

The Tenerife Property & Business Guide

mid-August/mid-September 2024
Issue 239

Tel: 0034 609 714 276 • george.thetpg@gmail.com • thetenerifepropertyguide.com

LUXURY HOMES

ACTUAHABIT
ESTATE AGENCY

WE WILL SELL
YOUR PROPERTY

Playa de la Arena

CONFIDENCE AND EXCELLENCE

+34 620 932 713

+34 613 843 708

info@acthabit.com

www.acthabit.com



Tenerife South NO1 LONG TERM RENTAL AGENCY

Over 23 years experience in Tenerife Residential LONG TERM Property Market

Fully Managed to give you Peace of Mind

www.tenerifeislandrentals.com

+34 922 797 438 +34 673 778 700



SALES - RENTALS
PROPERTY MANAGEMENT

REAL ESTATE
dp donpiso
TENERIFE SOUTH

C. Grande, 57 | 38670 Adeje | Santa Cruz de Tenerife

OVER 35 YEARS OF
EXPERIENCE

NUMBER 1 IN SPAIN

3000+ PROPERTIES
SOLD EACH YEAR

RELIABLE &
PROFESSIONAL



www.tenerifedonpiso.com

822 692 413

722 544 609

GOLF TOURNAMENT

COSTA ADEJE

21/09/2024

Singles Stableford

Snack on 9th hole

79€ with buggy, snack, and cocktail

Prizes for 1st, 2nd, & 4th place,

nearest to the pin, scratch prize

and raffle

+34 620 932 713

SAFE CLEAN

PART OF G.D.A. GROUP S.L.U. Est 1987

PEST CONTROL

For private villas, apartments, complexes,
providing sanidad

certificates for Bars & Restaurants

CONTROL DE PLAGAS

Desinsectación, desratización y certificados

www.safecleantenerife.net

609 066 973

627 114 090

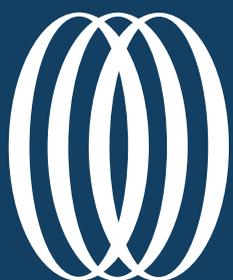
CLEANING

Professional upholstery
& carpet cleaning, sofas, beds

LIMPIEZA

Limpeza de sofás,
alfombras, tapizados etc.

e-mail: info@safecleantenerife.net



Tenerife Rental & Sales

Your trusted Partner in

Property Management since 2009

Let us manage your holiday let

+34 648 408 822

www.mami2009.com

info@mami2009.com



Opportunity!
COSTA ADEJE

FROM **€315,000**

**APARTMENTS IN COSTA ADEJE
PERFECT INVESTMENT!**



1 bedroom and 1 bathroom apartments. Spacious terrace with views. Large community pool. Guaranteed return!

code (286443)



LOS CRISTIANOS

PRICE DROP!

€215,000

**APARTMENT FOR SALE IN
LOS CRISTIANOS**

Discover this charming apartment located Los Cristianos, just a few steps from the Pepa Food Market and just 10 minutes from the beach.

code (284308)



1 beds



1 baths



61 m²



terrace



FANABE

€280,000

**APARTMENT FOR SALE
IN VILLAGE FANABE**

Apartment in residencial area, near to all services. Currently is rented for 750 euros/month until September 2027. excellent investment option!

code (286462)



2 bed



2 bath



93 m²



terrace



TIJOCO BAJO



€330,000

**CHARMING HOLYDAY HOUSE WITH VV
LICENSE IN TIJOCO BAJO**



4 badrms and 2 bathrooms house in Tijoco Bajo, just 5 minutes from Adeje. 150 m2. Great investment!

code (284735)



GOLF DEL SUR

€595,000

**COMMERCIAL OFFICE FOR
SALE IN GOLF DEL SUR**

Fantastic commercial office space for sale with multi-use opportunity in the prominent. 600m2 multipurpose building. Located close to Marina and Amarilla Golf. Great opportunity!

code (285075)



17 office coworking space!



600 m²



LAS ERAS

€129,000

**CHARMING APARTMENT IN THE FIRST
LINE OF THE SEA OF LAS ERAS.
STORAGE AND LAUNDRY ROOMS.**

code (286394)



2 bed



1 bath



52 m²



terrace on the roof



PUERTO SANTIAGO

€255,000

**NEW CONSTRUCTION IN
PUERTO SANTIAGO FOR SALE**

Great location in the center of Puerto Santiago, near Los Gigantes. Apartments have a large terrace. In the complex you will find beautiful garden areas and a community heated pool and rooftop solarium.

code (282342)



2 beds



1 baths



59 m²



terrace



€475,000

**NEW CONSTRUCTION IN LA
TEJITA, SEA VIEWS, NEAR THE
BEACH, PERFECT LOCATION,
BRIGHT, SPACIOUS, MODERN.**

code (285882)



2 beds



1 bath



90 m²



terrace



LA TEJITA



ALDEA BLANCA

€194,900

**APARTMENT FOR SALE IN
ALDEA BLANCA. NEAR
LUTHER KING SCHOOL.**

Code (284695)



49 m²



2 beds



1 bath



terrace



GUAZA

€199,000

COZY AND SPACIOUS APARTMENT IN GUAZA FOR SALE

Spacious 2 double bedrooms apartment in quiet building with few neighbors, 5 min from Los Cristianos. Great opportunity for living or invest!

code (286372)



2 bed



1 bath



88 m2



closed balcony



TIJOCO BAJO



€185,000

APARTMENT FOR SALE IN TIJOCO BAJO

Apartments with 2 and 3 bedrooms are available from 185,000 euros to 220,000 euros. Parking is optional. Great location in Tijoco Bajo, 5 min driving from Adeje.

code (285086)



55 m²



2 beds



2 bath



terrace



AMARILLA GOLF

€525,000

PRICE DROP!

VILLA FOR SALE IN AMARILLA GOLF

Modern semi-detached house with incredible views of the golf course and the sea, has a large garden and community pool.

code (286354)



4 beds



3 baths



318 m²



Terrace



YACO



€535,000

BRIGHT AND SPACIOUS 4 BEDROOM HOUSE IN YACO FOR SALE

This impressive property has been completely renovated. Located on a spacious 1,900 m² plot it offers the perfect balance between modern comfort and exterior charm.

code (272485)



307 m²



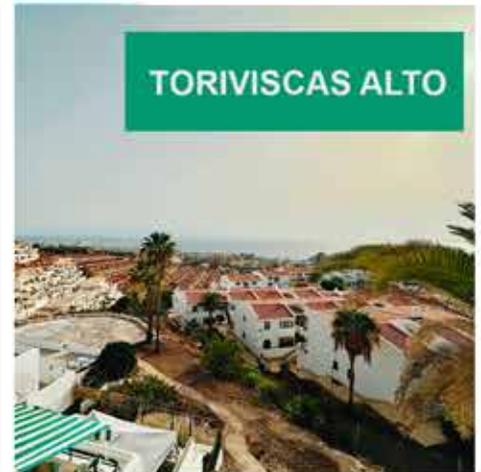
4 beds



2 bath



terrace



TORIVISCAS ALTO

€197,600

STUDIO FOR SALE IN TORIVISCAS ALTO

Bright studio in Aloha Garden complex, 10 minutes walk from the beach, large terrace with panoramic stunning views.

code (286354)



0 beds



1 bath



32 m²



Terrace



Founder and CEO Juan Casanova

REAL ESTATE donpiso

TENERIFE SOUTH



office: (+34) 822 692 413 | Juan Casanova: (+34) 618 615 645 24/7

mobile: (+34) 722 544 609 | email: adeje@donpiso.com

www.tenerifesurdonpiso.com

C. Grande, 57 | 38670 Adeje | Tenerife

Free Valuation!



TENERIFE PROPERTY SHOP S.L.

G.I.P.E. NO. 3722

Service

Security



LÄUFEN

★★★★★

BEST REAL ESTATE AGENCY
SINGLE OFFICE
CANARY ISLANDS

Tenerife Property Shop S.L.

2023-2024



LÄUFEN

AWARD WINNER

REAL ESTATE AGENCY
WEBSITE
CANARY ISLANDStenerifepropertyshop.com
by Tenerife Property Shop S.L.

2023-2024

1 BEDROOM APARTMENT - CALLAO SALVAJE



A well-presented, pool side, one bed apartment, located on a quiet residential complex. An open plan kitchen/ living area leads to the refurbished bathroom and bedroom. At the rear of the property, accessed through the bedroom patio doors, is a private courtyard that could be utilised for a variety of purposes. The front terrace offers space to sit and relax with a book, and a few steps will take you pool side for that refreshing swim in the heated pool.

Ref: CS00172

Price: **€210,000** (approx. £178,000)

3 BEDROOM APARTMENT - GOLF DEL SUR



If you are on the lookout for a spacious apartment in a well-maintained development in a great location, then this three bedroom, two bathroom apartment could be perfect. The property is a corner positioned unit that is light and bright and offers partial sea views. The complex offers all local amenities within walking distance, plus you have the added bonus of a bar/bistro, bowling green on-site and a very attractive, heated swimming pool.

Ref: GOLF01823

Price: **€290,000** (approx. £245,500)

1 BEDROOM APARTMENT - LOS CRISTIANOS



This one bedroom, one bathroom apartment, has been fully refurbished to a high standard. Located on the ever popular Castle Harbour complex, Los Cristianos where you can choose to use the property solely for your own use or, with the complex having a touristic license, it can be an ideal rental investment. Situated on the 7th floor, accessed by lift, the property offers pool and sea views from the ample terrace area. The interior is bright with modern style furnishings.

