

HOW TO ENJOY TENERIFE

Day 1/ NORTH

<https://www.webtenerife.co.uk/tenerife/the-island/tourist-areas/santa-cruz-la-laguna.htm>

In the morning in the first hour go to Santa Cruz (Capital of the island of Tenerife)

You have two ways of enjoying the capital: Culture and heritage or Nature and sea

Nature and sea:

Unbeatable nature to be discovered at The Biosphere Park of Reserve ANAGA:

<https://www.webtenerife.co.uk/what-see/outdoor-attractions/parque+rural+de+anaga.htm> just 15 minutes from the capital of Santa Cruz is a fantastic spot to visit combined with beach or inland hiking and finish at the coastline and be sailed back to las Teresita's by boat (this activity can be booked by Anaga experience)

Culture and heritage:

Take the tour of the city and make stops (hop-on and hop-off) (City Tour)

The charming capital of Santa Cruz de Tenerife is located at the eastern end of the island of Tenerife, the largest of the Canary Islands. There are five convertible buses that will operate every day; The tour has 13 stops and will cover the main attractions of the capital, starting with the Plaza de España. The tour includes the market of the city of Our Lady of Africa, the García Sanabria Park, the delicious Ramblas, the Plaza Pedro Schwartz, the imposing and cutting-edge Tenerife Auditorium facing the sea, designed by the internationally renowned Spanish architect Santiago Calatrava and more ...

<https://www.webtenerife.co.uk/tenerife/the-island/municipalities/santa-cruz-tenerife/?tab=1>

12:00 H: Half a day to make a stop in La Noria street

Near the church of Our Lady of the Conception is the street called "La Noria". It has a great nightlife with its traditional houses converted into bars and bars. The church, the Church of San Francisco, squares such as the Plaza Principe de Asturias and the Palza de La Candelaria or the municipal market of Our Lady of Africa are just some of the essential stops in your journey through this area, where the old and the the new one is intermingled. Near La Noria street is the contemporary TEA Museum and The Museum of Nature and Man.



Next visit: discover La Laguna, by car, taxi or tram or take a dedicated day to visit the World Heritage Site by Unesco La Laguna.

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San Cristobal de La Laguna, declared a World Heritage Site by Unesco, has maintained its historical center of great value in an exemplary state of conservation. In addition to important monuments and historical buildings, there is an important center of commercial activity, which offers the possibility of buying souvenirs to

remember your visit to the island: fashion, Tenerife wines, Canarian crafts and typical gastronomic products. The city has an important university tradition, which provides the vivacity and the relaxed atmosphere of its innumerable pubs.

<https://www.webtenerife.co.uk/tenerife/the-island/municipalities/laguna/?tab=1>

End the afternoon at Casa del Vino and end your day with local food and taste the wine from the 5 districts.



The Casa del Vino de Tenerife is a worthy representative of the rustic historical haciendas that, located in the Midlands of Tenerife, have been preserved over time. This large house built in the traditional Canarian style houses Casa Del Vino "La Baranda" and offers visitors a close look at the rich wine heritage of the island in a privileged setting with wonderful views of the sea and Mount Teide.

Here there is a restaurant, wine tasting of the 5 wine denominations of the island and also the honey museum. http://www.casadelvinotenerife.com/?page_id=67

Staying on in Santa Cruz, you have two options:

- Discover the beach of Las Teresita's and the fishing village of San Andres, only 15min drive from the capital

<https://www.webtenerife.co.uk/what-see/beaches/las+teresitas.htm>

Discover off the beaten track the exuberant nature of Parque Rural Anaga

[https://www.webtenerife.co.uk/what-see/outdoor-](https://www.webtenerife.co.uk/what-see/outdoor-attractions/parque+rural+de+anaga.htm)

[attractions/parque+rural+de+anaga.htm](https://www.webtenerife.co.uk/what-see/outdoor-attractions/parque+rural+de+anaga.htm) and the serpentine roads of Taganana

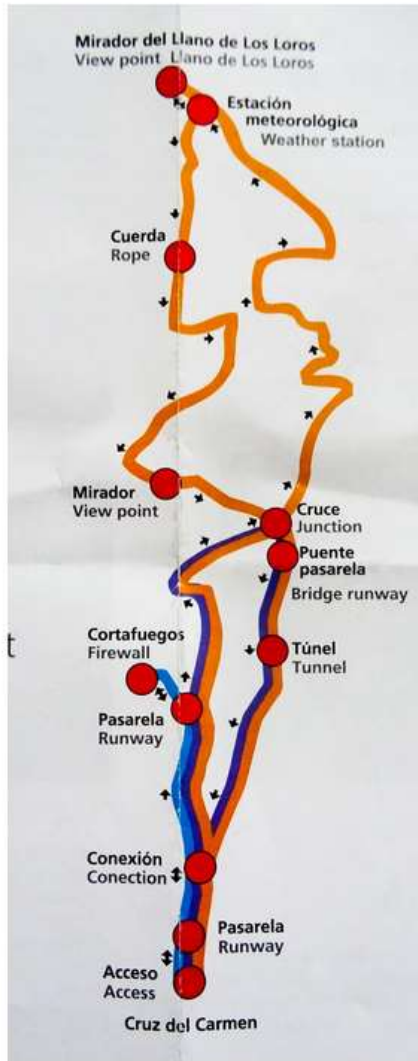
[https://www.webtenerife.co.uk/what-see/towns-](https://www.webtenerife.co.uk/what-see/towns-hamlets/taganana.htm)

