

The Tenerife Property & Business Guide

February 2024
Issue 232

CENTRE PAGES:
Two wonderful properties for sale in Parque Santiago, Las Americas

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Windsor Park, Torviscas Alto
€390,000 Ref: T1297

For more information, please see our main advert on Page 10



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Opportunity!
ADEJE CASCO

€345,000

PENTHOUSE FOR SALE EN ADEJE VILLAGE



3 bedrooms and 2 bathrooms apartment in Adeje Casco. Spacious terrace 106 m2. Parking included. Total 226 m2.

code (279212)



LA FLORIDA

€517,000

CHALET FOR SALE IN LA FLORIDA

Wonderful Villa located in the quiet and excellent area of La Florida, between the towns of La Camella and Valle San Lorenzo

code (272558)



3 beds



4 baths



560 m²



terrace + pool



€255,000

DUPLEX FOR SALE IN TORVISCAS ALTO.

Bright 3 bedrooms duplex with large terrace and amazing sea views. Great location near Siam Mall shopping center and Siam Park.

code (276954)



3 bed



2 bath



90 m²



terrace



GRANADILLA DE ABONA



LOS CRISTIANOS

€358,000

APARTMENT IN LOS CRISTIANOS FOR SALE

Large 4 bedrooms apartment in the center of Los Cristianos. Great location in a quiet area, near to one of the most beautiful beaches in the south as well as restaurants, parks and shops.

code (279313)



4 beds



2 bath



100 m²



terrace



€345,000

CHARMING DETACHED HOUSE IN GRANADILLA DE ABONA WITH A LARGE GARDEN AND COZY STYLE

code (280817)



3 bed



2 bath



612 m²



terrace and garden



€367,000

LOVELY SPACIOUS 3-BEDROOM APARTMENT FOR SALE

Great location in the center of Adeje Casco. Apartment has a large terrace. In the complex you will find beautiful garden areas and a community pool.

code (280897)



3 beds



2 baths



84 m²



terrace



ADEJE CASCO



€380,000

TOWNHOUSE FOR SALE IN CHAYOFA. PARKING AND PRIVATE GARDEN

code (278471)



3 beds



1 bath



168 m²



terrace



CHAYOFA



SAN EUGENIO

€250,000

BRIGHT 1 BEDROOM APARTMENT IN SAN EUGENIO FOR SALE

Code (280146)



49 m²



1 bath



1 beds



terrace



TORVISCAS ALTO



LOS CRISTIANOS



LA SABINITA



CHAYOFA



€321,000
APARTMENT FOR SALE IN LOS CRISTIANOS
 Renovated 2 bedrooms apartment in the center of Los Cristianos. 2 double bedrooms. Perfect location. Frontal sea view. Close to beach Las Vistas and port.
 Code (276306)

  92 m²  2 beds
 1 bath  terrace

€690,000
DETACHED HOUSE FOR SALE IN LA SABINITA
 Large 4 bedrooms house in the quiet zone near Los Cristianos. Wooded garden, private pool, garage for 5 vehicles. Plot of 3,500 m².
 Code (278655)

  4 beds  2 baths
 427 m²  Terrace



€530,000
BRIGHT 3 BEDROOM DETACHED HOUSE IN A PRIVILEGED AREA OF CHAYOFA.
 Perfect location in quite residential Callos de Los Cristianos. Great opportunity!
 code (278482)

  397 m²  3 beds
 2 bath  terrace

Founder and CEO Juan Casanova

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1 BEDROOM APARTMENT - AMARILLA GOLF



If you are on the lookout for a charming one-bedroom apartment that is spacious and situated on a fabulous community, then look no further than this little gem. This ground floor property is perfect for holidays or permanent living. Heated communal pool, traditional type features, well manicured gardens and low community fees!

Ref: AMG00618

Price: €169,950 (approx. £147,500)

STUDIO - SAN EUGENIO BAJO



Looking for a property within walking distance to shops, bars, restaurants and the beach? This is perfect! Located on the much improved Orlando complex, in the heart of Torviscas Bajo, just a short stroll from the main commercial area of San Eugenio. This well presented studio apartment is located close to the pool. The interior includes American style open kitchen, living area and bathroom and a good-sized separate sleeping area.

Ref: LA01959

Price: €235,000 (approx. £204,500)

3 BED SEMI-DETACHED VILLA - ALDEA BLANCA



Get away from the crowds and live a more Canarian life in this wonderful 3 bedroom, 2 bathroom semi-detached villa, that would make the perfect family home. As you enter the property, you are immediately greeted by a cosy seating area providing the perfect location for al-fresco dining. To the left is the private swimming pool and an external spiral staircase taking you to a spacious roof terrace where you can enjoy the 360 degree views.

Ref: OUT01185

Price: €370,000 (approx. £321,500)

4 BEDROOM DETACHED VILLA - AMARILLA GOLF



For lazy days sunbathing, dining al fresco or simply relaxing by your very own private pool, here's the perfect home to live out your dreams! This four bedroom, two bathroom detached villa is in excellent condition. A comfortable living area with open plan kitchen area leads out onto the covered terrace area where you can barbeque and entertain your guests. The Villa is light, bright and airy. Being sold unfurnished, offers a blank canvas.

Ref: AMG00614

Previously €650,000 Price: €615,000 (approx. £534,500)



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OUR OFFICE LOCATIONS:

- CC San Blas - Golf del Sur
- Las Adelfas I - Golf del Sur
- CC Puerto Colon - Playa de Las Américas

**3 BEDROOM APARTMENT
 - SAN MIGUEL DE ABONA**



This spacious and bright top floor apartment is located in a quiet residential building, just a few metres away from the pleasant village of San Miguel and has lovely views to the coast and surrounding countryside! If you like comfortable living space and excellent outdoor areas, this is perfect for you! There are three bedrooms, two bathrooms, two balconies and a private roof terrace. All local amenities are within walking distance

Ref: OUT01186 Price: **€185,000** (approx. £161,000)

**2 BEDROOM APARTMENT
 - GOLF DEL SUR**



A lovingly maintained, two bedroom, two bathroom apartment, with large South facing terrace that is engulfed in sunshine virtually all day, with a cooler shady terrace overlooking the heated communal pool. The property is to be sold furnished and with a private underground parking space. Lift access to all levels of the complex, heated communal pool, community WiFi and TV, CCTV and is fully secure.

Ref: GOLF01795 Price: **€299,950** (approx. £280,500)

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free 2024 Desk Calendar



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At Clear Blue Skies, we're here for you whether you're buying, selling, already a Tenerife resident or planning to spend time on the beautiful island. With our extensive portfolio of around 200 listings and top-notch marketing, we'll help you achieve your objectives. Count on our professional service and friendly team to guide you every step of the way. Let's make your Tenerife dreams a reality!

This month we have featured a small selection of some of our newest properties available for sale, which we hope you find inspiring. However, to explore our complete range of listings, please visit our website at clearbluetenerife.com.

For real-time updates on our latest properties, we recommend following us on Facebook (see QR code to right).



Feel free to call if you're considering selling your property in Tenerife, we would be delighted to have a friendly and obligation-free chat with you. Feel free to call, email, send us a message or drop by our office in Playa Fañabé. We look forward to assisting you!



ULTRA STYLISH 3 BEDROOM VILLA WITH POOL, BELLEVUE VILLAS, ABAMA RESORT

Located in an idyllic position overlooking the lush fairways of Abama Golf Resort, bathed in sunshine all day long and offering the most delightful sea views, it really is a dream property. Beautiful interiors and so many fantastic features!

REF 8542 2.695.000€



SUPERB 2 BEDROOM APARTMENT, BELLAMAR II, PLAYA DEL DUQUE

Located in the prime location of Playa del Duque, Bellamar II complex offers luxury residences with a community pool and lovely gardens. This well-maintained upper floor apartment has two bedrooms, two bathrooms, a modern kitchen, and a terrace with stunning views.

REF 8546 495.000€



LOVELY 2 BEDROOM APARTMENT, PORTA NOVA, TORVISCAS ALTO

Porta Nova complex is highly sought-after with a peaceful pool area. It's conveniently located near the resort towns, beaches, and shopping centres. This delightful property offers two double bedrooms, a bright living area and ample outdoor space. Perfect for relaxation and enjoying the sun!

REF 8549 385.000€



BEAUTIFUL 3 BED TOWNHOUSE, PORTONOVO, LOS CRISTIANOS

This lovely home in Portonovo, Los Cristianos is exclusively listed by Clear Blue Skies. With three bedrooms, spacious living areas, and fantastic outdoor space, it's perfect for enjoying the year-round sunshine. Located close to the beach, shops, and amenities.

REF 8555 680.000€



LOVELY APARTMENT, PORT ROYAL, LOS CRISTIANOS

This beautifully presented property has an open plan living / dining / kitchen, double bedroom with fitted wardrobes and modern bathroom. The spacious, private terrace also enjoys a direct sea view!

REF 8560 274.000€



CONTACT US

Call: 00 34 922 717 779

info@clearbluetenerife.com

www.clearbluetenerife.com

C.C. Fañabé Plaza 129, Playa Fañabé, Costa Adeje 38660



Get in touch to discuss buying or selling a Tenerife property with us



DIRECT FROM OWNER LOVELY 4 BED VILLA IN TENERIFE SOUTH



Lovely 4 bedroom, 3 bathroom (master en suite with walk-in shower) villa in very quiet area in the south of the island. Lots of space for a family to make this their forever home. Lounge/dining area, recently renovated kitchen.

€650,000



For more information/photos available email: musicqueen58@gmail.com

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**INVESTMENT PROPERTY WITH EXISTING RENTALS AND MANAGEMENT CONTRACT
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4 BEDROOM PENTHOUSE - EL PASO - LAS VISTAS



FOR SALE LOS - CRISTIANOS - HGH END - € 690.000

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PRICE € 690.000,00
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Palm Mar, Los Balandros

NEW ON THE MARKET



Bright and spacious 1 bedroom, 1 bathroom 2nd floor apartment overlooking the swimming pool. The property is sold part-furnished and the price includes secure underground parking and a storeroom.

Price: €215,000

WE ARE ALWAYS LOOKING FOR NEW PROPERTIES FOR SALE AND LONG TERM RENTAL

Palm Mar, Laderas del Palm Mar



Bright and Spacious 1 bedroom apartment situated on the second floor overlooking the pool. Sold fully furnished, price includes a very large enclosed garage.

€275,000

Palm Mar, Los Balandros



Spacious one bedroom apartment with a sunny aspect on the second floor of the complex facing the pool. The property is sold fully furnished and the price includes secure underground parking and a storeroom.

€215,000

Palm Mar, Los Balandros



Spacious 2 bedroom, 2 bathroom apartment on the first floor of the complex with sunny aspect. The price includes a secure parking space and storeroom. Sold unfurnished

€259,500

Palm Mar, Cape Salema



Bright and spacious two bedroom, two bathroom duplex apartment with spectacular views over the whole of Palm Mar and out to sea. The property has three terraces (all day sunshine on two). It is sold fully furnished.

€339,000

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Palm Mar, Bahia de Los Menceyes

EXCLUSIVE!

Luxurious, fully furnished, 2 bed, 2 bath (both en suite), plus guest toilet ground floor apartment in sea front complex with pool. There is beautiful lounge/diner with terrace off, fitted kitchen, and laundry AND an outdoor living room and kitchen!

€579,000 Ref: 232-0923

Costa del Silencio, Balcon del Mar

Fully furnished 1 bed, 1 bath apartment on popular sea front complex with lovely pool area. The property has a lounge/dining area and an 8sqm west-facing terrace with partial sea view. Comm. Fees: €87/month.

€210,000 Ref: 222-0723

Costa del Silencio, Tamaide

Charming, fully furnished 3 bed, 3 bath home (2 properties merged into 1) on a plot of 173sqm in a quiet area. The house has a large lounge/dining area, American-style fitted kitchen with small terrace off leading to two terraces. Many 'authentic' features.

Ref: 209-0323 €365,000

Costa del Silencio

Ground floor apartment in a complex by the sea. The property has approximately 50 m² built with a 10 m² terrace and a small garden (8 m²) that belongs to the community but is for private use. The terrace faces southwest and offers a lateral view of the sea.

€205,000 Ref: 244-0124

Costa del Silencio, Maravilla

This 77m² penthouse is located in the MARAVILLA complex in Costa del Silencio. The terrace is 15m² and faces South-East with a beautiful open view of the gardens and the sea in the distance (on the right).

€265,000 Ref: 245-0224

Costa del Silencio, El Trebol

3 bed, 2 bath house in quiet neighbourhood with several terraces and a beautiful small private pool. Large and bright living/dining room, separate kitchen plus small room used as an office. Garage included.

