

# The Tenerife Property & Business Guide

May 2025  
Issue 247

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## Tenerife Properties

Torviscas Alto, Balcon del Atlantico IV

Beautiful 1 bed, 1 bath recently refurbished apartment on this sought after community with pool. This spacious, fully furnished property (57sqm with a 20sqm terrace) has a lounge/dining area, open plan American-style fitted kitchen, plenty of storage space and beautiful sea and La Gomera views from the sunny terrace.

A MUST VIEW property – call us today on  
922 724 110 or 608 573 443!

See also Page 21 for more information/pictures.



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by Tenerife Property Shop S.L.

2024-2025

# TENERIFE PROPERTY SHOP S.L.

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CANARY ISLANDS

Tenerife Property Shop S.L.

2024-2025

## 1 BEDROOM APARTMENT - AMARILLA GOLF



Blink and it will be gone! A fantastic opportunity to become the new owner of this light, bright and airy one bedroom property. Situated in a quiet street, within a well-maintained complex that is traditional in appearance and features charming gardens and 3 community swimming pools, all of which are heated in the cooler months of the year. With one bedroom properties in this area selling quickly, we would urge you to book your viewing today, to avoid missing out!

Ref: AMG00641

Price: **€190,000** (approx. £161,000)

## 2 BEDROOM APARTMENT - GOLF DEL SUR



Sit back relax in the afternoon sunshine and take in the stunning views of the rolling fairways of the golf course, that meander up to the mountainous region of Tenerife and only stopping once they arrive at the summit of Mount Teide. This property was originally a large one bedroom and a clever conversion of the terrace, has enabled the owners to provide a second bedroom, which is ideal for guests or little ones.

Ref: GOLF01835

Price: **€251,000** (approx. £212,500)

## 4 BEDROOM DUPLEX APARTMENT - PLAYA DE LAS AMERICAS



This spacious duplex apartment is located next to Las Americas golf course and opposite the popular shopping centre Parque Santiago 6. The property has been cleverly converted, and now consists of four bedrooms and two bathrooms. This property is sold furnished and also comes with an underground parking space and storage room. Fantastic location and an ideal holiday home for a family.

Ref: LA01971

Price: **€385,000** (approx. £326,500)

## COMMERCIAL PROPERTY WITH APARTMENT - GOLF DEL SUR



This substantial, detached building, previously used as a school, is in need of refurbishment and some TLC, to have a new lease of life as a bar, restaurant or any other type of business. Also the possibility of converting into several apartments with parking, for those who are looking for an investment project. Spread over three floors, incorporating a two bedroom penthouse apartment, and offering over 240m<sup>2</sup> internally, plus gardens & terrace of almost 200m<sup>2</sup>.

Ref: GOLF01849

Price: **€395,000** (approx. £334,500)

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CC Puerto Colon - Playa de Las Américas

1 BEDROOM APARTMENT  
- PLAYA DE LAS AMERICAS



An enviable address in the heart of Las Americas, located next to the beach and surrounded by designer shops and restaurants offering all types of cuisine along the golden mile. This complex has everything for the holiday maker including 24 hour reception and heated pool. The fully furnished, one bedroom, duplex property has two south west facing sunny terraces from the lounge and bedroom. The complex is one of the most sought after, in a prime location.

Ref: LA01972 Price: €535,000 (approx. £453,500)

3 BEDROOM BUNGALOW  
- GOLF DEL SUR



If you are in the market for a property that is modern and contemporary and offers a very high spec, then this three bedroom, three bathroom, quality home, should be at the top of your list. Surrounded by golf course fairways, the property occupies a corner position and is larger than the average property within the same development. With gardens to the front and rear, boasting a heated private pool and games area with pool table.

Ref: GOLF01854 Price: €550,000 (approx. £466,000)

★★★★★ SEE WHAT OUR CLIENTS SAY ABOUT US ★★★★★

Really helpful from start to finish highly recommend them for buying a property and were always on hand to help.  
Andrew G...

Really helpful from start to finish ...  
Andrew G – April 2025  
★★★★★

I would just like to put pen to paper and extend our thanks to the team at Tenerife Property Shop. Going back to last summer we made the decision to purchase a property at Golf Del Sur. Having already been ...

They guided us through everything in a very professional manner ...  
Norman and Kathleen – April 2025  
★★★★★

It has been incredibly refreshing to have bought a property with such ease and flawless customer service. Lee Roberts went beyond the call of duty to ensure that we received an exceptional service, his non pushy sales stance and calm ...

... bought a property with such ease and flawless customer service.  
Ian & Sarah – March 2025  
★★★★★

They just know what they're doing 🙌  
Steve S...

They just know what they're doing 🙌  
Steve S – January 2025  
★★★★★

We have just sold our property and Tenerife Property Shop have guided us every step of the way. Their service is unrivalled. Nothing was too much trouble. Thanks to everyone one involved and special thanks to Lee and Angela. Would ...

Their service is unrivalled. Nothing was too much trouble.  
John B – January 2025  
★★★★★

★★★★★ VISIT OUR WEBSITE TO VIEW MORE TESTIMONIALS FROM OUR HAPPY VENDORS & PURCHASERS !



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Ref: TPP/eldes



**EL DESIERTO, 9 Bedroom house with 10,000sqm land  
OFFERS IN THE REGION OF €360,000**



Substantial (400sqm) property in popular Canarian village, suitable for Bed and Breakfast, or small family hotel, sitting on a 10,000sqm plot with road access from the countryside as well as the village. Requiring full renovation/reforming, this large property has 9 bedrooms, 3/4 bathrooms. 2 kitchens, various lounge/sitting areas, numerous sunny terraces and 2 secure garages with direct street access.



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AMARILLA GOLF



We are pleased to offer this extremely spacious 3 bed, 2 bath, family home with 4 terraces giving panoramic views. Lock-up garage included with electric doors. Very quiet sought after location.



€495,000

GOLF DEL SUR



Front line 1 bed penthouse apartment with large private roof terrace. All day sun and panoramic views.



€259,950





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## Estrellas de Palm Mar



Stunningly presented house on small complex with pool. This immaculate, fully furnished house consists of a large lounge with a bright open feel, fully independent kitchen with built in appliances and patio doors to the garden. There are 2 double bedrooms, both with very nicely refurbished ensuite bathrooms, and there are 2 terraces.

If you are looking for a modern, fully equipped property, this is ideal and is within easy access to all local services.

**€499,000**

## Palm Mar, Stunning villa



**€P.O.A.**



Amazing, fully furnished villa recently completely and lovingly renovated using the highest quality materials and furnishings throughout. The property enjoys spectacular views over the village and out to sea, and the owners have also installed a private, heated pool that can be enjoyed all year round. There is an added bonus of a very large roof terrace (which could be developed to enlarge the property).



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**Port Royal**  
( Los Cristianos )

**Reduced Price** **EXCLUSIVE**

Ref: 5R0828 **Price: 215.000€**  
1 Bedroom - 1 Bathroom  
Interior: 36 Mts,  
Balcony: 7 Mts

**Marina Palace**  
( Playa Paraíso )

Ref: 5RB9249 **Price: 370.000€**  
2 Bedrooms - 2 Bathrooms  
Interior: 50 Mts  
Balcony: 9 Mts

**Santa María**  
( San Eugenio )

**EXCLUSIVE**

Ref: 5R0819 **Price: 195.000€**  
Studio - 1 Bathroom  
Interior: 38,00 Mts,  
Balcony's 7 Mts

**Casablanca**  
( Torviscas )

Ref: 5RB9255 **Price: 420.000€**  
2 Bedrooms - 2 Bathrooms  
Interior: 64 Mts  
Terrace: 40 Mts

**Los Geranios**  
( San Eugenio )

**Reduced Price** **EXCLUSIVE**

Ref: 5RA7197 **Price: 330.000€**  
1 Bedroom, 1 Bathroom  
Interior: 53,80 Mts,  
Balcony: 8,40 Mts

**Residencial Isabel**  
( San Isidro )

**Reduced Price** **EXCLUSIVE**

Ref: 5RC1099 **Price: 345.000€**  
4 Bedrooms  
3 Bathrooms  
Interior: 130 Mts,

**Vista Hermosa II**  
( Los Cristianos )

**Reduced Price**

Ref: 4RC1044 **Price: 890.000€**  
4 Bedrooms - 4 Bathrooms  
Interior: 93,28 Mts,  
Plot: 207,67 Mts

**Brisas del Mar**  
( Madroñal Fañabe )

**EXCLUSIVE**

Ref: 5R9224 **Price: 275.000€**  
1 Bedroom - 1 Bathroom  
Interior: 57,46 Mts,  
Terrace: 32,28 Mts

**Torres de Yomely**  
( Las Américas )

**EXCLUSIVE**

Ref: 5RA7179 **Price: 280.000€**  
1 Bedroom - 1 Bathroom  
Interior: 43,51 Mts,  
Balcony: 6 Mts

**Los Geranios**  
( San Eugenio )

**EXCLUSIVE**

Ref: 5R7159 **Price: 250.000€**  
Studio  
Interior: 37 Mts,  
Balcony: 15 Mts

**Taucho**  
( Adeje )

**Reduced Price** **EXCLUSIVE**

Ref: 5RC1028 **Price: 499.950€**  
3 Bedrooms - 2 Bathrooms  
Parking - Interior: 154 Mts,  
Plot: 875 Mts

**Villa**  
( Caldera del Rey )

Ref: 5V9108 **Price: 8.500.000€**  
7 Bedrooms - 6 Bathrooms  
Built size: 1.240 Mts

C.C.Aguamarina Local 24, Puerto Colón, Costa Adeje, 38660, Santa Cruz de Tenerife



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# TENERIFE

## PRIME PROPERTY

Oroteanda Baja, Beautiful villa



€ P.O.A.



Stunning, fully furnished, 5 bed, 3 bath (master en suite) detached villa with heated pool on 2,000sqm plot. This spacious property has a huge terrace to the front which can accommodate up to 8 cars, and a private garden / terrace with lovely sea views to the rear with pool, BBQ/chill out area, jacuzzi and orchard (this significant area is eminently suitable for subdivision to create an excellent-sized plot

suitable for the construction of a separate independent villa with pool, parking and lovely sea views.) There is a large lounge/ dining area, a fully equipped fitted kitchen and garage for 4 cars with direct access. Extras include aircon and central heating throughout, and solar panel heating for hot water and the pool. Eminently suited as an investment property (sleeps 14!) or family home.



€315,000

REF: SA03-010

Playa San Juan

Lovely fully furnished and equipped 3 bedroom apartment in popular seaside village a short drive from Los Cristianos and Las Americas.



€360,000

REF: SA02-009

Torviscas Alto

Very nice, fully furnished, 2 bedroom apartment with nice views from sunny terrace in complex with pool.



€280,000

REF: SA02-009

Los Cristianos

Fully furnished and equipped 2 bedroom property in complex with pool. Close to sea front and all amenities.



€240,000

REF: SA01-008

Chayofa

Well-located fully furnished and equipped 1 bedroom apartment in complex with pool. Sunny terrace.



€225,000

Playa Paraiso, Res. Playa Paraiso V

Spacious, modern 1 bed, 1 bath apartment in complex with pool close to new shopping centre. The property has a lounge/dining room, open plan kitchen, sunny terrace and secure, private parking.



€289,000

REDUCED!

Parque de La Reina, Teneguia

Lovely 3.5 bed, 2 bath penthouse, fully furnished and recently refurbished. The property has a large lounge/dining area, brand new kitchen, utility room, office/3rd bed and huge 65sqm roof terrace with panoramic sea and mountain views. Community pool and parking.



€595,000

REDUCED!

Callao Salvaje, Sueno Azul

Amazing, fully furnished. 3 bed, 2 bath detached villa with pool in quiet residential area close to all amenities and the sea front. The property has a lounge/diner, semi-independent kitchen and lots of outside space.



€1,595,000

La Caleta, Villa

Stunning 4 bed, 2 bath villa (master en suite) with the ocean-front walkway on your doorstep. The property has a large lounge, dining room plus private outside dining area, and an amazing roof terrace with panoramic sea and mountain views.



