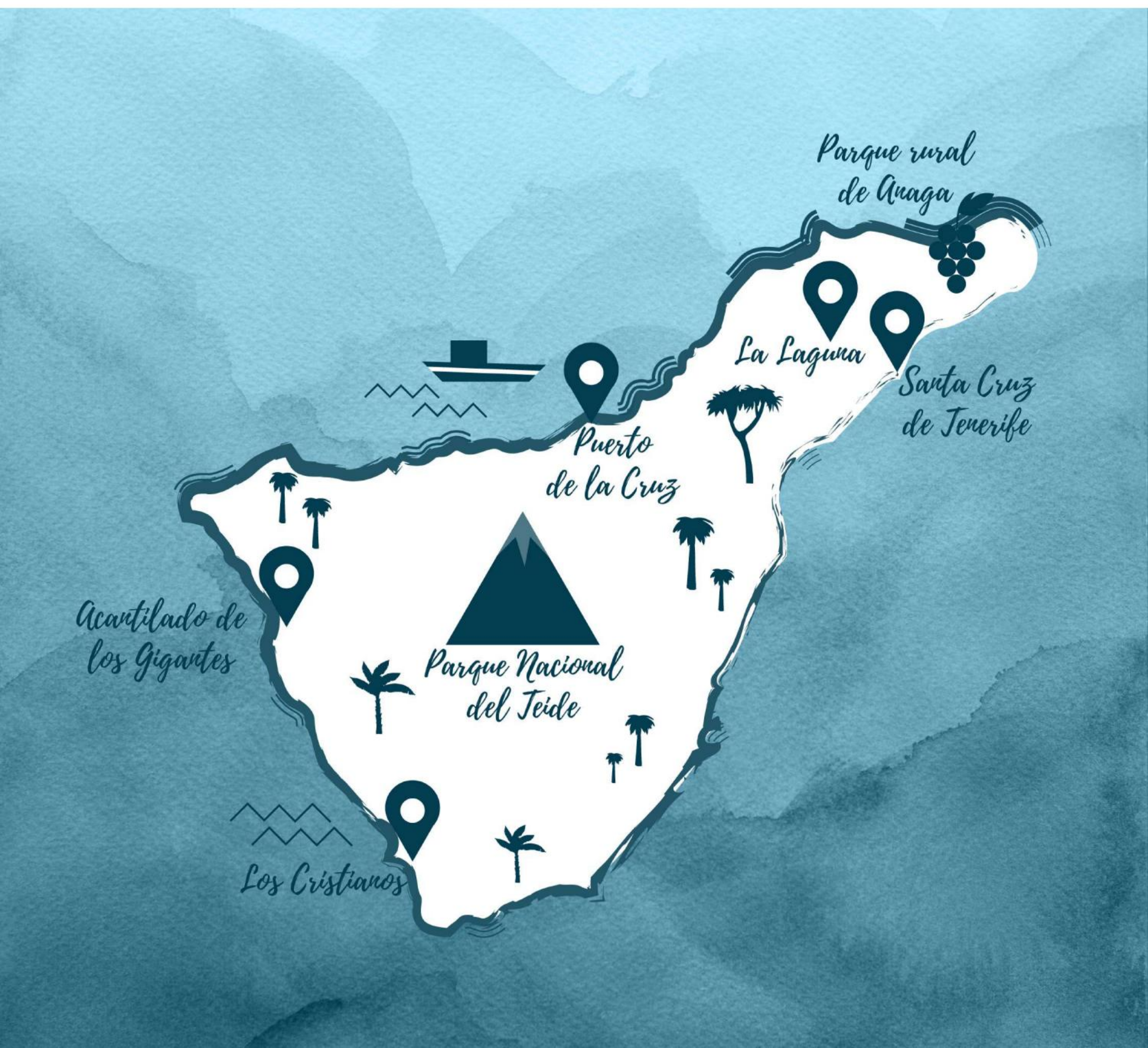


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Marca
Canaria.

Welcome to Tenerife!

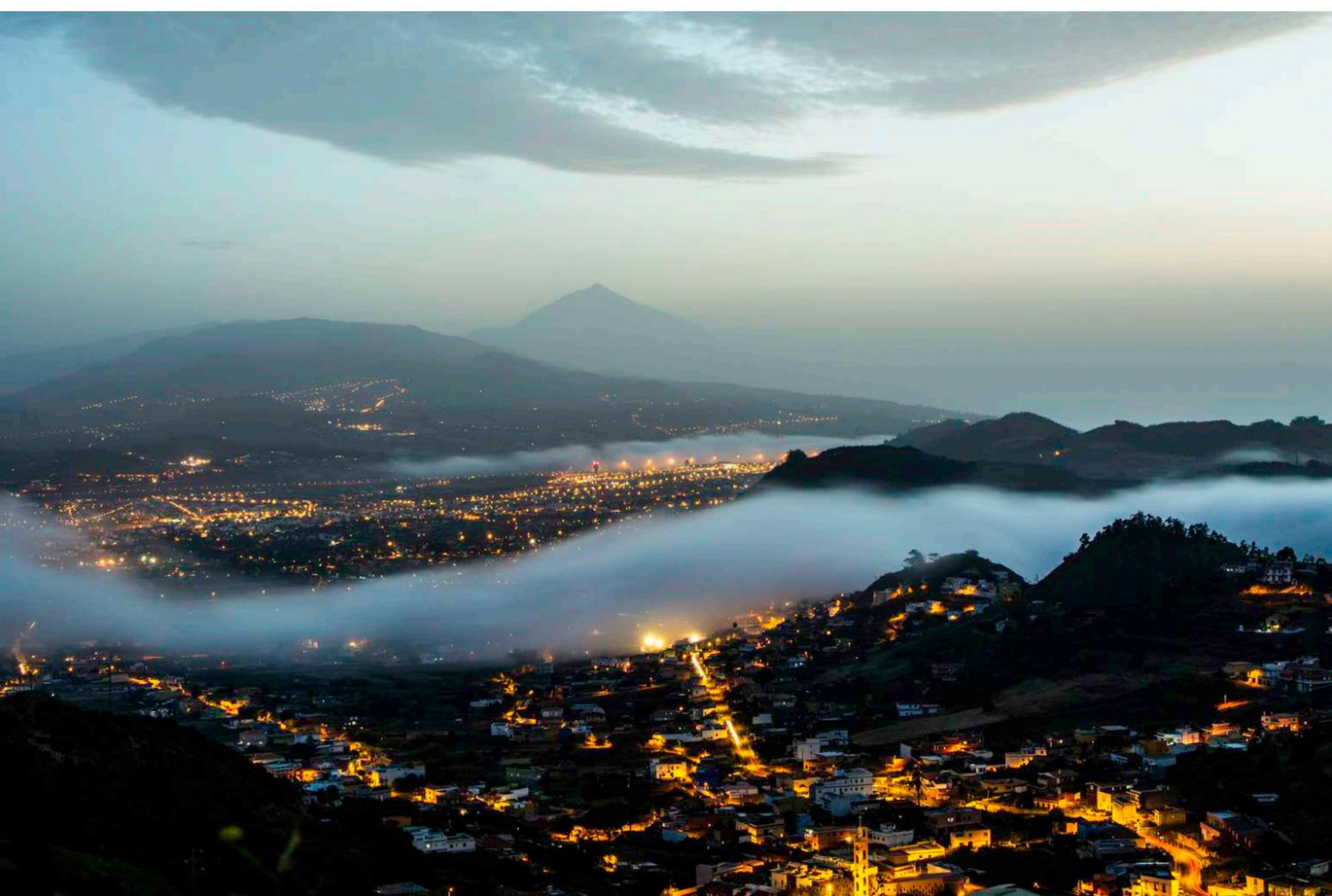
A four-day route through the essentials of the island

Tenerife is, of the eight islands that make up the Canary Islands lake archipelago, the largest and this is reflected in its wide range of activities to do, as well as places to visit. In general, the Canary Islands extend far beyond the preconceived idea that anyone who wants to visit the Archipelago for the first time has. **No, the Canary Islands are not an exclusive sun and beach destination.**



In the case of Tenerife, you can be in the middle of a city declared a World Heritage Site by UNESCO, such as walking through a forest of ancient trees declared a Biosphere Reserve, bathing in a cove or wild beach or even climbing the peak highest in Spain located in a National Park also declared a World Heritage Site. The landscape, monumental and gastronomic heritage that Tenerife has is incalculable. An island that not only offers sun, but a thousand and one experiences.

From Marca Canaria we wanted to organize a visit to Tenerife in four days, but not just any one, nor the typical one that you can find anywhere. There are thousands of ways to see Tenerife and there will always be time to visit the entire island. In this guide we will walk through Santa Cruz and La Laguna. We will also visit the Anaga Rural Park, as well as the Teide National Park and we will briefly pass through the points of greatest interest in the north and south of the island.



In addition, **with the collaboration of @thefoodtagram**, we will recommend places where you can enjoy a good meal and, of course, we will give you tips to make your visit to Tenerife even more complete, in the same way that we will tell you the stories that every Tenerife resident knows. over the island.