Ref: LC00609

Price: **€290,000** (approx. £245,500)

2 BEDROOM APARTMENT - TORVISCAS BAJO



A VERY rare opportunity to purchase an outstanding two bedroom apartment with amazing views just a short walk from the beaches of Torviscas and Fañabe. Based on a well established development with two pools and within walking distance of all local amenities. Perfect as a holiday home in a great convenient location. The apartment has two terraces, one over 20m², spacious enough for the whole family to enjoy the sun. With full amenities on site, an ideal location.

Ref: LA01963

Price: **€445,000** (approx. £377,000)

Buyers contact us EVERYDAY... Call 922 714 700
Register your property For Sale NOW!  681 331 355

 0034 922 714 700
 From UK: 0845 862 1634



www.tenerifepropertyshop.com
info@tenerifepropertyshop.com

- ✓ Reliability
- ✓ Professionalism
- ✓ Security
- ✓ Service
- ✓ The BEST Portfolio



Two generations of a Family Business · Over 35 Years of Experience
 Service & Security in your purchase · Professional Indemnity Insurance
 20 Year Insured Title Deed Guarantee

OUR OFFICE LOCATIONS:

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

**3 BEDROOM DETACHED VILLA
 - AMARILLA GOLF**



A three bedroom, two bathroom detached villa, perched on the edge of the Amarilla Golf Course. This well-maintained property offers a private swimming pool, air-conditioned bedrooms, spacious accommodation, WiFi and satellite TV. The master bedroom is en-suite, and both bathrooms have benefited from a make over. The classy, fully equipped kitchen is less than 2 years old. The villa is secure, tastefully furnished, boasts golf course views, solar panels and a private driveway.

Ref: AMG00635

Price: **€545,000** (approx. £462,000)

**2 BEDROOM APARTMENT
 - GOLF DEL SUR**



This impressive two bedroom, two bathroom apartment is so unique, it is very rare for us to be able to present such an opportunity, and we do not expect this apartment to be around for long! If views and outside space are high on your list of priorities, then this property should definitely feature high on your viewing list. Totally uninterrupted views to the Atlantic Ocean, the bustling San Miguel Marina and the Red rock are all on offer from the 70m² terrace.

Ref: GOLF01821

Price: **€595,000** (approx. £504,000)



SEE WHAT OUR CLIENTS SAY ABOUT US



Could not be happier with the service from the Tenerife Property Shop! I worked very closely with Lee (Sales) and Silvia (Contracts). Lee was incredibly supportive, always available/approachable and guided me through the entire process from start to finish keeping me updated with progress at all times. A very ...

Could not be happier with the service ...

Tommy M



I recently had the pleasure of buying my apartment through Tenerife Property Shop and I cannot recommend them highly enough! Communication was always quick and clear. Every detail was handled with precision, and their friendly, approachable manner made me feel ...

... I felt supported every step of the way.

Valentina Z



Excellent service from Tenerife Property Shop from start to finish. Property sold quickly and was kept fully informed all the way through. Highly recommend using them for buying or selling. Very professional and helpful. Julia F...

Excellent service from Tenerife Property Shop.

Julia F



I would highly recommend people to use this company for buying or selling. We have just sold a property. Neil, Lee, Zoe and Angela are very knowledgeable and helpful. You are kept upto date on the whole process. We had to wait for probate. Even with all that going on ...

... can't thank them enough for all their hard work.

Clifford L



Having decided to buy in Tenerife knowing nothing about the property market I needed above all else a partner in the process that I could trust. I concentrated on researching agencies rather than properties initially and working with Damian at Tenerife Property Shop is the best decision that I could ...

This is an exceptional company ...

Kevin B



VISIT OUR WEBSITE TO VIEW MORE TESTIMONIALS



FROM OUR HAPPY VENDORS & PURCHASERS !



We don't make promises. We give GUARANTEES!

Find us on





+34 922 737 044 info@homesandaway.com
 Local 31, CC San Blas, GOLF DEL SUR, Tenerife www.homesandaway.com

EL ROQUE



Unique Canarian casita with gated private parking situated in quiet semi-rural village location. Close to amenities and walking distance to town. This property offers a wealth of charm and character. Viewing highly recommended for those looking for a slower pace of life.



€335,000

AMARILLA GOLF



2 x 1 bed apartments linked together to make one unique, extremely large apartment with exceptional views and outside space situated close to community pool. This would make an excellent investment.



€440,000

Inmobiliaria - Estate Agent

Homes & Away

+34 922 737 044 info@homesandaway.com www.homesandaway.com

+34 922 737 044 info@homesandaway.com

Local 31, CC San Blas, GOLF DEL SUR, Tenerife www.homesandaway.com

PROPERTIES FOR SALE

VALLE SAN LORENZO



Refurbished, spacious, first floor corner (with elevator), 3 bed, 2 bath (1 en suite) apartment with 2 storerooms and secure garage space. Community pool and roof terrace. Close to amenities

€235,000

GOLF DEL SUR



Well-presented 2 bed, 2 bath 1st floor apartment with spacious terrace offering good sea views. Secure parking space included. Elevator and Community heated swimming pool.

€279,000

AMARILLA GOLF



Spacious, light and airy, 1 bed, 1 bath corner penthouse apartment with American-style kitchen, dual aspect patio doors with views over the pool and garden, Excellent location and rental investment. A must to view!

€195,000

AMARILLA GOLF



Spacious 2 bed, 2 bath luxury 1st floor apartment, refurbished in 2022 with 2 sunny terraces situated on popular holiday complex. West-facing with views over the pool.

€270,000

AMARILLA GOLF



Ground floor, 2 bed, 1 and a 1/2 bath apartment in sought after area with 2 terraces offering marina and golf course views.

€285,000

**LONG TERM RENTALS
REQUIRED URGENTLY!**

**MINIMUM 3 MONTHS,
QUALIFIED CLIENTS
WAITING !**

BENEFITS OF SIGNING AN EXCLUSIVE CONTRACT WITH DONPISO TENERIFE SOUTH

We solve all your needs to sell your property faster and at the best price



FREE 360° VIRTUAL TOUR

REMOTE HOME VISIT EXPERIENCE



FREE PROFESSIONAL PHOTOS

VIDEO AND DRONE VIDEO ARE AVAILABLE



FREE ENERGY EFFICIENCY CERTIFICATE

OBLIGATORY DOCUMENT TO SELL YOUR PROPERTY SINCE 2013



PROMOTION OF YOUR PROPERTY IN SOCIAL MEDIA

INSTAGRAM, FACEBOOK, TIKTOK



YOUR PROPERTY AT TOP POSITION IN THE BEST REAL STATE PORTALS

NATIONAL AND INTERNATIONAL MARKET



PROMOTION OF YOUR PROPERTY IN THIS NEWSPAPER AND OTHERS MEDIA

ADVERTISING IN TENERIFE



WE COLOBORATE WITH ALL REAL ESTATE AGENCIES IN THE ISLAND

YOUR PROPIETY WILL BE OFFERED TO ALL POTENTIAL CLIENTS



WE CARRY OUT A COMPREHENSIVE MANAGEMENT OF THE TOTAL BUYING AND SELLING PROCESS

TAKE THE STRESS OUT OF THE REAL ESTATE TRANSACTION



REAL ESTATE
dp donpiso
TENERIFE SOUTH
www.tenerifesurdonpiso.com

CALL NOW!

- 822 692 413
- 722 544 609
- 618 61 56 45 **24/7**
- adeje@donpiso.com



FOR SALE DUPLEX PENTHOUSE
WAS ~~€ 739.000~~ NOW € 665.000

WWW.TENERIFEPROJECTS.COM

EI PASO RESIDENTIAL - LAS VISTAS BEACH
4 BEDROOMS - 2 BATHROOMS - 2 BALCONIES
HIGH QUALITY RENOVATION - HIGH END
FURNITURE INCLUDED IN SALE PRICE
STUNNING VIEWS- 3RD FLOOR - NO LIFT (YET)!

FOR A VIEWING:

CALL +34 648 408 822 (WHATSAPP)



FOR SALE PARQUE SANTIAGO 2
Garage + connecting shop

Shop 38m² - Garage 28m²

Large garage with easy access!
Properties are on separate deeds,
but sold as 1 unit.

€ 125.000

FOR A VIEWING:

CALL +34 648 408 822 (WHATSAPP)





PALM MAR SALES & RENTALS

**ALL ASPECTS OF PROPERTY MANAGEMENT SALES
& LONG TERM RENTALS**

Tel: 0034 677 623 713 / 0034 671 129 558 • email: info@palmmarsalesandrentals.com • www.palmmarsalesandrentals.com

Stunning 3 bedroom villa with own pool in Palm Mar

NEW ON THE MARKET



We are excited to offer this fantastic villa with its own heated swimming pool situated in the heart of Palm Mar. The property, which has been totally reformed to an extremely high standard with high quality materials and furniture, has 3 bedrooms, 2 bathrooms (1 en suite), an open plan lounge, kitchen and dining area with access to both front and rear terraces, and a lovely roof terrace with superb, uninterrupted views over Palm Mar and out to the sea. Also included is an integrated double garage.

Price: €P.O.A

Palm Mar, Paraiso del Palm Mar

NEW INSTRUCTION!



Lovely two bedroom duplex apartment with an open plan lounge/kitchen and guest bathroom on the first floor. The ground floor consists of two bedrooms, bathroom and utility room. There is a private garden with artificial grass. Parking space is included.