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5 BEDROOM DETACHED VILLA



CALLAO SALVAJE - ADEJE  
Ref: 86-392 €950,000,=

Property details

- Plot of land: 548 m2
- Surface: 190 m2
- Terrace: 49 m2
- Porch: 20 m2
- 4 bathrooms
- 1 guest toilet
- Separate 1 bed apt

Characteristics

- Huge sunbathing area
- Stunning panoramic views of Ocean
- Car parking on plot
- No through traffic
- Peaceful surroundings
- Sun all day
- Beautiful sunsets



VIEWING BY APPOINTMENT ONLY

**SALES OFFICE**

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#### Costa del Silencio, Amarilla Bay



Apartment on the second floor in the complex Amarilla Bay, on the coast. From the terrace you have a wonderful view of the ocean, Yellow Mountain and Red Mountain (El Médano). The living room is very pleasant and bright, with an open kitchen. There is a large bedroom (with built-in closet) and a second, smaller bedroom. Bathroom with shower. The complex has a nice pool and enclosed parking.

€234,000

Ref: 293-0225

#### Costa del Silencio, Los Geranios



Very nice 3 bed, 2 bath duplex apartment on sought after complex with lovely pool/sunbathing areas. This first floor property is fully furnished and has a lounge/dining area, open plan fitted kitchen and fine views over the swimming pool from the sunny terrace and solarium. A parking space is included in the sale price. Close to the sea front and amenities.

€260,000

Ref: 298-0425

#### Costa del Silencio, Rocas del Mar



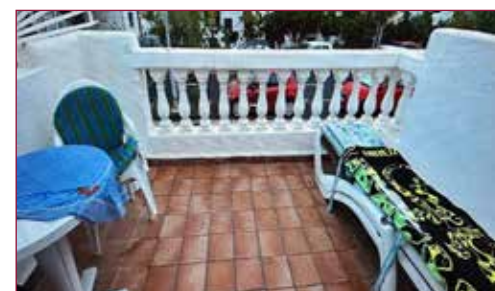
Magnificent apartment in exclusive sea front complex. The property has a large south-facing terrace overlooking the sea, 2 bright bedrooms with en-suite bathrooms, and a storeroom. Spectacular facilities, including a large swimming pool surrounded by tropical gardens and a bar in the center of the pool. A perfect home as a residence, vacation home or investment, vacation rentals are allowed and there are reservations that can possibly be assumed.

€449,500

Ref: 207-0223

## DIRECT FROM OWNER

### Los Cristianos, Port Royale



Recently refurbished (new kitchen, bathroom and all-new aluminium doors), fully furnished and equipped studio with sunny terrace in sought after complex with lovely pool area in hugely popular Los Cristianos. Close to all amenities.

**€195,000**

**Owner (UK)**  
0044 7539 261601

**Local Contact**  
(Cheryl): 659 363 701





Established  
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# Tenerife Properties



## The Original British Estate Agency Established in 1979

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### Club Atlantis, Costa Adeje



Fantastic 1 bedroom, 1 bathroom apartment for sale in the exclusive, frontline complex of Club Atlantis. The living room is bright, spacious and well-presented. The kitchen is situated towards the back of the room, of American-style with a breakfast bar, modern taste with sleek cabinets and a ceramic hob. The bedroom is large, light with lovely furnishings and an immense amount of storage.

€480,000

Ref: N1639

### Vista Hermosa, Los Cristianos

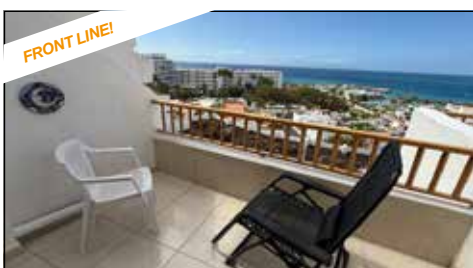


We are delighted to present this fantastic 3 bedroom, 2 bathroom apartment in the residential Vista Hermosa, Los Cristianos. Upon entering the apartment, you're greeted with the entrance hall which enjoys a good amount of fitted storage. Progressing, you can find the separate, fitted kitchen which is of good size with access onto a small terrace. The bedrooms are spacious, stylishly furnished, and bright with natural lighting.

€445,000

Ref: I1498

### Los Geranios, Costa Adeje



Lovely 1 bedroom, 1 bathroom apartment for sale in the popular Los Geranios. The living room is bright and spacious with an open, fitted kitchen of good size, a dining space and flows directly onto the first terrace. The bedroom is large, flooded with natural light, well-presented with fitted wardrobes and a private terrace. Situated towards the back of the apartment is the bathroom that is spacious with a fitted bathtub and washing machine. This property enjoys two terraces, both of which are sunny, perfect to relax and enjoy the stunning views over the communal pool and sea!

€325,000

Ref: N1634

### Ponderosa, San Eugenio Bajo

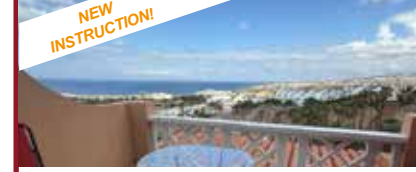


Lovely studio in centrally-located complex. Spacious, bright with a large, sunny terrace.

€210,000

Ref: A511

### Ocean View, San Eugenio Alto



Immense studio, well-divided, with sliding doors that open onto the terrace with stunning sea views.

€179,950

Ref: A510

### Ocean Park, San Eugenio Bajo



Well-presented large 1 bed, 1 bath apt, bright and tastefully furnished. Terrace overlooking the pool.

€265,000

Ref: N1635

### Dinastia, Los Cristianos



2 bed apartment with bright living space, American-style kitchen and a split terrace.

€299,000

Ref: T1336

### Aloha Gardens, Torviscas Alto



Sophisticated 2 bed, 2 bath apartment, fully refurbished, large with a sunny terrace and com. pool.

€365,000

Ref: T1337

### Balcon del Atlantico, Torviscas Alto



Brilliant 1 bed, 1 bath apartment. Spacious, bright. Good size terrace and sea views!

€299,000

Ref: N1597

### Palo Blanco, San Eugenio Bajo



Fantastic 2 bed, 1 1/2 bath, double glazed duplex. Modern appliances and fittings. Centrally located.

€395,000

Ref: T1330

### Edificio Vera I, Adeje



Immense 4 bed apartment with balcony in a residential town – perfect for a family.

€210,000

Ref: I1497

### Abama, Playa San Juan



Luxurious 3 bedroom, 3 bathroom villa for sale in the prestigious Abama Resort.

€3,290,000

Ref: I1463

### Monteso 2, San Eugenio Alto



1 bedroom, 1 bathroom apartment with 2 terraces and sea views.

€225,000

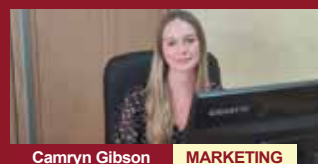
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Translators available for any other languages.



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**TENERIFE**  
PRIME PROPERTY

### Residencial Paraiso 5 – PLAYA PARAISO - 225.000€

**REDUCED!**



Modern and spacious, one bedroom apartment located next to the new shopping center in a well located quiet residential community. This quality construction offers one large bedroom with private balcony, bathroom, open plan fitted kitchen and lounge / dining room with terrace. This apartment comes with private secure parking and the community facilities include elevator, gardens and swimming pool. Rare opportunity.

### Los Cristianos, Port Royale 195.000€

**OFFERS!**



Recently refurbished (new kitchen, bathroom and all-new aluminium doors), fully furnished and equipped studio with sunny terrace in sought after complex with lovely pool area in hugely popular Los Cristianos. Close to all amenities.

### Sueño Azul – CALLAO SALVAJE - 595.000€

**REDUCED!**



Amazing three bedroom private villa with pool. With direct road access this bungalow offers three bedrooms, two bathrooms, semi separate kitchen, and lounge / dining room. Plenty of outside space and additional storeroom. Ample street parking, in this quiet secure, residential area. Close to bars and restaurants and easy walking distance to the beach. An excellent opportunity to own this detached property that also has great letting potential.

### Private Villa, LA CALETA 1.595.000€



A truly unbeatable location. This stunning villa is located in the perfect spot, right in the heart of La Caleta, with the ocean front walkway just on your door step. This spacious property offers four double bedrooms, the master en-suite. Bathroom, independent kitchen, utility room, dining room, large lounge leading to a private outside dining area with sea views. Amazing roof terrace with panoramic sea and mountain views. Front and back garden and direct access to the beautiful community swimming pool.



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Calle Tagara,  
Jardin Botanico  
Local 8  
ADEJE

OPPORTUNITIES OF THE MONTH!

PLAYA SAN JUAN	SANTIAGO DEL TEIDE	GUIA DE ISORA	ADEJE
			
Unique property with lots of potential. 13,000sqm plot with olive trees and gardens with a 120sqm 3 bed main house and a small (30sqm) charming cottage.	Exclusive holiday home in great location with stunning sea, mountain and La Gomera views. Plot of 411sqm with possibility of expanding by 200 m². Property with 12 rooms with bathrooms, accommodating up to 28 guests.	5,000sqm plot with 220sqm house on 2 floors (6 beds and 2 baths), private pool, cozy garden, stunning sea and mountain views, and garage.	6,000 sqm plot in Las Moraditas with panoramic sea views. Main house (183sqm with 3 beds, 1 bath + WC), 2 independent houses, each 50sqm (1 bed, 1 bath) , plus 75sqm garage, gardens, terraces, and a greenhouse..
Ref: 1310 €600,000	Ref: 1355 €990,000	Ref: 1339 €1,150,000	Ref: 1350 €1,150,000

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piece of land with space to enjoy!

PROPERTIES WANTED FOR RENT  
CLIENTS WAITING!

GUIA DE ISORA	GUIA DE ISORA	TIJOCO BAJO	SANTIAGO DE TEIDE
			
Canarian bungalow in Aripe on 3,000sqm plot. 3 beds, 2 baths, office, living room with open kitchen, bright patio, and fitness room.	Wonderful rustic farm (4,924sqm plot) with cozy, 100sqm 2 bed, 2 bath home, surrounded by a beautiful terrace and garden with fruit trees and garage. In addition, it has an avocado orchard suitable for an agri-food project.	Beautiful 3 bed, 2 bath family home with spacious garage and a sunny terrace enjoying breathtaking sea views. A fantastic opportunity!	3 bed, 3 bath home on 300sqm plot with lots of potential to develop. The garage ensures convenience, while the private pool, small garden, and terraces offer breathtaking views.
Ref: 1328 €546,000	Ref: 1329 €470,000	Ref: 1342 €415,000	Ref: 1317 €350,000
GUIA DE ISORA	GUIA DE ISORA	GUIA DE ISORA	GUIA DE ISORA
			
Rustic Property – 56sqm building on a 3,441sqm plot. Ideal for renovation or project. No car access, but road possible. Includes water tank for irrigation. South-facing, bright, and peaceful. A hidden gem!	Located in Playa San Juan surrounded by natural beauty. 11,000sqm plot suitable for development.	10,000sqm vineyard with 96sqm (1 bed, 1 bath, kitchen, living room, storage room), irrigation system, generator, 1,000-litre water tank, and fruit trees. Barbecue area with sea and mountain views.	Agricultural paradise! 6,831sqm plot growing avocados, mangoes, and passionfruit, plus an olive oil production business. The property has a 30sqm operations centre with bathroom and sitting room, 75,000 litre water tank + 3 additional tanks to ensure constant irrigation.
Ref: 1332 €76,000	Ref: 532 €298,000	Ref: 1185 €250,000	Ref: 1290 €300,000



M: +34 609 714 276 E: george.thetpg@gmail.com

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Ref: S-05 1380



**Oroteanda Baja. Luxury 5 bedroom villa with pool and parking on huge plot.  
Suitable for subdivision. Price €P.O.A.**



Stunning, fully furnished and equipped, 5 bed, 3 bath (master en suite) detached villa with heated pool on 2,000sqm plot. This spacious property has a huge terrace to the front which can accommodate up to 8 cars, and a private garden/terrace with lovely sea views to the rear with BBQ area, jacuzzi, orchard and various seating areas (this significant area is eminently suitable for subdivision to create an excellent-sized plot suitable for the construction of a separate independent villa with pool, parking and lovely sea views.)