Written by a Canarian, Paula Vera, for anyone who travels to Tenerife, with this guide you will have the necessary guidelines to not miss anything, especially if you have little time. We hope that it will help you enjoy your trip to Tenerife even more and, of course, that your visit to the Canary Islands will be marked in your personal album as **one of your best experiences.**

GUÍA DE OJO
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Four days, a thousand things: what to see and visit



DAY 1

Metropolitan area: Santa Cruz and
The lagoon



DAY 2

Anaga Rural Park, Taganana,
Benijo and San Andres



DAY 3

Teide National Park and northern
area of the island: La Orotava,
Garachico and Puerto de la Cruz



DAY 4

South area of Tenerife: Candelaria,
Arona, Adeje and Los Gigantes

DÍA 1

Zona metropolitana: Santa Cruz y La Laguna

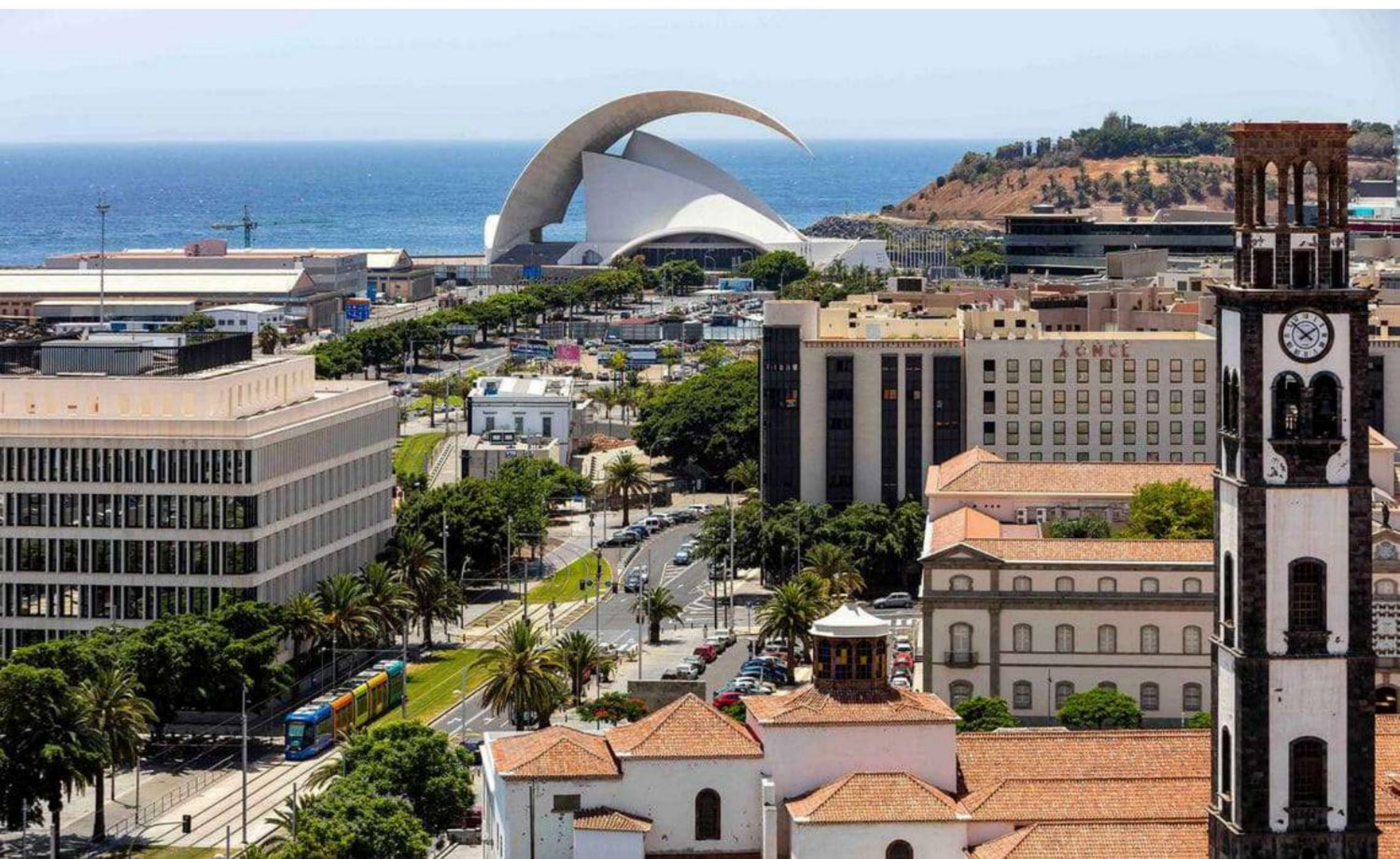


The metropolitan area is the center of life in Tenerife. In Santa Cruz and La Laguna the **main cultural, shopping and leisure offer of the island is concentrated.** Both cities have a valuable historical and architectural heritage, as well as museums, large parks and squares. The municipalities of El Rosario and Tegueste also belong to the metropolitan area.

Tradition and modernity are mixed in the two main cities of Tenerife, perfectly **connected to each other**, thanks to their own public transport, buses and trams. On the other hand, both also have impressive natural landscapes and their own beach areas.

For this four-day trip, **we recommend that you stay in the metropolitan area**, as you will have greater facilities to visit it, as well as the north and south of the island of Tenerife.

Santa Cruz of Tenerife. Just ahead, the Church of La Concepción. In front of it, the Museum of Nature and Archeology and, in the background, the Tenerife Auditorium



Santa Cruz, a charming capital

As a starting point for this four-day trip, we plan the city of Santa Cruz de Tenerife as it is from the capital of the island. It was founded in 1494, after the conquest. The pleasant climate of the city, together with its open-air shopping areas, make it the perfect place to shop or enjoy its wide gastronomic offer.

• A place to have breakfast, lunch or a scandalous snack

Before starting to enjoy everything the city has to offer, **we recommend you recharge your batteries with a scandalous breakfast, and for that we have *Sabela Bar & Food Market***. This place, located on the well-known Numancia street, in the heart of the city, in addition to offering scandalous gourmet breakfasts, both at home and on the premises, has a *wine bar area*, as well as a lunch service. and dinners.

*Interior of Sabela Bar located on Numancia Street
in Santa Cruz*





*A breakfast
at home, its
well-known sandwich
"requetemixto" and
other dishes made in Sabela*

At Sabela we work with the best products and these are treated with respect and great care, seeking to tell the story behind each one. In this space, crowned by a large bar, in addition to preparing their well-known breakfasts at home, you can also enjoy a good snack or a meal, as well as good wines and top quality preserves.

And it is that the concept of enjoyment in our own homes goes far beyond breakfasts, because yes, Sabela is also a gourmet products store.

You can not miss it!

If you are a lover of sweets, ***croissants*** and **sourdough bread**, you will love ***100% Puff*** Pastry.

Located very close to Numancia street, on Antonio de Lara y Zárate street, on the well-known Boulevard, in this place you can enjoy the best handmade pastries, as well as the most exquisite breads. If you decide to visit this place, without a doubt you should order the pistachio *croissant* .



Croissant filled with pistachio cream and other 100% sweets

Puff pastry

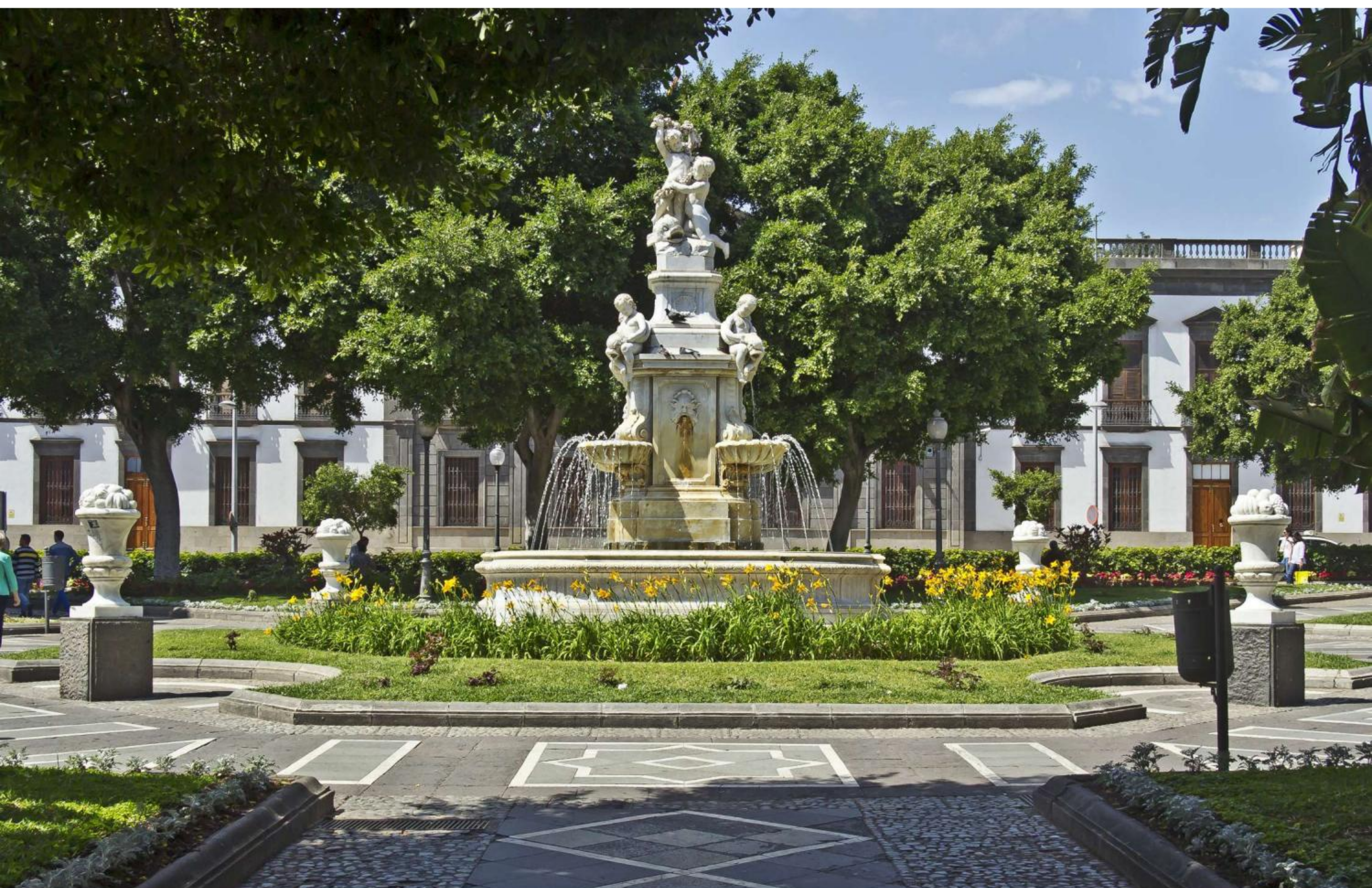
After breakfast, it's time to visit the **Parque García Sana bria**, located very close to Sabela. It was built in 1926 with the aim of providing the city with a large garden area, combined with fountains and architecture. It is considered the largest urban park in the Canary Islands, as well as a Site of Cultural Interest. A perfect place to walk enjoying its flora.