€379,000



24 Years of Experience in Tenerife South



<p>Ocean View (San Eugenio)</p> <p>EXCLUSIVE</p> <p>Permitted V.V</p> <p>Ref: 5RA71517 Price: 122.000€ 1 Bedroom, 1 Bathroom Interior: 41 Mts, NO BALCONY</p>	<p>Casablanca (Torviscas)</p> <p>Ref: 5RB9255 Price: 420.000€ 2 Bedrooms, 2 Bathrooms - Interior: 64 Mts, Terrace: 40 Mts</p>	<p>Ocean View (San Eugenio)</p> <p>Permitted V.V</p> <p>Ref: 5R7178 Price: 131.200€ Studio Interior: 31 Mts, Community Fees 10,45 €</p>	<p>Sunset Bay (Torviscas)</p> <p>Permitted V.V</p> <p>EXCLUSIVE</p> <p>Ref: 5RB9249 Price: 370.000€ 2 Bedrooms, 2 Bathrooms Interior: 50 Mts, Balcony: 9 Mts</p>
<p>El Morro (Chayofa)</p> <p>EXCLUSIVE</p> <p>Permitted V.V</p> <p>Ref: 5RB1037 Price: 249.000€ 2 Bedrooms, 2 Bathrooms Interior: 87,12 Mts, Balcony: 12 Mts</p>	<p>Santa María (San Eugenio)</p> <p>EXCLUSIVE</p> <p>Ref: 5RA7158 Price: 280.000€ 1 Bedrooms, 1 Bathroom Interior: 38,40 Mts, Terrace: 13,70 Mts</p>	<p>Las Vistas (Chayofa)</p> <p>Ref: 5RC1042 Price: 1.750.000€ 3 Bedrooms, 4 Bathrooms Garage, Interior: 154 Mts, Terraces : 47 Mts</p>	<p>Club Atlantis (Pto Colón)</p> <p>Reduced Price</p> <p>EXCLUSIVE</p> <p>Permitted V.V</p> <p>Ref: 5RA7160 Price: 370.000€ 1 Bedrooms, 2 Bathrooms Interior: 75 Mts, Terrace: 25 Mts</p>
<p>B.del Atlántico IV (Torviscas)</p> <p>Reduced Price</p> <p>EXCLUSIVE</p> <p>Ref: 5RA7176 Price: 340.000€ 1 Bedroom, 1 Bathroom Interior: 54 Mts, Balcony: 13 Mts</p>	<p>Palmeras d. Sur (S.Eugenio)</p> <p>Ref: 5RC3045 Price: 380.000€ 3 Bedrooms, 2 Bathrooms Interior: 69 Mts, Terrace: 8 Mts</p>	<p>Las Vistas (Chayofa)</p> <p>EXCLUSIVE</p> <p>Ref: 5RC1028 Price: 550.000€ 3 Bedrooms, 2 Bathrooms Parking, Interior: 154 Mts, Plot: 875 Mts</p>	<p>Flamboyán (M. Fañabe)</p> <p>Reduced</p> <p>Ref: 5RC3043 Price: 669.000€ 4 Bedrooms, 3 Bathrooms Community Fees: 100 € IBI: 575 €</p>

web@wadyproperties.com (+34) 606 951 884



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



Established
1979

Tenerife Properties



The Original British Estate Agency Established in 1979

ENGLISH / ESPAÑOL / FRANÇAIS / ITALIANO - 608 573 443

Linked Chalet, Chayofa



Beautiful 3 bedroom linked chalet for sale! A bright and airy property of good size with stunning outside features that capture a zen, peaceful energy. An upside-down property starting with the 3 bedrooms on the ground floor. All of good size with natural lighting, wardrobes and terraces, two of which look over the pool. A modern and spacious bathroom is conveniently situated. Progressing up the stairs, the living room is large and open with a welcoming lounge area, dining space, bathroom and views of the sea. A sunny terrace that looks over the pool and to the sea. The kitchen is separate,

€675,000

Ref: I1477

Sunset Bay, Torviscas Bajo



Beautiful 3 bedroom, 2 bathroom apartment in the popular Sunset Bay. Lovely large living room with tons of natural light and space to relax. The kitchen is American style, fitted and fully equipped for your immediate use; there is a ceramic hob and has recently been refurbished. The three bedrooms each have fitted wardrobes, light, space with a vanity. There is a very large, south-facing terrace and patio with an immense amount of space to enjoy the sun, gather as a family etc. This complex has two large pools, 1 of which is heated, shops, restaurants and is near to lots of entertainment and less than a 5 minute walk from the beachfront. This apartment would make an excellent holiday home and/or investment property.

€339,950

Ref: I1443

Casablanca, Costa Adeje



Stunning 2 bedroom, 2 bathroom penthouse apartment for sale in the trendy complex of Casablanca. A spacious and bright property with an open kitchen, fitted and modern. A welcoming living space that opens onto the terrace. Both bedrooms are of good size with natural light – the master having an ensuite and access onto the terrace. The bathroom is large and refurbished with a fitted bathtub. The double terrace is an immense size, sunny and has beautiful views to the sea. Outdoor dining furniture perfect for Al Fresco living too. Casablanca is a quiet and well-kept complex with a large communal pool and lifts! This property is also sold inclusive of a garage space.

€399,000

Ref: T1301

Ocean Park, San Eugenio



1 bed apartment with huge, sunny terrace.

€295,000

Ref: N1599

Laguna Park II, Torviscas Alto



1 bed apartment with sea views.

€175,000

Ref: N1598

Marina Primavera, San Eugenio Bajo



1 bed, 1 bath apartment with a bright living space, a large terrace with sea views and a comm. pool.

€275,000

Ref: N1596

Club Atlantis, Costa Adeje



Fantastic studio apartment, well divided and spacious with stunning views to the sea.

€239,250

Ref: A427

Windsor Park, Torviscas Alto



2 bed apartment with large terrace and sea views.

€325,000

Ref: T1285

Santa Maria, Costa Adeje



Brilliant studio. Good size. Sunny terrace, stunning pool. Great central location.

€170,000

Ref: A492

Parque Santiago II, Las Americas



Lovely 1 bed duplex apartment on the popular Golden Mile.

€420,000

Ref: N1605

Florida Park, Costa Adeje



Amazing, well-presented 2 bed penthouse apartment with large terrace and communal pool.

€335,000

Ref: T1282

Detached Villa, Costa Adeje



Luxury 6 bed villa with lavish finishes, plus

€1,995,000

Ref: I473

Villas del Duque, El Duque



3 bed townhouse. Luxury complex.

€795,000

Ref: I1479

Translators available for any other languages.



Tel: 922 724 110
Sales: Lynne: 699 250 870
Rachel: 608 573 443
www.tenerifeproperties.net
lynne@tenerifeproperties.net



Local 3, C.C. Palo Blanco, San Eugenio, Adeje 38660, Playa de las Americas



Tel: 922 703 725
Mobile: 619 180 888

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



Residencial Paraiso 5 – PLAYA PARAISO - 235.000€



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

Teneguia II, PARQUE DE LA REINA 325.000€



Refurbished three and a half bedroom Penthouse apartment with amazing 65m2 roof terrace. Featuring independent modern, brand new fitted kitchen, utility room, three double bedrooms, two bathrooms, and office/bedroom on the top floor that joins the newly tiled sunny roof terrace with sea and mountain view. The property is located in a community with swimming pool and gardens and comes with a private parking space, all accessible by lift. Available to view now!

Sueña Azul – CALLAO SALVAJE - 635.000€



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

Private Villa, LA CALETA 1.595.000€



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

Tel: 922 719 643
 Fax: 922 781523
 Mobile: 607 933 052
 Mobile: 625 950 517



Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE

OPPORTUNITIES OF THE MONTH!

GUIA DE ISORA

Discover this incredible fully operational agricultural estate with a total plot of 6,831sqm. This property offers ample space to cultivate and thrive in the agricultural business.

Ref: 1290 €370,000

FASNIA

REDUCED!

Nestled on the first line of the beach, this spacious (108sqm), ground floor apartment in Los Roques de Fasnía has 4 bedrooms and 2 bathrooms and enjoys direct access to the beach. Exclusive parking adds to the convenience.

Ref: 1322 €278,000

GUIA DE ISORA

Finca - 10,000m² of natural beauty with 220 olive trees yielding award-winning olive oil, plus an array of fruit trees. This haven offers two furnished homes, each with independent entrances.

Ref: 1321 €2,100,000

GRANADILLA

Lovely house with spectacular interior in a really quiet area with lovely views, incredible pool, and gardens full of tropical trees and flowers.

Ref: 401 €570,000

With almost 20 years working in this business, we understand the land and the people! If YOU would like a piece of land and some space, WE can help! Call us!

PROPERTIES WANTED FOR RENT
CLIENTS WAITING!

PLAYA SAN JUAN

Large plot (11,000sqm) with a 110sqm house suitable for renovation.

Ref: 532 €298,000

SANTIAGO DEL TEIDE

This property, strategically located on an urban plot of 300sqm, is much more than a house; it's a blank canvas for your dreams.

Ref: 1317 €350,000

TIJOCO BAJO

A unique property with lots of potential. 13,000sqm plot featuring olive groves and orchard with a 120sqm main house and a quaint 30sqm cottage all at under 300 meters above sea level. Panoramic views.

Ref: 1310 €546,000

TIJOCO BAJO

Your chance to have it all! A 300sqm house with two beautiful apartments (40 and 50 sqm). This property offers versatility, comfort, and an excellent investment opportunity.

Ref: 1187 €750,000

TAUCHO

Dream space: 2,800sqm for your ambitious projects. Embrace nature's serenity. Invest in La Quinta, your perfect refuge!

Ref: 1325 €40,000

ALCALA

Unique opportunity! Spacious house for renovation in exclusive area. Stunning 80,000sqm finca with eater tanks and greenhouses and a 170sqm house surrounded by villas. Spectacular views and just 200 meters from the sea and close to the beach.

Ref: 1319 €900,000

GUIA DE ISORA

Suitable for reform - charming Canarian property with extensive land surrounding the home with gardens and entertaining areas in the middle of nature.

Ref: 1267 €130,000

GUIA DE ISORA

Finca (10,000sqm) with vineyard and small house.