There is a large lounge/dining area, an open plan, fully equipped fitted kitchen and garage for 4 cars with

direct access. One of the bedrooms is situated in such a way that it could easily be converted into a separate studio, or granny flat. Extras include aircon and central heating throughout, and solar panel heating for hot water and the pool.

This large Villa is very well situated in a small, very central village, located between the airport and the southern resorts of los Cristianos and Playa de las Américas. With nearby property very popular as exclusive holiday let's this property has fantastic potential as a letting investment. It's rare to find such a large property on a very large plot with sea views in such an excellent location. Call now, come see for yourself!



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nº6, Edf Bahia Azul, Local 8C  
Las Galletas - Next to post office

### Costa del Silencio, La Hacienda

Lovely 1 bed, 1 bath apartment in sought after complex with its beautiful pool area. The property has a nice open plan fully fitted kitchen with a breakfast bar and a very bright living room that leads out to the sunny terrace. The apartment itself is southwest facing which means it has the sun on it all day, the terrace being a sun trap. Close to all amenities.

€229,000

Ref: CDS-H229



### Costa del Silencio, La Baraca

Cosy 1 bed, 1 bath ground floor apartment with spacious private terrace, semi open-plan kitchen/living area plus an extra room. Located in a peaceful and well-connected area, close to all essential services, this popular complex has a communal pool and tennis court.

€289,000

Ref: CDS-B298

### San Miguel Village, Plot of Urban Land

An ideal opportunity for anyone who would like to build their own home. The plot is fully legal and could be split into 3 smaller plots with separate dwellings. There are two points of access from the main road giving the option to orientate the houses south or east facing. The plots are all generally flat, saving on potential costs and is a project well worth looking at.

€189,000

Ref: LAND



### Costa del Silencio, Amarilla Bay

Stunning, exclusive, fully furnished penthouse duplex in sought after sea front complex with its breathtaking sea views. The property has an open kitchen, spacious, bright living room, and a beautiful terrace with great sea and mountain views., plus an additional room, currently used as a storeroom. Gated community parking area. Holiday rentals are permitted. Great investment!

€276,000

Ref: CDS-AB294





**After 25 years of selling properties in South Tenerife, Wady Properties has also been offering properties in Dubai for the past three years.**

### Why Dubai?

- Political Stability
- One of the Safest Cities in the World
- Strong Rule of Law (Legal Security)

### Tax Advantages (Income and Capital Gains Tax Exemption for Individuals):

One of the main attractions of investing in Dubai is the exemption from personal income tax and capital gains tax. This means investors can increase their profits without having to pay taxes on their real estate income.

Dubai's real estate market is transparent, straightforward, and government-regulated, providing security for investors.

### Wide Range of Property Options:

Dubai offers a broad selection of properties:

- Studios from €165,000
- One-bedroom apartments from €270,000
- Villas from €600,000

### Multiple Payment Methods:

In Dubai, payments can be made via bank transfer, cash, or even cryptocurrencies—an important advantage for investors.

### Financing Options:

All developers offer direct payment plans with 0% interest during the construction phase, available to everyone worldwide. Some even offer post-handover financing without the need for a bank mortgage.

### High Returns on Rentals and Capital Appreciation:

Thanks to Dubai's **Legal Security**, your property rental is protected—"There are **NO squatters**".

- For **Long-Term Rentals**, depending on the area, yields range from 8% to 10%. Rent is paid upfront for the entire year upon signing the contract.
- For **Short-Term Rentals** or Holiday Homes, depending on the location, returns range from 10% to 15%.
- Off-plan purchases**, with delivery in 1, 2, or 3 years, typically offer a **20% to 25% annual capital increase**.
- Developers allow resale after having paid **30% to 50%** of the total value.

**In conclusion**, investing in Dubai offers a unique opportunity for economic growth and tax benefits.

If you are considering investing in Dubai, contact **Wady Properties**. We will answer all your questions and concerns, so you can confidently turn your investment into reality.

silvana@wadyproperties.com Tenerife: (+34) 616 613 988

Dubái: (+971) 585060218





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We offer, exclusively to Tenerife Property Shop, this stylish and spacious three bedroom property, in the highly sought after area of El Madronal. If you are searching for a family home with space a plenty, to enjoy the outdoor life and the sunny climate, this should be top of your list. This beautifully furnished property is finished to a high standard, and is constructed over three levels, including a garage with space for two cars. Viewing is highly recommended!

Ref: LA01973

Price: €620,000 (approx. £525,500)

info@tenerifepropertyshop.com



(0034) 922 714 700 / From UK: 0845 862 1634

## 2-Floor Penthouse in Dinastia, Los Cristianos

NEW



Modern 2-bed, 2-bath duplex penthouse in Los Cristianos with stunning sea and mountain views. Features include two spacious terraces, a fully equipped kitchen, and stylish high-quality furnishings. Located in a well-kept, secure complex with communal pools.

Ref.: D1353

Price: 525,000€



## 4-Bedroom Duplex in El Paso, Los Cristianos

NEW



Modern duplex penthouse only 200 M. from Las Vistas Beach, with heated pools and green areas. Features 3 bedrooms, an office (easily a 4th bedroom), 2 bathrooms, a modern kitchen, pantry, and 35m² terraces with sea views. Includes a covered terrace and solarium.

Ref.: D1343

Price: 645,000€



## 3-Bedroom Apartment in Los Cristianos

NEW



3-bedroom, 2-bathroom apartment, just meters from the beach and all amenities. Spacious 97 m² layout with a large kitchen, utility room, balcony, and great views. South-facing, spacious kitchen, built-in wardrobes. Includes access to a communal pool and green areas.

Ref.: D1340

Price: 365,000€



## Modern Town House Centrally in San Isidro



Modern, fully renovated semi-detached house in San Isidro with 155 m² over two floors, featuring a living room, open-plan kitchen, 3 bedrooms and two bathrooms. Includes a furnished outdoor terrace, garage, and storage room. Close to shopping and sold fully furnished.

Ref.: D1328

Price: 335,000€



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www.tenerife-property.com

CC Puerto Colón, 1st Floor, local 213, 38660 Adeje

**FRINA Tenerife**  
 Business & Property Agency





## *SELLING YOUR PROPERTY?*

Our director, Adam Keddy is proud to say that Island Prime Property is built on relationships and every day this is proven from our many referrals and let's face it, you can't beat "word of mouth" advertising.

## *HOW DO WE MARKET YOUR PROPERTY?*

We are known for our marketing strategy which includes a number of major property platforms, social media, traditional marketing, collaborating partners, international advertising and many other channels that are tried and tested therefore we are confident that we will sell your property at the right price for the market.

## *CORRECT PRICING*

If you just want to test the water, you can hit the market with your property on your own. Or are you really serious about selling? This is where Island Prime Property come into play...

First things first and that's pricing your property correctly and realistically this means involving you, yes you the owner together with Adam to make it sell sooner rather than never.

This is one of the most important things that's often overlooked or simply priced out of the market, we set the correct expectations at the start therefore making sure you're happy and hits the overall objective which is getting it sold at the right price.

## *ADVERTISING*

Once we have all the marketing materials done at our cost and we work on a "no sale, no fee basis" and DO NOT require a marketing contribution before we even get started.

We work with other reputable agents that will advertise your properties based in Tenerife, Mallorca, Mainland Spain, Italy and the UK.

It's very important to have good relationships with reliable and trustworthy, professional partners that have been vetted and legal contracts are in place.

## *AFTER THE SALES*

As soon as the signing at the Notary is complete it is time to say congratulations but in many cases there's still work to be done and Island Prime Property will always carry on our professional service finalising any further details, we don't just forget you!... remember Island Prime Property is built on relationships.



## PROFESSIONAL PHOTOGRAPHY

The smartphones these days are making some great pictures however to have a professional eye taking the picture combined with a detailed technical understanding is a formula for complete success that's where Peter comes into his own, our very own dedicated photographer.

Professional pictures are a must to showcase your property in the most effective way. We are proud not only of our brand but the properties we are advertising to sell, so let's engage with the potential buyers and not turn them away at one of the first hurdles.



## VIDEO

Pictures is the first step so what's next?

To sell a property in this day and age you must use a video which comes apart of our full marketing package. Videography is key.

When you choose Island Prime Property to sell your property, we will make a professional video presentation and add this to the property listing page.



## FLOORPLANS

Correct measurements and key information is a must and now expected by many buyers. Only one thing gives us this – a superb floorplan. When we sell your property, we will make a floorplan. This will again help us show your property perfectly and give a fantastic representation of your property.

## 360° VIRTUAL TOUR

The virtual tour helps the buyer see exactly what they're buying and some buyers are now buying from this tool and it's becoming more and more, the new normal when purchasing real estate.

This method will cut out the time wasters and let's face it we're not looking to mess about just simply meet your expectations and sell.

We use the Matterport system which is a leading, state of the art software in its own right.

## CONTACT US TODAY!



adam@islandprimeproperty.com

(0034) 645 142 144

www.islandprimeproperty.com/sell-my-property





With the global branded residences market on the rise, now is the perfect time to secure your profitable investment opportunity that promises luxury, security, and profitable rental returns. For more information, contact The Tenerife Property Guide on +34 609 714 276

## What is a Branded Residence?

Branded residences are luxury residential properties that are designed to reflect a brand's distinctive style and service standards, allowing investors to buy into the luxury and status associated therein. Hospitality-branded residences offer a unique blend of hotel-quality facilities with the space and freedom of your own holiday home, making them an attractive option for those seeking a lucrative investment opportunity. The guarantee of a global hotel brand ensures that investors enjoy the same level of quality and service they would expect from a stay at one of their world-renowned hotels, as well as benefit from their extensive hospitality marketing and management capabilities.

Globally, the concept is showing rapid growth, with savvy investors eager to acquire holiday properties from renowned brands like Wyndham and Ramada, ensuring that their property is meticulously managed and marketed to the highest standard.

**This booming market is set to grow by 55% from 2022 to 2026.**

## Why invest in a branded residence?

**Brand recognition and loyalty:** Investing in a branded residence means leveraging the reputation, experience and expertise of a globally recognised hotel brand. This attracts discerning buyers and renters who seek the quality and prestige associated with these names. The brand's extensive marketing reach further ensures high visibility and demand for your property.

**Unmatched standards and services:** From design to maintenance, branded residences boast superior standards. Owners and guests benefit from access to premium hotel facilities, such as concierge services, housekeeping, spas, gyms, and fine dining. This level of service enhances both lifestyle and convenience, making these properties highly desirable.

**Higher rental income:** Branded residences typically command a premium in both average daily rate and occupancy compared to non-branded properties. With a reported 30% premium on global branded residences, investors can expect higher rental yields and increased property value appreciation, making these homes a resilient choice in fluctuating markets.

## Branded residences in Tenerife

Owning a branded residence in Tenerife provides ultimate flexibility - enjoy your property when you are using it, and benefit from a professionally serviced investment when you're not. With a guaranteed fixed rental income for the first year offering hassle free management the shared revenue scheme offers long-term commitment to your investment.

### Wyndham Residences Golf del Sur – from €190,000

- **Studio, 1 & 2 bedroom** resort-based apartments
- fully furnished, Turnkey
- private terraces or balconies

On-site restaurant, poolside lounges, a kids club, complimentary high-speed WiFi, reception, housekeeping and laundry services.

**5% guaranteed rental returns** in year 1, with a shared revenue model in subsequent years.



### Ramada Residences Costa Adeje – from €265,000



- **1 & 2 bedroom** resort based apartments
- Newly renovated
- Fully furnished, turnkey ready
- private terraces or balconies with sea views

On-site restaurant, bar, swimming pools, kids club, complimentary high-speed WiFi, access to the concierge team, airport transfers, housekeeping and laundry services.