[hamlets/taganana.htm? ga=2.8985141.1459507769.1562670001-413789184.1487329810](https://www.webtenerife.co.uk/what-see/towns-hamlets/taganana.htm)

taking you to the "end" of the island mystique beach of Benijo

[https://www.webtenerife.co.uk/what-see/beaches/playa-](https://www.webtenerife.co.uk/what-see/beaches/playa-benijo.htm)

[benijo.htm? ga=2.75707669.1459507769.1562670001-413789184.1487329810](https://www.webtenerife.co.uk/what-see/beaches/playa-benijo.htm)



Rutas del Sendero de los Sentidos

Alternative to the visit to Casa del Vino, you can choose to visit The Sendero de los Sentidos, which has 3 different routes, is located in the Anaga Rural Park, one of our favorite places in Tenerife because of its location, very close to Santa Cruz, its mountains, its views and its beaches. To visit Anaga, we recommend at least one day, although we could dedicate weeks to it if your idea is to do hiking trails, since in this park there are hundreds of trails. One of the easiest, most accessible and that brings together the best of Anaga, is the path of the senses.

The Sendero de los Sentidos (Path of the Senses) runs along an old path that linked the Anaga farmhouses with the city of La Laguna. On this path you will enter a laurel forest where you can sense the smell of the trees, see its colors, feel its different textures and hear the sound that the forest provides, this is where its name comes from.

In addition, although the park has many viewpoints, this path will take you to two of the best viewpoints: Mirador del Llano de los Loros and Mirador de Cruz del Carmen

End of the day

DAY 2 North/East

<https://www.webtenerife.co.uk/tenerife/the-island/tourist-areas/isla-baja.htm>

Departure to Isla Baja destination San Juan de la

Rambla <https://www.webtenerife.com/tenerife/la-isla/municipios/san-juan-rambla/?tab=1>

Follow the road to Icod de los Vinos

<https://www.webtenerife.com/tenerife/la-isla/municipios/icod-vinos/?tab=1>

Located in a very fertile valley, it offers the most impressive views of the Teide and dense pine forests that descend from the peaks to the upper parts of Icod as a cascade of beauties on the hillside. Plantations of banana, vineyards and other fruits are the basis of strong commercial activity in the area. Founded in 1501, the city is a cluster of manor houses, old stately homes, temples and convents.

These include, above all, the church of San Marcos, with its Renaissance portal and baroque altarpiece; San Agustín, San Francisco and Plaza de la Pila, a particularly original corner of artistic and architectural importance.

The millenarian dragon tree, a true wonder of the world of plants. The sacred art museum is also worth a visit. San Marcos beach, protected and safe, is very popular.



If you have time, here is where can visit the largest lava tube in Europe:

<https://www.webtenerife.co.uk/what-to-do/sports/land/caving/?tab=1>

Departure to Garachico



The sea is one of the most charming aspects of Garachico, so it is not surprising that there are pools, beaches and small sheltered bays that allow the tourist to enjoy a relaxing and refreshing bath. In contrast, the visitor can climb the pine forest of La Montañeta, where the sand of the ancient volcanoes contrasts with the green of an immense forest of pines, which surrounds the shoulders of Mount Teide.

Garachico has always been concerned about its surroundings and has protected the most diverse cultural manifestations. For all these reasons, the Spanish government awarded the city the Gold Medal of Fine Arts, which was presented in 1980 by His Majesty the King.

Garachico is a mandatory port for all those who make beauty and peace a leitmotiv in their lives.

<https://www.webtenerife.co.uk/tenerife/the-island/municipalities/garachico/?tab=1>

Do bring your swim wear, here you can enjoy the natural pool of:

<https://www.webtenerife.co.uk/what-see/pools/el+caleton.htm>

Follow the road to Buenavista del Norte

where I recommend that you take an early dinner / late lunch around 5:00 p.m or 6:00 p.m depending of the season, and enjoy a sunset at the enclave of Punta Negra beach:

https://www.tripadvisor.es/Restaurant_Review-g1190090-d1852270-Reviews-El_Burgado-Buenavista_del_Norte_Tenerife_Canary_Islands.html



The municipality of Buenavista del Norte, born in the sixteenth century and faithful conservator of its traditions, is located in the northwest corner of the island. This is undoubtedly one of the areas of greatest scenic value on the island, an ideal environment for the life of its five thousand inhabitants.