€379,000 Ref: 240-1123



**C.C. El Trebol, Local 37,
Avda. J. A. Tavio,
COSTA DEL SILENCIO,
38630, Tenerife.**

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TENERIFE PROPERTIES



**Windsor Park,
Torviscas Alto**

Ref: T1297
€390,000

We are thrilled to present this fantastic 2-bed, 2-bath penthouse apartment, whose quality speaks for itself: A well-presented, spacious, and bright property with an interior of 62m² and terrace of 45m². The living room is large with direct access onto the terrace and bright with natural light flooding in. The kitchen is open and fitted with sleek cabinets, modern tiles, and plenty of storage. The first bedroom is light and spacious. The master bedroom is welcoming and of good size with fitted wardrobes and a well-presented en-suite bathroom – both double bedrooms lead onto the terrace. The second bathroom is refurbished and a good size. The terrace is one of the best features due to its immense size and breathtaking views of both the sea, beaches, and mountains (Teide included). Well-kept complex with two large communal pools!

For further and information and viewings please contact Tenerife Properties:

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Residencial Sonia, Callao Salvaje



Beautiful 3 bed, 2 1/2 bath townhouse with stunning views. The living room large and bright. The kitchen is separate and fitted. There is also a convenient WC on this floor. The ground floor terrace is spacious and private. The master bedroom is bright and welcoming with natural light flooding in, pool views and an ensuite. The other two bedrooms are both a good size with natural light. The bathroom is spacious and refurbished. Progressing up the stairs again is the roof terrace, large and sunny with views to both the sea and pool!

€399,000

Ref: I1469

Townhouse, El Medano Beach



Spacious and well presented 3 bed, 2 bath townhouse. Stunning communal pool. Great location.

€325,000

Ref: I1462

Club Atlantia, San Eugenio



Lovely studio that's spacious and bright with terrace looking over Puerto Colon beach.

€265,000

Ref: A489

Club Atlantia, San Eugenio



Well-presented and modern 1 bedroom, 1 bathroom with pool and sea views.

€335,000

Ref: N1582

Granada Park, Las Americas Golf



Fantastic 1 bedroom apartment with pool views and large double terrace.

€193,000

Ref: N1571

Garden City, San Eugenio



Wonderful 1 bedroom apartment in the popular Garden City. A good sized apartment with an open fitted kitchen and breakfast bar. Bright lounge that's spacious and has direct access onto the terrace. The bedroom is well presented and opens onto the terrace. Refurbished bathroom. A double terrace that is sunny with views to the sea. Complex with two large pools, in a central location - close to shops, restaurants, beaches and more!

€289,000

Ref: N1579

Windsor Park, Torviscas Alto



Good sized 1 bedroom, 1 bathroom apartment with sea views and communal pool.

€189,000

Ref: N1551

Island Village Heights, San Eugenio Alto



Beautiful 1 bedroom apartment with spacious terrace and lovely communal pool.

€199,000

Ref: N1540

Santa Maria, Torviscas



We are excited to present this bright and spacious 1 bedroom, 1 bathroom apartment in the well-established complex Santa Maria. The living space is light, spacious and well presented with a fitted dining booth and open, fitted kitchen with nice finishes and good amount of storage. The living area has direct access onto the terrace which is sunny, has stunning views to the sea and pool. As well as being of good size: 9m². The bedroom is placed towards the back of the apartment avoiding noise pollution. It's a good size, has fitted wardrobes and natural lighting. The bathroom is refurbished and a nice size. Fantastic complex

€265,000

Ref: N1581

Windsor Park, Torviscas Alto



Fantastic 2 bedroom, 2 bathroom apartment with immense terrace and sea views.

€325,000

Ref: T1285

Sunset Bay, Torviscas Bajo



Brilliant 3 bedroom apartment with a large terrace, two communal pools and central location.

€365,000

Ref: I1443

Townhouse, Roque del Conde



Lovely 4 bedroom corner townhouse that's well presented with a private pool and jacuzzi.

€895,000

Ref: I1457

Bellevus, Abama



Luxurious 3 bedroom villa with modern finishes, private pool and views over the Abama Golf.

€2,695,000

Ref: I1470



Translators available for any other languages.



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Sales: Lynne: 699 250 870
Rachel: 608 573 443
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Local 3, C.C. Palo Blanco, San Eugenio, Adeje 38660, Playa de las Americas



Tel: 922 703 725
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**C/ Luciano Bello Alfonso No. 5,
 1st Floor, Office C,
 LAS CHAFIRAS
 38639 Santa Cruz de Tenerife**



Teneguia II - Parque de la Reina 285.000€



Rare opportunity. This penthouse apartment is very well located, it is large and spacious and have a very large, very sunny roof terrace with uninterrupted views to Teide and to the sea. Ample space with separate kitchen with utility, large lounge, three bedrooms, two bathrooms, and additional small open room the top of the stairs. Comes with private parking and store room.

Sury Sol - Los Cristianos 235.000€



Excellent offer, for use as holiday home or for a holiday let. This apartment is in an excellent location, very central, and in a very flat accessible area of Los Cristianos, close to the coast. On the first, and top floor, this furnished and equipped apartment offers one large bedroom, bathroom, open plan fitted and equipped kitchen and small private sunny terrace. Don't delay...there are not many properties available in this area! Priced to sell.

Miraverde - El Madronal 599.950€



An amazing, rare opportunity to purchase this 2 bedroom, 2 bathroom spacious private bungalow, ideally situated in this quiet private residential area, close to all amenities. This spacious property has sea views, ample outside space and presents a blank canvas of opportunities. Viewing is essential to see what's on offer here.

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.

Tel: 922 719 643
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 Mobile: 607 933 052
 Mobile: 625 950 517



Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE

OPPORTUNITIES OF THE MONTH!

PLAYA SAN JUAN	GRANADILLA DE ABONA	GUIA DE ISORA	ARONA
<p>Completely renovated 2-bed (both en suite) villa with living/dining area and modern, open plan, fully fitted kitchen and expansive gardens and terraces on a plot of 6,000sqm. Included in the sale is a duplex, 'guest' apartment with a double bedroom, living area, a terrace with sea views.</p>	<p>Beautiful 2 bed Canarian house with separate self-contained apartment on 80,750sqm plot. Garden with fruit trees. Pool. Fantastic views!</p>	<p>Finca with 4 independent houses with total living space of 380sqm. Panoramic Views: Wake up to views that will take your breath away. The estate, spanning 16,000sqm offers stunning panoramas of the sea and majestic mountains.</p>	<p>Beautiful 3 bed villa with pool, jacuzzi and garage AND a VV Licence and extraordinary views. Great investment opportunity. The whisper of fruit trees and panoramic views of the sea and the mountains are a constant reminder of the natural beauty that surrounds this villa.</p>
<p>Ref: 1166 €662,000</p>	<p>Ref: 1174 €339,500</p>	<p>Ref: 1307 €750,000</p>	<p>Ref: 1300 €645,000</p>

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 piece of land with space to enjoy!**

**PROPERTIES WANTED FOR RENT
 CLIENTS WAITING!**

TIJOCO BAJO	TAUCHO	TIJOCO BAJO	GUIA DE ISORA
<p>Lovely 4 bed detached house with impressive living room, modern kitchen, internal patio and a terrace on the top floor, where you can enjoy the fresh air. This property is much more than a house, it also has a VV (Holiday Rental) Licence.</p>	<p>Independent house 3 bedrooms, and one bathroom, offering you a blank canvas to bring your dreams to life. It sits on a plot of 165 square meters, completely "urbanizable" and fenced, providing a versatile space.</p>	<p>A unique property with main house (120sqm) and charming cottage (30sqm) on 13,000sqm land with olive trees and gardens. Panoramic views that will leave you breathless.</p>	<p>Recently refurbished two-storey house, with a built area of 130 m2. On the ground floor is a bright entrance hall followed by a kitchen with pantry, a cozy living room, a bathroom, and 3 spacious bedrooms.</p>
<p>Ref: 1285 €330,000</p>	<p>Ref: 1202 €225,000</p>	<p>Ref: 1317 €546,000</p>	<p>Ref: 1308 €232,000</p>
GUIA DE ISORA	GUIA DE ISORA	VILAFLO	GUIA DE ISORA
<p>Your dream come true: A cozy 106sqm single-story independent house on an impressive 398sqm plot. The property has 2 spacious bedrooms and 2 bathrooms, kitchen and lovely terrace plus garage and a beautiful garden.</p>	<p>Country house to renovate on plot of 400sqm and a construction to renovate of 96 square meters, with garden, It has very nice sea views.</p>	<p>6 bedroom, 2 bathroom house with room to expand plus adjacent plot for sale at €46,000. This is your ticket to an extraordinary property of 500 square meters, all for a total investment of only €245,000.</p>	<p>Suitable for reform - charming Canarian property with extensive land surrounding the home with gardens and entertaining areas in the middle of nature.</p>
<p>Ref: 1303 €249,000</p>	<p>Ref: 1266 €90,000</p>	<p>Ref: 1304 €199,000</p>	<p>Ref: 1267 €140,000</p>

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Calle Luis Alvarez Cruz,
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 Las Galletas - Next to post office

LAS GALLETAS



Fantastic modern 1st floor apartment (no lift) very close to all amenities in the lovely fishing village of Las Galletas. On entry there is a full bathroom with a walk-in shower, then the renovated American-style kitchen and living room leading to a balcony with beautiful mountain views, then the two bedrooms, one with an interior patio off set up as a laundry area. Fully furnished and ready to move into. Community fees just €43 per month. Call NOW to arrange a viewing!

€212,900

Ref: LG002-AP212

CABO BLANCO



Looking for a home and an extra income? This must be worth a look! Quirky property close to the busy tourist resorts in south Tenerife, this "Canarian style" detached property built/refurbished to the highest standards consists of a spacious 2-bedroom apartment, a ground floor workshop and a basement level area used for various meetings. This property overlooks a barranco and uninterrupted views. As an added bonus, a building plot is INCLUDED in the Price (all paperwork in place!). This won't be around for long CALL TODAY TO ARRANGE A VIEWING!

€630,000

Ref: CV216-CR630

LAS ROSAS



Great opportunity to purchase this lovely 2 bed duplex-style property in a gated complex in this peaceful residential area with lovely gardens in the village of Las Rosas just 2km from the sea front and harbour. The property has a fully fitted independent kitchen, toilet, living room and a decent sized terrace on ground level, with steps leading to 2 double bedrooms with fitted wardrobes and a full bathroom. There are lifts in the complex giving access to the underground parking area. A low monthly maintenance fee is payable.

€199,000

Ref: LS871-CI199

PALM MAR



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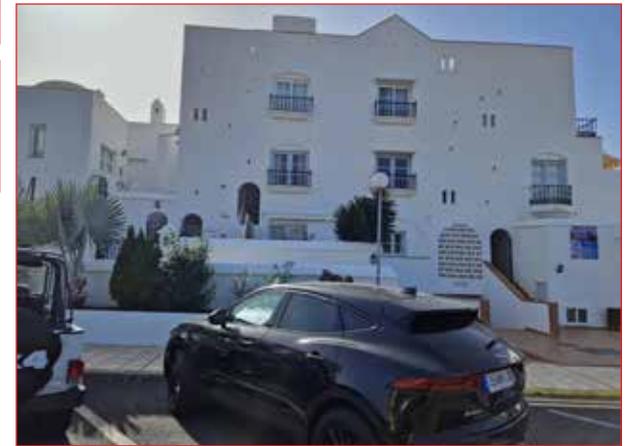
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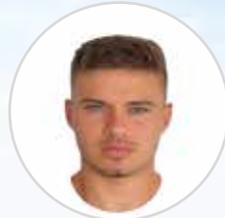
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<p>Las Mimosas (Torviscas)</p> <p>Ref: 5RA0008 Price: 245.000€ 1 Bedroom, 1 Bathroom Interior: 39 Mts, Terrace: 11 Mts</p>	<p>Villas de Fañabe (Fañabe)</p> <p>EXCLUSIVE</p> <p>Ref: 5RA8989 Price: 259.000€ 1 Bedroom, 1 Bathroom Interior: 37,50 Mts, Terrace: 11,40 Mts</p>	<p>El Flamboyán (El Madroñal)</p> <p>Ref: 3RC3043 Price: 695.000€ 4 Bedrooms, 3 Bathrooms Garage, Interior: 200 Mts, Terraces : 90 Mts</p>	<p>Club Atlantis (Pto Colón)</p> <p>EXCLUSIVE Permitted V.V</p> <p>Ref: 5RA7160 Price: 399.000€ 1 Bedrooms, 2 Bathrooms Interior: 75 Mts, Terrace: 25 Mts</p>
<p>Villa (Madroñal de Fañabe)</p> <p>Permitted V.V</p> <p>Ref: 3V8233 Price: 2.500.000€ 8 Bedrooms, 8 Bathrooms Interior: 1.070 Mts, Terrace: 550 Mts</p>	<p>Villa (Costa Silencio)</p> <p>Permitted V.V</p> <p>Ref: 5RC3040 Price: 1.246.000€ 3 Bedrooms, 7 Bathrooms Interior: 688 Mts, Terrace: 300 Mts</p>	<p>Villa (Madroñal Fañabe)</p> <p>Permitted V.V</p> <p>Ref: 5V9099 Price: 1.700.000€ 4 Bedrooms, 4 Bathrooms Interior: 300 Mts Exterior: 360 Mts</p>	<p>Villa (San Eugenio)</p> <p>Permitted V.V</p> <p>Ref: 25V8234 Price: 2.700.000€ 5 Bedrooms, 5 Bathrooms Plot size 557 Mts, Terrace:</p>