**5% guaranteed rental returns** in year 1, with a shared revenue model in subsequent years.



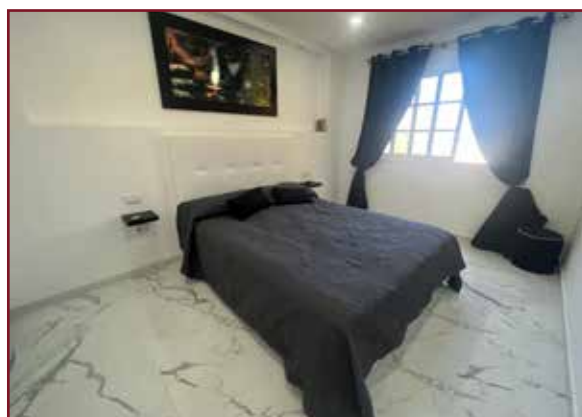
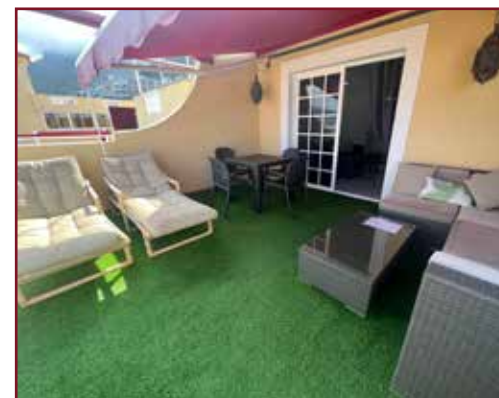


## BALCON DEL ATLANTICO FASE IV, TORVISCAS ALTO

**€299,000    Ref: N1597**



Beautiful and spacious 1 bedroom, 1 bathroom apartment recently fully refurbished with top quality materials. This apartment is to be sold furnished with a luxurious touch and stunning sea views from the terrace where you may enjoy the sun setting out over the neighbouring island of La Gomera! The terrace is 20.64m<sup>2</sup> with luxury outdoor furniture. The bedroom has fitted wardrobes, there is plenty of storage and the kitchen is open and is fully equipped with sleek finishes. Total interior is 57m<sup>2</sup>. On-site there is a lift and a large community pool also with a lovely view of the sea, so perfect for sunbathing. This complex is in close proximity to the X-Sur shopping centre, cinema and cafes and is clean and very well kept. This apartment has that luxury feel to it and is definitely one to view!



**For further and  
information and viewings  
please contact  
Tenerife Properties:**

**(00 34) 922 724 110**

**(00 34) 608 573 443**

[lynne@tenerifeproperties.net](mailto:lynne@tenerifeproperties.net)





## WYNDHAM<sup>®</sup> RESIDENCES Golf del Sur



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*From* **€195,000**

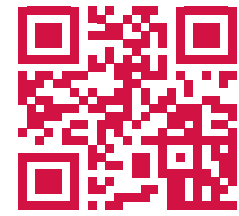


Contact **The Tenerife Property Guide** directly on **+34 609 714 276**



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# DID YOU KNOW THAT SMALL CHANGES IN YOUR HOME CAN LEAD TO SIGNIFICANT ENERGY SAVINGS?

FROM GENERALI EXPATRIATES



*A simple 1°C adjustment to your thermostat can save around 7% on heating or cooling costs. And it's a common myth that leaving lights on uses less energy than switching them off and on - it doesn't, no matter what type of light bulb you use. Small daily habits like these can make a big difference to your energy bills while keeping your home comfortable.*

With energy costs rising across Europe, improving the efficiency of your home is both a smart financial move and a step towards a more sustainable future. By adopting energy saving practices, you can reduce your consumption while maintaining a comfortable living environment.

## HERE ARE SOME TIPS FOR YOUR HOME, BROUGHT TO YOU BY GENERALI EXPATRIATES.

**Optimise heating and cooling:** Heating and cooling account for a large proportion of household energy consumption in Spain. Small adjustments can lead to immediate savings.

- **Set it right:** Aim for 21°C in winter and 26°C or higher in summer.
- **Ventilate wisely:** In winter, open the windows for a few minutes to refresh the air without losing heat. In summer, open windows at night or early in the morning to let in cooler air.
- **Maintain your systems:** Clean filters regularly

and schedule routine checks to keep your systems running efficiently.

- **Use smart controls:** Programmable thermostats or radiator valves can save 8-13% on energy.

**Insulate and seal your home:** A well-insulated home retains heat in winter and stays cooler in summer, reducing the need for constant temperature regulation.

- **Seal gaps:** Check for draughts around windows and doors. Weather stripping is an affordable solution.
- **Upgrade insulation:** Consider high quality external insulation and double-glazed windows with thermal breaks.

**Save on hot water and energy use:** Hot water is another major energy consumer, but simple changes can improve efficiency.

- **Lower the temperature:** Set your water heater

to 50-55°C for efficiency and safety.

- **Efficient habits:** Use cold water for laundry and run appliances only when full. Consider energy-efficient heat pump systems for water heating.

**Smarter appliances, lower bills:** Modern appliances are more energy-efficient, and choosing the right ones can significantly reduce consumption.

- **Look for the label:** Choose appliances with the highest energy rating (A or better under the EU label).
- **Unplug and save:** Many devices use power when they're off. Use power strips or unplug to cut "phantom" energy use.
- **Upgrade when needed:** Replace old appliances with energy-saving models to lower long-term costs.

**Bright ideas for lighting:** Lighting accounts for a significant part of energy use, but simple upgrades can reduce your consumption.

- **LEDs are best:** LED bulbs consume up to 90% less energy and last longer than traditional bulbs.
- **Use daylight:** Maximise natural light during the day and switch off lights when leaving a room.

**Explore self-consumption options:** Generating your own energy with renewables is becoming more accessible and cost-effective.

- **Go solar:** With 300 days of sunshine annually, Spain is ideal for solar energy. Photovoltaic panels can reduce your reliance on the grid and cut your bills. There are also financial incentives for home solar systems.
- **Dual-function systems:** Heat pumps can efficiently heat and cool your home.

## GENERALI EXPATRIATES: PROTECTING YOUR ENERGY SMART HOME

While you're making your home more energy efficient, it's important to make sure it's well protected. Generali Expatriates offers comprehensive home insurance tailored for expatriates living in Spain. From protecting your energy-efficient appliances to covering unexpected incidents, our policies provide peace of mind.

**For a quote or to find your nearest broker,**  
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## Streamline international property transactions with Redpin – built by Currencies Direct

How property professionals can take control with a faster, safer, smarter payments solution International property transactions often have complications, including tight deadlines, cross-border currency transfers, compliance risks, and last-minute changes. For property professionals, these issues can delay deals, frustrate clients, and increase admin.

### That's where Redpin comes in.

Developed by the experts behind Currencies Direct, Redpin is a powerful payments platform designed specifically for real estate professionals. It provides a secure, fully digital workspace where agents, clients, and legal representatives can collaborate and complete multi-party, multi-currency property transactions with confidence.

A solution for real estate

### professionals

Take the case of Hugo, a Marbella-based lawyer overseeing a high-value villa purchase for an overseas client. Normally, Hugo would have to juggle notary deadlines, paper-based bank drafts, and the risks of email fraud – all while keeping his client informed and reassured.

### Instead, Hugo used Redpin.

With Redpin, he created a dedicated payment workspace for the deal. He invited his client to join, shared key documents, and managed everything from scheduling to fund transfers in one place. When the notary requested a change to the payment timeline, Hugo updated it instantly online – no document redrafts, no delays. Crucially, when it came time to complete the transaction, he initiated a wallet-to-wallet payment via Redpin, enabling

instant\* transfer of funds at the notary's office without relying on traditional bank processes.

His client enjoyed competitive exchange rates and no transfer fees thanks to Currencies Direct, while Hugo maintained complete oversight and control throughout. The result? A seamless, professional experience that impressed everyone involved.

### Redpin offers benefits for everyone:

- Secure digital workspace to manage transactions and invite clients or legal partners.
- Faster completions, thanks to instant\* payments and no reliance on paper drafts.
- Peace of mind, with secure communications and protection against fraud.
- Streamlined operations, saving you time and reducing admin.

Redpin turns complex international deals into smooth, digital experiences – helping you close faster, improve client satisfaction, and stand out from the competition. Want to see Redpin in action?

### Request your free demo today.

\*The transfer of funds between buyer and seller can be instant if both are using Redpin.

With Currencies Direct, buyers can ensure their funds go further, making the overall cost of their Spanish property purchase more manageable. Our tailored services, including Redpin, are also designed to make your property purchase even more straightforward. Pop into your local Currencies Direct Branch.

### The Tenerife Property and Business Guide

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C/ Luciano Bello Alfonso No 5,  
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### Office Hours:

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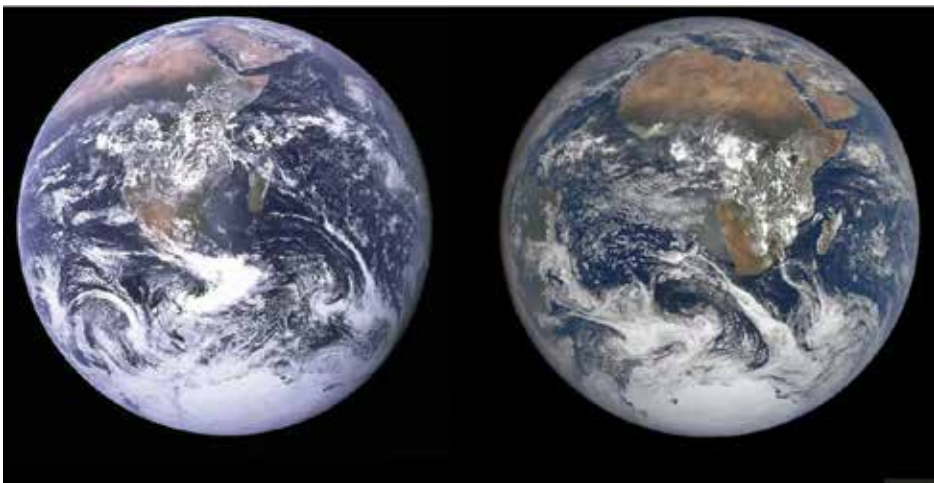
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# How 50 years of climate change has changed the face of the 'Blue Marble' from space

By Katherine Latham, freelance journalist, for BBC Future



The "Blue Marble" was the first photograph of the whole Earth and the only one ever taken by a human. Fifty years on, new images of the planet reveal visible changes to the Earth's surface.

"I'll tell you," said astronaut Harrison Schmitt as the Apollo 17 hurtled towards the Moon, "if there ever was a fragile-appearing piece of blue in space, it's the Earth right now".

It was Thursday 7 December 1972, that humanity got its first look at our planet as a whole. In that moment, the photograph "The Blue Marble" was taken – one which changed the way we

saw our world.

"I can see the lights of southern California, Bob," said Schmitt to ground control about one and a half hours into the flight. "Man's field of stars on the Earth is competing with the heavens." The crew of the Apollo 17 – commander Eugene Cernan, command module pilot Ronald Evans and lunar module pilot Harrison "Jack" Schmitt – were watching their home recede

into the distance as they journeyed into space for the last manned mission to the Moon.

**There's no strings holding it up either. It's out there all by itself – Eugene Cernan**

Looking back towards the Earth, Cernan commented: "the clouds seem to be very artistic, very picturesque. Some in clockwise rotating fashion... but appear to be... very thin where you can... see through those clouds to the blue water below." It is an enduring image of the beauty but also the vulnerability of our planet – adrift as it is in the vastness of the Universe, which hosts no other signs of life that we have been able to detect to date. But ours is also a planet of great change. The tectonic movements that shift the landmasses move too slow for our eyes to notice. Yet another force – humanity itself – has been reshaping

our planet at a pace that we can see. Urbanisation, deforestation, pollution and greenhouse gas emissions are altering the way the Earth looks. So how, over the 50 years since that iconic image was taken, has the Blue Marble changed?