Central fountain of the García Sanabria Park

Very close to the park is the **Plaza del General Weyler**, built in 1893, and right in front of it you can see the **Palacio de la Capitanía General de Canarias**. The main attraction of the square is its central white marble fountain.

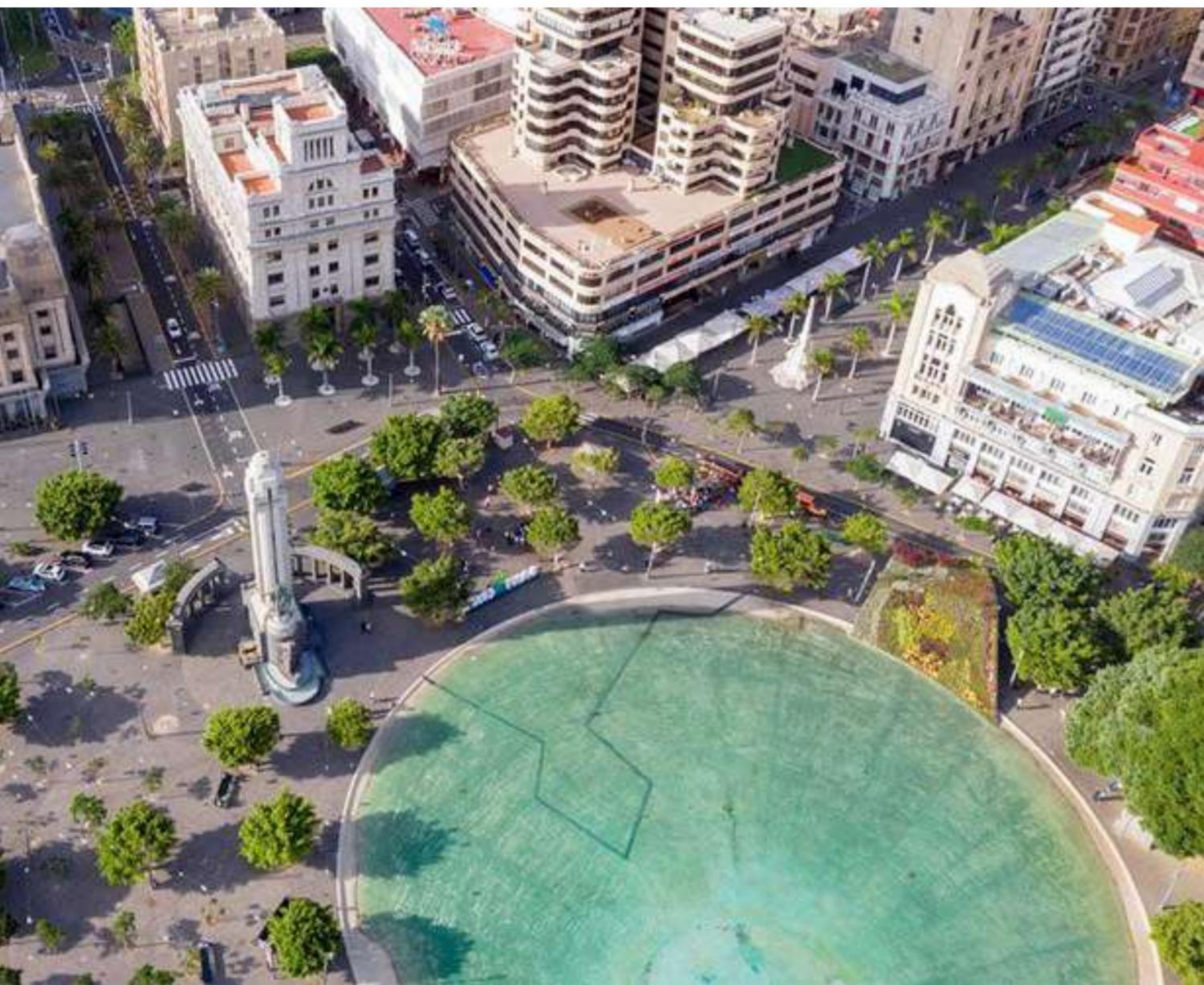
*Plaza del General Weyler and, in the background, the Palacio de la
Captaincy General of the Canary Islands*



From Plaza Weyler you can access the beginning of **Calle del Castillo**, one of the oldest streets in the city.

A pedestrian area of shops, commerce and open-air restaurants. At the end of this, you will find the **Plaza de la Candelaria** and also the **Plaza de España**. Both squares are protagonists of acts during the celebration of the Carnival or the traditional May Festivals.

In addition, from the Plaza de España you can see the Insular Palace, headquarters of the Cabildo de Tenerife, as well as the Avenida Marítima.



Plaza de España seen from the air. You can see the end of Calle del Castillo, as well as the Plaza de la Candelaria and the Cabildo de Tenerife building

• Places to enjoy a good lunch or dinner in this a

Santa Cruz is a city full of very diverse gastronomy, you can enjoy a traditional food place, such as a Japanese restaurant, a gourmet hamburger restaurant or a rice restaurant. These are some very varied places that we recommend you visit so that you can choose according to what you most want in the moment.

If you are a lover of hamburgers and top quality meats, *Bárbaro Meat & Bar* is your ideal place.

Located on Puerto Escondido Street, very close to the well-known Pilar Street, this place only works with the best product and all its meats go through its charcoal oven, which is lit every morning. Of course, it has a magnificent wine list. The best burgers in town!



Meats and hamburgers at Bárbaro Meat Bar

If you are a sushi lover, Santa Cruz has an extensive offer of very good Japanese food places. On the one hand, the ***Tagami restaurant***, located on Nicolás Estébanez street. Technique and creativity mark the cuisine of this restaurant. In addition, it is always committed to offering the best local product.



Pork and Shrimp Gyozas with Spicy Ponzu and More Sushi at Tagami

On the other hand, the ***Kiki restaurant***, located in the Urban Anaga hotel. It stands out for its excellent raw material, as well as for the urban and luminous character of the premises. It also has wine pairing and a great selection of cocktails.

Delicious sushi platter at Kiki Japanese Restaurant



And finally, the **Soko Izakaya restaurant**, a Japanese tavern located on Calle del Perdón, also in the heart of the chicharrero center. Good product and exquisite food accompanied by good wines and tasty cocktails. In addition, many nights offer live music.

If you decide to eat here, you must order the “Japan pizza”, you will love it!



Pizza Japan at Soko Izakaya

Returning to our tour of the city, near Calle del Castillo, specifically on the parallel street, is the **Guimerá theatre**, the oldest in the Canary Islands. Following this you can see the **General Serrador bridge** that leads to the emblematic **Market of Our Lady of Africa**.



Facade of the Theater of Guimerá

The **Market of Our Lady of Africa**, also popularly known as “La Recova”, is a neo-colonial architectural style building that houses the city's municipal market. Inside you can enjoy numerous stalls selling local fresh produce, as well as small places to eat or snack.



Facade of the Market of Our Lady of Africa

Inside the Market, we recommend that you enjoy a meal or a snack at **Nicomedes**. This place, specialized in seafood and fresh fish, allows you to buy to take home as well as eat there, since it has some small tables. A good place to enjoy freshly caught fish and seafood.

In addition, it has a second location, **El Capricho de Nicomedes**, located on Anaga Avenue.



Seafood and fish in Nicomedes

Next to the Market you can see the building that houses the **Tenerife Espacio de las Artes (TEA)**. An architectural complex that houses a museum and contemporary art center, as well as the Isla de Tenerife Photography Center and the Central Municipal Library.

If you take San Sebastián Avenue in the direction of the coast, you will arrive at the **Museum of Nature and Archeology.** The entrance to this is located in front of the Barranco de Santos and a bridge that connects with Afilar mónica Nifú-Nifá street, parallel to **La Noria street**, an area with a great carnival tradition. In addition, from here you can see the **Church of La Concepción.**

Once you have finished visiting this area, all pedestrian and connected to each other, we recommend that, if you do not want to walk, you use the **tram** and from the Fundación stop, located in front of the Church of La Concepción, head towards the **Santa Cruz de Tenerife interchange.**

Now it's time to walk from the Interchange, but only a few meters along La Constitución avenue and you'll arrive at **the Tenerife Adán Martín Auditorium**. Located on the seafront, it houses the current headquarters of the Tenerife Symphony Orchestra. It has an extensive cultural program throughout the year and has become an emblem of the capital.



Facade of the Adán Martín Auditorium

Santa Cruz de Tenerife can be visited perfectly in one morning, in the same way that a full day can be dedicated to the visit. In addition, it offers a large number of restaurants where you can enjoy. **We leave you here the link to the recommendations of Marca Canaria.**

The lagoon, World Heritage

Your second stop on this trip is La Laguna, a city that, since 1999, has been recognized as a Cultural Asset and a World Heritage Site by UNESCO. **You can get there using the tram itself** from any of its stops on Line 1 and getting off **at Trinidad**.



Old town of La Laguna and, in the background, the airport of Tenerife North (Los Rodeos)

La Laguna, **also known as the City of the Adelantados**, has a long history, since, like Santa Cruz, it **was founded between 1496 and 1497**, after the conquest. In addition, it was the **first colonial city without walls in the Canary Islands** and the only one that preserves its original layout from the 15th century practically intact.

If you used the Tram to get to the city, the most comfortable way to do it, you could enjoy the views during the trip, since La Laguna is the last stop on the route that connects the capital of the island with this city.

Before arriving in Trinidad, you passed several stops of interest within the municipality of San Cristóbal de La Laguna. First, **the Guajara Campus**, one of the five campuses that make up the University of La Laguna. Second, ***the Museum of Sciences and the Cosmos***, opened in 1993.

Once you arrive at the **Trinidad stop**, you will find yourself on one of the main access roads to the city, Avenida de La Trinidad. From there you can easily explore the old town of La Laguna on foot.