Ref: 1185 €260,000

Tel: 922 703 725
Mobile: 619 180 888

C/ Luciano Bello Alfonso No. 5,
1st Floor, Office C,
LAS CHAFIRAS
38639 Santa Cruz de Tenerife



REDUCED!



Ref: S-05 1380



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



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

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

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

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



www.tenerifepropertycentre.com (0034) 619180888

T: (0034) 922 732862
 M:(0034) 683 190 977
 info@rdproptiestenerife.com



Calle Luis Alvarez Cruz,
 nº6, Edf Bahia Azul, Local 8C
 Las Galletas - Next to post office

Costa del Silencio, Coral Mar

GREAT INVESTMENT!



Recently refurbished, fully furnished, 2 bedroom, 2 bathroom, first floor apartment (currently registered as Commercial unit) in a popular location with lovely pool area, shops and bars, in the heart of Costa del Silencio. The property has a semi-independent kitchen, big and bright living room and a good size (double) sunny terrace. Centrally located with a short walk to the sea front and the famous 'yellow mountain and its natural bay area.

€223,000

Ref: CDS012-CM223

El Fraile, Modern Apartment



Beautiful, fully furnished 1 bed, 1 bath apartment, completely renovated, in popular seaside village near all the amenities of nearby Las Galletas. This modern, nicely decorated property is ready to move into and enjoy. The property has a living room with direct access to the balcony, an open, fully equipped kitchen, a small utility room with a washing machine on the balcony, sold furnished and ready to move into.

€129,000

Ref: EF521-GC129

Las Rosas (near Las Galletas)



New on the market! Fabulous 2 bed, 1 bath (+WC) apartment, recently completely renovated, located in a small building of only 4 apartments (1 on each floor, currently with no community fees). As a bonus, there is a storage room below which is included in the price. Enjoy the tranquility of this coastal village, yet, only a walk to some of the best fish restaurants in the main promenade. The village also provides multiple shops, chemists, post office, doctors etc.

€195,000

Ref: LA195-0

Costa del Silencio, La Hacienda



Beautiful 1 bed, 1 bath ground floor apartment in sought after complex with lovely pool area and private parking. The property has a large, open plan lounge/diner and American-style kitchen and a spectacular terrace which enjoys all day sun. Close to the sea and all amenities.

€210,000

Ref: CDS991-H210

Tel: 922 703 725
Mobile: 619 180 888

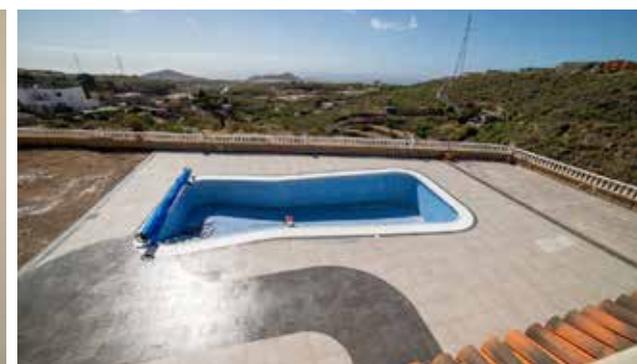
C/ Luciano Bello Alfonso No. 5,
1st Floor, Office C,
LAS CHAFIRAS
38639 Santa Cruz de Tenerife



El Salto - Two stunning villas!



Ref: S-08 1527 €1,500,000



Two beautiful villas sharing the same plot in this outstanding, quiet southern location. An ideal opportunity

to, perhaps, own a stylish modern home and a highly desirable property to rent on the holiday market. The

main property, offering lovely views, has five double bedrooms, five bathrooms, an open plan ground floor with

American-style fitted kitchen, snooker room, guest WC and a large lounge/dining room, plus a large heated swim-

ming pool - ideal for entertaining.

The second property is a 3 bedroom home also with a

private heated pool and has been refurbished to the highest of standards. Viewing is highly recommended.





TENERIFE PROPERTY SHOP S.L.

G.I.P.E. NO. 3722

Service



Security

EXCLUSIVE

2 BEDROOM APARTMENT - GOLF DEL SUR



LUXURIOUS & STYLISH

This luxurious apartment is located on the prestigious development of El Nautico Suites, situated on Golf del Sur. The apartment boasts a large balcony with stunning views of the sea. Decorated in a modern design, including a fully fitted kitchen, lounge, two bedrooms, two bathrooms, satellite T.V and Bang & Olufsen Home Entertainment System, and all rooms are fully air conditioned throughout. If you enjoy quality, this must be seen!

Ref: GOLF01792

Price: €670,000 (approx. £568,000)

info@tenerifepropertyshop.com



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

3-Bedroom in San Eugenio



Duplex with three bedrooms and three complete bathrooms, NEW with impressive views of the coast and the sea/La Gomera, high-quality materials. Kitchen with pantry, living/dining room, and three terraces (all with views) of 24, 48 and 42m2 respectively. fitted wardrobes.

Ref.: D1301

Price: 820,000€

Apartment in Torviscas Bajo



This 2-bedroom apartment is the perfect opportunity to live in one of the most desirable areas of Tenerife. The total area is 62m2 with 2 modern bedrooms and a well-appointed bathroom. The living-room is connected with the kitchen. Moreover, is a lovely private balcony with partial sea view.

Ref.: D1306

Price: 310,000€

NEW Semi-detached House



Incredible semi-detached house in Tabaiba with stunning sea views, spanning three floors. It offers 4 bedrooms, 3 bathrooms, designer kitchen, and multiple terraces. The top floor features a master suite with a private terrace. Located in a quiet urbanization near the beach.

Ref.: D1308

Price: 330,000€

Apartment in Santiago del Teide



For sale in Los Gigantes in Santiago del Teide: we offer this 2-bedroom apartment with a full bathroom and a large 16m² terrace offering sea and port views. The total area is 79m², located on the second floor, fully furnished, and in excellent condition.

Ref.: D1298

Price: 275,000€

2-Bedroom in Los Cristianos

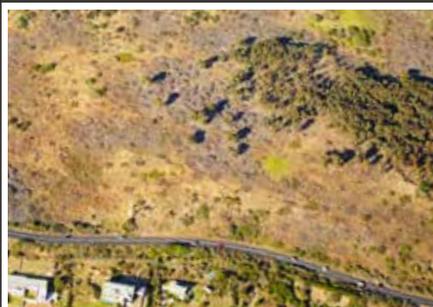


Exceptional property centrally i Los Cristianos, just 500 meters from the sea that offers breathtaking views of the sparkling ocean from every window. Newly renovated with generously-sized bathroom, American-style kitchen with open living room, sea views and 2 bedrooms. A must-see!

Ref.: D1300

Price: 320,000€

Plot for sale in Roque Vento



Rustic/Agrarian plot of land for sale in the area of La Florida, Valle San Lorenzo, Arona, total M2 of the plot 3,237, with views of the coast/sea, easy access from the main road to Valle San Lorenzo. 10/15 minutes from Los Cristianos and Playa de las Americas.

Ref.: D1303

Price: 45,000€

NEW Amazing Detached Villa in Torviscas Alto



A lovely villa in El Madroñal in Torviscas Alto, offering luxury and comfort. A plot with a total area of 380m² - 160m² built with 4 bedrooms, 2 bathrooms in a spacious single-floor layout. It boasts a stunning pool with sea views, a small outdoor gym, and a peaceful ambience.

Ref.: D1309

Price: 1,300,000€



frina@tenerife-property.com

+34 683 479 245

+34 922 085 191

www.tenerife-property.com

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

FRINA Tenerife
Business & Property Agency

1 BEDROOM APARTMENT IN AMARILLA GOLF



A ground floor one-bedroom apartment with a large bathroom, an enclosed terrace leading from the living room and garden area with an open planned kitchen, situated within a very well-maintained complex, that boasts immaculate communal areas and stunning mountain views.

€170,000

REF: DOFC415

2 BEDROOM APARTMENT IN AMARILLA GOLF



We have an opportunity to purchase a 2 x bedroom apartment, you'll find an open planned modern kitchen, living area which leads to your private terrace with spectacular Mount Tiede views, along with the fairways of Amarilla Golf.

€235,000

REF: DOFC113

2 BEDROOM DUPLEX IN AMARILLA GOLF



Discover potential in this charming 2-bedroom duplex overlooking the heated community pool, on the ground floor you'll find an open planned kitchen, living area which leads to your peaceful garden area.

€235,000

REF: DOFC41

4 BEDROOM VILLA IN AMARILLA GOLF

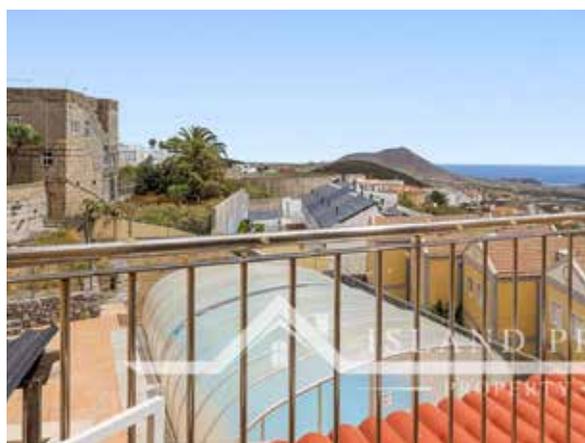


Nestled in the heart of Amarilla Golf, these stunning semi-detached villas offer an exceptional blend of modern comfort and timeless elegance. Each boasting four spacious bedrooms and three luxurious bathrooms, these properties are ideal for families or those seeking a serene retreat.

€570,000

REF: DOGV

3 BEDROOM TOWNHOUSE IN SAN MIGUEL



Spectacular 3 bedroom Townhouse situated in a quiet but central position in the popular town of San Miguel de Abona on a well maintained complex. It is a bright and spacious property that is built over three storeys, with panoramic views of the surrounding area and ocean from both the terrace and balcony.