Those first images of the Blue Marble were taken by the crew, who passed the onboard camera – a hand-held analogue Hasselblad 500 EL loaded with 70mm Kodak film – between them, captivated by the sight of the Earth from space. "All the images captured with Hasselblads are spectacularly clear and bright," says Jennifer Levasseur, curator at the Smithsonian National Air and Space Museum in Washington DC. The camera was specially modified for use in space, she adds. Glues, lubricants, moving parts and batteries could all cause problems or fail when exposed to the extremes of hot and cold in space. It was also given a large square shutter-release button so the crew could use it while wearing their cumbersome spacesuits. "The other major modification, was the removal of the viewing screen – because it's extra glass," Levasseur says. The astronauts, "had to learn how to take pictures without being able to see anything", she says. "Without a viewfinder, you can't see what you're taking."

Taking photos, says Levasseur, was planned meticulously and written into the mission plan. "They had known previous launches wouldn't give them whole Earth, but on this one the whole Earth would be entirely illuminated by the light of the Sun." It was around five hours and 20 minutes into the flight that the crew got their first glimpse of the entire planet. The crew were starting to get ready for bed, zipping into their sleeping bags. It was their first moment of downtime since the launch. "I suppose we're seeing as 100% full Earth as we'll ever see," said Cernan. "Bob, it's these kind of views that stick with you forever... There's no strings holding it up either. It's out there all by itself." The Blue Marble image was captured at around



Clouds swirl over blue seas, captured by the crew of Apollo 17 after the second pass over Africa before continuing on to the Moon

29,000km (18,000 miles) from Earth, as the Sun lit up the globe from behind the Apollo 17. Almost six hours into the flight, Schmitt laughed. "The problem with looking at the Earth, particularly Antarctica, is it's too bright," he said, "And so I'm using my sunglasses through the monocular". Back home, it was nearing 05:00 at the Johnson Space Center in Houston, Texas, and ground control was quiet. "I'm not keeping you awake, am I, Bob?" asked Schmitt. "Just keep talking. We're listening," came the voice from the capsule communicator. And so the conversation continued long into the flight, the crew describing the clouds drifting over the ocean and the continents of home.

Previous Apollo missions had snapped the Earth partly hidden by shadow. The hugely influential, Earthrise, for instance, shows the planet as it rises behind the Moon. Up until this point, our view of home had been fragmented, with no real way to visualise the planet in its entirety. (Read more about how Earthrise sparked an environmental movement.)

Suddenly, glowing in the light of the Sun, the Earth was revealed as a beautiful shining blue orb, full of life and alone in the vastness of space. As a result, the Blue Marble is thought to have had more influence on humanity than any other photograph in history. "If you can't see something, it's hard to visualise that it exists," says Nick Pepin, a climate scientist at the University of Portsmouth in the UK. "I think all of us who have been brought up with that [image] from a young age probably find it difficult

to imagine a time when we didn't know what the Earth looked like. This was the first time that we could actually look back from space and see our home – and people suddenly realised it was an amazing thing, but also a fixed system that we live on." The image offers a view of the Earth from the Mediterranean Sea area to the Antarctica South polar ice cap. Heavy cloud hangs over the Southern Hemisphere, and almost the entire coastline of Africa can be seen. NASA officially credits the image to the entire crew. We may never know which of them actually took it but today it is reported to be one of the most reproduced images of all time.

At 07.39 GMT on 7 December 2022 – 50 years later to the minute since the original was taken – a new "Blue Marble" was captured by a satellite orbiting a million miles away. This time, a set of 12 images taken 15 minutes apart, reveal noticeable changes to our planet's surface, the result of 50 years of global warming. In the 50 years that separates these two snapshots in time, one of the most striking differences is the visible reduction in the size of the Antarctic ice sheet. "You can see the shrinking cryosphere – the shrinking ice sheet and the loss of the snow," says Pepin says. This, he says, is a major indicator of climate change.

The Sahara Desert has also grown while the rainforest "is retreating further south", he adds. Research has shown that tree cover in the vast Sahel region that borders the Sahara Desert has been in significant decline. "The dominant



The crew handed the camera to each other, each taking photographs throughout the journey to the Moon

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Continued from page 32

thing that you can see on the [new] image is deforestation and the loss of vegetation", as the Earth's land cover switches from greenery to desert.

The pictures were taken by Nasa's Earth Polychromatic Imaging Camera (Epic), which has been imaging the sunlit side of Earth between 13 and 22 times a day since 2015. The satellite sits at the first Lagrange point, a point of equilibrium between the Sun and Earth, a million miles from Earth. From mid-April to mid-October, one photograph is taken of the Earth roughly every hour, and for the rest of the year it takes an image every two hours, says Alexander Marshak, deputy project scientist for Nasa's Deep Space Climate Observatory (DSCOVR) satellite mission, which the camera is carried aboard.

"With respect to the Blue Marble, on the 50th anniversary, we decided to take the same images at 15 minute intervals. So, in 15 minutes [the Earth] rotates around maybe 100km (62 miles)," says Marshak. And, thanks to advances in technology, he adds, "we can see the same images, but with much better quality", even from a million miles away. "And we can see much more than that," Marshak adds. "We take images in 10 wavelengths, from UV [ultraviolet] to near infrared. From these images we can retrieve the property of ozone, of clouds, of water. The height of clouds, the location of clouds. We can look at the property of aerosols, the size of particles. We retrieve even the shape of ice crystals [in the clouds], using the Sun's glint. We can [see] whether they're horizontally or randomly oriented."

"We retrieve [data on] the amount of leaves on Earth, and not only that but also the amount of leaves that are directly illuminated by the Sun," says Marshak. This data, combined with observations of ocean surface colour, can allow researchers to determine the rate of all photo-



The original slide film of the 1972 Blue Marble is carefully stored at Nasa's Johnson Space Center

synthetic activity on Earth. The DSCOVR programme hasn't been running long enough to draw any definitive conclusions, says Marshak, but they are starting to gather data that will provide new insights into how the world is changing – such as changes in cloud cover and height, reflectivity, and vegetation cover. Among the other changes that have occurred since that first image of the entire Earth 50 years ago is the amount of human development and activity on our planet's surface. Although not visible in these images of the daylight side of the Earth, other satellites monitor for lights visible on the dark side of our planet. These show dramatic expansions in the urban sprawl across the continents alongside the activity of shipping on the Earth's oceans. Wildfires also glow across large swathes of the land at night, doubling in frequency in just the past 20 years.

**It's quite unlike the rest of nature. It's that brightness against the blackness of space, you just see the Earth as this great big gorgeous blue dot – Helen Sharman**

Back in 1972, the Blue Marble prompted a mass-reconsideration of our place in the Universe. Astronauts viewing Earth from space have reported a profound feeling of awe, a sense of

interconnectedness and environmental awareness, and of self-transcendence. This is called the "overview effect". In the utter vastness of space, the beauty of Earth can be overwhelming. This feeling of intense awe has been found to elicit a fundamental change in thinking, a kind of cognitive realignment also called the "need for accommodation", as the person attempts to this process new perceptual information. "Gobsmackingly – just – wow" is how Helen Sharman, the UK's first astronaut, described her first view of the Earth from space. It was 1991 and the 27-year-old chemist had just launched from Kazakhstan, to begin her journey to the Soviet Mir space station.

"We had two windows on the Soyuz spacecraft," she says. "The commander, who sits in the middle, doesn't get a window. But the research cosmonaut, which was my job, and the flight engineer – we both had one. I had the right seat and flight engineer had

the left seat. As we were launching, the spacecraft tipped my side very slightly towards the Earth. Immediately, the light streamed through that window."

Sharman describes her view of the curvature of the Earth, the "gorgeous blue seas", white clouds, and black space above. The Earth, she says, appeared as if it had its own glow. "The Sun was at quite a low angle, so it would reflect off the sea, and then back up to the clouds – and off the clouds underneath to the Earth. Then [the light] came up so it felt as though the Earth had its own light source."

She compares the colour to the "ultramarine of renaissance paintings". "It's quite unlike the rest of nature. It's that brightness against the blackness of space, you just see the Earth as this great big gorgeous blue dot."

Then, as her eyes began to adjust to the darkness of space, the stars appeared in their billions. "We know there are probably billions of stars just in one small section of the Milky Way, maybe even trillions. And we think maybe there could be up to a couple of trillion galaxies in the Universe. That [makes you] realise the insignificance of Earth." Sharman experienced these conflicting thoughts all at once. "Our atmosphere is so thin. How easily that whole top layer, where most of life is, could just be wiped away." But, conversely, she adds, "Earth is not the focal point of the Universe."

To this day Sharman dreams of "floating along in-



Here we see the Earth at a different angle from the original Blue Marble, this image having been taken by Epic at a different time of year, on 14 April 2025

side one of the modules and stopping by a window, looking out with the other crew". The experience of viewing the Earth from space, she says, "definitely changed my life's priorities". "The most important thing is the people. And of course, the environment and ecology that's required to keep this Earth going."

The overview effect, say experts, is long-lasting and more powerful than other instances of awe. For the first time, the Blue Marble gave all of humanity the chance to experience the phenomenon to some degree. In fact, research shows that you can experience the overview effect with both feet firmly on the ground. Like Earthrise, the Blue Marble image became an emblem of the environmental movement. It showed a planet requiring stewardship at the global scale. The Blue Marble was used to illustrate the Gaia hypothesis, developed in the 1960s and '70s, which proposes that Earth and its biological systems act as a huge single entity, that exists in a delicate state of balance. And, although controversial among scientists, the theory kickstarted a holistic approach to Earth Science. The image became a symbol of unity, too, as for the first time we could see the Earth without any human-imagined boundaries that divide us as they do on maps. The Blue Marble was adopted by activist groups like Friends of the Earth and events like Earth Day. Prior to this, environmental campaign images had often focused on pollution or endangered species. The photograph appeared on postage stamps, and in the opening sequence of former US vice president Al Gore's documentary, *An Inconvenient Truth*, and inspired research into Earth systems with the establishment of climate research institutions such as the Max-Planck Institut, based in Munich, Germany.

Looking at the 1972 and 2022 Blue Marble images side-by-side, Pepin describes the Earth's "restless atmosphere". Visible in both images, are clouds formed above the green areas of

rainforest, demonstrating the inextricable link between the forests and the rain. "If you look at [central] Africa, you can see that most of the cloud, particularly on the earlier [image] is quite spotty, that indicates thunderstorms. Whereas if you go further north, and look at the Sahara desert, you can see there are no clouds. "When you look from above you see all the connections, the overall relationships between areas," says Pepin. "For example, Kilimanjaro rises from grassland, with snow on top. If you lived on the slopes you might not know there was snow on top and the importance of the connection between those areas."

Looking at the Earth from space like this, he says, "makes you appreciate the interlinkages between different parts of the ecosystems". "If you can only see your bit, you might think that environmental problems are only happening somewhere else and assume that 'it's not my problem'," says Pepin.

However, the limitation, he says, is scale. "You lose the detail. You need both. You need ground truthing [validating the information in the field] too."

There is a "huge fundamental difference" between these two images though, says Levasseur. "One is captured by a human – and one is not. It doesn't have the same impact. And that's really because of the fact that there's no person there." Levasseur is looking forward to the photographs that will be brought home from the next manned mission to go as far as the Moon: Artemis II, planned for 2026. "There's not going to be another whole Earth image in the way I think of it until humans go out away from Earth again. I wasn't alive in 1972. This is going to be a huge moment to know that people are looking at us from that far away." "As much as we like to think of satellites as sort of our surrogates," she says, "I know that there is a person behind that camera, so there is something different about it, and there always will be."



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# Are breakfast cereals really good for us?

By Jasmin Fox-Skelly, freelance science journalist



**F**ortified breakfast cereals can be a useful source of fibre, vitamins and minerals – but some are considered ultra-processed food.

We're often told that breakfast is the most important meal of the day. Get this decision right and your nutritious morning meal can help keep you energised and focused for whatever challenges come your way. Yet the choice of what to eat for breakfast – or what to give your children if you have them – can feel overwhelming at times. If, like 53% of the US population you decide to go the breakfast cereal route every week, then you can take your pick. There's porridge oats, granola, muesli, bran flakes, corn flakes, and puffed rice – the options are endless, with each colourful box promising to deliver a healthy, nutritious meal. Yet, although breakfast cereals have traditionally been seen this way, some scientists warn that these are ultra-processed snacks – and they are not actually good for us at all.