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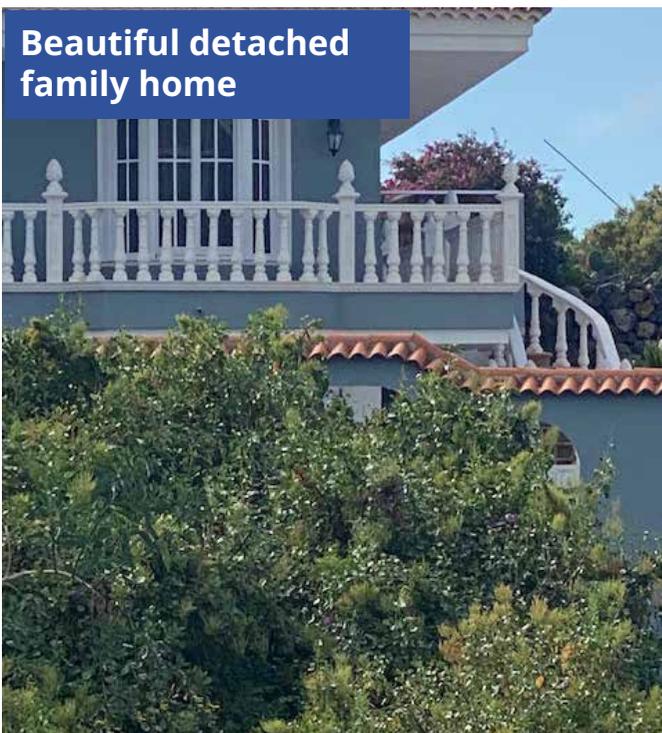
basin and toilet, and sun terrace; The upper floor comprises the main living accommodation, with a large lounge, separate spacious dining room, 2 large double bedrooms with doors leading out to a metre-wide, covered terrace around the entire periphery of the house, (which also enables all doors and windows to be easily cleaned), and a small, single bedroom – currently used as a home office complete with ample electrical sockets and fibre optic internet connection. The large dining room could also be used as a further double bedroom with a view out to

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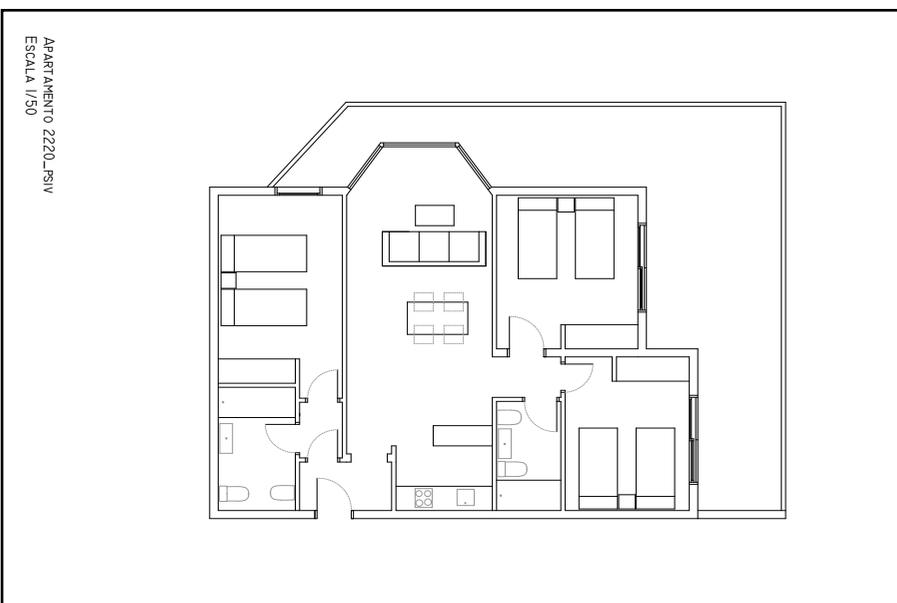
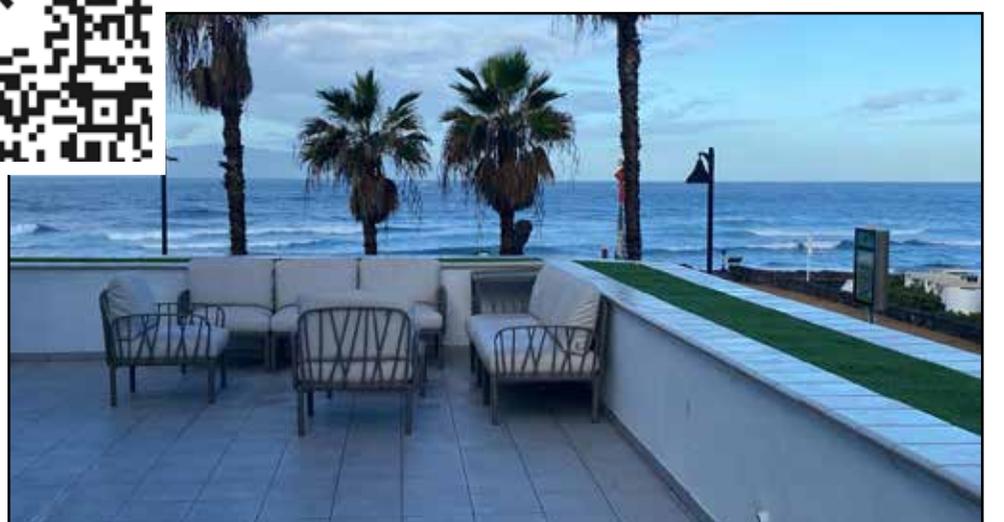
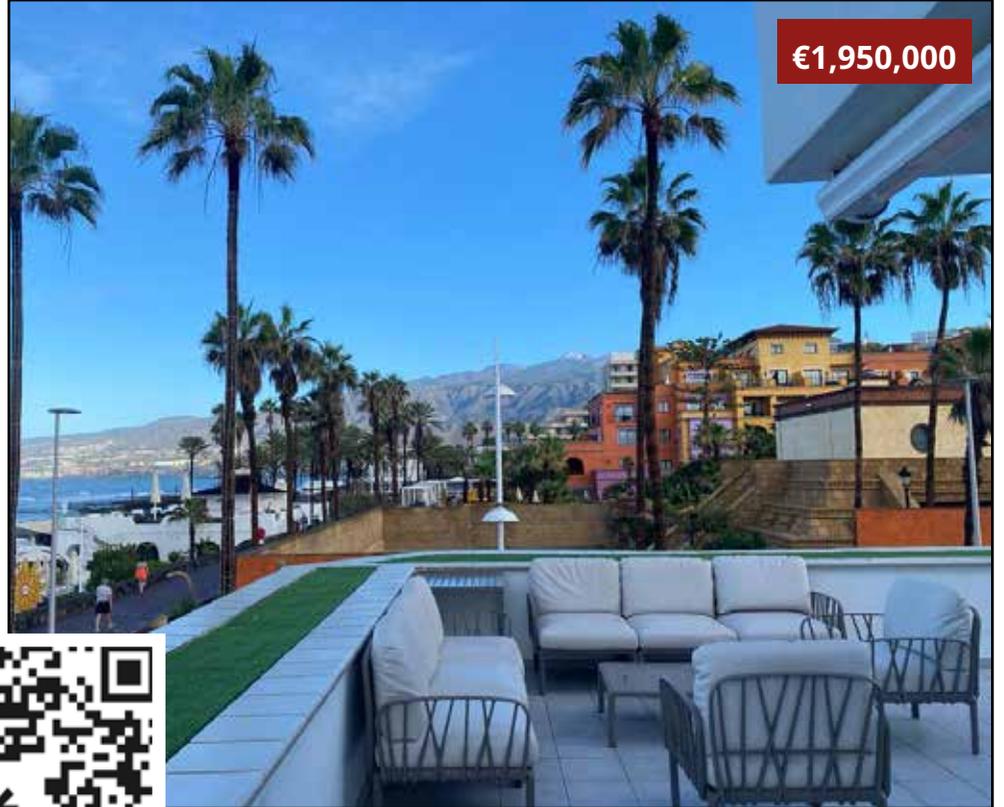
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The Speed Project Atacama: The rebel race across a desert

By Tom Reynolds, BBC Sport



The dry, desolate landscape of the Atacama Desert has been used by American space agency Nasa to replicate conditions on Mars

The Atacama Desert, Chile.

The driest non-polar desert on earth.

Average annual rainfall? Under a millimetre, with some regions waiting decades between sparse showers. The temperature swings from 30C in the day to below freezing at night. It is a region so barren and devoid of life that Nasa regularly uses it to simulate and practise for their landings on Mars. It sounds like a tricky enough place to organise a Parkrun, so where do you even begin organising a 310-mile non-stop ultra-marathon?

If your name is Nils Arend - and your race is The Speed Project - the answer is simple.

You don't.

It's 4am in late November in the Chilean beach city of Iquique.

Ninety runners from all over the world are limbering up in a deserted skatepark on the beachfront, 50m from the Pacific Ocean. The streets, other than a host of stray dogs, are deserted. Apart from the buzz of camera drones flying overhead and the nervous energy of the short-shortened runners milling about, it is strangely quiet.

Until a voice rises above

the rest.

It's the softly spoken German-American fusion accent of the man who has convinced everyone to be here. And, more importantly, to leave here, on foot, and run across the Atacama Desert, alongside the main highway, to the 'finish line' at San Pedro de Atacama, some 500km away and at an altitude of 2,400m. Like the American version of The Speed Project (TSP) from Los Angeles to Las Vegas which made organiser Arend's name, this race has no prize money, no rules, no set route and no website.

And, like LA-LV, there is no official way to enter.

Invitations and intros come via Arend's WhatsApp, and the event itself is unsanctioned and entirely unsupported. Unsupported, perhaps, but certainly not under the radar. Among the 90 runners - broken down into 15 teams of six - are former Olympi-

ans, American MTV presenter Nev Schulman, the so-called "real-life Forrest Gump" William Goodge, one of the fastest Britons to run across America, external and former women's international footballer Daniela Andrade, who has run the length of Chile solo.

When those runners left the 'start line' - an entirely arbitrary point on one edge of the skate park where Arend elected to stand when he got out of his pick-up truck a few minutes earlier - they had zero support from TSP organisers. Unsupported racing is not a new phenomenon in running, or indeed in other sports like ultra-distance cycling.

For example, The Trans Continental (TCR) is infamous in the world of cycling as a brutal, yet beautiful 4,000km solo race across Europe in which accepting help of any kind means disqualification. But even in races like TCR each rid-

er has a tracking device and there are checkpoints to ride through and monitor the welfare of the field. Arend already adamantly shied away from any such checks and balances for The Speed Project.

With TSP Atacama, he pushed the boundaries and runners' comfort zones even further. In the pre-race briefing he readily admitted that if his US and Chilean races were compared to cats then "LA-LV would be a domestic cat, while Atacama would definitely be a tiger".

The TSP Atacama course, or what passes for it without an official route, includes only one option to resupply. As a result, the assembled teams all have two vehicles in tow. Mostly US-style flat-bed trucks, they are laden down with enough food, fuel and, crucially, water to sustain six runners and their support staff for one, long continuous run across a moon-like landscape. One runner in each team of six has to be moving at all times alongside the one road that traverses this hugely inhospitable environment. Number one runner and captain for one team, and a standout name in the race, is Roberto Mandje.

Mandje is an Olympic track and field athlete, competing for Equatorial Guinea at Athens 2004.

Later in his professional career, Mandje raced at the World Cross Country Championships and the World Trail Racing Championships. But the track was his first love, and specifically the 1500m. Which is handy, because his team's policy, and that of most of the other 14 teams, was little and often.

In essence, the favoured tactic for the fastest way to clock 500km was frequently swapping runners in and out and breaking the distance down into two or three kilometre sections each.

On repeat. For nearly two days. In theory, each leg sounded pretty achievable. About half a Parkrun at a time. But, as Mandje attests, in the middle of the night, without any sleep and with a day's running already in your legs, The Speed Project got serious.