The town has attractions of undoubted value, from its charming streets and its coast plagued with coves to an offer of leisure respectful of

nature.

80% of the municipal territory is occupied by protected areas. Among them stands Teno Rural Park, a natural monument of some 7,500 hectares with spectacular rural and marine landscapes, with massifs and ravines of extraordinary beauty.

<https://www.webtenerife.com/tenerife/la-isla/municipios/buenavista-norte/?tab=1>

End of the day

DAY 3 / NORTH AND THE NATIONAL PARK OF TEIDE

<https://www.webtenerife.co.uk/tenerife/the-island/tourist-areas/puerto-de-la-cruz-valle-de-la-orotava.htm>

Destination La Orotava



Visit the old town and heart of the valley of the north and discover traditional Canarian pastry at the Pastry shop EGON which has been running for generations, almost 100 years and if you look for traditional food in an old house: SABOR CANARIO, among the ones to choose ...

The historical nuclear of the municipality is located to 390 meters of altitude and was declared Historical Artistic Set in 1976. Its streets are sprinkled of buildings of great patrimonial interest and corners of great importance for the municipality. It is the largest municipality on the island, with 207.31 km², and the one with the most forest area: Approximately 78% of the Teide National Park is part of the municipality of La Orotava.

<https://www.webtenerife.com/tenerife/la-isla/municipios/orotava/?tab=1>

Departure to the Teide National Park

You cannot miss the visit to the national park:
<https://www.webtenerife.co.uk/what-see/teide-national-park/?tab=1>

N.P of Teide is located in the center of the island, at an average altitude of 2,000 meters, and its summit represents the highest peak in Spain, with 3,718 meters. Its record figures also include that it is the most visited national park in Spain and Europe, receiving around three million tourists a year. One of the most exciting experiences that await you in the National Park is to get on the cable car. The base station is at 2,356m altitude and the upper station at 3,555m. The transit between stations lasts about 8 minutes and the feeling is electrifying. Once finished the tour you will enjoy extraordinary views from the viewpoint.



Astronomy: <https://www.webtenerife.co.uk/tenerife/the-island/astronomy/>

Few places in the world, there is the circumstance that an extraordinary landscape also hosts scientific installations of the highest order. The facilities of the IAC (Instituto Astrofísico de Canarias) are among the most important on the planet. You can visit them and learn about the secrets of the Universe by contacting the Volcano Life company that offers guided tours in Spanish, English and German by reservation through the 637 365 429 or email reservas@volcanolife.com You can also visit the website volcanolife.com If the visit to the Park already made you feel small, delving into the mysteries of the cosmos will

reveal our true dimension in the Cosmos. In the section "Star Observation" we show you more detailed information.

What to bring when visiting the National Park of Teide?

In high mountain any prolonged physical effort is exhausting, reason why you will have to dose your energies not to tire yourself before time. Bring water or isotonic drink and energy foods such as fruit or nuts Use appropriate footwear for the loose and stony terrain of mountain. In winter, extreme precautions, especially if it has snowed; and in summer, do not forget that the solar radiation is very strong and can cause severe burns so it is highly recommended to use sunscreen and hat. In any case, it is advisable to take warm clothes and rain jacket at any time of the year because the weather can be very changeable. Finally, do not forget to put the mobile phone in your backpack.

Lunch at El Parador del Teide or take the road to Vilaflor

<https://www.webtenerife.co.uk/tenerife/the-island/municipalities/vilaflor/?tab=1> and eat at HOTEL SPA Villalba, Vilaflor de Chasna or in the village of Vilaflor which is an eminently rural municipality located in the midlands of the south of Tenerife. It has 56.26 km² of surface at 1500 meters above sea level, which makes it one of the highest municipalities in Spain.

If you want to stay in the national park this is possible, one of the few hotels in national parks in Spain: El parador de Las Cañadas.

If you are to walking and want to clime up to the summit of the cone of the Volcano Mount Teide you have to book a head of time an authorization to visit the summit

<https://www.webtenerife.co.uk/what-see/teide-national-park/ascension+a+la+cumbre.htm> and if you want to walk up the summit in the crack of dawn you can stay at the Refugio: <https://www.webtenerife.co.uk/where-stay/rural-villas/altavista-refuge.htm> The refuge has limited service as this is a stop over hub to walk up to the summit.