**So, what is the truth, and what kind of cereals – if any – should we be eating?**

First off, some facts. Ce-

reals are grasses from the Poaceae family, cultivated for their edible seeds, or grains. Cereal crops include wheat, rice, oats, barley and corn. Each cereal grain has three main edible components. There's the outer layer of bran, which is rich in fibre, B vitamins and trace minerals. Then there's the endosperm, which is packed with starch and proteins to support the developing plant embryo. Finally, the germ contains the embryo, and is rich in oils, vitamins and minerals.

One of the first people to come up with the idea of turning grains into breakfast cereals was John Harvey Kellogg, an American physician. At the time he was a superintendent of the Battle Creek Sanatorium – a kind of hybrid between a hospital and a health resort. To improve the patients' diet, Kellogg developed, patented and introduced a variety of new foods, including Granola and Corn Flakes. However, these have now become so ubiquitous that there are dozens of generic versions on the market.

Research confirms that there may be some benefits from eating fortified breakfast cereals

Today the production of breakfast cereals is an industrial affair. After the grains are harvested, breakfast cereals will un-

dergo various processing steps before being packaged and sent to supermarket aisles. Some cereals – such as bran flakes – are made from the entire, or whole grain, while in others, such as some corn flakes, the grain is crushed between large metal rollers to remove the outer layer of bran. Some cereals then undergo further processing where the grain is milled into flour.

The resulting product is then mixed with flavourings, salt, sweeteners and other ingredients such as vitamins and minerals. They are then cooked and shaped into flakes, loops or other forms. Finally, the cereal is baked or toasted to give it a crisp texture.

Because cereals are fortified with minerals and vitamins, they have long been seen as an effective way of ensuring that people get the nutrients they need. This is especially true for individuals with restricted diets who may struggle to get the vitamins they require from food. Vegetarian and vegan diets, for example, tend to be low in vitamin B12, while a person with lactose intolerance may avoid milk and therefore not get enough calcium and vitamin D. As we get older, we absorb certain nutrients less efficiently, which can increase the risk of malnourishment.

Pregnant women and children are also at greater risk of nutrient deficiencies.

Research confirms that there may be some benefits from eating fortified breakfast cereals. For example, studies have shown that many populations around the world are deficient in key nutrients. A study in the US, meanwhile, found that without fortification, a high percentage of children and adolescents wouldn't get enough micronutrients, risking long term health problems. Many breakfast cereals are also high in fibre, a nutrient that fuels the "good" bacteria in our guts – which 90% of us don't get enough of. "Generally speaking, fortified cereals can make a useful contribution to some of the vitamins and minerals that, in the UK, some of us are deficient in," says Sarah Berry, professor of nutrition at King's College London.

For example, Berry points to the fact that in the UK, almost 50% of girls aged 11 to 18 have low iron intakes. Meanwhile, 14% of adults in the US have inadequate intakes of this nutrient.

"However, you have to balance this out against the fact that there are many cereals that are high in sugar, low in fibre, and have a high glycaemic index, which means they aren't going to keep you full for long," says Berry. There are also ways of getting these vitamins and minerals that might be better for you, such as fruits, nuts, and vegetables, she says.

While some breakfast cereals are high in fibre, vitamins and minerals, many are also high in added sugar, salt and unhealthy fats.

According to the British Heart Foundation, a charity that funds cardiovascular research based in the UK, a 30g serving of sugar-frosted corn flakes, for example, contains around 11g of sugar. This is 12% of the maximum total recommended intake (RI) for sugars in the UK. (In the US, there isn't a recommended limit for total sugars, but the daily reference intake for added sugars is 50g per day (based on a 2,000 calorie diet). Meanwhile, a 45g serving



Bran flakes are made from the whole wheat grain, including outer layer – the bran

of granola with dried fruit, nuts, and seeds, meanwhile, has 9.6g of sugar (10.7% of your total RI).

Eating so much sugar in one go is likely to lead to large blood sugar spikes, which over time may leave you at greater risk of developing diabetes, heart disease and other conditions. People who experience blood sugar spikes and dips are also inclined to feel hungrier sooner, leading to unhealthy snacking.

"We know from our own research that if you eat a breakfast high in sugar or refined carbohydrates, then two to four hours afterwards you tend to feel less energetic, more hungry, and less alert as well," says Berry. "What we've also shown is that people who have that dip after their breakfast tend to consume their next meal 30 minutes before someone who has a breakfast that doesn't cause them to have a dip, and they tend to consume, on average, 100 calories more at their next meal." There is also concern that some breakfast cereals are an ultra-processed food, which means that they have undergone significant industrial processing. They frequently contain added sugars, preservatives, artificial colours and other additives.

**"As a mum and a scientist, I am cautious about allowing my children to eat cereals that contain a lot of colourants," says Berry.**

"Whilst in the UK there are stringent regulations

in place to show the safety of these additives and colourants, I think there's a lot that we still don't know about how they may impact our health in the long term," adds Berry. "We are starting to understand that they may negatively impact factors such as our gut microbiome, but we just don't know enough yet."

However, not everyone agrees. Some experts and health charities argue that lumping all ultra processed foods (UPF) together is too simplistic – and not all processed foods are bad for you. For example, a 2024 study by researchers at the Harvard T H Chan School of Public Health, Massachusetts, found that while sugary drinks and processed meats raised the risk of cardiovascular disease, the opposite was true for ultra processed breads, breakfast cereals, yogurts and dairy desserts.

**Many oat-based breakfast cereals are made from finely ground oat flours that do not have the same health benefits as whole, rolled oats**

And not all breakfast cereals are created equal. Berry counts granola and muesli as healthy options, as long as they don't contain too much added sugar. "It's about building a breakfast that has the fats, the protein, and the carbohydrate that's going to cause that more sustained release of energy and keep you feeling fuller for longer," she says. "Granolas and muesli have lots of nuts, seeds and berries in them,

Continued on page 38



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# MOTORWORLD

## A brief outline of the different taxes in the Canary Islands

In this edition we look at, in brief, the unique tax regime in the Canaries which sets us apart from the rest of Spain and the European Union. Due to our geographical location and historical circumstances, the Canary Islands enjoy a special economic and tax status designed to promote economic development and compensate for their remoteness.

One of the most distinguishing features of our tax system is the lack of Spain's standard Value Added Tax (VAT). Instead, the archipelago applies the Impuesto General Indirecto Canario (IGIC), a specific indirect tax with much lower rates than VAT. The standard IGIC rate is 7%, compared to Mainland Spain's 21% VAT, making the Canary Islands an attractive location for businesses and consumers alike.

In addition to the standard rate, there are reduced rates (e.g., 3% for certain essential goods and services) and exemptions for specific categories such as medical supplies and certain cultural activities. IGIC aims to encourage consumption and attract businesses while maintaining fairness in taxation.

al benefits, such as certain allowances that Canarian Residents are allowed that do not exist in the Mainland Spanish Taxation system.

al tax levied by local governments on property owners. The tax rate is based on the catastral value of the property and supports local public services.

land Spain to offset the higher costs of importing goods to the islands.

means that imports to the islands are subject to a unique customs regime. The Arbitrio sobre Importaciones y Entregas de Mercancías en las Islas Canarias (AIEM) is a tax on certain imported goods to support local production and reduce dependency on external support.

### Value Added Tax (VAT) = Canary Islands: IGIC

The Impuesto sobre la Renta de las Personas Físicas (IRPF), or personal income tax, applies to individuals in the Canary Islands as it does in the rest of Spain. However, residents of the Canary Islands benefit from certain allowances and deductions due to their special tax status. For example, income derived from activities related to tourism, agriculture, or fishing may be eligible for specific reductions. Income tax brackets and rates align with national standards but are adjusted for regional

### Personal Income Tax (IRPF)

Annual Tax Return = Declaracion de la Renta

### Property and Real Estate Taxes

The Canary Islands impose several taxes related to property ownership and property purchases:

### Property Transfer Tax (ITP - Modelo 600)

The Impuesto sobre Transmisiones Patrimoniales (ITP) applies to the purchase of second-hand properties. The rate varies depending on the value of the property and the municipality, but it is generally lower than in mainland Spain.

### Municipal Property Tax (IBI) = Council Tax/Annual Rates in the UK

The Impuesto sobre Bienes Inmuebles (IBI) is an annu-

### Environmental and Tourism Taxes

To promote sustainable development, the Canary Islands are exploring environmental taxes, such as levies on plastic use or emissions. While not as widespread as in other regions, these taxes are gradually gaining traction. In addition, some tourism-related taxes may apply, such as fees for overnight stays in certain types of accommodation. These taxes aim to ensure that the booming tourism industry contributes to the region's infrastructure and environmental preservation.

### Tax on Capital Gains from the sale of Urban Land (Plusvalia)

This municipal tax applies to the increase in value of urban land when it is sold, inherited, or otherwise transferred. The rate varies by municipality and is calculated based on the land's catastral value. This was recently abolished BUT IS STILL CHARGED in some municipalities under a different "name".

### Excise Duties

Excise duties on specific goods such as alcohol, tobacco, and fuel are also imposed in the Canary Islands. However, these duties are generally lower than those in main-

### Inheritance and Gift Taxes

Inheritance and gift taxes in the Canary Islands are generally lower than in mainland Spain. This reduction is part of the region's efforts to attract settlers and investors. Beneficiaries, particularly close relatives, often enjoy significant exemptions or reductions based on the value of the inheritance or gift.

### Customs Duties and Import Taxes

As an outlying region of the European Union, the Canary Islands are outside the EU's customs territory. This

Whilst no one likes taxes, they are here to stay. We hope that this list helps people to understand the different types of tax that we all pay at some point.

Motorworld, Las Chafiras



Continued from page 36

so they have got loads of fibre, but also protein and fat from the nuts. That will keep you full for longer and will therefore balance your energy levels better."

Another popular breakfast choice is porridge, or oatmeal as it is known in the US. One large review study included data from more than 470,000 individuals, and followed their health outcomes over years or decades. The researchers found that those with the highest oat intake had a 22% lower likelihood of developing type 2 diabetes compared to those with the lowest consumption. Those who consumed at least 19g per day also had a 24% lower risk of death from all causes compared to those who ate the least.

The key ingredient thought to be responsible for the health benefits of oats is a dietary fibre known as beta glucan. Beta glucan has been shown in many clinical trials to reduce circulating cholesterol levels, particularly low-density lipoprotein (LDL), the 'bad' cholesterol linked to heart disease. Some studies also suggest that beta glucan may reduce a person's risk of developing type 2 diabetes,



*The nutritional value of granola can be improved by adding extra nuts and yoghurt yourself*

tes, and help them develop better insulin control.

However, many oat-based breakfast cereals are made from finely ground oat flours that do not have the same health benefits as whole, rolled oats. Compared to the latter, the large surface area of breakfast cereals made with oat flour means they are more quickly digested, causing sugar to rapidly enter the bloodstream. The same is true of pre-cooked porridges made from "instant oats". In one clinical trial, volunteers were asked to eat rolled oats on one day, and instant finely-ground oats on another day. The researchers found that despite the oats containing the same amount of fibre, protein, fat, and car-

bohydrates, the more finely ground oats produced a much larger spike in the participants' blood sugar levels.

Meanwhile, breakfast cereals made from refined grains, where the nutrient and fibre-rich bran and germ layers have been stripped away, may also have fewer benefits. While studies have shown that the consumption of whole grains is linked to a reduced risk of cancer, cardiovascular diseases and type 2 diabetes and other chronic diseases, research suggests that some of these health effects don't seem to apply when grains are consumed in their refined forms.

"Whole grain cereals are healthy because they are packed with fibre," says

Riccardo Caccialanza, a clinical nutritionist at the University of Pavia in Italy. He explains that one important function of this nutrient is to slow down the digestion of food, so you get fewer glucose peaks and better glucose control. "However, if you take the fibre away, which happens when you refine the grain, then the glucose increases more quickly," he says.