€360,000

REF: DOSM02

4 BEDROOM HOUSE IN PUERTO DE SANTIAGO



Spectacular 3 bedroom Townhouse situated in a quiet but central position in San Miguel de Abona on a well maintained complex. It is a bright and spacious property that is built over three storeys, with panoramic views of the surrounding area and ocean from both the terrace and balcony to the rear.

€479,000

REF: DOH10

1 AND 2 BEDROOM APARTMENTS FOR INVESTMENT



Wyndham Residences Golf del Sur. This stunning development of 1 and 2 bedroom units in the south of Tenerife are available fully refurbished and fully furnished to a contemporary and meticulous standard. The resort boasts an impressive reputation for maintaining incredibly high occupancy rates making it a sound investment with the convenient usage as a holiday retreat.



FROM €225,000

REF: DOWYD

SELLING?

*WE SELL SOONER, RATHER
THAN LATER!*

*IF YOU'RE THINKING OF
SELLING, GET IN TOUCH WITH
ISLAND PRIME PROPERTY!*



adam@islandprimeproperty.com

(0034) 645 142 144

www.islandprimeproperty.com/sell-my-property

Avda Londres 1, Sur y Sol, Local 1
Los Cristianos, Arona 38650

Office: 922 797 438 / 922 751 587
Mobile: (00 34) 673 778 700

www.tenerifeislandrentals.com
info@tenerifeislandrentals.com



Tenerife Island Rentals & Buy Tenerife

CASTLE HARBOUR, LOS CRISTIANOS

This charming apartment is located on the second floor of a building with elevator access, located in a great area of Los Cristianos. It consists of two good sized bedrooms and two full bathrooms, the main bedroom has an ensuite bathroom, equipped with a bathtub. The American kitchen is harmoniously integrated with the spacious living room, from where you can access a closed balcony with spacious dining area. In addition, on the same floor there is a heated swimming pool with a pool bar. The complex has a 24-hour reception. The complex allows VV licenses, offering a unique opportunity for investment or personal enjoyment. This is a property in good condition, built in 1990, ideal for those looking for a cozy home with all the comforts. Don't miss the opportunity to visit it and fall in love with this place full of charm!



€279,995

Ref: AP0763

NEPTUNO, LA CALETA



Priced to sell in the fashionable area of La Caleta, this property is nestled in a quiet cul-de-sac, just a short walk from the popular La Caleta and Del Duque coastlines. It features private underground parking and a storage room. The apartment boasts an American-style kitchen with an open-plan living area and a tiny corner closed terrace. It includes a spacious bedroom with built-in wardrobes and a sizable bathroom complete with a bath and vanity unit. Convenient local transport links are nearby, and T3 Top Training, one of Spain's premier training centers, is just a 5-minute walk away. A variety of chic local restaurants and coffee bars are also within easy reach.

€285,000

Ref: AP0769



**Dr. Stange
und Partner**[®]
SEIT / SINCE 1986

Inmobiliaria
Estate Agent
Immobilien

*Where do
you
Want to
live*[®]



FULLY REFURBISHED ONE BEDROOM DUPLEX
APARTMENT IN PARQUE SANTIAGO I, PLAYA DE LAS AMERICAS
REF. 82-851 €398.000,= (Negotiable)

This apartment has been completely renovated and has a guest toilet on the same level as the kitchen and living/dining lounge.

Property details:

- Living Space: 55sqm
- Terrace Space: 8sqm
- Floors: 4
- One bedroom
- 2 bathrooms
- All day sun

Characteristics:

- Lift: No
- Garage: No
- Private Parking: Yes
- Community Pool: Yes
- Views: Sea / Pool / Mountain
- Monthly Community Fees: €127



VIEWING BY APPOINTMENT ONLY

SALES OFFICE

C.C. Parque Cristobal, local 1, Avda. Rafael Puig Lluvina 15
Playa de Las Américas, E-38660, Arona, S/C de Tenerife, Islas Canarias

CORSTIAAN JOHN BOS: +34 649 957 267



ERIKA CENKIENE: +34 639 135 818





TENERIFE SOUTH REAL ESTATE ASSOCIATION



Canary Islands Government and Administrations

Tenerife South Real Estate Association wishes to voice its grave concern and disappointment with the Canary Islands government regarding the rising tide of tourism -phobia within the archipelago, the draft of the legislation targeting vacation rentals, and the apparent efforts to stifle economic activity driven by real estate investments from non-residents.

We have observed with alarm the growing intolerance and hostility directed at foreigners, particularly tourists, by certain segments of the population.

Tourism is the principal motor of the Canary Islands' economy, accounting for 40% of all jobs on the islands and directly contributing more than 20.000 million euros each year.

It is perplexing that, in a region with one of the highest unemployment rates in Spain, there is such widespread intolerance towards foreigners, who each year inject both economic prosperity and cultural vitality into the islands.

In our view, this intolerance is fueled by misleading narratives, often perpetuated by misguided political figures, who for years have focused on attracting tourists and investment without adequately planning for the resultant population growth and its demands.

We find it difficult to understand how the narrative has taken hold that the lack of affordable housing is due to vacation rentals.

The truth is that the shortage of affordable housing for residents and workers is not caused by the 40.000 vacation rentals homes across the islands. Instead, it is the result of poor political management. Despite amassing billions in revenue from tourism, foreign investments, and European funds, there has been a failure to invest in essential infrastructure such as social housing (VPO), residential developments, hospitals, medical centers, roads, and water treatment plants.

While we empathize with the frustration stemming from these deficiencies, we believe that this discontent should be directed at the true culprits—those who have failed to anticipate, manage, and resolve these issues—rather than at tourists and foreign investors.

There is also a notable shortage of long-term rental properties, exacerbated by the current housing laws, which overwhelmingly favor tenants, including defaulters and squatters, leaving landlords without adequate legal protections.

As a result, 211.000 properties remain vacant because their owners are reluctant to rent them out due to the lack of governmental safeguards.

The association recognizes that vacation rentals play an essential role in the islands' tourism sector.

We strongly disagree with the draft legislation proposed by Mrs. Jéssica del Carmen de León Verdugo, Minister of Tourism for the Canary Islands.

We believe that any regulation of vacation rentals must be the result of a balanced consensus, given that this sector is an integral part of the economic engine driving the islands.

Vacation rentals have proven to contribute significantly to the local economy, benefiting supermarkets, bars, restaurants, cleaning services, laundries, gardening companies, and home and pool maintenance businesses.

Moreover, these rentals provide substantial economic benefits to property owners, many of whom are Canarian locals.

We firmly oppose any measures aimed at curbing economic activity resulting from real estate investments by non-residents in the Canary Islands.

For the islands, the inflow of capital and investment is of paramount importance. These developments, acquisitions, and operations provide employment to many Canarians and residents, thereby bolstering the local economy.

Additionally, these activities contribute significantly to municipal coffers through taxes and fees.

We categorically reject the notion that this influx of investment has a negative impact on the islands and disagree with the stance adopted by the Government of the Canary Islands and other administrative bodies.

Tenerife South Real Estate Association calls on the government of the Canary Islands and other authorities to reconsider their current position and to work towards fair and sustainable solutions for the archipelago.

The association stands ready to collaborate constructively in the development of policies that promote the well-being and economic prosperity of the Canary Islands.

Rubén Darío Rodríguez – President

Domenico d'Eliso - Vice President

Board of Directors.

The Prestige Group

Agustin Millares 20, Armeñime, Adeje 38678

Interior & Exterior Sun Blinds

Tenerife's leading specialist in the manufacture, repair and installation of all types of awnings, canopies, interior and exterior blinds - manual or electric.



Bioclimatic Pergolas

Available in a choice of colours, these made to measure aluminium pergolas have a fully watertight louvred slat roof, which can be oriented between 0° and 135°. Additional options include lighting, heating, speakers and side panels.



Showroom open
Monday to Friday:

9.00am - 1.30pm

Situated opposite the Repsol petrol station in Armeñime

Tel: 922-740888
www.theprestigegroup.es
info@theprestigegroup.es

Outdoor Furniture



We offer a large range of exclusive garden and terrace furniture in a wide variety of styles, designs, fabrics and colours. We also have parasols and accessories.



Roller Shutters, Grilles & Garage Doors

Specialists in the manufacture, repair and installation of industrial and domestic shutters, security grilles and garage doors – electric or manual.



Why children perceive time slower than adults

By Krupa Padhy, BBC Science, Technology and Health



Young children seem to perceive time differently from adults

Children's perception of time is relatively understudied.

Learning to see time through their eyes may be fundamental to a happier human experience. My household is absorbed in debate over when time goes the fastest or slowest. "Slowest in the car!" yells my son. "Never!" replies my daughter. "I'm too busy for time to go slow, but maybe on weekends when we are on the sofa watching movies." There's some consensus too; they both agree that the days after Christmas and their birthdays dawdle by gloomily as it dawns on them they have to wait another 365 days to celebrate once more. Years seem to drag on endlessly at their age.

It's a feeling I remember well; the summer holidays filled with water play, skipping on the freshly cut lawn, the laundry drying on the washing line whilst the Sun blazed. At moments like that, time really did feel like it moved slowly.

Teresa McCormack, a professor of psychology who studies cognitive development at Queen's University Belfast in Northern Ireland, believes children and time is a hugely understudied topic. Her work has long probed whether there is something fundamentally different about time processes in children, such as an internal clock that functions at a different speed to that of adults. But there are still more questions than answers.

"It's strange that we don't still really know the answers to questions like when do children have a

proper distinction between the past and the future, given that this seems to structure the entire way that we think about our lives as adults," says McCormack. She explains that whilst we don't have a clear understanding of when children grasp a sense of linear time, we do know that from relatively early on in development, children seem to be sensitive to routine events such as meal times and bed times. She stresses this is not the same as having an adult sense of linear time.