Mandje made his living racing the 1500m at top speed, recovering with ice baths and complex warm-down routines. In Chile, with recovery taking place



The race's exact start, arbitrarily chosen by organiser Nils Arend, was next to a skatepark in Iquique

while cooped up eating cold pizza in the back of a pick-up truck, he found himself suddenly reduced to walking parts of the TSP route. "What made it really, really challenging is you're running short intervals and then getting into a van, getting stiff, getting tired, then in another hour you're jumping back out to run again," says Mandje. "After two days that starts to wear and tear on you - especially for those overnight legs when you're out there with your thoughts and accumulated fatigue. "The hardest point, somewhere on day two, I just hit a 30km stretch where I struggled. Each time I got out of the vehicle I had to start each leg as like a shuffle or a speed walk. "It was also the point of the journey where you're a long way from the start, so you can sniff the finish but you also know there's a long way, and a lot of climbing,

- shortly after insisting that all cameras and recording equipment were turned off - was at pains to point out a few Speed Project ground rules. "We do our best to communicate the level of risks everybody takes by participating, and we do our best to prepare," Arend says later. "And that's also why, or partially why, we choose the people to participate and not make it a raffle to determine the field. "It's pretty clear that this is a dangerous event. "Knock on wood, we haven't had anything bad happen, but we know that there is the risk that it can, and we do our best to communicate that. There are certain ways how you can behave to limit that risk."

Overwhelmingly, he tried to get across the imperative that all teams put safety first. And, secondly, in slight contradiction, he then laid out arguably the race's



The 90 runners were drawn from all over the world by private invites to take part

to go. "But hitting a rough patch was part of the beauty of it."

Long before Mandje's personal crisis, the race itself was thrown into a wider crisis. Much more serious than pain in the legs, this was related to the strong arm of the law.

In the 24 hours before The Speed Project got going there were two non-negotiables. Firstly, a trip to the supermarket to buy, among other things, nearly 100 litres of water, 60 baguettes and a mountain of nachos. Second was to attend an off-the-record pre-race briefing in which Arend

most vital tenets. Unsanctioned: no route, no route markers, not an "official event" in any way, shape or form.

The party line, if pulled over by the police is that we're "just a group of friends running from Iquique to San Pedro de Atacama". Nothing to see here.

The second non-negotiable and perhaps the thing he believes in above all else? That embracing discomfort is the path to personal growth. That authority, and the established ways of doing things, in running,

Continued on page 30



The winning team covered the 310 miles between Iquique and San Pedro just inside 35 hours

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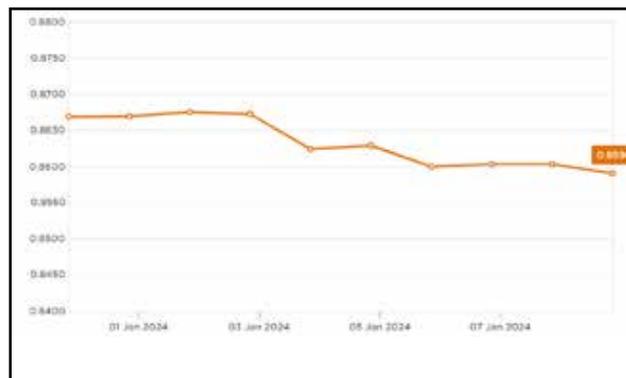
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Latest currency news

The euro has tested new multi-month lows over the past couple of weeks, in the wake of the European Central Bank's (ECB) latest interest rate decision. During this period, we've

seen GBP/EUR climb from €1.16 to a five-month high €1.17, while EUR/GBP slipped from £0.86 to £0.85. At the same time, GBP/USD has fluctuated between \$1.26 and \$1.27, while EUR/USD fell from \$1.09, to \$1.08.

What's been happening?

The euro remained on the defensive over the past couple of weeks. A key source of weakness was the disappointment that the ECB didn't do more to dispel

rate cut bets, following its first policy meeting of the year. The US dollar was initially supported by some stronger-than-expected data and an easing of Federal Reserve rate cut speculation. Before these gains were trimmed by a positive shift in market sentiment toward the end of January.

Meanwhile, the pound has traded in a wide range in the second half of January, as uneven data and a fluctuating market mood infused volatility into the currency.

What do you need to look out for?

Looking ahead, the focus now turns to the Federal Reserve's latest interest rate decision. USD investors will be paying close attention to the language used by Fed Chair Jerome Powell as they seek to gauge the odds of a March rate cut.

The Bank of England (BoE) is also set to conclude its first policy meeting of the year later this week. Will the bank push back on rate cut speculation and lift the pound? In the meantime, the Eurozone's latest GDP figures are expected to confirm the bloc slipped into a recession at the end of 2023, potentially applying even more pressure to the euro.

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and in life - are there to be challenged. And, most importantly of all, The Speed Project is not illegal.

In the dying light of day one of the race, though, the local police begged to dif-



The winning team covered the 310 miles between Iquique and San Pedro just inside 35 hours

fer. For much of the first few hours the gaps between the teams weren't huge. But after a long, steep climb away from the ocean on a jet black road covered in bright white salt from nearby lithium mines, things started to split up. At sunset, with the

nerves. A meeting was hastily called just before midnight. In a truck stop of all places. Arend calmly set out the lie of the land and, while sensitive to the fears and putting the decision into the hands of the teams

themselves, also reiterated the TSP's unsanctioned, unsupported, not illegal ethos. A couple of teams chose to stop. The majority, including Mandje's contingent, chose to race on.

For Arend it was a defining moment.



The race attracted the attention of local police, with a few teams deciding the risks involved didn't warrant continuing

teams well spread, rumours were spreading like wildfire. The race WhatsApp group was ablaze with talk of runners being threatened with handcuffs by the increasingly irate local police. With the race taking place on the only main road in the region, runners were rubbing hard shoulders with huge mining trucks. In the day drivers were seemingly not bothered, but the night was a different story. Their, and the police's, patience, with Arend's party line about a "few mates running to San Pedro" was starting to wear thin.

So were the runners'

Before he found marathon running in Los Angeles in his mid-20s, Arend had organised a rave night in a borrowed brothel in Hamburg's red-light district. Brushes with the law do not faze him, although he admits the Chilean police's near-terminal intervention have effectively ensured that this first edition of TSP Atacama will also be the last - on the 2023 'route' anyway.

"I don't think there will be another like this because of the situation with the cops," he says. "They let us get away with this one. I don't think they would let us get

away with another one like that. So you need to adjust. "We were forced to react to circumstances, forced to be creative and make some hard decisions in the moment. I love being in that spot. "The authority issue we ran into didn't make me worry whatsoever. It was a good thing that this happened. "There was a little bit of reality check for some people. "Often what gets forgotten with TSP is this is truly unsanctioned - this is not just a cool word. There are some consequences to that and I tried my best to communicate those consequences."

For Mandje, the consequences were life-changing. His team finished ninth in 43 hours 46 minutes, nearly nine hours behind the winners, the Belgrade Urban Running Team, who came home in 34 hours 55 minutes. Of the 15 teams who started, 12 crossed the finish line, a 30ft white cross on the outskirts of the Atacaman tourist town of San Pedro. For a man who made his living in races lasting four minutes, to finish nearly six hours off the pace is quite the contrast.

But that was the point for Mandje. The clock became, to a point, pointless. "The Speed Project was completely different to the Olympics when you have heats, semi-finals and finals and you're putting all your eggs in one basket in terms of racing by yourself," he says. "One of the biggest draws was that I was going into a relative unknown entity with the distance and then throw in the complexity of running with a team that you've never really run with before. "You're demanding a lot from your body, just getting up and running whether it's in the day in the heat or the night in the cold. "There's a lot of opportunities to get mentally drained as well as the physical impact of getting in a car and getting stiff. "That and the daunting fact and thought of 'Oh God, we still



One of the race's few rules was that one runner from each team has to be on the road and moving at any one time

have 160k to go'. "All that said, I would rush to do it again. It was such a beautiful experience to connect with running that has given me so much throughout my entire life, in a new and different way."

Mandje's story from racing at the Greatest Show on Earth to an unsanctioned Atacaman ultra also embodies the juxtapositions Arend is anxious to explore. In one sense, TSP is an elite club of 90 hand-picked runners from all over in the world taking on a race used, in part, by big outdoor and running brands as a marketing exercise. But, at the same time, the



Teams found themselves having to decide, not just how to finish the race, but also whether they should

unsanctioned, unsupported nature of the race also attracts runners craving a more universal experience, not just a race. It is a life-changing and, at times, life-risking (when the huge trucks were charging past at over 80mph) challenge among friends.

With the challenge finished and the race over, finishers celebrated - perhaps predictably given Arend's background in the Hamburg rave scene - with a wild pool

party that went long into the night. With the planet's tallest live volcano as a back-



Arend, who organises The Speed Project, has a background in putting on music events as well as races

drop, runners doubled up as DJs and finishers were

invited on to the stage to play paper, scissors, rock



Runners celebrated completing the race at a pool party

for a commemorative tattoo there and then. In a quiet moment away from the madness, Arend chatted about his relief that everyone made it back safely, but also his take on the camaraderie, and the allure, of The Speed Project in an increasingly sanitised world of professional sport.

"There are two ways a story can go down," he says before introducing a curious analogy. "You're on a train in the middle of the winter, you're travelling from A to B, and everything is going according to plan.

"You stay in your space, you don't interact with anybody, you do your thing, and you just get from A to B. "But, if on the same journey, the train gets stuck and the heater breaks, and you're in the middle of the winter, you will immediately connect with a lot of people around you, and it will, 100%, be a completely different experience. "Ultimately, what we are doing with TSP Atacama is breaking the heater."

Or turning it up, I suggest. "Ha, yeah, or turning it up."

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9 Health Benefits of Eating Eggs for Breakfast



What came first the chicken or the egg?

We may never know, but we do know there are many reasons to make eggs an essential part of your diet. Eggs have been a dietary staple since time immemorial and there's good reason for their continued presence in our menus and meals. Not only do they offer culinary variety — hard-boiled eggs, omelettes, devilled eggs and then some — they are also

a source of protein, calcium and several vitamins and nutrients. Here are some of the benefits of incorporating eggs into your diet.

1. It's a nutritious treat.

Though relatively small in size, eggs pack a lot of nutrition and can be an important staple in a well-balanced diet. One large boiled egg has about 77 calories and contains:

- Vitamins A, B5, B12, D,

E, K, B6

- Folate
- Phosphorus
- Selenium
- Calcium
- Zinc
- Six grams of protein
- Five grams of healthy fats

"Eggs are a good source of protein (both whites/yolk). They also contain heart-healthy unsaturated fats and are a great source of important nutrients, such as vitamin B6, B12 and vitamin D," says Kurt Hong MD, an internal medicine

specialist at Keck Medicinr of USC.

2. Eating cholesterol affects different people, well, differently.

Yes, it's true that eggs — specifically egg yolks — are high in cholesterol. A single large egg has approximately 186 mg of dietary cholesterol. However, before eliminating eggs from the menu, it's worth investigating the dietary guidelines provided by the U.S. Department of Agriculture (USDA). One study suggests that eggs don't raise cholesterol at all for about 70% of people. According to the researchers, cholesterol in the diet doesn't necessarily raise cholesterol in the blood. The remaining 30%, who are called "hyper responders," can mildly raise total and low-density lipoprotein (LDL) cholesterol by consuming eggs.

"As with any food, the key here is consumption in moderation," says Hong, who is also a clinical professor of medicine at the Keck School of Medicine of USC.

3. Eggs raise good cholesterol.

Eating eggs leads to elevated levels of high-density lipoprotein (HDL), also known as the "good" cholesterol. People who have higher HDL levels have a lower risk of heart disease, stroke and other health issues. According to one

study, eating two eggs a day for six weeks increased HDL levels by 10%.

4. Get some choline.

Choline is a water-soluble vitamin that is often grouped with the B vitamins. It's used to build cell membranes and helps produce signaling molecules in the brain. One hard-boiled egg has about 147 mg of choline, which is 27% of the daily value recommended by the U.S. Food and Drug Administration (FDA).

5. Eggs help maintain your eyesight.

As we get older, we need to take better care of our eyes. Egg yolks contain large amounts of lutein and zeaxanthin, helpful antioxidants that help reduce the risk of cataracts and macular degeneration in the eyes. Eggs are also high in vitamin A, which is beneficial for eye health.

6. Some eggs are better for you.

Omega-3 helps reduce triglycerides, which are a type of lipid fat in the blood. That's why eating Omega-3 enriched eggs may be an option, particularly if you don't enjoy other foods (fish, nuts, seeds) that are naturally rich in Omega-3. (If your triglyceride level is below 150, you're doing well; 150-199 is borderline high; 200-499 is high; and 500 and above is consid-

ered very high.)

7. Get enough proteins and amino acids.

Getting enough protein in our diets is an important way of helping our body's health. Each egg contains about six grams of protein, as well as helpful amino acids. Getting our share of protein for the day can help with weight management, increase muscle mass, lower blood and help our bones, as well.