So, are breakfast cereals good or bad for us? It depends entirely on the cereal. One study in Australia looked at over 140,000 people aged 45 years and older. It found that eating muesli for breakfast lowered the risk of heart disease, stroke, and diabetes. Another large study asked over 186,000 participants

aged 40 to 69 years in the UK about their dietary habits – including breakfast cereal consumption – and then followed the participants for an average of 13 years. It found that people who ate at least one bowl of muesli, bran-based cereals, and porridge a day were 15%, 12%, and 11% less likely to die during the follow up period than people who did not eat breakfast cereals. On the other hand, individuals who ate sweetened cereals for breakfast were more likely to die of cancer during the study period.

The key, then, is to look at the back of the pack carefully, say experts. "If you're selecting cereals that have about less than five grams of sugar a portion, and

more than three grams of fibre per portion, then you're on track to making a healthier choice for your cereal," says Berry.

But to make it extra healthy, both Berry and Caccialanza suggest 'hacking' or customising your cereal so that it doesn't just contain carbohydrates, but also has a good mix of healthy fats and protein that will keep you feeling full for longer. "I love a granola, but I add extra nuts and kefir yoghurt to it," says Berry. "I make a supermarket standard granola healthy by what I overlay on top. And I think that's something that people should be thinking about a little bit – what can they do to add some balance to [breakfast cereals]?"



*Porridge made from rolled oats is digested more slowly than the instant variety – and therefore might have more health benefits*



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# Quick home health tests: Check your reaction times

By Dr David Cox, freelance health journalist



Your reaction times can reveal a surprising amount about what's going on inside your body, from your brain health to your risk of an early death.

Of the course of our lifetimes, our reaction times will slowly wane. It's one of the reasons why athletic performance tends to drop off from our 30s onwards. Scientists are finding that being able to maintain an average reaction speed can be a key indicator that our brain is still in good working order, even into our latter decades. But that isn't all they can reveal. From your heart health to your overall risk of an early death, your reaction times can provide a window into the inner workings of the body. "Some people just tend to be faster than others, even before ageing effects really kick in," says Simon Cox, professor of brain and cognitive ageing at the University of Edinburgh in Scotland. "But a decline in reaction times probably indicates an accumulation of age-related degradation. It's a marker which tells us a lot about the combined functioning of quite a lot of biological systems."

**But how can you assess your reaction time in the comfort of your home?**

One easy assessment is

a well-known experiment known as the "ruler drop test". You'll need the assistance of a family member or friend for this one, as well as a ruler:

- Sit in a chair, resting your arm on a table so that your wrist is hanging off the edge, with your thumb and forefingers facing up.

- Ask your partner to hold a ruler vertically, over your hand, with the "zero", where the numbers start, aligned with your thumb.

- Without warning, your partner should drop the ruler, while you try to catch it as quickly as possible.

- The distance the ruler falls before being caught is an assessment of your reaction time.

Broadly speaking, an excellent performance equates to catching the ruler at a distance less than 7.5cm, above average counts as 7.5-15.9cm, average is 15.9-20.4cm, while below average is anything over 20.4cm and poor is more than 28cm.

Population studies have noticed a correlation between the speed of decline in reaction times and risk of multiple age-related illnesses. In addition to a person's overall risk of death – one study found that there was a significant link between a person's reaction times and the likelihood of death from all major causes – there is also a strong relationship between this metric and the risk of death from specific conditions. This includes

coronary heart disease, stroke and respiratory disease.

A person's reaction times are also associated with their susceptibility to falls, losing the ability to live independently and the onset of dementia. However, according to Cox, a single reaction time measurement doesn't reveal all that much, as reaction speeds vary considerably from one person to another due to factors ranging from gender to genetics, physical fitness, lifestyle habits and even personality type. Cox notes that what is likely to be more important is how your reaction speed varies if you compare your performance on the same test over time – for example, at yearly intervals over the course of a decade – and whether it starts to noticeably decline.

As Cox points out, our ability to react relies on a network of interconnected sensory systems: how well we see, hear or even smell a given stimulus, how quickly our brain can process the information it's receiving from our eyes or ears and issue a signal in response, and finally how quickly our nerve fibres, muscles and tendons can enact what the brain is telling them to do. "All these pieces of the jigsaw can be affected by ageing, and not necessarily to the same extent in all people," says Cox.

There are two components to a reaction to the ruler drop test – the brain's ability to make a quick assessment that it has been dropped, and the speed with which the body can act on the brain's instructions to catch it.

Researchers have found that the first component of

this network which tends to break down, beginning in midlife, is our physical ability to act on the brain's signals. So, our brains might notice that the ruler has been let go within milliseconds – but it still takes a while for the body to catch up.

**Pain recommends so-called dual task training such as walking while turning your head from side to side or balancing on one leg while reciting the alphabet**

At the University of Colorado Boulder, biomedical professor Alaa Ahmed has found that as we get older, our reaction times may depend more heavily on our overall bodily health than our brain. She says this may be because things like fast-twitch muscle fibres which enable our physical ability to respond quickly, have waned, or because our mitochondria – the components within our cells which generate energy – are working less well, meaning that we're less efficient at moving swiftly.

"Making a faster movement is more costly to older adults, so they rely primarily on reacting faster," says Ahmed.

At the same time, if we stay relatively well, our brain and central nervous system can still function strongly into our latter years. According to Matthew Pain, a professor of biomechanics at Loughborough University in the UK, scientists have assessed this by measuring the "startle reflex" in the ankles of healthy elderly adults in response to a loud sound. The results showed their brain's ability to respond to the sound and send a "move" signal to the ankle tends to remain relatively intact. "The raw nervous system hardware in healthy elderly [people] is not that



A person's reaction times can be a reflection of both their cognitive and physical fitness

[much] worse," says Pain. "Purely based on the startle reflex, they could still react quickly enough to be disqualified at the Olympics for a false start. They wouldn't, however, be able to get out of the blocks very quickly."

As well as the ruler test, reaction times can be assessed through simple computer games such as the Human Benchmark Reaction Time Test which involves waiting for a red box to turn green and then clicking on it as quickly as possible. Sharp deteriorations in performance over time can reflect a combination of sensory systems breaking down, as well as a slowing of the brain's decision-making. One study last year found that loss of visual sensitivity in seeing and responding to patterns can be one of the earliest signs of dementia, beginning more than a decade before symptoms begin.

"With age, the nerve fibres in the brain's white matter can start to communicate signals less efficiently, resulting in slower information processing," says Cox. "Once the decision has been made to react, the nerves that connect your brain to your muscles also need to be in good condition to transmit that message quickly, and these age too."

## Improving your score

But there are things that we can all do to either slow

or prevent this decline from happening. Pain recommends so-called dual task training, which involves simultaneous movement and cognitive training activities to tune both the brain and body. Examples include walking while turning your head from side to side, balancing on one leg while reciting the alphabet, or tossing a ball while verbally associating words.

Even things like such as participating in fitness classes via a TV screen or tablet can help with your reaction times. "This improves the ability to perceive [a stimulus] and respond with meaningful coordinated motions," says Pain.

Cox says that many of the activities which are often linked with healthy ageing, such as continuing to play a sport into later life, learning a musical instrument in retirement or simply keeping engaged with intellectual pursuits such as board games can have knock-on benefits for our reaction times.

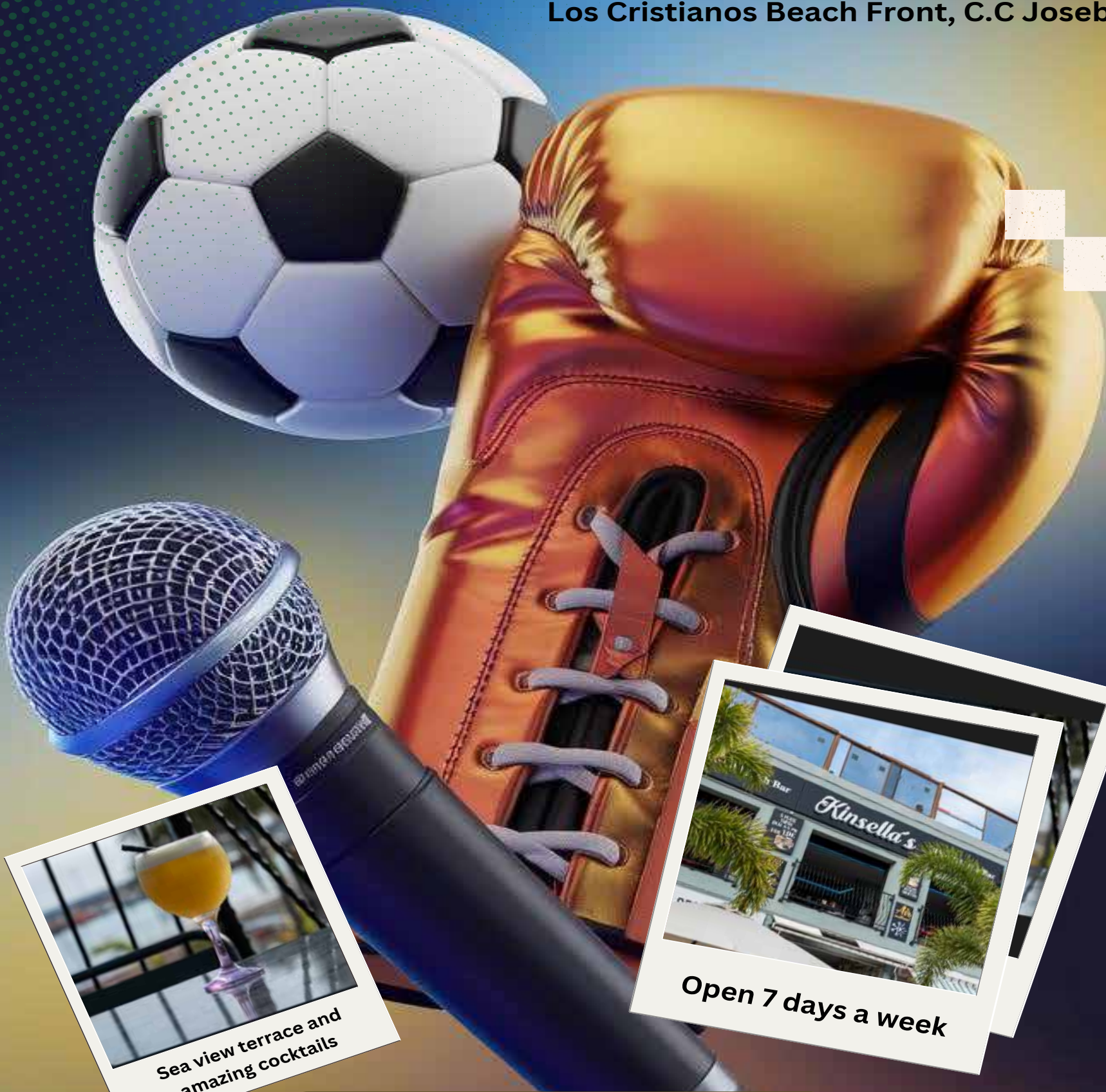
"Sports performance drills which require fast responses could boost reaction times by enhancing both brain and body," says Cox. "And there's some evidence that generally keeping more socio-intellectually engaged is related to slower cognitive ageing across aspects of complex thinking."



Measuring your reaction times throughout your life can help to track changes in your brain and bodily health



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The "Learn piano with Magical Middle C" book is beautifully illustrated, packed full of easy, popular songs and has fun games and activities which students can play with parents/teachers and friends. The songs in the book use a simple, easy to use colour-coded keyboard chart which corresponds to the keys on the student's piano or keyboard. The book is suitable for ages 3 to 9 and has been written by Louise Attaway, a piano teacher based in the south of Tenerife.