The tour begins on **Herradores street**. One of the several pedestrian streets that the city has. In it you will find shops, bars and restaurants. Continuing along this street or any of its parallels, you will arrive at the **Plaza de la Concepción**, one of the most important in the old town of La Laguna. This is located next to the emblematic **Church of Nuestra Señora de la Concepción**.

Church of Our Lady of the Conception in La Laguna



The visit continues along the street parallel to Herradores, also pedestrian, **Obispo Rey Redondo street**. Like the rest of the streets of La Laguna, this one mixes classic buildings with the most modern shops and entertainment venues and restaurants. The first thing you will find down the street is the emblematic *Teatro Leal*.

• A traditional place to have a snack

El Aderno is one of the most famous sweet shops in the island. Its main headquarters are located in Buenavista del Norte and it opened its doors for the first time in 1991. Specializing in both typical sweets and modern and current pastries, Aderno has a small headquarters in the city of La Laguna, just on Calle Farriers. We recommend that you order, above all, their famous rosquetes.



The famous rosquetes del Aderno and other classic sweets from the well-known pastry shop

Another point of architectural interest in the city is its **Cathedral**. Without a doubt, if La Laguna is recognized for something, it is for its important and historic buildings. Be sure to visit the **Casa Salazar**, the **Convent of San Agustín**, the **Casa Montañés** or the **Casa de los Jesuitas**.

Both by Herradores street and by Obispo Rey Redondo street we can reach our next stop and obligatory if you visit the city of La Laguna: **La Plaza del Adelantado**.

The Plaza del Adelantado is located in the center of the old town. Around it is **the Town Hall**, the **Hermitage of San Miguel Arcángel** from the 16th century, the **Palacio de Nava** and the **Monastery of Santa Catalina de Siena**.



Central marble fountain located in the Plaza del Adelantado

From Plaza del Adelantado you should head towards Calle Viana, another pedestrian street, which will take you to your next stop: **Plaza del Cristo de La Laguna**. The *Municipal Market* is located there . In this you can buy fresh local products, as well as taste some tapas.



Interior of the Municipal Market of La Laguna

To end your visit to the city of La Laguna, we recommend that you go see the sunset at the **Mirador de Jardina**. It is located on the outskirts of the city, right at the beginning of the Anaga Rural Park. This viewpoint offers you incredible views of the city, as well as the majesty of the Teide volcano.



Sunset views from Mirador de Jardina in La Laguna

• Places to enjoy a good dinner or a snack

Located on Viana street, ***El Bejeque restaurant*** is ideal to enjoy a good meal. The best?

Its fun menu and Asian dishes to lick your fingers. In addition, the product they use is of the highest quality and local, taking advantage of all the resources that the island offers.

Tempura crab bao bread, tuna tartar on brioche and horse mackerel tiradito



If you want something else to snack on and that is a classic of the lagoon city, you should visit the **Bodegón el Tocu****yo**. Good raw materials is what you will find in this still life with a traditional atmosphere with barrels of wine, sausages, ham, almogrote, etc. An ideal place to stop and have a snack with friends.



interior still life

If what you want is to feel that you are traveling from Tenerife to other parts of the world, **Travel Bar** is your place. Located in the famous Agüere corridor on Herradores street, in this place you will travel from the island to Mexico or Japan accompanied by some good beers. If you decide to go, don't hesitate to order the mechada gyozas, the beef taco or the fried ice cream.

Mechada gyozas and beef tacos



If you have a car and feel like it, on the outskirts of the municipality of San Cristóbal de La Laguna, specifically in Tegueste, is the **restaurant *La Sandunga***.

A star kitchen and service, with a good location and in one of the most beautiful places on the island. A quality gastronomic experience. They have a spectacular rice soup, as well as meats, tartars, among many other dishes.



Low-temperature pork ribs, oxtail cannelloni and seafood broth rice

In case you have more questions or want to consult more establishments in the area, we leave you again **the link to the recommendations of Marca Canaria establishments so that you can consult it yourself.**

DÍA 2

Parque Rural de Anaga,
Taganana, Benijo y San
Andrés



Yesterday you toured the cities of Santa Cruz and La Laguna and finished your route at the Mirador de Jardina, right at the beginning of **the Anaga Rural Park**, where we are going today.

• A nice place to have breakfast

To start the day with energy it is necessary to have a good breakfast. [Makika & Co](#) on Calle San Juan in La Laguna is a cozy place, with a wonderful patio, where you can enjoy a full breakfast.

In its menu it has delicious sandwiches, *croissants* and sweets, all handmade, but also with wonderful *brunch*, natural juices, hamburgers and salads.



Less than an hour's drive from the city of La La Guna and the capital of the island, Santa Cruz, is Anaga. The Anaga Rural Park is a space of great landscape, natural and cultural relevance. **Declared a Biosphere Reserve by UNESCO** on June 9, 2015, the park has the **largest number of endemics in Europe.**



Views of the Anaga Rural Park

With an area of nearly 15,000 hectares, the park is a massif of mountains covered with laurel, with sharp edges and deep ravines that reach the sea, many of them in the form of wild beaches. If you really want to enjoy the wonders of the Anaga Rural Park, we invite you to do some of its **circular routes or walk one of its many trails.**



Access to the Anaga Rural Park can be done both through Santa Cruz, **from San Andrés**, and through La Laguna, **from Las Mercedes**. We recommend that, since yesterday you finished your visit to the city of La Laguna at the gates of the park, today you start your day from there and head towards Taganana through Anaga.

Taganana is the most important town in the interior of the Anaga massif and one of the oldest towns on the island. In addition, it represents the beginning or the end of numerous routes and trails that run through and through the park.

• The heroic cultivation of the vine in Taganana

In addition, Taganana is an **area known for the almost heroic cultivation of vines**. The cultivation of vineyards in this area experienced its greatest boom in the mid-eighteenth century and, today, there are several wineries that have ventured to cultivate in this area where the orography plays a role in the form of an enemy. However, it is the characteristics of the land that give the wines that real expression of typicity and soils.

Margalagua in Taganana, plot of the Envínate project



Taganana is a **true Jurassic park of varieties so old that they cannot be given an exact age**. Some of the projects currently working in this area are: ***Envínate***, led by winemaker Roberto Santana and the entire team; ***Luck of the Marquis***, with Jonathan García at the helm; and **Viñátigo**, a project run by a young viticulturist, Jorge Méndez.



Plot of El Campanario, from the Envínate project

If you are interested in the world of viticulture, do not hesitate to Make a visit to the wineries and learn more about these world-renowned projects, for example, by renowned magazines such as ***The Wine Advocate*** and its scores, and have positioned Ta Ganana on the world wine map.



Plots of the Viñátigo project in Taganana

The drive from La Laguna to Taganana is 33 kilometers and takes approximately one hour. It is a short distance, but when you begin to immerse yourself in the park, you will realize that **the roads are the ones that fit in with the orography**. It is a beautiful route, but full of curves, so **if you are one of those who get seasick, keep that in mind!**

Once you get closer to the coast, you can already see the white houses scattered among the green of the mountain, as well as the **Roques de Anaga Integral Nature Reserve**, a protected area on the coast, which has two of the most emblematic natural monuments of Tenerife. Also the **Roque Amogoje**, known as "the lion of Taganana".

After the main core of Taganana, you will continue descending in the direction of **Almáciga**. **Both this area and Benijo are known for their incredible wild, almost movie-like, black volcanic sand beaches.** It is an ideal area to spend a pleasant day and disconnect from the hustle and bustle of the city.

In the almáciga area is **the Roque de las Bodegas beach**, perfect for going with the family. It is very quiet and has nearby places where you can **enjoy a lunch where the protagonist is the fresh fish** caught in the area and prepared following the Canarian recipe book.



• Where to have lunch?

You are in a coastal area where fish is a main part of most of the menus of all the places. It is a good time for you to enjoy a good little fish, an octopus or some limpets. The ***Casa África restaurant***, located on the Roque de las Bodegas beach itself, and specializing in fish and shellfish, as well as typical Canarian homemade food, is ideal for lunch listening to the sound of the sea.

If you decide to eat here, it is essential that you order the fried octopus, you will love it!



The indispensable fried octopus and other dishes in the restaurant

Africa House

Just over a kilometer from Almaciga, following the only road there is, you come to the **Benijo farmhouse**.

To get to its beach, of the same name, you have to go down a staircase, but the stretch is worth it, because the beach is impressive, one of the most beautiful, wild, and little traveled on the island. In addition, it offers one of the most spectacular sunsets in Tenerife.



Sunset from Benijo Beach

Of the many **routes you can take through the Park Rural de Anaga**, from Marca Canaria we want to recommend the following:

• **Chamorga - Roque Bermejo.** Chamorga is a small town located inside the park. The route begins and ends in the same town, as it is a circular path. Going down the ravine you can closely appreciate the rich flora and fauna of Anaga, until you reach the Hermitage of Fátima and Roque Bermejo Beach. The ascent is made through the area of the Anaga Lighthouse, the oldest in the Canary Islands, and skirts the slopes of Mount Tafada, from where the spectacular views of the coast can be appreciated.

ÿ **Cruz del Carmen - Punta del Hidalgo.** This path is one of the most complete, since while doing it you can appreciate the mixture of landscapes offered by the Anaga Rural Park. Contrary to the previous route, this is not circular, so you must take this into account when organizing transportation. The trail can be started at the Cruz del Carmen Visitor Center. The route is practically all downhill, so it is not very demanding.

ÿ **Afur-Taganana.** It is one of the most beautiful trails in Tenerife. It can be started in either of the two towns, Afur or Taganana. You can enjoy the farmhouses and landscapes of the north coast of Anaga and Tamadiste beach. In rainy seasons, the path becomes even more impressive, as the Afur ravine fills with puddles and streams worth admiring. In addition, during the tour you will be able to closely appreciate the archaeological site known as **Piedra de los Guanches**, associated with the mummification practices of the island's aborigines.

We recommend you do the return in the Santa direction Cruz to visit **San Andrés as well.** This town is located a few minutes from the center of the capital of Tenerife and also belongs to the district of Anaga, being the most populated.