8. They're not bad for the heart.

Despite what was believed in previous decades, there is no direct link between egg consumption and heart disease or stroke. But some studies show that people with diabetes who eat eggs increase their chance of heart disease. People who follow a low-carbohydrate diet and eat eggs have less of a chance of developing heart disease, some studies suggest.

9. It's a filling meal.

You might have noticed that eating eggs for breakfast may keep you feeling fuller for longer — that's generally attributed to the high protein content in eggs. Whether you have an omelette for breakfast or a hard-boiled egg as a snack, eggs can help you stay satisfied after or between meals.

Elfstedentocht: The famed, frozen race that may never return

By Matthew Kenyon, BBC Sport

"There was no other way but to get moving - otherwise you were freezing. And lots of people were freezing - frozen eyes, frozen toes, whatever. Your weak parts, frozen!"

It's 18 January 1963 and Leffert Oldenkamp is skating through the dark, freezing, foggy morning. He has had next to no sleep, the temperature is a bone-chilling -18C, and the icy wind

cuts through his clothes.

He is taking part in one of the toughest sporting tests there is - skating nearly 125 miles on uneven natural ice through the bleak, winter landscape of the Dutch province of Friesland. This is the famous Elfstedentocht - the 'Eleven Cities Tour' - a test of physical and mental endurance like no other. The 1963 edition proved so brutal that just a handful of people made it to the

finish out of the thousands who started. The winner, Reinier Paping, became a national hero. Oldenkamp was one of the few to follow him home. Sixty years later, there have been only three subsequent editions of this astonishing event - the most recent way back in 1997.

Yet despite its rarity, it remains a national obsession in the Netherlands. When a cold snap comes, conver-



Leffert Oldenkamp (front) competes in the 1963 Elfstedentocht

sations turn swiftly to the ice: might it finally happen this year? Those conversations are now tinged with the fear that the answer could be 'never again'.

Wiebe Wieling is a man with a highly unusual task. Each year, he leads the organisation of an event which almost certainly won't happen. Wieling is chairman of the Koninklijke Vereniging de Friesche Elf

Steden - the Royal Society of the Frisian Eleven Cities. It is the body responsible for putting on the Eleven Cities Tour, a marathon cross-country skating race over the lakes and waterways of the northern province of Friesland, famed for its intensity.

Participants must complete the near-200km course before midnight, getting a card stamped in each town to prove they

have passed through. Wieling and his fellow volunteers do everything that is needed, every year, whatever the weather, to prepare for what would undoubtedly be one of the biggest moments in the Netherlands so far this century. "Everything, in detail," he says, when asked what level of planning takes place. "We organise an edi-

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Differences between NIE, CIF, and TIE.

Most people living in Tenerife will be familiar with the above abbreviations, but for those who don't, the following might be useful:

NIE

A NIE number (short for NUMERO DE IDENTIFICACIÓN EXTRANJERA, or a foreign person's identification number). This number, once assigned, remains with the per-

son for life regardless of whether or not they apply for Residencia. It is something that you could be asked for by your Bank, the Tax office, Social Security office, Town Hall etc. This number along with your passport or ID card is Spain's way of identifying a person. Even if you change your name through marriage or divorce, the number remains

with you.

CIF

A CIF number is short for CERTIFICADO DE IDENTIFICACION FISCAL. This is the equivalent of a NIE, but for a Company and is allocated when a person opens an SL, SLU or SA company (similar to a Limited company in the UK but each of the three abbreviations refer to different

levels of a company.

TIE

TIE stands for TARJETA DE IDENTIFICACION EXTRANJERA. This is a card that is obtained by Third Country Nationals when they apply for Residencia. The format of this card for non-UK Third country nationals is slightly different, but the abbreviation is the same.



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tion every year. We have a plan consisting of 500 pages or something like that in which every detail has been arranged already on 1 December. "Because we cannot organise a thing like this in just a few days: we [will] have two million visitors, 25,000 participants, 3,000 journalists, the whole



A competitor in the 1963 race arrives in the city of Sneek, clutching the card he needs stamped to prove he has passed every checkpoint on the course

country gets crazy. "We want to be ready each year in December, so if there is a chance, we can use that chance."

Security, safety, catering, accommodation, traffic management, health-care - detailed preparations are made, just in case they can go ahead. But, to state the obvious, it needs to be cold - and the one thing organisers can't prepare is the weather. "Of course, it's frustrating," says Wieling. "But we know the chance is not that big - if we don't accept that, then we cannot function in a thing like this."

The race needs two weeks of temperatures of around -10C or lower, day and night, ideally without any snow. That should give a minimum of 15cm of ice around most of the course, enough to bear the weight of 25,000 people in a brief 24-hour window. The first official race in 1909 was one of only 15 times those requirements have been fulfilled in 124 years.

Back in 1963, the field was somewhat smaller, but the conditions were the worst ever known. Oldenkamp and another 500 or so competitive skaters had set off in the dark, in the early hours. The near 10,000 'tour' skaters - members of the Royal Society who are enthusiastic amateurs seeking to complete the course rather than win - would follow behind them. For the serious racers, there was a kind of 'Le Mans' start, with competitors running around a kilometre to the first watercourse, before putting on

their skates.

As the crowds and the town faded into the freezing darkness, the challenge truly began for Oldenkamp. He could, he says, hear his competitors as they set out across the first of the lakes to negotiate, but he couldn't see them. And skating - even for a hugely experienced

racer like Oldenkamp - was tough. A bitter winter, combining viciously low temperatures, snow and strong easterly or northerly winds had left the waterways of Friesland thoroughly frozen - but the ice was far from smooth. "You couldn't make the proper movement with skates," Oldenkamp says. "Sometimes it was a long haul, sometimes it was a short haul, and sometimes you were just walking. [It was] impossible to make a fluent movement on your skates and to use your technique. "If you see the movies of the Elfstedentocht in 1963, it is almost no skating."

The course makes a great loop of Friesland, initially heading south from Leeuwarden, before tracking to the coast then north to the towns of Harlingen and Dokkum, and back to the provincial capital. The elite field was already well strung out by the time they reached the coast and Oldenkamp found himself with two companions, urging each other on in solidarity rather than competing against each other. It was now daylight but that didn't help Oldenkamp spot a weak point in the ice, and he plunged through into the freezing water. "I didn't see it. I went straight into it," he says. Astonishingly though, it hardly held him up at all. "There was almost no interruption. I'm an experienced man in going through the ice. As soon as you are in the ice, in the water, you come out - skate on," he said. "You have a wet racing suit but there's no problem. You start moving and

it's OK. If you stop and try to change clothes, that's the wrong thing to do." Oldenkamp carried on, but behind him, as the thousands of tour skaters negotiated the early stages of the course, the weather was rapidly worsening.

Only once has Wiebe Wieling come close to announcing that the race would take place. That was back in 2012, when the Netherlands was briefly gripped by 'Elfstedentocht fever'. A long period of cold weather left large swathes of the country frozen, but the ice never reached the required thickness in the south of the province. Instead of triggering all the frenzied last-minute preparations that would be needed, Wieling's eventual task was to disappoint millions.

But he has not given up hope of being able to finally put his plans into action. "I am getting less confident, because of the things we see round the world in weather and climate changing," he says. "But we always say here we only need two weeks [of] high pressure in the north of Europe and we can have an edition, and there are exceptions in the weather and climate all over the world. "So because there is still a small chance, we have to be prepared to use that chance and take advantage of this possibility. So everybody is still working, each year."

Observing the frenzy which greets the onset of cold weather, he is phlegmatic. Frisian locals, he says, are less likely to succumb to over-optimism than their neighbours in the rest of the Netherlands. "We know what it takes to organise it, so we don't get excited if there's a prediction for one week of ice," Wieling says. "But the rest of the country already gets hysterical about a period of frost that will lead to people on the ice."

As Oldenkamp and his companions struggled, the bitter 1963 conditions bit harder. The wind picked up, temperatures fell further, and it became even more difficult to find the route. Information gleaned in each town - where participants get a stamp on a card to prove they have passed that way - was sketchy. Oldenkamp thinks he was about 10th and was told that Paping - the leader - was "10 or 20 minutes in front". No-

one seemed to know for sure.

At the small settlement of Bartlehiem, where skaters must turn away from their ultimate destination in order to reach the final staging post of Dokkum, someone tried to stop Oldenkamp from continuing. They told him the weather was too bad and tried to untie his skates. With his frozen fingers, it took him many minutes to retie them. Oldenkamp's chance of winning was long gone, but he never thought of giving up. "It was horrible, but you must be narrow-minded then. You must have only one purpose. I have to reach



Oldenkamp (front) was one of only a handful of skaters to make it through the dreadful conditions to the finish line

Leeuwarden," he says.

Strung out behind him, as the weather worsened and daylight began to fade, were thousands of participants, whose chances of reaching the end in one piece were receding fast. Battered by strengthening winds, with the course increasingly covered in wind-blown snow, many had barely made it halfway round.

The deepening cold and approaching night carried the threat of chaos and tragedy. Organisers decided that action needed to be taken and instructions went out to prevent people continuing. Even then the Elfstedentocht was a rare event, and to be deprived of the chance to finish - effectively forced from the ice - was a bitter blow for many. But Oldenkamp says the right choice was made. "It was already dark, it was six o'clock, and the wind was stronger and stronger. I think most of them would never have finished in time and would have got lost, and it was for safety reasons the best thing they could do - take them from the ice."

A film was made about the race a few years ago - it was called 'The Hell of '63'. Of the roughly 500 racers and 10,000 tour skaters, only around 120 completed the course that day. They

were led home by Paping.

Watching film of him being greeted when he returned first to Leeuwarden, you can see the toll it has taken on him. Snow-blinded and barely able to skate, having raced the second half of the tour entirely on his own, he is obviously close to exhaustion. He is swamped by the huge crowd - including Queen Juliana and Princess Beatrix - which had gathered to welcome him home. Some time later, Oldenkamp made his own finish, an hour and 20 minutes after Paping, in 44th place. The royals had gone, but the welcome - and the feel-

ing - was the same.

"There were a lot of people and they help you and they were enthusiastic. I felt as if I had won the race," he says. "They came with flowers - immediately, when I was at the finish line I got flowers. And I got support, drinks, and 'how do you feel?' and 'let me look at you, come on'. "I was broken, and I was happy that somebody supported me. I just reached the finish line and then I needed support to do the next... well it wasn't skating; you were moving on skates. "I was not skating any more. It was impossible to skate!"

Paping's feat in 1963 brought him lasting nationwide fame, which wasn't always welcome. "His wife always said it has been the most terrible thing in our lives, because he never said no to a journalist, or to an invitation or to an opening," says Wieling. The back-to-back winner of 1985 and 1986, Evert van Benthem, moved to Canada - in part to escape the constant attention. Although female skaters had taken part almost since the beginning, 1985 was the first year in which they were officially allowed to compete. Lenie van der Hoorn was the first female competitor home that year. If and when the Elfstedentocht takes place again,

there will be a separate title for women for the first time.

Twenty-seven years and counting since the last edition, it's impossible to predict exactly what impact the next race will have - if it comes at all. But Wieling is certain the winners will continue to occupy a special place in the Netherlands' sporting pantheon. "You will be the hero of the country for many years, until you die," he says. "No-one will ever forget you - and you will be confronted with that every day." Even in the continuing absence of ice, the lure of the route between Friesland's 'Eleven Cities' remains.

In 2019, former Olympic open-water champion Maarten van der Weijden - who had leukaemia in his youth - raised millions of euros for cancer research when he swam the route. In 2023 he capped even that remarkable feat with an Eleven Cities Triathlon, completing three laps of the course - one in the water, one on a bicycle and one on foot, accompanied by swelling crowds of supporters and again raising millions. There is an Eleven Cities cycling tour which takes place each year, while tourists can trace the route at a more leisurely pace.

During the winter, thousands of Dutch skaters head to higher, colder climes to take part in an 'alternative Elfstedentocht', racing the full distance around a lake in Austria. There is even a musical, launched in October in a specially built theatre in the Frisian capital, which has the Elfstedentocht as its central theme. A revolving, ice-covered stage allows the actors to skate while remaining stationary in front of the audience.

But it is the real sport, and the original route, which holds the tightest grip on the Dutch imagination. Every year, when there is a cold snap, they head for the ice. Sports skaters gliding at high speed through frozen landscapes, families teaching youngsters the magic, young and old gathering wherever there is enough ice to skate. Freezing weather, hot drinks, sweet snacks - and every year the same excited conversations. Could it happen? Will there finally be an Elfstedentocht this year?

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Most companies do not name drivers on a policy, really

only the policyholder who does not necessarily have to be the owner although with some companies this is both preferable/ obligatory.

In general, policies have a Driver's age on which they start (usually 25 – 28) up to 70 or 75, although for existing customers over 75 most companies will continue to insure but often with a higher premium.