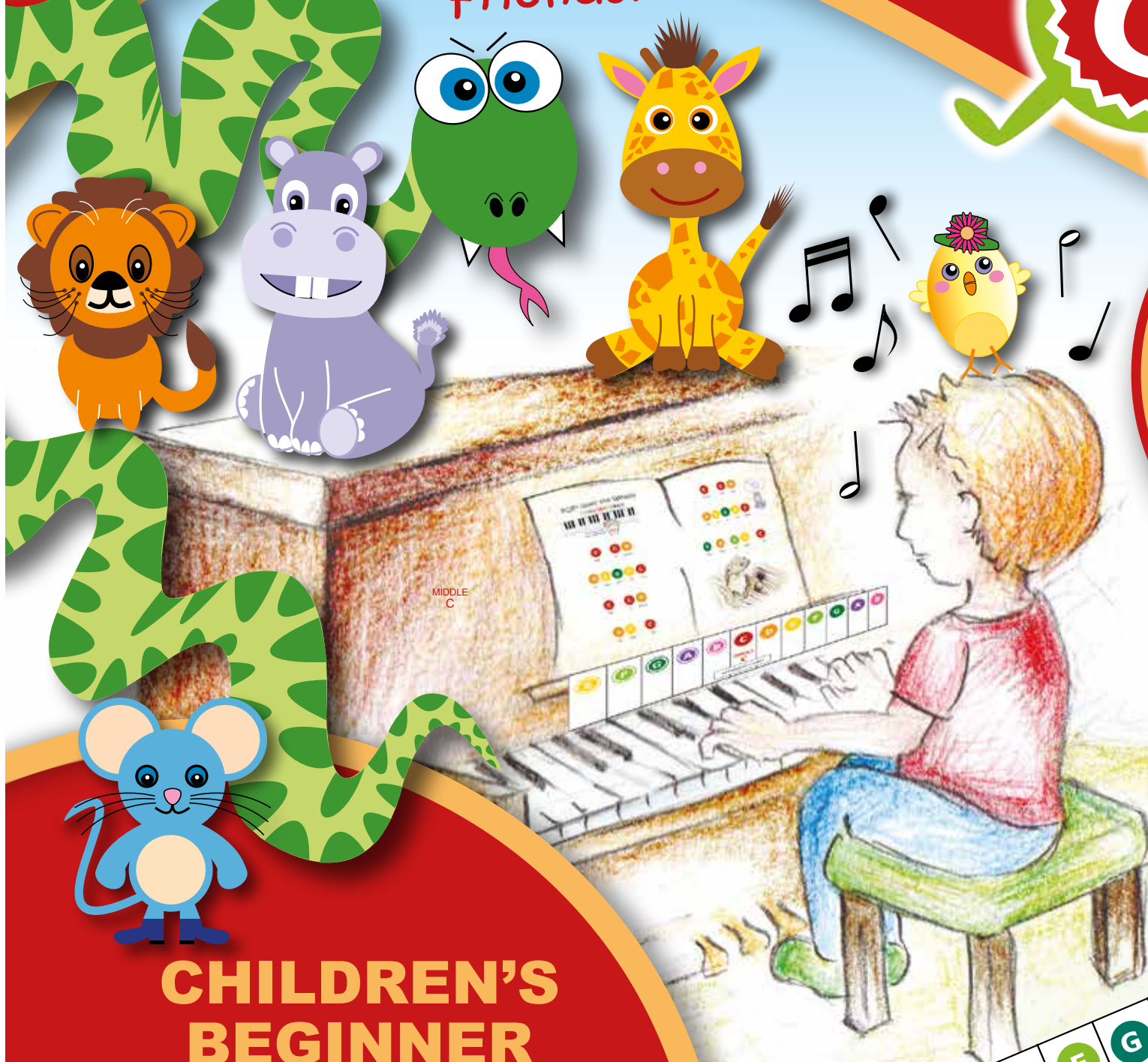
Louise has been teaching piano on the island to children and adults for over 15 years and also teaches singing and music theory.

The price for the Learn piano with Magical Middle C book is €16.00. If you would like to buy a copy, pop in to Las Chafiras Book Shop, 5 Calle Luciano Bello Alfonso, Las Chafiras (call 609 714 276 to check opening times), or call Louise on 686 014 355 to reserve your copy.



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#### San Eugenio Bajo, Bar/Cafe

€250,000

FRINA Tenerife offers this famous Tenerife café for sale. The café is in San Eugenio and is known for its international menu and live music. It has been open for years and has a good reputation among residents, tourists, and on social media. And whether you are looking for an investment or a well-established business to run yourself, you cannot miss th... For full information see website or contact:

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#### Golf del Sur, Commercial Property

€220,000

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€210,000

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#### La Caleta, Italian Restaurant

€190,000

A new business for sale is this Italian Food & Wine Restaurant in La Caleta. The business is known for a delicious Italian menu with pizzas, fresh shellfish, homemade desserts, and quality wines. This cozy restaurant is a must-see if you are looking for a wine-bar and restaurant with an ambitious menu. The premises are spacious 150 m2 with a large a... For full information see website or contact:

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#### Los Cristianos, Bar/Restaurant

€190,000

FRINA Tenerife now offers this Famous and Successful Asian Restaurant for Sale. This restaurant is located centrally in Los Cristianos and is very busy. An amazing reputation secures many gusts every day and evening both new and returning. If you are looking for a successful business with a good and steady income you cannot miss this! The premises ... For full information see website or contact:

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#### San Eugenio Alto, Pool Bar

€175,000

FRINA Tenerife presents this new Freehold opportunity Poolbar in San Eugenio Alto. A perfect located Freehold Poolbar inside a complex which is approximately a twenty minutes driving from Reina Sofia airport in the south. Almost opposite the resort there is Aqualand, a water park more suited to younger family members. The Freehold Poolbar is nearby att... For full information see website or contact:

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#### Los Cristianos, Bar/Cafe

€170,000

FRINA Tenerife now offers this Sea View Bar for sale in Los Cristianos, it is a unique and perfect option for the demanding buyer! You find this Sea View Bar in San Telmo which is busy all year and both days and nights. The current owner has designed the Sea View Bar and decorated it to perfection. Furthermore, the bar overlooks the large a busy Playa ... For full information see website or contact:

**Ref: 2584 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Los Cristianos, Bar/Cafe

€169,000

FRINA Tenerife now offers this Well-Known British bar Los Cristianos. It is known for its high-quality food and entertainment. The bar is located in a busy area that attracts many tourists and residents. This bar has been for almost 10 years and has a great reputation and a high income. So if you are looking for a bar in Los Cristianos you can't miss this... For full information see website or contact:

**Ref: 2550 | FRINA Tenerife SL - Business Sales | 922 085 191**





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# FRINA Tenerife

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## Pool Bar & Restaurant



Spacious pool bar and restaurant in Callao Salvaje, now available at a low price due to closure. Fully equipped with a kitchen, bar, stage, and large seating areas. Located in large complex but open to public. Monthly rent: 1,500€

Ref.: 2868

Price: 18,000€

## Restaurant In Las Galletas

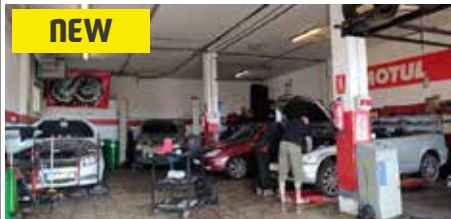


Cozy restaurant for sale in the heart of Las Galletas with 70m² modern interior, a large, well-equipped kitchen, and seating for 30 guests including a terrace. Located in a busy area with loyal clientele. Monthly rent: 1,200€

Ref.: 2883

Price: 42,000€

## Well Established Workshop



Established for over 25 years, this fully equipped 180 m² car garage offers high visibility, space for 10 cars, and a loyal client base. Located just minutes from the TF-1, it includes 3 lifts, essential tools, and low rent of: 1,200€

Ref.: 2887

Price: 80,000€

## Takeaway Bar In Los Cristianos



Charming takeaway bar for sale in central Los Cristianos, just steps from the beach, known for healthy food, and wellness events. Includes 59m² interior, shared 25m² terrace, and cold kitchen setup. Monthly rent: 740€

Ref.: 2885

Price from: 32,000€

## Unique Virtual Game Room



Unique virtual game room in central Las Americas – the first of its kind in Europe. Players run freely in immersive VR worlds, safely harnessed for full-motion fun. Easy to run with low overhead. Monthly rent: 700€ incl. parking.

Ref.: 2892

Price: 60,000€

## Busy Cafe In Torviscas



Located in Torviscas near the beach, this popular café was recently refurbished and known for its live entertainment and loyal clientele. It offers 78m² inside and a 35m² terrace with seating for 60 guests. Monthly rent: 1,033€

Ref.: 2886

Price: 75,000€

## Prime Bar At Playa Las Vistas



Successful bar in Los Cristianos directly on Playa Las Vistas with stunning sea views. The 150m² indoor space and 200m² terrace offer seating for 80 guests, featuring a fully equipped kitchen and ample storage. Monthly rent: 9,500€

Ref.: 2878

Price: 440,000€

## Kitchen Store for Sale



A turnkey opportunity - kitchen store with 8 years of solid reputation, known for quality and competitive prices. Spacious 525 m² premises include showroom, storage, and office in busy Las Chafiras. Monthly rent: 2,300€

Ref.: 2891

Price: 290,000€

## Modern Cafe In Las Americas



Beautifully refurbished café in the heart of Las Americas, just steps from the beach with indoor seating, a 25 m² terrace, and partial sea views. Known for homemade meals and a prime location. Monthly rent: 1,805€

Ref.: 2879

Price: 130,000€

## Bar-Cafe in San Telmo



Fully refurbished modern bar-café in prime San Telmo location with two terraces, sea views, and restaurant license - ideal for dine-in or takeaway concepts. Currently closed but all ready to reopen. Monthly rent: 2,500€

Ref.: 2882

Price: 75,000€

## Prime Bar/Restaurant Space



This property in Aqua Mall includes two combined units with a 200m² terrace. Fully pre-installed for a bar, café, or restaurant, it features renovated restrooms, a kitchen extraction, and new electricity. Monthly rent: 5,500€

Ref.: 2876

Price: 20,000€

## Prestigious Freehold Restaurant



Rare opportunity to acquire the freehold of a top-rated and successful restaurant in Costa Adeje. Comprised of three combined locals, with a stylish interior, a 60m² terrace with seating for 50 guests, and a fully equipped kitchen.

Ref.: 2877

Price: 720,000€

## Large Local In Las Americas



Spacious 130 m² premises in the heart of Las Americas is ideal for a shop, bar, or restaurant. It also features a 20 m² terrace and a 100 m² storage area. Perfectly situated on a busy street surrounded by hotels. Monthly rent: 12,000€.

Ref.: 2873

Price: 5,000€

## Car Mechanic Garage



Well-established car mechanic with 20+ years of success, a loyal client base, and strong reputation. The 300 m² premises are fully refurbished and staffed by 3 experienced employees. The monthly rent is: 1,000€

Ref.: 2890

Price: 120,000€

## Unique Finca & Businesses



This unique traspaso offers two successful businesses - a renowned restaurant and a busy dog kennel - on a 5,000m² finca. The property also includes a 2-bedroom private house. A perfect home-business setup. Monthly rent: ONLY: 1,580€.

Ref.: 2871

Price: 185,000€

## Busy Live Music Bar



Thriving live music bar in central Los Cristianos with seating for 110 guests, prime location near the market and beach promenade. Fully staffed, high turnover, and open daily with a vibrant atmosphere. Monthly rent: 2,500€

Ref.: 2889

Price: 320,000€

## Tacos Bar In Los Cristianos



Well-located tacos bar for sale in central Los Cristianos with a 50m² space, fully equipped kitchen, and strong takeaway potential on a busy street. Ideal for 1-2 people and ready to operate immediately. Monthly rent: 1,100€

Ref.: 2884

Price: 55,000€

## Freehold Investment Opportunity



This freehold of 150m2 in Puerto Santiago is just minutes from the frontline. It is located in a complex and commercial centre. It can be used commercially or even converted into 1 or 2 residential properties to rent.

Ref.: 2825

Price: 190,000€

## Turn Key Quad Excursion



Well-established quad excursion business with 12 new quads, service vehicles, and a fully equipped garage. Popular year-round, especially for sunset tours to Teide, with strong reviews and online presence. Monthly rent: 1,370€

Ref.: 2888

Price: 330,000€

## Well Known Bar & Restaurant



This iconic bar-restaurant in Las Americas offers a fully renovated, well-established venue with live entertainment. It has a loyal customer base, seats up to 200 guests and operates seven days a week. Monthly rent: 3,000€.

Ref.: 2880

Price: 330,000€

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we are here too