In contrast to children, adults have the capacity to think of points in time independently to when an event takes place, owing to their knowledge of the conventional clock and calendar system. Semantics also play a part. "It takes time for children to actually become completely competent users of temporal language, using terms like before, after, tomorrow and yesterday," says McCormack. (Read about how our language affects our sense of time and space.)

McCormack adds that our understanding of passages of time are also based on when people

are asked to make those time judgements. "Are you asking the question while events are happening or retrospectively?" She gives an example that many will relate to. "The time from when my child was born to when they left home now seems as if it went in the blink of an eye. But during the time when you're actually engaged in the business of child rearing, a single day lasts an eternity."

Studies have found that judging the duration and the speed of a passage of time develop separately in humans. Younger children below the age of six seem able to grasp how quickly a lesson passes in a classroom, for example, but their judgement is linked more to their emotional state than the actual duration. These two elements come together at a later stage when children understand the link between speed and duration.

Then there's the matter of memory

Much research focuses on how our experience of the passage of time depends on how our brain stores memories and cap-

tures experiences. This is something that has long fascinated Zoltán Nádasdy, associate professor of psychology at the Eötvös Loránd University in Budapest. As an undergraduate student at the University of Budapest in 1987, Nádasdy convinced his fellow students to undertake a field study on time perception amongst children and adults. He wanted to understand why time appears to dilate when there's an accident, for example. The experiment was simple. They showed groups of children and adults two videos, both one minute long and asked them which video felt the longest and which felt the shortest.

Fast forward over three decades, and Nádasdy and his team decided to repeat the experiment. An action-packed cops-and-robbers clip and a comparatively uneventful video of people rowing on a river were shown to three age groups before they were asked to rate the duration using hand gestures. The outcome was the same. "The four- to five-year-olds found the action-packed video longer and the boring one shorter. For the majority of grown-ups it was the opposite."

They used hand gestures to understand if participants perceived time as a horizontal flow, something that was evident in all three age groups. What the experiment shows, says Nádasdy, is that in the absence of a sensory organ to predict time, humans use other approximations. "Our explicit sensory experience of the time is always indirect, which means that we need to reach for something that we think correlates with time," he says. "And in psychology this is called heuristics. So, for kids what can they reach out to? How much they can

talk about it." That proxy tends to change once children go to school, a place where they begin to learn about the concepts of simultaneity and absolute time. "It doesn't give us the sensation of time, but it just replaces those heuristics with another one. When you go to school you are on a schedule. Your day is totally controlled."

A person's experience of time passages in daily life does not fluctuate with age, but with their emotional state

McCormack raises two additional factors at play when it comes to children's concept of time. "One is that their control processes are not the same as adults," she says. "They can be more impatient and find it more difficult to wait," she says. "It can also be related to their attentional processes as well. The more attention that you pay to a period of time passing, the slower it seems to go for you."

Research by Sylvie Droit-Volet, professor of psychology at the Université Clermont Auvergne in France, and John Wearden, emeritus professor of psychology at the University of Keele in the UK, found that the same applies in adults. They discovered that a person's experience of time passages in daily life does not fluctuate with age, but with their emotional state. Put simply – if you are happier, time passes faster. If you are sad, time drags. A key example of this was seen during lockdown, when researchers found a slowing of the passage of time associated with being more stressed, having fewer things to do and being older.

It is also possible to induce the effect by watching a film – frightening films can make time appear to lengthen, for example, as can looking at images that disgust us. Other research has shown that unpleasant experiences, such as a journey on a crowded train during rush hour, also feel like they take longer than a quieter journey.

There's also a degree of physical deterioration as we age that might also af-

fect our judgement of time, according to Adrian Bejan, a professor of mechanical engineering at Duke University in Durham, North Carolina. He has tried to explain the puzzle of our perception of time through the lens of a theory he developed in 1996 on the "physics of life" that has become known as "constructal law".

"The biggest source of input to our brain is through vision, from the retina to the brain," says Bejan. "Through the optical nerve the brain receives snapshots, like the frames of a movie. The brain develops in infancy and is used to receiving lots of these screenshots. In adulthood the body is much bigger. The travel distance between the retina and the brain has doubled in size, the pathways of transmission have become more complex with more branches. And in addition with age, we experience degradation."

This, he says, means the rate at which we receive "mental images" from the stimuli of our sensory organs decreases with age. This creates the sensation of compressed time in our minds as we are receiving few mental images in one unit of clock time as adults compared with when we are children.

Studies into age-related neurodegenerative changes suggest there may well be an association between optic nerve decline and a slowing in the speed at which information is processed and working memory capacity. But more work needs to be done to understand this fully. What you are looking at can matter too. Time perception can be impacted by the properties of what is being observed – the size of the scene, how easy it is to remember and how cluttered it is. A recent study by psychologists at George Mason University in Fairfax, Virginia, found that the first two factors dilate time whereas clutter and how busy a scene is contracts it.

Our hearts also provide an important interoceptive signal to our brains about the passage of time – our sense of how long an event takes changes with the rhythm of our heart-beat. If this really does play a major role in our sense of time, it is perhaps no coincidence then, that

Continued on page 26



The ability to link duration to the speed with which time passes develops later in childhood

Studio 4 Decor



Studio4Decor in Los Abrigos offers affordable interior design solutions to make your property stand out from the crowd. From simple, effective room re-vamps to entire property transformations, we specialise in curtains, voiles, blinds, bespoke headboards, sofas, furniture, amazing artwork and soft furnishings.

Our helpful team is on hand to help you achieve the look you are aiming for and to work within your budget. Please call Michael or Gill on (0034) 922 749 793 or email us at info@studio4decor.net.



0034 711 048 315

studio4decor.com

LAS CHAFIRAS BOOK SHOP

Find us at Calle Luciano Bello Alfonso No 5 in Las Chafiras (behind Pit Team Sur)

609 714 276

10K+ books available.
Buy 2 books, get one FREE!

US dollar rocked by fluctuating Fed rate cut bets

Staying on top of the latest currency news can help you time your transfers more effectively, so find out what you should be looking out for over the next couple of weeks...

Latest currency news

Trade in the currency market was erratic over the past couple of weeks, amid shifting central bank interest rate cut speculation. During this time, we've seen GBP/EUR hold around €1.18, while EUR/GBP retreated from £0.85 to £0.84. Meanwhile, GBP/USD slipped from \$1.32 to \$1.31, while EUR/

USD retreated from \$1.11 to \$1.10.

What's been happening?

Trade in the US dollar has been erratic over the past fortnight as mixed US economic releases saw USD investors repeatedly reprice their expectations for a Federal Reserve interest rate cut in September. The euro has also been infused with volatility, amid growing concern over Germany's economic outlook, in addition to a cementing of bets for a European Central Bank (ECB) rate cut this month. Meanwhile, expectations the Bank of England (BoE) will unwind its restrictive monetary policy at a slower

pace than either the Fed or ECB has helped to underpin the pound over the past couple of weeks.

What do you need to look out for?

Looking ahead, the immediate focus will be the ECB's latest interest rate decision. While a rate cut this month has been largely priced in by investors, dovish forward guidance from the bank could trigger an EUR selloff. In the US, the latest consumer price index will set the tone going into the Fed's September policy meeting. Could a weaker-than-expected US inflation print revive bets for a larger rate

cut this month and sink the US dollar? Finally, the pound looks well positioned to advance against both the euro and US dollar so long as upcoming UK data releases don't dispel bets for BoE policy divergence with the Fed and ECB.

At Currencies Direct, we're here to talk currency whenever you need us, so get in touch if you want to know more about the latest news or how it could impact your currency transfers. Since 1996, we've helped more than 430,000 customers with their currency transfers, just pop into your local Currencies Direct branch or give us a call to find out more.

+34 922 971 781

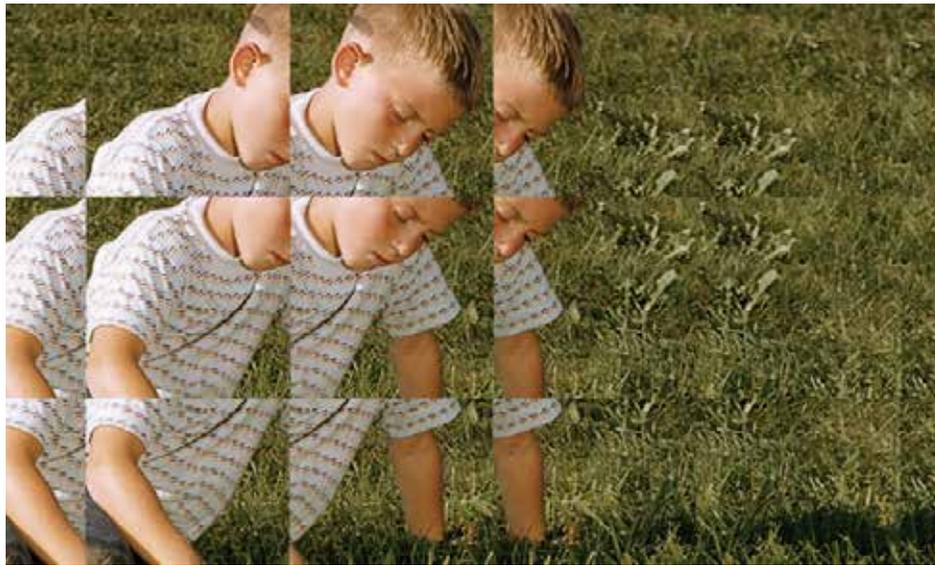
canaries@currenciesdirect.com
www.currenciesdirect.com

Continued from page 24

our heart rate tends to decrease with age. Our heart rate tends to reach a peak in the months after we are born before slowly declining as we get older. Something else happens for many of us as we get older – a less fluid and more inflexible routine kicks in. Research has found that the more time pressure, boredom and routine in a person's life, as well as the more future-orientated an individual is in contrast to living in the moment, the faster time is experienced.