There are various levels of cover available but the basic legal requirement in Spain is THIRD PARTY COVER. This cover means that in the event of an accident there would be no cover for the policyholder's vehicle

- only for damage to the other vehicle (if the policyholder was at fault). Most non-Spanish Policyholders will not take the basic third party cover as they prefer the peace of mind of Fully Comprehensive (similar to their home country). Here this is known as TODO RIESGO. Most companies (but NOT all) offer TODO RIESGO with various levels of excess - ranging from €90 - €600 or more depending on the company and the vehicle concerned.

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'First of all you must be patient, then you need spatial memory': The man behind the puzzle that 99% can't solve

By Myles Burke, BBC Culture



In 1975, the Hungarian academic Ernő Rubik applied for a patent on his invention. Little did he know that his ingenious teaching tool, created behind the Iron Curtain, would become an iconic global phenomenon.

With its bright iconic design, plus the fact that it transcends languages, ages and backgrounds, and doesn't even require instructions, it is perhaps not surprising the Rubik's Cube became a best-selling global phenomenon.

Not to mention that it is portable, and can be solved in countless ways. But initially, Ernő Rubik did not realise quite what he had on his hands when he invented his ingenious, confounding colour-matching puzzle. He did not even think about whether the cube – that would ultimately make his name famous the world over – would be successful, he told the BBC's Terry Wogan in

1986. "I was not worried because I never decided to do that, that was nothing that I was running for," he said. He had originally not devised his cube as a toy, but as a teaching tool for his students.

In 1974, he was working as a professor of architecture at the Budapest College of Applied Arts. Believing that the best way to teach his students was to show them, he wanted to create something they could play with to get them thinking creatively about geometric forms and spatial relationships.

His aim was to make something tactile and mobile, that was simple enough for his students to understand but contained some kind of problem to be solved. And also, importantly, it would challenge them to persevere when faced with a complex, frustrating puzzle. "First of all

you must be patient, it's very useful to solve a problem, then you need some spatial memory, three-dimensional memory," he said on the talk show, Wogan. "To memorise which congregation you are and where the pieces are and so on... If we close our eyes, we know, we remember, and not for a picture only but the meaning of the picture."

It is estimated that by 1982, more than 100 million Rubik's Cubes had been sold.

His prototype was a wooden six-sided cube composed of smaller cubes. He initially tried to drill holes in the cubes to link them together with rubber bands but it continually fell apart. So, he designed a hidden mechanism that held the cube in place, while allowing its individual smaller cubes to twist and turn. He added a solid colour to each side

of the cube to make the movement visible. Then he twisted it, jumbling the colours and tried to restore the cube to its original state, where each face displayed a single colour.

The first time it took the best part of a month for him to do it. Making him the first person to solve the Rubik's Cube. It is estimated only 1% of people can solve the puzzle without any help. He conceded to Wogan that he was not as fast as he once was. "I'm not very fast, if I am in practice I can do one minute or something like that, but I am not practising on it right now, years before I was much more faster. I'm not in condition." Therein lies the appeal of his cube. It is deceptively simple, incredibly addictive but also maddeningly frustrating to actually do.

He tried his prototype on his students, allowing them to work out their own solutions, and they loved it. On the back of its popularity among them, he decided in January 1975 to apply for a Hungarian patent for his "Magic Cube".

Due to manufacturing restrictions in the planned economy of communist Hungary at the time, for the first few years the puzzle's main enthusiasts were designers, architects and mathematicians within the country. It was when it debuted at the Nuremberg Toy Fair in 1979, and was picked up by the Ideal Toy Corporation, that it really took off. In 1980, the renamed "Rubik's Cube" began to be sold internationally, and it took the toy market by storm, captivating people of all ages.

Global challenge

Word about it quickly spread, with millions of people worldwide taking up the challenge, which in turn prompted a flood of books telling people how they could actually solve it. It began cropping up everywhere, and international competitions were held, sparking a craze for competitive "speedcub-

ing", which continues to this day. It is estimated that by 1982, more than 100 million Rubik's Cubes had been sold, with countless other counterfeit versions also being flogged to meet the public's demand for the toy.

During the height of its popularity in the early 1980s, nowhere seemed free of the Rubik's Cube craze. They adorned t-shirts and posters, featured in songs, and the cube even had its own TV cartoon adventure series, Rubik, the Amazing Cube, featuring a flying, talking version of the puzzle.

In 1982 the noun Rubik's Cube entered the Oxford English Dictionary and the cube earned a place as a permanent exhibit in New York's Museum of Modern Art. The famous brain teaser is no longer the global craze it once was, yet its enduring appeal and its impact on popular culture linger on.

It continues to crop up in art and sculpture, and can be seen in films like Being John Malkovich, WALL-E and Spider-Man: Into the Spider-Verse. It was featured as a Google Doodle and in the Spice Girls' Viva Forever music video. It is name-checked in TV shows from Family Guy

to Law and Order and The Big Bang Theory. There is even a Netflix documentary, The Speed Cubers, about the friendship between two of the stars in the world of competitive cubing.

Rubik's Cubes are still being sold, with committed fans setting new records all the time, solving the cube blindfolded, underwater, while skydiving or even while juggling. Due to the number of knock-off versions over the years, it is difficult to know the precise figures Rubik's Cubes sold, but estimates put it at more than 400 million to date. Ernő himself went on to set up a foundation to support promising young inventors in Hungary, and established his own studio designing furniture and games, such as the Rubik's Snake. But nothing else he created was the phenomenon that the cube was.

For him it wasn't about that, though. He told Wogan that he was still driven by the same impulse that made him come up with his best-selling cube. "I like to do my best all the time as a designer and solving design problems is the best thing. So, it does not depend on how successful it will be."



The cube was the invention of Ernő Rubik, an academic working behind the Iron Curtain in communist Hungary

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Hermit crabs are 'wearing' our plastic rubbish

By Victoria Gill, Science correspondent, BBC News



The vast majority of the items the researchers saw the hermit crabs using in the photographs were made of plastic

Hermit crabs all over the world, which scavenge shells as armour for their bodies, are turning increasingly to plastic waste instead.

The conclusion is based on analysis of photos, taken by wildlife enthusiasts, and published online. Scientists said they were "heartbroken" to see

the extent to which the animals were living in our rubbish. They said two-thirds of hermit crab species were pictured in "artificial shells" - items that humans discarded.

The study used social media and photo-sharing websites, as one of the researchers Marta Szulkin, an urban ecologist from the University of Warsaw, explained: "We started to notice something completely out of the ordinary.

"Instead of being adorned with a beautiful snail shell, which is what we're used to seeing - they would have a red plastic bottle cap on their back or piece of light bulb." She and her colleagues, Zuzanna Jagiello from the University of Warsaw and Łukasz Dylewski, from Poznan University of Life Sciences, found a total of 386 individuals using artificial shells - mainly plastic caps. "According to our calculations, 10 out of

the 16 species of land hermit crabs in the world use this type of shelter and it's been observed in all tropical regions of the Earth," Prof Szulkin explained.

It isn't yet clear whether these materials are harmful - or perhaps even helpful - for the small, vulnerable crustaceans. "When I first saw these pictures, I felt it was heart-breaking," Prof Szulkin told BBC Radio 4's Inside Science. "At the same time, I think we really need to understand the fact that we are living in a different era and animals are making use of what is available to them."

Fighting over plastic

This internet-based ecological study revealed that this use of artificial shells is a "global phenomenon". "We saw it in two-thirds of all terrestrial hermit crab species," said Prof Szulkin. "That's what we could identify just by using pictures taken by tourists." The researchers say the findings open up new questions about how these coastal crustaceans interact with and use plastic. As well as understanding whether it causes them any harm, the scientists want to work out how it might affect their evolution. This whole group of crabs have adapted to scavenge and use discarded snail shells to protect their fragile bodies. And when those shells are in short supply, the crabs will fight over

them.

What we don't know is how much the element of novelty might affect them - and whether the crabs will fight over artificial plastic shells," explained Prof Szulkin. The researcher said that the natural snail shells were in decline, so she suspected it might be becoming easier for the animals to find an artificial alternative. And lighter, plastic 'shells' might even help smaller, weaker crabs to survive because they are easier to carry. There is certainly a great deal of plastic in the marine environment for the animals to choose from. A recent study that attempted to

quantify the scale of plastic pollution estimated that at least 171 trillion pieces of plastic are now floating in our oceans.

That could nearly triple by 2040 if no action is taken, experts have warned. But there is hope that 2024 could see nations finally sign up to a long-awaited global treaty to end the scourge of plastic. Mark Miodownik, who is professor of materials and society at University College London told the BBC that there was a lesson for humans in these images. "Just like the hermit crabs," he said, "we should be re-using plastics much more, instead of discarding it."



The pretty little Greek island frozen in time where cars are completely banned

By Alice Scarsi and Maria Ortefa, News Reporters, Dail Express

This island counts some 2,000 residents all year round - but in the summer the population swells to more than 10,000.

There is a tiny island in Greece frozen in time, where all cars are banned.

Any type of wheeled vehicles - cars, motorbikes and even bicycles - were axed from the beautiful island decades ago. Since the 1950s, when a presidential decree abolished the use of these vehicles on the island, the stunning Hydra has heavily relied on donkeys, mules and horses for the transport of goods and

people.

The decision to ban cars was made to preserve the island's architecture, natural scenery and clean air. Given Hydra is built on steep hills and the only way to reach many of its homes is through narrow alleyways, sturdy mules are the best way to get around - and many can be found at the port of the island ready

to help tourists and locals. As a result of the ban, the noise of horns and traffic heard in most other cities around the world has been replaced by the sound of four-footed hoofed animals clattering over cobblestone streets.

While this policy may appear restrictive, it has remained in place for decades thanks to the fact the local community endorsed and encouraged it from the



Around 2,000 people live on the Greek island of Hydra

get-go. Located two hours by ferry from the port of the

Piraeus in Athens, Hydra is less than 31 square miles and counts around 2,000 residents. In the summer, its population swells to about 10,000 people including seasonal workers and visitors.

While the lack of vehicles could be seen as an obstacle to tourism, holidaymakers largely appreciate the clean air and road safety coming with the choice to ban cars.



Donkeys, horses and mules are the main means of transport on Hydra

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What's the difference between a Physiotherapist, a Chiropractor and an Osteopath?

To the average person, an osteopath, a physiotherapist, and a chiropractor may seem like more or less the same job. All deal with musculoskeletal pain, require a university degree, and certification from an accredited course.

While they may seem similar at a glance, the three professions take very different approaches to health, so it is important to understand what sets each one apart from the others before deciding which of these professionals is best for you.

Physiotherapist

Probably the most well-known of the three job titles, it is worth starting off by drawing a distinction between a physiotherapist and the similar-but-distinct title of physical therapist. While both can be

legitimate careers, it is important to know that only physiotherapists require a university degree, while physical therapists receive a narrower range of training over a shorter period of time.

In comparison to osteopaths and chiropractors, one of the primary distinctions of physiotherapy is its use of an all-encompassing approach that looks beyond the purely physical elements of an issue, also taking both psychological and social factors into account when treating patients. This means that if a patient were to present themselves to a physiotherapist complaining of back pain, rather than simply identifying the problem area and treating the symptoms, a physiotherapist will attempt to identify why the problem manifested in the

first place, and prevent it from recurring in the future. This means looking at the physical side of things, such as posture and movement patterns, as well as psychological aspects such as stress or anxiety, and social factors such as work habits and hobbies.

Chiropractor

Of the three job titles, chiropractors are definitely the most commonly associated with back problems, although some claim it can help with issues such as asthma or sexual dysfunction. But at the same time, chiropractors are also among the most controversial in medical circles. The main feature of chiropractic treatment that sets it apart from physiotherapy and osteopathy is its focus on manipulation, which is when joints are pushed and

pulled to their farthest possible range of motion. The belief is that physical pain can be resolved by getting a chiropractor to manually put everything "back in the right place".

Chiropractors are somewhat controversial for a number of reasons. Firstly, their techniques are seen as unnecessarily risky, with chiropractors having some of the highest instances of adverse patient reactions. They are also looked down upon from a scientific per-

spective, with one of their main theories having no evidence to even support its existence. "Chiropractic subluxation" is claimed to cause organ problems by disrupting the nerves along the spine, but this has never been shown to actually exist, meaning their attempts to treat it for both back pain and organ prob-

Osteopath

Osteopaths are quite similar to chiropractors in that they also place a lot of importance on manual manipulation, although they tend to be a lot more gentle. The prevailing theory of osteopathy is that the body is at its best when all of its tissues are moving how they are supposed to. Os-

teopathy is viewed by many as not only ineffective, but meaningless and irresponsible. However, some studies have shown osteopathy to be ineffective in achieving its claims, while others show evidence to support it. The general consensus is that while osteopathy may have science to back up some of its claims, other claims are simply not true, and further research is needed to separate fact from fiction.

Although these jobs may seem similar, and usually have similar goals, it is clear to see that there is a distinct difference between physiotherapists, chiropractors, and osteopaths. To the average person, these titles may appear interchangeable, but many people will make a different choice when presented with the facts.