San Andrés is also characterized as a fishing village and although it is quite small, you can enjoy a pleasant walk along the sea.





Maritime avenue and town of San Andrés

• A nice place to have dinner

If you want to enjoy an excellent product, worked with good technique, lavish in creativity and, furthermore, with magnificent room service, **La Posada del Pez** is the ideal place to enjoy a good dinner after a relaxing day at the beach or route through Anaga.

The restaurant is characterized by always using the best raw materials from local markets, but also international ones, respecting seasonality and sustainability. In addition, it seeks to innovate from traditions with raw, pickled, marinated, stews.... Its menu is based on fish and shellfish using the "makado", a Japanese oven, which provides grilled and smoked flavor. Also, since 2015, it has received the Bib Gourmand award from the Michelin Guide. A visit that you will love!



*Galician scallop carpaccio with caviar, usuzukuri and Canarian
prawn tartar*

Very close to San Andrés is **the most famous and touristic beach in Santa Cruz, Las Teresitas**. An artificial beach of white sand brought from the Sahara. A few kilometers from this, is **the beach of Las Gaviotas** with black volcanic sand and frequented by chicharreros.

Following the road towards Iguete de San Andrés you will arrive at one of the most photographed viewpoints on the Island: the **Mirador de Las Teresitas**, from where you can appreciate the majesty of the beach and the Tenerife coastline.



*From the viewpoint of Las Teresitas: Playa de Las Teresitas,
town of San Andrés and coastline*

DÍA 3

Parque Nacional del Teide y zona norte de la isla



If you decide to travel to Tenerife, an essential stop on any visit to the island is the northern part of the island, which offers incredible views of the majestic Teide volcano, the highest peak in Spain, without having to access the National Park directly. to temper it.

The Teide National Park is located in the **center of the island** of Tenerife and is the **largest and oldest of the national parks in the Canary Islands**. It was declared as such in 1954 and a World Heritage Site by UNESCO in 2007. From Marca Canaria **we recommend that you spend a few hours visiting it** and enjoy all the natural potential that it offers.



Teide National Park

It has four access routes, **we recommend that you go up one of them and down another**, so that you can better enjoy the different landscapes, as well as the changing flora and fauna depending on where you are on the island. **These four ways are:**

• **To the north.** TF-21 road. From La Orotava to Las Cañadas (Portillo de la Villa).

• **To the east.** Dorsal road TF-24. From La Laguna (La Esperanza) to Portillo de la Villa.

• **To the south.** TF-21 road. From Granadilla, passing through Vilaflor, to Las Cañadas (Boca de Tauce).

• **To the west.** TF-38 road. From Chío to Las Cañadas (Mouth of Tauce).

As in today's tour, in addition to the National Park, we will also visit some of the most significant areas in the north of the island of Tenerife. We recommend that **you start your route towards Teide from the east and descend from the north.**

As you may have seen in the previous days, from the capital or any area of the metropolitan area you can go anywhere on the island without any problem thanks to the good connections available, as well as the short distances to travel.

In just over an hour by car, you can go from being in Santa Cruz to being on the other side of the island.

Today **we will go up to the Teide National Park through La Laguna**, more specifically along the **La Esperanza road**, crossing its green mountain.



Highway of Hope

La Esperanza is a rural area on the island of Tenerife that belongs to the municipality of El Rosario. From La Laguna it is easy to access the town following the signs indicating La Esperanza and Teide National Park.

This area has a multitude of typical food establishments.

Canarian pica, as well as classic sweet shops and more modern restaurants.

¿ Where to eat in La Esperanza?

If what you want is to have breakfast in the area, you can go to the famous **Las Cañadas candy store**.

Keep in mind that this one is only open on weekends! A very characteristic establishment in the area that offers a confectionery, pastry and traditional bakery service. If your visit to the National Park coincides with a weekend day, don't hesitate to stop.



Assortment of cakes in Las Cañadas

On the other hand, if you are looking for a more elaborate meal for lunch or dinner, [*The Roots Tasca*](#) is the ideal restaurant. Good meat, good wine and good beer, this Argentine-style grill seeks to recover recipes. It has a selection of top quality meats, prepared on the grill and even impaled, a magnificent wine list and unbeatable room service. In addition, it offers live music. It will surprise you!



Prepared meats at The Roots Tasca

The **TF-24 road winds its way** up to the Teide National Park, crossing the dense and leafy Corona Forestal Natural Park.

On the way to the top, we will come across **numerous viewpoints**, Ortuño, Chipeque, Chimage, etc.

Once you pass and leave **Izaña behind**, you will be very close to the slopes of the enormous volcano. Once you arrive, you can **enjoy Teide up close**, go up to the peak in the **cable car** or take one of the **approved routes** that run throughout the National Park.



Teide National Park

The descent will be done by the TF-21 in the direction of La Orotava. The road is winding, but offers wonderful landscapes. During the journey, you will come across several viewpoints from which you can observe the incredible views of the valley of La Orotava. **Canaria we recommend that you make a stop on your way and stop to observe the Piedra de la Rosa viewpoint.** It will impress you!



Our next stop is Villa de La Orotava, one of the highest municipalities in Spain and the one with the greatest slope with respect to the sea, but, above all, one of the most beautiful in Tenerife. Through its streets, easily accessible on foot, you can find old buildings and museums.

Views of the Villa de La Orotava



Within your tour, **we advise you to visit, first, the Plaza de la Constitución.** Also the Liceo Taoro, a 20th century palace, and its gardens. Of the same, the Victoria Gardens will leave you impressed as they are formed by a set of terraces full of flowers and with wonderful views of the sea.

Taking a walk through the streets of the old quarter of the Villa is the best idea, in this way you will be able **to better appreciate all its architectural heritage.** Do not forget to visit **the Casa de los Balcones built in the 17th century,** you will be impressed with this construction, a faithful example of the traditional Canarian style.



Facade of the House of Balconies

• A nice place to enjoy lunch or dinner

La Orotava, and in this case, the Villa, has a wide and varied gastronomic offer, from Japanese restaurants, typical Canarian food or fusion to amaze, to places with Repsol Guide soles. Take a break on your journey and enjoy one of these restaurants that Marca Canaria recommends.

Who doesn't like a good Japanese? And even more so if you work with the best local products.

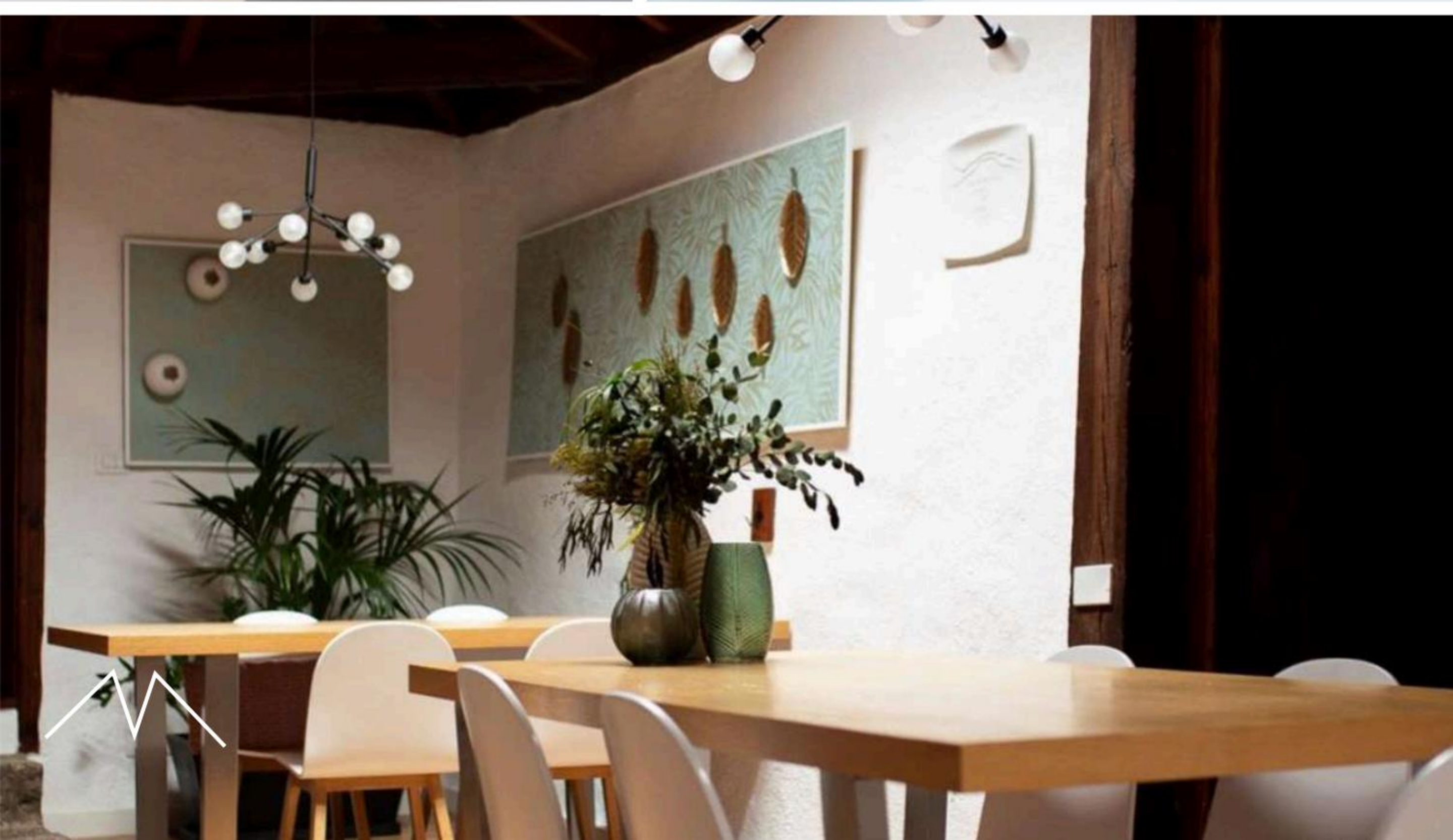
Izakaya LO is, without a doubt, the reference Japanese restaurant in the north of Tenerife. Good wines and dishes that explode with flavour. The scallops are a must when ordering, as is the Spice Bao of black bread with a spicy red mojo sauce that is simply spectacular.