What you are doing in the present is unsurprisingly paramount to our understanding of time, no matter our age. As our mental workload increases,

for example, we tend to experience a shortening of time as we underestimate the duration of a task the more demanding it is. Take a fun-filled two-week summer camp – it may be more memorable than your entire school year. Nádasdy explains that it is highly likely that those summer camp memories would occupy a much larger piece of brain tissue, because of the sheer number of adventures that took place during that short period. "It's possible that people's judgments about what actually happened during a particular time period in part reflects their memory for the amount of novel things that they remember happening," says McCork



Young children seem to perceive time differently from adults

mack. "For example, if you're an older adult, there might not have been very many big life changes that

have happened for you over the last 10 years." But when there are, those will stick in your memory just

as much as that summer camp.

With that in mind, is it possible for adults to slow

down time, reminiscent of those simple childhood days? Some research suggests that physical exercise can help to slow our perception of time, so simply being more active could help (although pushing ourselves too far could have the opposite effect as physical fatigue can shorten our perception of time). Bejan has some other less exertive ideas too. "Slow it down a little more, force yourself to do new things to get away from the routine," he says. "Treat yourself to surprises. Do unusual things. Have you heard a good joke? Tell me! Do you have a new idea? Do something. Make something. Say something.

Why New Zealand's newest Great Walk is so important

By Jessica Wynne Lockhart, BBC Travel writer



The Hump Ridge Track is New Zealand's 11th Great Walk

Situated in the country's isolated south-west region, the Hump Ridge Track will officially launch in October 2024 and has the potential to save the tiny town of Tuatapere.

My first gasp was for breath, as I dropped my sweaty pack down on the trail, having finally reached the ridgeline. I'd spent the morning climbing roughly 900m on the Hump Ridge Track, at times relying on

my hands to pull myself up through forests of dripping moss, rimu and manuka trees. The second gasp, though, was for the view of New Zealand's rugged south-west coast. From the rocky outcrop where I stood, one of the Southland region's most untouched corners spread out as far as I could see. In the distance was the wide crescent of sand I'd hiked along earlier that day; a reminder of how far I'd come. And above it all, a rainbow heralded my arrival into the subalpine terrain, an environment favoured by endemic kea and kākā par-

rots. Locals will be quick to tell you that these are the views that inspired the Carpenters' 1972 hit Top of the World, which was based on a poem sent to the American pop duo by a Southland schoolteacher:

*Such a feelin's comin' over me
There is wonder in most everything I see
Not a cloud in the sky; got the sun in my eyes
And I won't be surprised if it's a dream*

Perhaps it's an anecdote that's shared so often because it's the clos-

est brush with fame that the tiny town of Tuatapere – situated in the far reaches of Southland, the country's southernmost region – has had, well, maybe ever. The farming community's only other claim to fame is that it's the "sausage capital of NZ". It nearly lost that title in 2015 when the local butcher shop closed – yet another empty shopfront in a struggling town. But all that's about to change.

In October 2024, Tuatapere's Hump Ridge Track will officially become New Zealand's newest Great Walk, putting the agricultural town where the track starts firmly on the tourism map. The exception is the community-owned Hump Ridge Track. Even after becoming a Great Walk in October 2024, walks will continue to be booked through the track's dedicated website. Bookings – included for guided walks and luxury add-ons, such as helicopter pack transfers and jetboat rides – may be made up to a year in advance. Bookings start from NZ\$395 for the full three-day walk, with the option to add-on extras such as jetboat rides and guided walks. Among New



The track is owned and operated by the tiny town of Tuatapere

Zealand's most sought-after experiences, the Great Walks are a collection of 11 multi-day hiking routes traversing some of the country's most iconic landscapes, from the volcanic craters of Tongariro National Park to the golden-hued beaches of Abel Tasman National Park. Accommodation along the track must be booked in advance with the Department of Conservation (DOC), with spots on the more popular tracks selling out faster than Glastonbury.

For international travellers, these walks offer an accessible way to experience NZ's backcountry. Local suppliers offer gear hire and shuttles to trailheads, while hikers stay at campsites or designat-

ed huts en route, which are staffed by DOC wardens and equipped with shared bunk rooms, gas stoves and drop toilets. And for some of the country's most isolated rural communities – many of which are at risk of disappearing due to economic hardship – they offer a bid at survival. "Great Walks are a lifeline for some of these small communities," said Aaron Fleming, DOC's operations director for the southern South Island.

He pointed to the example of the Paparoa Track, the last Great Walk to open in 2019. A survey of communities in the surrounding West Coast region found that in addition to dozens of new jobs being created, there was an increase in spending of nearly NZD\$3.5m from overnight visitors in the first two years. So, in 2017, when DOC announced it was going to be adding another walk to the collection – only the second to be added in 30 years, bringing the total to 11 – competition was fierce. The front-runner was thought to be the Queen Charlotte Track,



The three-day loop winds its way through an environment of regenerating bush

Continued on page 28



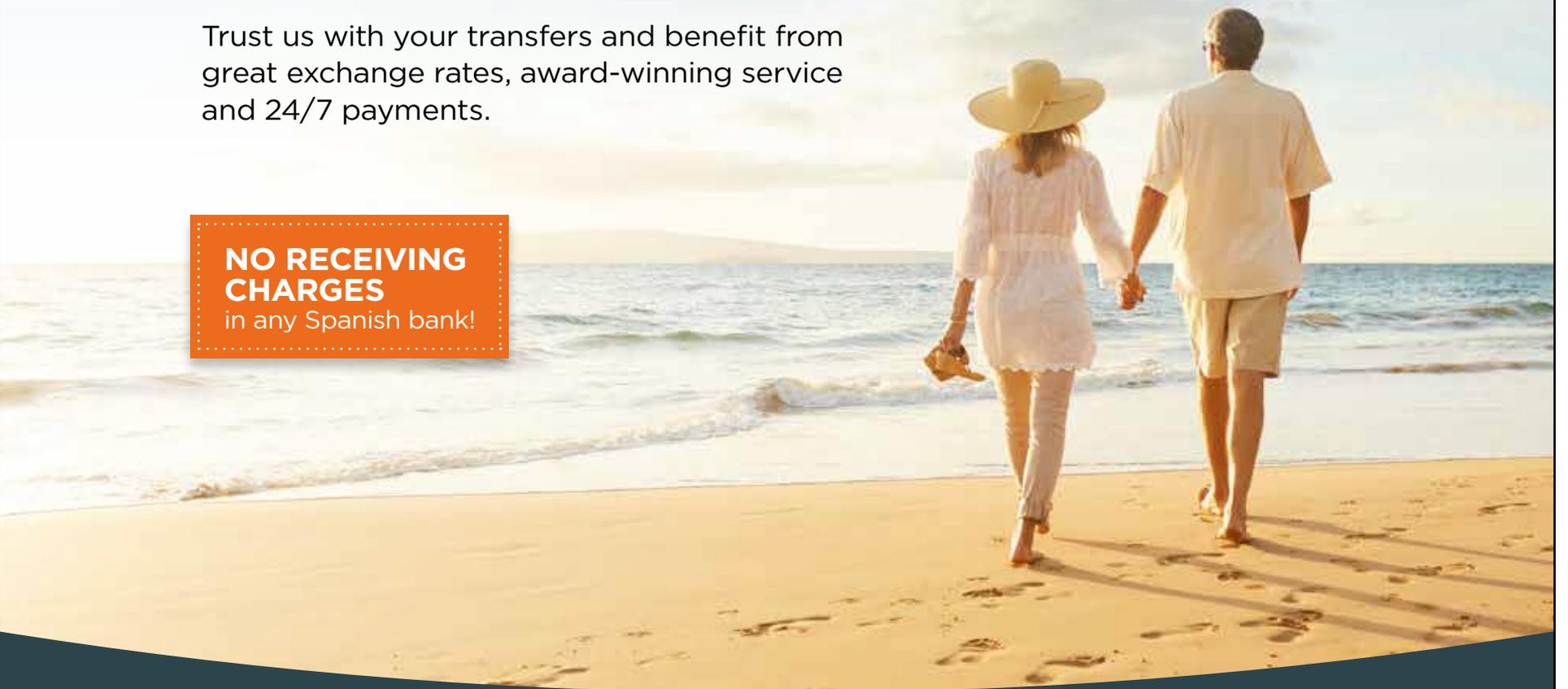
Bank of Spain
registration No. 6716

Sending money to or from Spain?

We're fully authorised as an e-money firm to operate in Spain and guarantee no receiving charges in any Spanish bank - giving you peace of mind and making your money go further.

Trust us with your transfers and benefit from great exchange rates, award-winning service and 24/7 payments.

**NO RECEIVING
CHARGES**
in any Spanish bank!



Let's talk currency

Tenerife

Calle Oregon 5, Residencial los Seres,
Local 6, Los Cristianos,
Arona, Tenerife, 38650

canaries@currenciesdirect.com
+34 922 971 781

Find out more at currenciesdirect.com

© Currencies Direct Ltd, One Canada Square, Canary Wharf, London E14 5AA, United Kingdom. Registered in England & Wales, No.: 03041197. Currencies Direct Ltd is authorised by the Financial Conduct Authority as an Electronic Money Institution under the Electronic Money Regulations 2011. Our FCA Firm Reference number is 900669.

Our EU services are provided by Currencies Direct Spain.

© Currencies Direct Spain, E.D.E., S.L., Avenida del Mediterráneo, 341, 04638 Mojácar, Almería, Spain. Registered in the Commercial Registry of Almería under the Spanish tax ID number B04897930. Currencies Direct Spain, E.D.E., S.L. is authorised by the Bank of Spain as an Electronic Money Institution under Law 21/2011 of 26 July and Royal Decree 778/2012 of 4 May. Our registration number with the Bank of Spain is 6716.