While there is a clear frontrunner from a scientific perspective, the key takeaway here should not be to learn the technical difference between these roles, but to realise the importance of researching medical professionals before seeing them. Only then can you make a truly informed decision.

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Las Americas, Restaurant

€250,000

FRINA Tenerife offers for sale this Large Front-Line Restaurant in Las Americas facing the beach promenade which is always busy and offers a lovely view. Moreover, the restaurant is located on a corner, so you have even more people passing and a large terrace! If you are looking for that amazing location to open a large restaurant or lounge bar you... For full information see website or contact:

Ref: 2459 | FRINA Tenerife SL - Business Sales | 922 085 191

€249,999 - €150,000

Costa del Silencio, Bar/Cafe

€230,000

FRINA Tenerife is now offering this Belgian Bar/cafe for sale. Located in the Tenbel commercial centre. Tenbel is a well-known centre and attracts both tourists and residents. This bar is well-known with the Belgian residents on the island. also, this bar offers a wide range of Belgian beers. The premises are 100m2 of interior space with a 15m2 kitc... For full information see website or contact:

Ref: 2538 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Commercial Property

€220,000

FRINA Tenerife is now offering this investment property for sale, in Golf del Sur. This property has an established business and good tenants. The premises of this freehold is a 66m2 interior and a terrace of 40 m2. If you wish to know more about this commercial property investment contact FRINA Tenerife. Para información en español llámenos: +34 ... For full information see website or contact:

Ref: 2523 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Gigantes, Freehold Property

€219,000

Clear Blue Skies Group SL are delighted to offer this freehold business premises to the open market, located in Los Gigantes on the sunny west coast of Tenerife. Los Gigantes is the biggest resort town on the west coast of Tenerife, situated just along the coast from the delightful towns of Puerto Santiago and Playa de la Arena. Los Gigantes is named aft... For full information see website or contact:

Ref: 8344 | Clear Blue Skies SL | 922 714 772

Torviscas Bajo, Bar/Cafe

€210,000

FRINA Tenerife this Busy Cocktail Bar For Sale in Torviscas Bajo, which is known as one of the best cocktail bars in the area and has excellent reviews on TripAdvisor, Facebook and other social media. It has been established for years and you will take over a genuinely successful business. Moreover, the owner only works limited hours hence, this is a g... For full information see website or contact:

Ref: 2567 | FRINA Tenerife SL - Business Sales | 922 085 191

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:

Ref: 2403 | FRINA Tenerife SL - Business Sales | 922 085 191

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 guests 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:

Ref: 2542 | FRINA Tenerife SL - Business Sales | 922 085 191

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:

Ref: 2603 | FRINA Tenerife SL - Business Sales | 922 085 191

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

Las Americas, Bar/Cafe

€150,000

FRINA Tenerife now offers this Famous traspaso café in Las Americas. And, it is a wonderful opportunity, to buy one of the most reputable British cafes in Playa Las Americas. The owner opened this bar over 10 years ago. And has grown to be one of the most recognized and popular cafes in the area. It has a great reputation for quality food, delicious cakes... For full information see website or contact:

Ref: 2533 | FRINA Tenerife SL - Business Sales | 922 085 191

San Eugenio Alto, Pool Bar

€150,000

FRINA Tenerife presents this rare opportunity to buy a Freehold Pool Bar for Sale. This pool bar is in a busy complex in Torviscas. It is an apart-hotel complex where you will have both residents, expats, and tourists as guests. A pool bar is always a sure success and whether you wish to work less and only sell drinks and ice cream during the day or al... For full information see website or contact:

Ref: 2555 | FRINA Tenerife SL - Business Sales | 922 085 191

Fanabe, Pub

€150,000

FRINA Tenerife offers for sale this Entertainment Pub & Restaurant for Sale located on the first line in Fanabe. It is known to be one of the busiest entertainment pubs in the area offering live music every day. And in the evenings, you must book to be sure to get a table. Moreover, the place offers a full British menu. Nevertheless, you find both British... For full information see website or contact:

Ref: 2503 | FRINA Tenerife SL - Business Sales | 922 085 191

€149,999 - €100,000

Puerto Colon, Charter Yacht

€149,000

FRINA Tenerife now has the pleasure to offer this beautiful charter boat for sale in Puerto's colon. Puerto Colon is one of the busiest tourist harbours on the island and which contributes to this boat's popularity. This sunseeker boat includes an attached



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navigation 8 seats and 2 Volvo Kad 300 engines from 2021.

Ref: 2545 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€149,000

FRINA Tenerife now offers this Prime Location Bar in Los Cristianos, in front of Playa Las Vistas. It is a rare chance to buy in a truly prime location in front of the famous Las Vistas beach. The Bar in Los Cristianos has a great client base and is frequented by a lot of tourists, it has breakfast and lunch menu that satisfied all kind of clients. ... For full information see website or contact:

Ref: 2602 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Empty Local

€140,000

FRINA Tenerife offers this Freehold Office for Sale in Puerto Colon Commercial Center. A very central and busy location that enjoys lots of footfall year-round thanks to the many excursions business and bars in the area. Also, you are close to parking. The office is bright and spacious 92 m2. It was refurbished in 2019 with new electrical installations... For full information see website or contact:

Ref: 2477 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Pizzeria

€140,000

Now FRINA Tenerife offers this Business for Sale in Los Cristianos. The business is known for great pizzas and being located on a very busy street close to the beach and with a lot of footfall. Normally this is a very busy pizzeria that generates a high turnover year-round. Contact FRINA Tenerife for more details on this. The premises offer a large ... For full information see website or contact:

Ref: 2417 | FRINA Tenerife SL -

Business Sales | 922 085 191

Torviscas Bajo, Irish Bar

€139,000

FRINA Tenerife is happy to put on the market a Busy Irish Bar for Sale Traspaso. This lovely bar is in Torviscas Bajo where it is visited by tourists of all nationalities. Irish bars are always popular and so is this, securing the owner and high monthly income. Moreover, this place has a great reputation, and you will earn money from day 1! If you are ... For full information see website or contact:

Ref: 2518 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Cafe

€132,000

FRINA Tenerife now offers this Long-Established Bar in Las Americas in the famous Avenida Las Americas. It is a rare chance to buy in a truly prime location in this area full of big hotels and tourists. The Bar in Las Americas has a great resident and tourist client base thanks to 22 years of activity with the same owner, it serves mostly drinks and so... For full information see website or contact:

Ref: 2605 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Sports Bar

€125,000

FRINA Tenerife offers for sale this Entertainment Sports Bar in Puerto Colon. It is in a famous commercial centre visited by a lot of tourists and many locals. It's live Entertainment and great atmosphere attract people of different nationalities and ages to come and enjoy a fun night of Karaoke, live music, Sports and tasty food. This place always has... For full information see website or contact:

Ref: 2590 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Restaurant

€120,000

FRINA Tenerife is happy to offer this popular and successful Las Americas restaurant for sale. This business has been established for more than 8 years and is known to serve great food for a fair price. The menu is a wide range of ever-popular meals for the whole family like pasta, steaks, roast chicken, pizzas, and more. And moreover, the restaurant h... For full information see website or contact:

Ref: 2387 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto de Santiago, Pizzeria

€109,000

FRINA Tenerife brings to the Market this Pizzeria - Seafood Restaurant in Puerto Santiago, located in the touristic area of Santiago del Teide and with a stunning view on the Ocean. The two locals have the same owner and the same employees, they work mostly with Tourists, but it is also very well-known between the residents of the town. The Rent of the... For full information see website or contact:

Ref: 2609 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Restaurant

€106,000

FRINA Tenerife presents this Modern Restaurant in Puerto Colon for Sale in San Eugenio Bajo located on a busy street and overlooking the sea. This Modern Restaurant is fully renovated and has a unique decor, it faces stunning sunsets and enjoy an excellent flow of people, both tourists and locals. Premises of the Restaurant for Sale The premises... For full information see website or contact:

Ref: 2593 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Retail Business

€100,000

FRINA Tenerife offers for sale this retail business that sell car and vehicle parts. The business is located in Los Realejos, where it serves many locals in the area and some British people. The business has a solid reputation and had a healthy income, but is now closed. Included in the retail business The owner wishes to sell the business... For full information see website or contact:

Ref: 2343 | FRINA Tenerife SL - Business Sales | 922 085 191

€99,999 - €50,000

Fanabe, Bar/Cafe

€99,500

This well-known British Café for Sale in Fanabe is one of the best known in the area and has been established for many years. It is known for classic English breakfasts, cakes, Sunday Roasts, and much more. Furthermore, the café has great reviews among residents, tourists, and on social media, and no doubt you will guests from day one with this business... For full information see website or contact:

Ref: 2397 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Galletas, Ice Cream Bar

€89,000

FRINA Tenerife is happy to offer this amazing Crepe & Ice Cream Café for Sale in Las Galletas. The café is located centrally in the city and facing a busy area that enjoys plenty of footfall and attracts many residents and especially families. The café is known for ice cream, crepes, good coffee, and shakes. The premises are in good condition and you d... For full information see website or contact:

Ref: 2438 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Pest control business

€89,000

FRINA Tenerife offers a genuine successful Pest Control and Cleaning Company for sale. This company has been established for years and has hundreds of clients in the south of Tenerife. The main job is pest control of businesses and private houses, nevertheless, they also earn decent money on cleaning jobs. Since all work is done on location, the own... For full information see website or contact:

Ref: 2573 | FRINA Tenerife SL - Business Sales | 922 085 191

El Madronal, Babywear Shop

€86,500

FRINA Tenerife brings to the market this Baby SPA Wellness in Costa Adeje, a one-of-a-kind business in the island. The Baby SPA has a very good reputation thanks to the beautiful online reviews. It comes with all furniture included. The Baby SPA Wellness has a full SPA licence and you are allowed to offer therapeutic massages too. It is in El Madroñal ... For full information see website or contact:

Ref: 2581 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Pool Bar

€85,000

FRINA Tenerife just took on this large pool bar in Torviscas Bajo. It is very well established and placed in a large and popular holiday resort that has hundreds of tourists every month year round. The pool bar has a large terrace overlooking the pool and with tables for 50 guests. The inside premises are fully equipped with a large bar and an industri... For full information see website or contact:

Ref: 2385 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Alto, Empty Local

€85,000

Large local of 128m2 for sale in Puerto Colon.

Ref: VS3416D | Vym Canarias | 922 787 210

Vilaflor, Bar/Restaurant

€80,000

FRINA Tenerife is happy to offer this beautiful Restaurant for Sale placed in the caves of a large finca in Tenerife. Today the place is known for its beautiful location and surroundings with wines and fruits trees and offers a modern Canarian menu made from local and homegrown products. This is a successful business with an amazing reputation but ther... For full information see website or contact:

Ref: 2549 | FRINA Tenerife SL - Business Sales | 922 085 191

Costa del Silencio, Restaurant

€79,000

FRINA Tenerife offers for sale in Costa del Silencio this restaurant that is known for delicious fish and tapas. It has been established for almost 2 years and has earned itself a good reputation and has very high reviews on Google, TripAdvisor, and Facebook. The premises are spacious 300m2 and moreover, have a terrace of 40 m2. Inside are tables for 1... For full information see website or contact:

Ref: 2515 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Beauty Salon

€76,000

FRINA Tenerife offers Traspaso Nail and Beauty Salon for Sale. It has a prime position in Las Americas facing the busy promenade and offering a stunning sea view. The business offers a variety of treatments among others manicure, pedicure, waxing, massages, tinting of lashes and eyebrows, facials and more. The premises are amazing and refurbished to hi... For full information see website or contact:

Ref: 2564 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Excursion Business

€75,000

This Boat Hire Excursion for Sale offers zodiac boats to hire and go for private trips. The brilliant thing about zodiacs is you do not need a license to sail it so both residents and tourists come to rent and enjoy a private trip on the sea. This is an easy excursion business to run for one person since you only need to meet clients for the instructio... For full information see website or contact:

Ref: 2426 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Alto, Bar/Cafe

€65,000

Now we offer this Reputable Bar for Sale in Torviscas Alto. If you are looking for a well-established business with many loyal customers, you should have a look at this café that is a popular place to meet friends for a drink. The current owner had the business for 3 years and only look to sell since he also has other businesses. The premises of the... For full information see website or contact:

Ref: 2444 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Bar/Cafe

€65,000

FRINA Tenerife offers this Bar-Restaurant for sale in San Eugenio Bajo. It is a well-known business and enjoys many regulars and new guests due to its location in a large complex that enjoys residents and tourists year-round. The business is known for its great price/quality and live entertainment several nights a week. The premises are well-maintai... For full information see website or contact:

Ref: 2463 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Bar/Cafe

€65,000

Fantastic opportunity to purchase a bar located in a popular commercial centre. The bar has been fully refurbished, had new bathrooms installed, fully rewired, new air-conditioning, and new glass washer. Included are 10 televisions which can show 3 different matches, and 2 WiFi routers (one for the TVs, one for customers).