Usuzukuri of Ika, Spice Bao and Scallops

If what you want is to enjoy a different, canary and rogue **Canarian cuisine**, the [Mamanema restaurant](#) is the ideal place. A very charming place, terrace and wonderful views of the valley. In the restaurant, recognized with a unique Repsol Guide, its chef, Víctor Suárez, is committed to the avant-garde, versioning recipes with risky touches of the new Canarian cuisine. In addition, in Mamanema they take care of even the smallest detail, which is why they make their own bread using organic flour and sourdough. An experience that surrounds you from the first bite.

Local fish ceviche, honeyed rabbit croquettes in salmorejo with spicy mayonnaise and interior of the restaurant



Another option for Canarian cuisine with good products and a contemporary touch is the restaurant **El calderito de la grandmother**. The restaurant is committed to quality, as well as local products, and so much so that up close, they **have their own organic garden!** It has a very good wine list, a food menu where the product predominates and artisan bread. One of the best market kitchens in the north of the island. Don't forget to order their mushroom cake or the classic escacho de sardines, you'll love it!



Mushroom pie and escacho de sardines

On the other hand, if you prefer to live an unforgettable gastronomic **experience**, with a Canarian flavor and Peruvian touches, the **Haydée restaurant** is your best option. In this place, recently awarded a **sol Guide Rep sol** and recommended by the Michelin Guide, chef Víctor Suárez is committed to his characteristic avant-garde style.



Haydée restaurant room

A mix of fun flavors that plays with the product of the area, a wine list that bets on the safe side and high-end room service. It has three tasting menus, one of them vegetarian, as well as a *brunch* that can be enjoyed on Sundays. Individual dishes can also be ordered by letter. Potas ravioli in the room? Indispensable and delicious.

Potas ravioli in sauce and steamed potato, pineapple and rib sandwich



What is certain is that **Tenerife is a land of grapes and wine.**

The island has five different denominations of origin: Abona, Tacoronte-Acentejo, Valle de Güímar, Ycoden-Daute-Isora, and, of course, Valle de la Orotava.

In the north of the island, wines are made with DO Valle de la Orotava, which includes the municipalities of La Orotava, Los Realejos and Puerto de la Cruz, favored by the pleasant climate of the area, the volcanic soils and the trade winds. This has meant that the area has innumerable wineries, many of which are internationally known, such as the ***Suertes del Marqués winery.***

Suertes del Marqués is a family winery that since 2006 has been making wine in the north of the island, more specifically in the Orotava Valley. The philosophy of this bodega is based on respect for tradition, therefore, they try to artificially interfere as little as possible in the production of their wines. In addition, they work with native yeasts, avoiding racking and using sulfur in small quantities. If you are passionate about the world of wine, do not hesitate to visit this winery.

Plot with traditional "braided cord" system of

Luck of the Marquis



Once the visit to Villa de La Orotava is over, it is essential **to visit Puerto de la Cruz**. The northern area of Tenerife has a lot of charm, as well as a multitude of old towns and villages to visit. If you do not have much time, at least, we recommend that you visit Garachico.

Visiting Garachico is essential if you travel to Tenerife. Resurrected from the ashes of the Trevejo volcano, which buried practically the entire town in 1706, it is **one of the most beautiful towns in Spain** and has a great architectural and landscape heritage.



Garachico seen from the air

The best thing is to explore the area on foot and enjoy the Plaza de la Libertad, the center of the town. There you can find some of the most emblematic buildings of Garachico such as the former convent of San Francisco de Assisi, current house of culture, the town hall, several churches and the former House of the Counts of La Gomera.



Plaza de La Libertad, center of Villa de Garachico

In addition, throughout the walk you will hear the sound of the sea and Garachico is a coastal area with small coves where you can also take a bath in peace.

You can decide to visit Garachico, even continue to **Buena Vista del Norte**, an **area rich in its wine tradition** and where a large number of wineries are concentrated, many of them renowned, such as En vínate. In addition, Buena Vista connects with the southern part of the island. In the same way, you can visit Icod de los Vinos and its Millenary Drago or La Guancha, another area with a great winemaking tradition. But, of course, you can decide to spend a pleasant afternoon visiting Puerto de la Cruz, take a swim and enjoy a drink or a snack at a *beach club*.



Puerto de la Cruz seen from the air

In its origins, Puerto de la Cruz was a **small fishing village** located on the coast of the Orotava Valley. It soon became a commercial port for Tenerife and evolved **into an area with a significant influx** of tourists, especially European tourists attracted by the good weather.

In Puerto de la Cruz you can visit its spectacular 18th century Botanical Garden, one of its most important elements in the city, as well as the **Loro Parque.** The latter is a zoo full of animals of different species, from killer whales and dolphins to red pandas, and to which you can dedicate a full day if you wish. In addition, it is ideal to visit with the family.

The downtown area is pedestrianized, so it is very easy to visit on foot. **If you want to disconnect and enjoy the sun quietly, Lago Martiánez is the ideal space.** It is a complex of artificial pools, the work of the Lanzarote artist César Manrique, and that offers all the necessary comforts to spend the day. In addition, it has restaurant establishments inside.

Central pool of Lago Martiánez



You can also enjoy a pleasant swim in **Playa Jardín**, with calm waters and black sand, to finally have a cocktail or a snack in one of the nearby *beach clubs* . We recommend that you visit the ***Andana Beach Club***, located a few meters from the beach. A cozy place with magnificent views from which to enjoy the sunset. It offers live music, delicious food, *brunches*, and good cocktails. The perfect place to spend a pleasant afternoon.



Brunch and terrace of the Andana Beach Club in Puerto de La Cruz

• A good dinner in the Port of La Cruz

A few minutes from Plaza del Charco, the main square of Puerto de la Cruz, is the **El Taller de Seve Díaz restaurant**, recently recognized with a Repsol Guide sun. A simple place with a calm atmosphere that claims original and contemporary combinations around Mediterranean cuisine. It has a menu with very appetizing dishes, but its gastronomic offer is mainly focused on its two tasting menus. In addition, it has a spectacular and very complete wine list. The razor clams with kimchi mayonnaise, smoked jowls and piparra are spectacular. An experience that you will undoubtedly love.



Its famous razor clams and avocado smeared with millet in textures

On the other hand, if you want to enjoy a **delicious meal accompanied by good wines or simply enjoy a few drinks in a** wine bar, we recommend Vinoteca Con Pasión, also located in Puerto de La Cruz. In the premises, the atmosphere is as important as the product, an ideal place to enjoy good wines, rich coffees and other drinks.

Wine Room with Passion



The place is small, but it offers a huge wine list with many Canarian references. It has a fixed menu of fusion dishes and tapas to accompany your tastings, although it also has dishes of the day and off the menu. An ideal place if you are looking to quietly enjoy some good wines.

Table of cheeses and wines of Suertes del Marqués in Vinoteca
With passion



DÍA 4

Zona sur de Tenerife: Vilafior y Los Gigantes



We will finish this four-day trip through Tenerife in the south of the island. When you think of this area, it is inevitable that all those images of golden sand beaches that run along practically the entire coastline come to mind, but that is not the only thing it offers. Of course, it is a very touristy area and this means that the number of leisure activities and, above all, those oriented to water sports and tourism, multiply. In addition, the enviable climate and the constant sun almost every day of the year invite tourists to choose this area to stay, especially in winter.



Torviscas beach, Adeje, in the south of Tenerife

From Santa Cruz or La Laguna it is easy and quick to get to the southern area through the TF-1 motorway, which runs through the east of the island towards the Tenerife Sur airport (Rei na Sofía) and the tourist centers of the area, ending in the municipality of Santiago del Teide. As we already mentioned, the island can be traveled in a circular way since the southern and northern areas are joined

The southern area also has a great gastronomic offer.

The vast majority of **restaurants with Michelin stars or Repsol soles** are located in this area, such as MB (two Michelin stars), located at ***The Ritz-Carlton Abama*** in Guía de Isora; El Rin cón by Juan Carlos (one Michelin star), located in the ***Royal Hideaways Corales Resort hotel***, also in Guía de Isora; or the ***NUB restaurant*** (one Michelin star), located in the ***Hotel Bahía del Duque*** in Costa Adeje.

If you are thinking of living a gastronomic experience to remember, do not hesitate to make a reservation and enjoy a great evening at one of these restaurants.

MB of the renowned chef Martín Berasategui is the only restaurant that has two stars from the prestigious Michelin Guide in the Canary Islands. This space, located in the luxurious hotel complex The Ritz-Carlton Abama, stands out for its constant innovation. Erlantz Gorostiza, the restaurant's chef, carries out the vision of Martín Berasategui, offering a bold Basque-inspired menu based on familiar flavors, an unforgettable culinary experience. It has two tasting menus, as well as dishes to choose from on the menu in case the menu does not feel like it.



Starters and room of the MB restaurant in the south of Tenerife

The El Rincón de Juan Carlos restaurant, with one Michelin star and three Repsol suns, is run by the Padrón brothers. Recently relocated to the hotel complex Royal Hideaways Corales Resort, this restaurant defends a style of cooking where the flavor and balance are indisputable pillars of its elaborations, combining the local product with the most select international products. The kitchen of El Rincón in the words of Juan Carlos himself "is a logical, grounded and coherent kitchen in which the diner can clearly appreciate the flavors". El Rincón offers a tasting menu accompanied by three different pairings to choose from that perfectly complete the experience.

Restaurant room and one of the desserts made by the Padron Brothers



With a recent new location in the Bahía del Duque hotel complex, the **NUB restaurant**, with one Michelin star and one Repsol Guide sun, bases its cuisine on its roots and the utmost respect for origins and products. Aromas, flavors and more reminiscences of Chile and Italy are interwoven in the two menus, one of them vegan, that chefs Andrea Bernardi and Fernanda Fuentes-Cárdenas offer at the restaurant. The experience culminates with a tour of the restaurant enjoying the menu, some first appetizers at the bar, the main dishes at the table and, finally, the desserts in their original pastry shop.