End of the day

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DIA 4 / SOUTH

<https://www.webtenerife.co.uk/tenerife/the-island/tourist-areas/tenerife-sur.htm>



Go to Puerto Colon in Costa Adeje or go to Puerto de Los Gigantes to enjoy a morning boat trip for the whale and dolphin watching activity:

<https://www.webtenerife.com/que-hacer/naturaleza/avistamiento-cetaceos/?tab=1>

Half day: Lunch and for more fun

Visit to Siam Park, the best water park in Europe and in the World. With its 15 impressive attractions, its incredible beauty inspired by the Thai culture and its exuberant vegetation, represents a real revolution among the leisure parks. If you are a pool, slow river, slides, this is your

place: <https://www.webtenerife.com/que-hacer/ocio/parques-ocio/siam-park-tenerife.htm>



In the afternoon you can go to visit the zone the gold mile of Playa de las Américas <https://www.webtenerife.co.uk/tenerife/the-island/municipalities/arona/?tab=1>, where it offers an outdoor leisure, restaurants, shopping, Hard Rock Café and a promenade and beach ... Combine this with Costa Adeje <https://www.webtenerife.co.uk/tenerife/the-island/municipalities/adeje/?tab=1>

End of the day

DAY 5, DAY 6, DAY 7, etc....

Suggestions of activities and places to discover.

Use the tourism website of Tenerife and discover what else can be seen in Tenerife:

WHAT TO DO <https://www.webtenerife.co.uk/what-to-do/> and open the topic according to your search and click:

if you are for sports, <https://www.webtenerife.co.uk/what-to-do/sports/?tab=1> Tenerife is the island with a wide range of activities: road bike, kayak, mountain bike, paragliding, golf, kite surfing, surfing, surf school, scald, stand-up paddle, wáter bike paddle, windsurf. Routes to enjoy in nature: <https://www.webtenerife.com/que-hacer/rutas/> by bike, walks, film routes, etc

Nature of Tenerife, 48% of the destination is protected, Discover the most remote places of the Island, the fauna and flora that complements it, the beauty of nature in its purest state: <https://www.webtenerife.co.uk/what-to-do/nature/?tab=1>

Trekking <https://www.webtenerife.co.uk/what-to-do/nature/hiking/?tab=1> if this is something that calls you, then Tenerife is your destination for Trekking, it offers more than 1,500km of trails.

You can also contract with companies of activities, where you sign up as one more in more individual groups: <https://www.webtenerife.co.uk/what-to-do/outings/> o scheduled excursions.

MASCA: <https://www.webtenerife.co.uk/what-see/towns-hamlets/masca.htm>



The Caserío de Masca is a Site of Cultural Interest with a Historic Site category. The visit to this area can be extended to, in addition to Masca, know other villages in the vicinity as the same El Palmar, Las Portelas and Teno Alto.

- The list of must's to see while in Tenerife: <https://www.webtenerife.co.uk/what-see/mustsees/>
- Flora and Fauna: BIRDWATCHING A BOTANICAL VISIT: <https://www.webtenerife.co.uk/tenerife/the-island/flora-fauna/?tab=1>
- Places of Interest: <https://www.webtenerife.co.uk/tenerife/the-island/municipalities/santa-cruz-tenerife/places-interest/>

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- Beaches of Tenerife: <https://www.webtenerife.co.uk/what-see/beaches/?tab=1>
- Trails and routes to discover Tenerife by road cycling, tradition and hiking trails: <https://www.webtenerife.co.uk/what-to-do/routes/>
- Enjoy your favourite sports while on holidays: <https://www.webtenerife.co.uk/what-to-do/sports/?tab=1>
- When driving around the island do not miss out the “miradores” known as the spots for the perfect picture: <https://www.webtenerife.co.uk/what-see/lookout-points/>

Fun with your kids, all year round: <https://www.webtenerife.co.uk/what-to-do/leisure/parks/>

The Ethnographic Park **Pirámides de Güímar**, nominated for the 2017 European Museum of the Year Award, is a large open-air museum that gathers several specialized routes and gardens around pyramid structures oriented towards the sun on key astronomical dates

<https://www.webtenerife.co.uk/what-to-do/leisure/parks/piramides+de+g%c3%9cimar.htm>



Loro Parque: A magical place that offers home for more than 10,000 exotic and threatened animals, representing more than 500 species and subspecies from all over the Planet. Its impressive facilities, the perfect recreation of natural habitats

<https://www.webtenerife.co.uk/what-to-do/leisure/parks/loro-park.htm>

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Forestal Park Tenerife:

An adventure park, located in Las Lagunetas - La Esperanza among the Canary Islands' tallest trees and is the only one of its kind on the Island. There is a total of ninety activities at a height, platforms at 30 metres above the ground and zip-lines of several hundred metres in length which allow you to undertake sporting activity in the bosom of nature and in the exceptional setting of the Las Lagunetas Protected Landscape.

<https://www.webtenerife.co.uk/what-to-do/leisure/parks/forestal-park-tenerife.htm#prettyPhoto>