Ref: B-122 | Tenerife Prime

Property | 922 703 725

Adeje Town, Pizzeria

€60,000

FRINA Tenerife is now offering this well know pizza restaurant traspaso in Adeje. The restaurant is centrally located, in the centre of the old Adeje town. Where it is in a residential complex. This is a restaurant that is popular among the residents and families in the area. The premises are a spacious 92 m2 restaurant that has a large, covered terrac... For full information see website or contact:

Ref: 2525 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Pizzeria

€55,000

Now FRINA Tenerife offers this Adeje Pizzeria for Sale that has been established for several years and is known for delicious pizzas. If you wish to keep running this business as a pizzeria, this location is perfect to establish yourself as a takeaway and delivery business for all the surrounding complexes. This is the area for you that gives loyal cus... For full information see website or contact:

Ref: 2416 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Minimarket

€51,000

FRINA Tenerife offers this unique opportunity to buy a Traspaso Minimarket and Fast Food Shop in Los Cristianos. This business sales both fast food like kebab, fries and burgers. Moreover, is the store installed with shelves and fridges to sell everyday goods like alcohol, chips, sweets, ice cream, sun cream etc. The premises are 60 m2 inside and has a... For full information see website or contact:

Ref: 2431 | FRINA Tenerife SL - Business Sales | 922 085 191

UNDER €50,000

Los Cristianos, Bar/Cafe

€49,500

FRINA Tenerife now offers this amazing French Café in Los Cristianos. 2 Years ago the owners refurbished this Cafe. Where they also installed a wine boutique. This café serves French healthy food and it does tapas and wine tasting. And has done so for more than 8 years, and has a good reputation. furthermore, with the addition of the boutique, the new own... For full information see website or contact:

Ref: 2539 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Cafe

€45,000

FRINA Tenerife offers for sale this Juice Bar & Café in Las Americas that has been established for several years and has many fixed clients. The menu is juices, smoothies, breakfast, salads, sandwiches, and typical Spanish lunches. The guests are a mix of local Spanish and tourists. The premises were refurbished in 2018 and therefore in good condition... For full information see website or contact:

Ref: 2440 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Galletas, Bar/Cafe

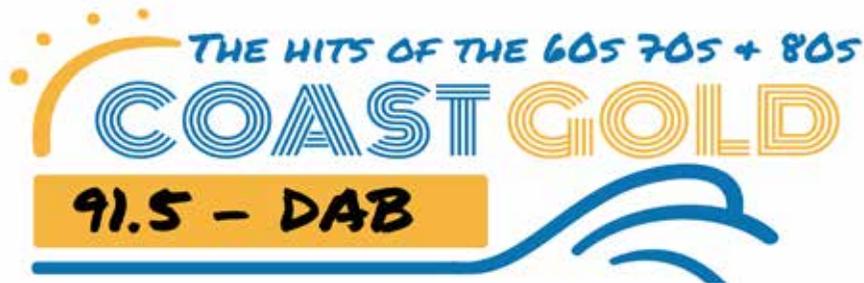
€35,000

FRINA Tenerife is happy to offer this modern Bar-Café for Sale in Las Galletas that is known for its lovely tapas. The bar is in a cozy and busy street and has a lovely terrace. The menu is breakfasts, cakes, snacks, and classic Spanish tapas with meat and fresh fish from the locals. The premises are recently refurbished and in great condition, so the ... For full information see website or contact:

Ref: 2442 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Pub

€35,000



FRINA Tenerife offers this Pub for Sale in Torviscas that is very popular among especially the British residents and tourists. The pub has a well-equipped kitchen for snacks, nevertheless, most sales are beverages. It is a smaller and easy to run business for another British couple who wishes to work together without the responsibility for many employees... For full information see website or contact:
Ref: 2404 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Pizzeria €35,000
 New on the market is this large Pizzeria & Restaurant for sale in Adeje that opened in 2007. The many years with the same owner made this a genuinely successful business. However, today the place is closed, hence the low price. The restaurant was known for delicious pizzas, local fish, great wines, and Italian homemade desserts. It is located centrally... For full information see website or contact:
Ref: 2448 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Excursion shop €33,000
 FRINA Tenerife offers this smaller

excursion shop for sale, which has been established for 3 years. This shop sells all kinds of Tenerife excursions like boat trips and trips to Teide, and tickets for animal and water parks. The shop is in Las Americas which has many tourists year-round and is the busiest tourist area of Tenerife South. The place has a... For full information see website or contact:
Ref: 2470 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Pool Bar €32,500
 FRINA Tenerife presents this new opportunity Poolbar in Las Americas. A perfect located poolbar inside a complex of 200 apartments, easy to run for a couple. The most profitable hours for this Poolbar in Las Americas are during daytime especially at breakfast. The customers are mostly tourists and there are some residents too. Premises The Poolba... For full information see website or contact:
Ref: 2571 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Bar/Cafe €29,000
 FRINA Tenerife brings to the market this amazing opportunity; a

traspaso bar & café with amazing views. The terrace faces the harbour of Puerto Colon and you will be hard pushed to find a better view than here. Today it is a tapas restaurant specialising in local Spanish tapas but you could change the concept as you like. The premises are in perfect... For full information see website or contact:

Ref: 2566 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Beauty Salon €18,000
 FRINA Tenerife offers for sale in Las Americas this bargain beauty salon that offers pedicures, manicures, massages, make-up, esthetic comitology, and more. The clients are both men and women. It is located centrally in Las Americas facing a busy walking path next to the ocean and among shops, hotels, and restaurants. The premises are 70 m2 with nai... For full information see website or contact:
Ref: 2429 | FRINA Tenerife SL - Business Sales | 922 085 191

FOR SALE



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FOR SALE

WELL-ESTABLISHED EXTERIOR FURNITURE AND SUNSHADE BUSINESS IN LOS ABRIGOS

TENERIFE PRIME PROPERTY



Contact +34 922 703 725 for more information

This is a fantastic opportunity to purchase a well-established business. On offer is the leasehold on this Exterior Furniture and Sunshade shop, situated in the popular village of Los Abrigos, including stock on the Showroom floor, supplier contacts and client database.

The Business, established 7 years ago, if marketed more aggressively, could be extremely successful. It would have the advantage of being fed clients from the Studio4Decor Interior Design and Furniture shop,

situated across the road which has been established on the Island for 20 years with an excellent customer service record.

There is little competition in the vicinity and these premises are in the perfect position - close to Golf del Sur and Amarilla Golf - with their large concentration of residents, not to mention that within 10 to 15 minutes lie Palm Mar, Los Cristianos and Las Americas with their huge numbers of international residents. There are literally 1,000's of potential clients

nearby and the Studio4Decor team are on hand to give all the help and guidance any new owner could need.

Accounts are available for inspection to any serious buyer. The Business is profitable and the only reason for sale is that it is too much for one person to run both and there are plans in place to grow the Interior Design & Furniture part. With the right person the Exterior Furniture & Sunshade Shop can be taken to the next level with fabulous earning potential.

This Business is unique for 3 reasons:

- There is nothing else for sale like this on the Island and it is situated in a very popular area, with ample parking.
- The Studio4Decor team is close by and on hand to give support and guidance during a transition period.
- The Business has an extensive and attractive product range with excellent suppliers from Mainland Spain, with transport logistics already in place.

€85,000

FRINA Tenerife

tenerifebusinessforsale.com

Bar-Cafe in Los Cristianos



This bar-cafe is a hidden gem in Los Cristianos next to lively complexes with both tourists and residents. The local is 70m2 and structured so you can apply for the music license. Moreover, is a terrace of 20m2. Monthly rent: 1,600€

Ref.: 2767

Price: 54,000€

Large Music & Sports Bar



This Entertainment and Sports Bar can seat up to 36 people inside and up to 50 seated people on the large terrace with sea view. It has the restaurant license and offer an international menu. The monthly rent is: 2,400€

Ref.: 2768

Price: 120,000€

Bistro & Ice Cream Cafe



Looking for a small but busy café then you cannot miss this fully refurbished and well-equipped café in Puerto Colon. Offering Ice Cream, pastry, breakfast, and lunch. Tables for 36 guests and the monthly rent is only 300€!!!

Ref.: 2777

Price: 80,000€

Sea Front Bar & Restaurant



This bar in Costa del Silencio is 200 m2 with a large terrace of 80m2 that offers a stunning sea view which attracts tourists year-round. It is fully equipped and known for delicious tapas and drinks. Monthly rent: 3,500€

Ref.: 2740

Price: 85,000€

Cozy Pool Bar in Los Cristianos



This pool bar is 70m2 and is in a lovely and busy complex. The bar was recently renovated and has a fully equipped kitchen and a bar open to the terrace. And the license allows you to stay open after the pool closes. Monthly rent: 1,100€

Ref.: 2770

Price: 54,000€

Scooter Rental Business



This is a thriving rental business offering electric scooters. It is located centrally in Las Americas and is very busy. Today it is a 1-man business, but there is plenty of option to expand. The monthly rent is only 716€

Ref.: 2727

Price: 100,000€

Winery & Tapas Bar



This cozy and modern bar is 80m2 inside and has a terrace of 20m2 with a sea view and faces a busy street in Los Cristianos. It is busy and has amazing reviews online. The monthly rent is: 2,140€

Ref.: 2765

Price: 109,000€

Excursion Shop & Mini Market



This local is licensed as a minimarket and an excursion shop. A great business with a lot of potential whether you wish to work reduced hours or have more employees. The local is 45 m2 and was recently refurbished. Monthly rent: 545€

Ref.: 2769

Price: 29,000€

B2B Ice Cream Production



This business produces and sells to other businesses in the South of Tenerife, nevertheless, there is rich potential to expand this business, since the kitchen is in a local that can open as a café too. Monthly rent: 440€

Ref.: 2774

Price: 46,000€

Music & Cocktail Bar



This bar is 200m2, established for more than 10 years and known for lovely cocktails and live music, there is a small kitchen too. It is Torviscas Bajo and enjoys tourist and residents all year. The monthly rent is: 3,800€

Ref.: 2756

Price: 200,000€

Freehold Property in Puerto Colon



This freehold commercial property is in Puerto Colon Commercial center, and you get 70m2 that can be used as a shop, an office, a salon or turned into a bar. It has 25m2 of terrace too. A versatile local sold for a fair price.

Ref.: 2693

Price: 79,000€

Los Cristianos Restaurant



This is an Italian restaurant located in El Camison. It has been established for years and the current owner had it for 8 years. A great business with a fixed client base. The monthly rent is 4,500€ for 180m2 plus terrace.

Ref.: 2733

Price: 80,000€

Restaurant in Los Cristianos



This restaurant has been established for 14 years and is always busy. It is in the center of Los Cristianos, close to the beach. It is 100m2 with seats for 30 people and a sea view terrace with seats for 15 people. Monthly rent: 2,350€

Ref.: 2746

Price: 89,000€

Freehold Local in Puerto Colon



This freehold office is 92m2 and offers a large open office area, a meeting room, a directors office, a toilet, a storage and a kitchen. It was fully refurbished in 2019 and is perfect as office, shop or a beauty salon.

Ref.: 2477

Price: 145,000€

Profitable Minirmarket



This minirmarket in Los Abrigos has been open for 13 years and has a good income. It is open 7 days a week 8:00-22:00. It sells all type of everyday groceries, snacks, fruits, vegetables, beverages, tobacco etc. Monthly rent: 600€

Ref.: 2749

Price: 95,000€

Laundry Business for Sale



You find this business in an easily accessible location Playa Paraiso. It is 70m2 and fully equipped. offering both self-service machines and dedicated washing services. The monthly rent is 675€.

Ref.: 2760

Price: 79,000€

Bargain Freehold Pool Bar



Do not miss this chance to get a pool bar sold as freehold. It is 67m2 and in a complex in San Eugenio Bajo with both tourists and residents. It is the perfect place for a first-time buyer or a couple who wishes to work together.

Ref.: 2773

Price: 150,000€

Grill Restaurant in Las Americas



This successful and profitable restaurant is fully refurbished and 260m2 so it can accommodate more than 100 guests. It is a turnkey investment whether you will work here yourself or only supervise. Monthly rent: 10,000€

Ref.: 2762

Price: 330,000€

Sailing Charter for Sale



This charter boat and business is in Los Gigantes and includes a 45-foot Bavaria with the Blue Flag and a van for driving with customers. Both are fully licensed for client transportation. The monthly rent is 2,500€

Ref.: 2748

Price: 490,000€

Bar-Cafe in Costa del Silencio



This café is newly renovated and enjoys a low rent, hence if you are looking for a smaller business in which you can operate for limited hours and with few people you cannot miss this. It is 85m2 including a terrace. Monthly rent: 400€

Ref.: 2761

Price: 50,000€

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we are here too

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