NUB room and one of the desserts included in the restaurant's tasting menus

On your journey to Arona, Adeje and Santiago del Teide on the TF-1, which lasts just over an hour, you will see how, through the signs, you leave different towns and villages behind. We recommend that before arriving in Arona you make two or three stops, Can delaria and Vilaflor, but also, if you wish and have time, El Médano.



Basilica and Plaza of the Patron Saint of the Canary Islands

The municipality of Candelaria is located a few kilometers from Santa Cruz de Tenerife. Its municipal capital is **Villa de Candelaria** and from Marca Canaria we recommend that you make a stop on your way to visit it as it is a coastal area, seat of the **Virgen de Candelaria**, patron saint of the Canary Islands. It is the place of pilgrimage par excellence of the Archipelago, as well as a nucleus of historical importance since both the Guanche and Castilian cultures coexisted here after the conquest. You can enjoy a pleasant morning walk through its pedestrian streets accompanied by the sea breeze.

We recommend that you also visit the great **Plaza de la Patrona de Canarias**, located in front of the Basilica. It is completely open to the sea and on one of its sides you can see a series of **sculptures corresponding to each of the nine menceyes or Guanche kings who ruled the island of Tenerife before the conquest.**



The nine menceys of Tenerife located in the Plaza de la

Patron Saint of the Canary Islands

Following the TF-1, you will pass **El Médano**, a perfect place if you are a lover of surfing and wild nature, as it has **some of the best beaches and coves in Tenerife**. In addition, it is an area dominated by the wind, perfect for practicing water sports that need it. You can enjoy a pleasant day at the beach here, as well as take the opportunity to eat a good fresh fish.

• A nice place to enjoy lunch in El dune

If you want to try good fresh fish and seafood, the [El Templete restaurant](#), located in El Médano, is the ideal place. The restaurant is popular in Tenerife due to its traditional Canarian cuisine and its fried fish. All the seafood products available at the premises come directly from the fish market, in Los Abrigos, so they work with the best fresh produce. If you decide to try this restaurant, we recommend that you order their fried morena, as well as the black potatoes accompanied by artisan mojos, a delight!



Brown-haired chips and black potatoes with artisan, red and green mojo sauces



El Ancla restaurant room, tuna baos and yellowfin croquettes

At the El Ancla restaurant, located in the Arenas del Mar Hotel in El Médano, they are also lovers of fish, but in this case blue fish, especially local and seasonal tuna. At the premises, they bet on a casual and beachy guy, giving a modern and profound vision to recipes whose main ingredient is seasonal tuna. In addition, the restaurant is located in a beautiful setting facing the sea and has a wonderful terrace.

Beaches to remember is what you will find in El Médano. The chicharrero coastline is a beach universe that must be discovered slowly and over time. The Teide volcano splits the island in two, thus giving it different characteristics. If the north zone stands out for its black sand beaches of volcanic origin, the south of Tenerife does so for the gold of its sands.

The beaches of El Médano and La Tejita are very close to each other. Located at the foot of Montaña Roja, **El Médano beach concentrates all that is good in the natural and the urban.** This beach, with golden sands, is connected by a coastal promenade along the two kilometers of coastline that the beach has. This walk connects the area closest to the town, with a family atmosphere and all the comforts, with the most active area, where the wind is welcome and attracts fans of windsurfing and kitesurfing.

El Médano beach in the south of Tenerife



To the west of Montaña Roja is **La Tejita beach**. Montaña Roja is nothing more than the remains of an ancient reddish volcanic cone that gives the La Tejita sandbank unique, almost Martian characteristics. In addition, **it is the largest natural sand beach in Tenerife** and proudly holds the blue flag, despite the fact that the wind is typical throughout this area.



La Tejita Beach

However, these are not the only two impressive beaches in El Médano. **From Marca Cana ria we want to recommend a third beach, or rather a cove, frequented by locals and not at all touristy, Montaña Pelada beach.** To access it, it is necessary to take a short route of no more than ten minutes between sandbanks and dunes to the coast, but it is worth it.

The Montaña Pelada Natural Monument will give you the opportunity to see how a volcanic cone is formed from an underwater eruption. Its golden sand beach is quiet, sheltered from the characteristic wind of the area, and offers a landscape worth contemplating.



Mountain Pelada Beach

Once again on the TF-1, once you leave the Tenerife Sur airport behind, you are very close to your destination and also to Vilaflor, another of the many towns on the island that deserve to be visited.

Vilaflor is considered the highest town in Spain

and one of the most beautiful in the Canary Islands. In addition, it is located within the Corona Forestal Natural Park itself, which is why it stands out for its rural landscapes and pine forests. Like many rural areas of Tenerife, in the past it was an important grazing and humane region and has a great wine-growing tradition.



Vilaflor village in the south of Tenerife

Vilaflor can be reached through the TF-1 through the south of the island and continue along secondary roads following the signs until reaching the town, or, from the north, using the TF-21 and crossing the Parque Nacional del Mount Teide.

It is a quiet area, away from the hustle and bustle of tourist areas. Its streets and squares preserve many elements of the traditional architecture of the 17th and 18th centuries. From its beautiful main square you can see the **Church of San Pedro Apóstol**, whose construction dates back to 1530, as well as the well-known **Casa Inglesa** and **Casa de los Soler or Casa del Marqués**. We recommend that you enjoy a pleasant tour of the area, appreciating its monuments and architecture.



Church of San Pedro Apóstol and, in the background, the English House

On the other hand, Vilaflor is an area suitable for carrying out hiking trails, such as **Los Escurriales**, through which you can see an incredible lunar landscape. In addition, it has a great natural heritage.

We can highlight the famous Pino Gordo or, in front of it, the Pino de las Dos Pernadas, both of which we consider to be the **tallest native trees in Spain**.

Pine of the Two Pernadas in Vilaflor



Once the visit to Vilaflor is over, it is time to go down to the coast and enjoy the day in Los Cristianos, Las Américas or Adeje, to end up watching a wonderful sunset in Los Gigantes.

The first thing you come across is **Los Cristianos**. Belonging to the municipality of Arona, Los Cristianos is the oldest part of the entire tourist area. As a result of **its port**, which **communicates by sea with the islands of La Gomera, La Palma and El Hierro**, the city and the different hotel complexes began to develop, which, over the decades, have spread throughout Playa de Las Américas and Costa Adeje, forming the **largest tourist conglomerate in the Canary Islands**.



Beach and port of Los Cristianos

Los Cristianos has several beaches and a multitude of places where you can enjoy the gastronomy and leisure of the area. Las Vistas **beach** is a dream place to sunbathe and swim in the sea at any time of the year. In addition, the entire area is very quiet as it is located between the protected areas of Montaña de Chayofita and Montaña de Guaza. Other very popular beaches are **Los Cristianos** and **Los Tarajales**.



Las Vistas Beach in Los Cristianos

ÿ A brunch in Los Cristianos

Very close to the Los Cristianos bus stop is **Pistacho Coffee Brunch**, a small place where you can enjoy a spectacular and healthy brunch or lunch. It has a very nice terrace and prepared to enjoy the wonderful climate of the south of the island. It has a menu with a large number of dishes to choose from, the quantities are quite large and its bowls and natural juices are delicious.



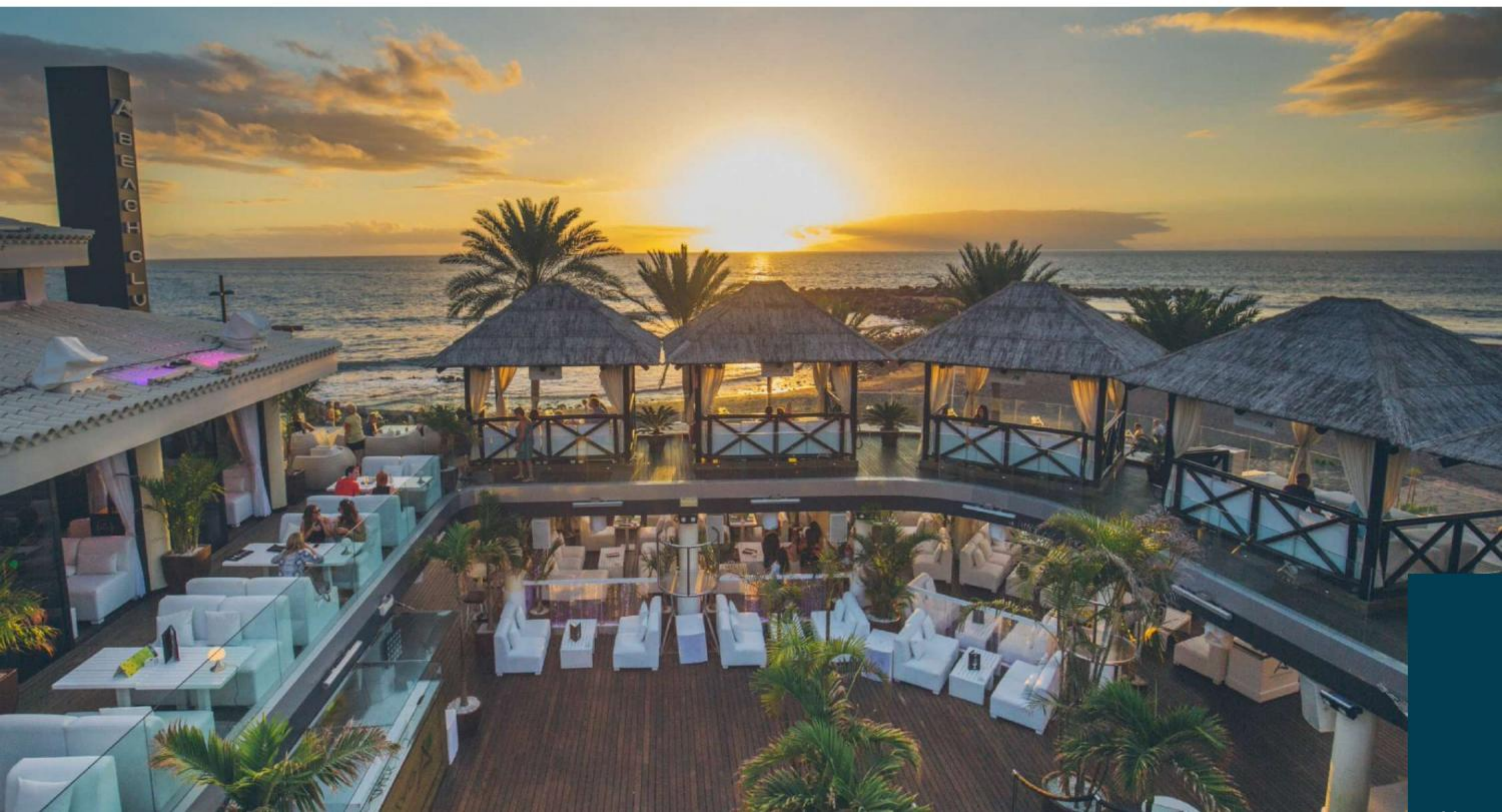
Breakfast at Pistachio Coffee Brunch

Following Los Cristianos we find **Playa de Las Américas**, also belonging to the municipality of Arona and its border. In this area you can enjoy a varied leisure offer with cocktail bars, restaurants, cafeterias and nightclubs, located next to the beach. During the day the best thing is to relax and enjoy its beaches, as well as the many water activities it offers, surf lessons, diving, etc.

• A beach club in Las Americas

If what you want is to enjoy a drink or a cocktail and a snack near the sea, listening to good music, **Papagayo Beach Club** is the ideal place. Outdoors and a few steps from the beach, this beach club is one of the best in the south of Tenerife. It has tables, armchairs and Balinese beds, a perfect environment to relax after a day at the beach. At night it becomes a disco space with DJs, live shows and a dance floor. In addition, from its armchairs you can enjoy an incredible sunset.

Interior of Papagayo Beach Club with a magnificent sunset in the background



The **Costa del Silencio** area has hidden coves
das between beautiful cliffs and bathed by the clear
and warm waters that characterize the southern coast
of Tenerife. Yellow Mountain is a natural monument
that immediately attracts attention due to its forms
sculpted by erosion and its surprising yellow and
ocher colors.



Yellow Mountain in Costa del Silencio

If you want to enjoy good rice in the Costa del Silencio area, La Navaja restaurant is the perfect place. With impressive views of the sea and the nearby banana plantations, this restaurant is characterized, above all, by its rice dishes. It has a beautiful terrace from which wonderful sunsets can be seen, so it is best to go to dinner and enjoy one. La Navaja is based on a cuisine with a traditional base, although with innovative proposals and a modern style. If you decide to visit this place, we recommend that you order their black rice with squid, scallops and aioli, delicious!



Terrace of La Navaja restaurant and its black rice with squid

Passing Costa del Silencio we arrive at **Costa Adeje**. This municipality has the **highest concentration of five-star hotels in all of Europe**. It stands out, of course, for its shopping areas and its luxury boutiques, as well as for all the nature that houses its waters, where colonies of dolphins and whales can be found.



Playa del Duque in Costa Adeje

In Adeje is the recognized as the **best water park in the world**, the ***Siam Park***, where you can enjoy a day of family adventures. It has a large number of attractions, an artificial river and a pool that imitates the waves of the sea, as well as a children's area for the little ones. You should dedicate a full day to this park if you really want to enjoy it and it is a good option if you are looking for fun.



Siam Park water park in Costa Adeje

The entire coastal area of Adeje is characterized by **hiding a multitude of small beaches and coves that are not very touristy** and frequented by local people. If you want to get to know any of these magnificent beaches, we recommend **Diego Hernández beach**.

Also known as "La Caleta de los Hippies" this impressive beach of golden sands and almost crystal clear turquoise waters is located in the area of La Caleta in Adeje. Its limestone rock contrasts with the crystalline blue of its waters and it is one of the wildest and least known and most traveled beaches on the island. To access the beach, you have to take a short walk of about thirty minutes from the town to the coast, but it is worth it.



Diego Hernandez beach in La Caleta

To conclude your visit to the south of Tenerife, it is essential that you visit **Los Gigantes**, a quiet tourist town that offers sun, beach and, above all, one of the most beautiful landscapes on the island: **the cliffs of Los Gigantes**.

To get to Los Gigantes it is necessary to rejoin the TF-1 in the direction of Guía de Isora and take the TF-47 in the direction of Alcalá and continue along this road until you reach your destination.



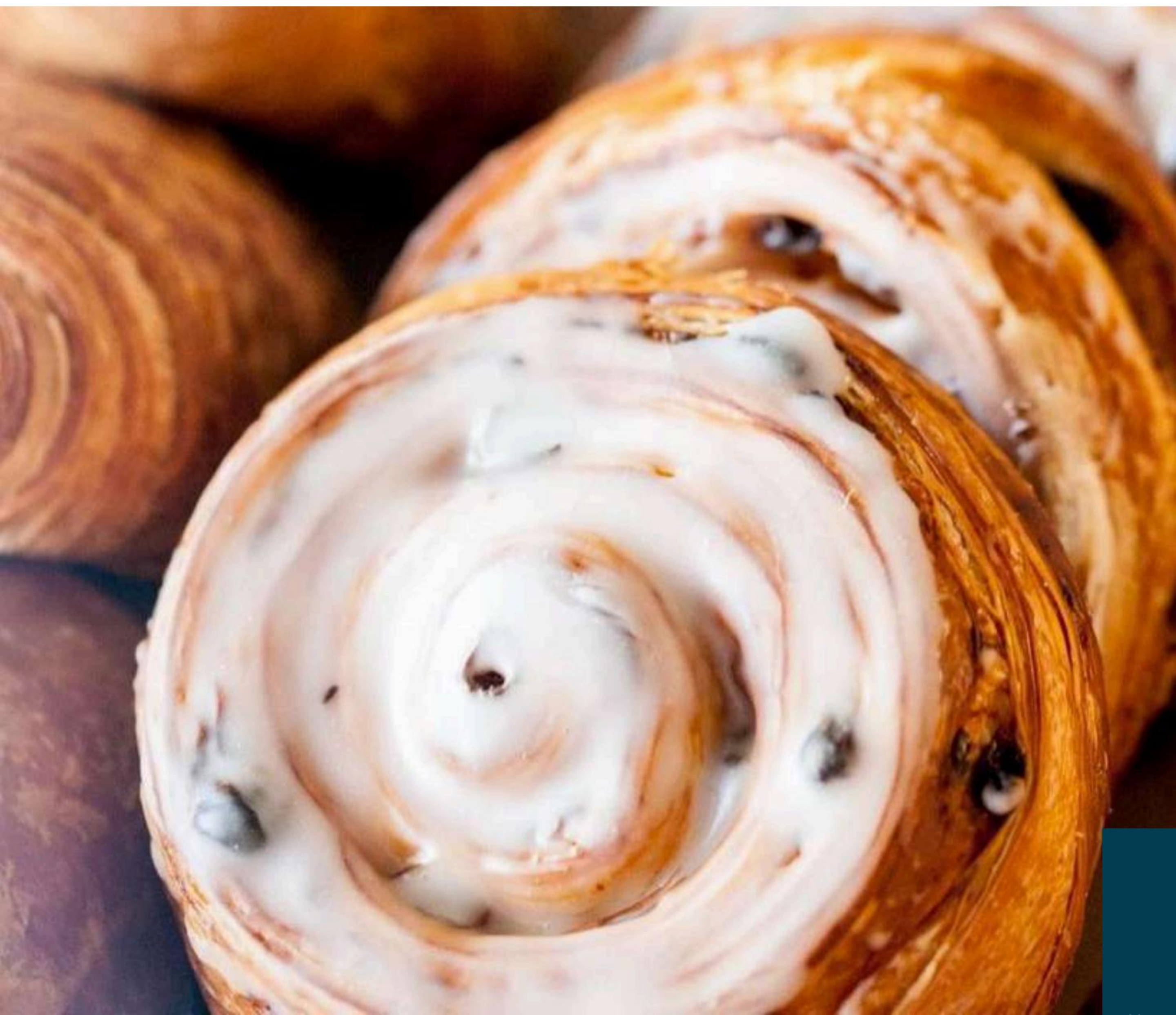
Cliffs of Los Gigantes in the south of Tenerife

• A stop at Playa San Juan and Alcala

Playa San Juan is a coastal town that is located a few kilometers from Adeje and Los Gigantes. It has small coves where you can take a nice swim, but it also offers a wide range of leisure and gastronomy.

At **100% Pan y Pastelería**, located in Playa San Juan, you can enjoy the best sweets on the island, as well as the best handmade pastries and some wonderful sourdough breads. We recommend that you try their snails with pastry cream and raisins, a delight!

Raisin conch with pastry cream from 100% Bread and pastry



On the other hand, in Alcalá, if what you want is to enjoy a good meal in front of the sea and with a good product, the **Muelle Viejo restaurant** is the perfect place. In this place, traditional Canarian cuisine and innovation come together with fresh products from the sea to guarantee a magical gastronomic experience. We recommend that when you make a reservation you choose one of their tables with views of the pier. Its menu has dishes to share, rice dishes of various types and fish. His creamy rice with prawns? A ma



Creamy prawn rice and restaurant room with sea views

The Los Gigantes cliffs are characterized by their vertical walls, which fall into the ocean and are over 600 meters high. In Guanche times, the cliffs were known as the “Wall of Hell”. Between the ledges from the cliffs you can find various beaches and wild black sand coves that can only be reached by boat or through trails, such as Playa de Masca.

Los Guíos beach is located near the Port of Los Gigantes and is a perfect place to disconnect and admire the landscape, as well as to spend the afternoon lying on the sand and enjoy the sunset, you could not wish for a better ending to your trip. .



Los Gigantes or Los Guíos Beach

[Through this link you can access the Marca Canaria website](#) where you can consult accommodation throughout the island of Tenerife, as well as more restaurants where you can enjoy good food. We hope you enjoy your trip!