Continued from page 26

a path winding through the isolated bays and alongside the emerald waters of the Marlborough Sounds, which is visited by 35,000 people annually.

But in the end, it was Tuatapere's Hump Ridge Track that won the bid, with DOC investing NZD\$7.9m to bring the existing 61km loop up to a Great Walks standard. Upgrades on the trail began in 2022, including realignment of the track, the construction of new steps and boardwalks to ease gradients, and the installation of interpretative signage in consultation with the local iwi (Māori tribe), Ngāi Tahu.

Like the country's most popular Great Walk, the Milford Track, the Hump Ridge Track traverses alpine ridgelines in Fiordland National Park, an area renowned for its snow-capped peaks, waterfalls cascading directly into the sea, ancient rainforests and deep fiords. But that's where the commonalities end. Unlike the Milford Track, the Hump Ridge is not untouched by civilisation. Instead, it takes place in an environment of regenerating bush. The first day is full immersion into New Zealand's



The Hump Ridge Track will officially launch in October 2024, with bookings open now

backcountry, while the second is a lesson in history, as hikers walk along heritage tramways and across some of the longest wooden viaducts in the southern hemisphere – both relics of a once-thriving forestry industry.

Other points of difference? Optional perks on the three-day tramp (that's Kiwi for "hike") include the option to get your pack helicoptered up to the first hut, hot showers, private rooms with real beds, flush toilets and shops selling wine. (Private lodges along a handful of the tracks offer similar amenities to hikers on all-inclusive guided experiences, but the Hump Ridge is the only Great Walk where independent walkers can indulge in this fashion.) And last but not least, it's the only Great Walk that's commu-

nity-owned and operated.

It was in the mid-1980s – when changes to government policy saw Tuatapere's forestry industry shutter and the town's population shrink from 2,500 to less than 1,000 – that residents first banded about the idea of opening a track to attract tourists. Designed to be walked over three days, it would carry trampers from windswept beaches high into the mountains, where they would have unrivalled 360-degree views from the top of the world of the surrounding tarns (mountain lakes), coastline and even as far away as Stewart Island/Rakiura.

Construction started in 1994, with volunteers laying the first 7km of boardwalk in just 28 days. By 2001, the track opened for business. It quickly gained a reputation as being challenging enough for the hardcore hikers, with enough options to lighten the load for newbies. But while it attracted keen Kiwis, it wasn't enough to turn a profit. "You can't just keep selling to Kiwis because once they've done it once, that's it. You need to broaden your horizons. So, an international marketing footprint was really key

for us," said Cedric Wedderburn, the Hump Ridge Track's general manager.

Already, its profile has been elevated by the announcement that it will become a Great Walk. Once visited by around 1,000 people annually, more than 3,000 walked the track during the 2023-2024 season. And it's no longer just Kiwis. As I settled in beside the crackling fire on my first day – having walked from the lookout to the welcome warmth of Okaka Lodge – I met visitors from as far away as California.

That night, I fell into a deep sleep, my aching body cradled by a soft bed in a private room – an experience I never thought I'd have on a Great Walk. When I woke, the sunrise was casting a serene pink glow across the high-alpine tussocks. I began to trace my way along the boardwalks, but not before saying goodbye to the hut warden, Glenys Erskine-Mackie. Born and raised in Tuatapere, the lack of job prospects forced Erskine-Mackie to leave the community when she was 18. Now, 25 years later, the track has allowed her to return. "We used to be a really thriving community. But when the sawmills closed, the town kind of died. Shops closed and everybody in my school class moved away," said Erskine-Mackie. "Now, there's opportunities for people to be employed. With it becoming a Great Walk, it will drive jobs."

That's still to come though – and reminders of an alternate ending are evident even along the track. I spent the day descending through the green forest

back to sea level, where I found Port Craig Lodge situated in what was a thriving township with a sawmill in the early 20th Century. Today though, its only residents are a pod of rare Hector's dolphins, who playfully swim with hikers brave enough to cool off in the southern waters. As I wandered through the ghost town, I found it hard not to wonder if this could have been Tuatapere's



Fiordland National Park is located in the southwest of New Zealand's South Island

fate.

I'm not the only one with that thought. Before I left Tuatapere, I met with volunteers from the Hump Ridge Track's Charitable Trust, including long-time local Paula McKenzie. "The population of Tuatapere has probably declined since they first opened the track," said McKenzie. "But the question I would be asking is 'what would the community be like now if we didn't have the track?' It feeds the community."

With the Hump Ridge Track finally turning a profit, its Great Walk status will only help to secure the community's future. Already, money from the track is being funnelled into other community initiatives like predator eradication programmes. Tu-

atapere has even been able to regain its right title as the sausage capital of New Zealand, with more than 5,000 sausages fed to trampers annually. (The track's sewage system even had to be modified to account for the sheer number of sausages being consumed.) I listened to the volunteers as they discussed ideas for the future. There's no limit to what might come next

– some suggested biking paths could keep visitors in the community longer. Maybe they could apply for Dark Sky certification to attract astro-tourists? And one day, maybe they could even reintroduce native takahē (an endangered flightless bird) back to the region.

First though, there's a party to plan for October; a celebration that the community hasn't seen the likes of since the Hump Ridge Track first opened in 2001. They'll have to play the Carpenters, of course. The famed sausages might be served. And maybe a dance will be developed. Called "the Tuatapere Shuffle", it will mimic stiff-legged trampers returning to town after their time at the top of the world.



The Hump Ridge Track is finally turning a profit due to its Great Walks status

Find thousands more properties on
thetenerifepropertyguide.com





Tenerife Insurance Services SL

Cars, Houses, Life, Health, Dental, Funerals, Travel, Boats, Business Premises, Communities, Bars & Restaurants, Savings & Investments and more.....

Tel: 922-735-672



NO OBLIGATION, FREE quotations



CARS



LIFE



HOUSES



€ - TIME TO REVIEW YOUR POLICIES - €

Cars, Life, Houses, Business, Accident, HEALTH, Pets, Public Liability and more

The more policies you do, the more you save!

Terms & Conditions apply



HEALTH POLICY



INTEGRAL ELITE for RESIDENCIA – no additional payments

25% DISCOUNT - For NEW INTEGRAL HEALTH policies started before September 30, 2024

COMPLET has full cover with co-payments

30 yr old - 33€ COMPLET	or	72€ ELITE per mth
40 yr old - 37€ COMPLET	or	82€ ELITE per mth
50 yr old - 45€ COMPLET	or	98€ ELITE per mth
60 yr old - 61€ COMPLET	or	133€ ELITE per mth

Up to 75 years of age!



- Policy documents can be issued immediately
- COVID-19 included
- DKV+ App for access to your records
- Cover Starts IMMEDIATELY
- Dental Cover included
- 24 Hour emergency doctor (English or Spanish)

Terms & Conditions apply

[https:// www.tenerifeinsurance.biz](https://www.tenerifeinsurance.biz)

e-mail: info@tenerifeinsurance.biz

Calle Clara Toledo Gómez, Local A, LAS CHAFIRAS, 38639, San Miguel de Abona

The five reasons we absolutely love Portofino

By Peter Ternström, Author



Until the beginning of the 20th century, Portofino was an ordinary fishing village.

The situation changed significantly when tourism exploded during the first 20 years of the century. Portofino became known for its amazingly beautiful harbour and the clean water. The village quickly became popular as an exclusive resort for Europe's richest people. Many noblemen and other notable families built summer residences here. These residences still exist today but have in many cases been transformed into fashionable boutique hotels.

During the jet-set era, which began in the late 50s, Portofino's popularity exploded. The entire world's socio-econom-

ic elite would spend their summers here. For about 30 years, between 1960 and the mid-90s, Portofino was the summertime centre for the entire world's upper classes.

Anyone who was someone would absolutely have their superyacht parked outside the harbour. The parties lasted until the morning at restaurants and nightclubs in the harbour. Then the party continued on one of the billionaires' yachts. During Portofino's heyday, the term "paparazzi" was invented. Photographers, who documented the lives of the rich and famous with cameras and super long lenses.

In the mid-1990s, however, there was a major change in Portofino's status as the epicentre of decadence and summer residence for the wealthiest. No one really knows why it

happened. Perhaps it was the economic crisis that spread in the world. Or, the locals got sick and tired of everything. Anyway, the billionaires moved their superyachts and champagne-fuelled parties to the then quite unknown village of Saint-Tropez in France.

1. The Harbour and Via Roma

Portofino harbour and little Piazzetta (square) is extremely pretty. Probably the prettiest harbour in the world. This is a wonderful place to visit both day and night time. During the day for lunch or an afternoon coffee with ice cream in any of the restaurants and bars. In the evening, dinner usually starts at 20 or even 21. The restaurants usually don't open until 19:30.

Having dinner in the Por-

tofino harbour is a great experience. Our favourite restaurant is Chufly, located on the bottom floor of Hotel Splendido Mare. A reservation is necessary during the summer.

Strange name, Chufly? Very. According to the legend, it was American tourists in the 1950s that invented it. Shoo-Fly - as in waving with your hand to make an insect fly away. This was picked up by a waiter who thought it meant something completely different. Via Roma is the main street in Portofino, connecting the harbour with Piazza della Libertà where the buses and taxis stop. This very picturesque narrow street has many luxury brand shops, cafés and ice cream parlours. You will also find plenty of souvenir stands.

2. The beach in Paraggi

There is an extremely beautiful beach in the direct vicinity of Portofino. It is famous for its absolutely clear (and cold) water. To reach it, walk towards Santa Margherita. After a few hundred meters you will reach the bay of Paraggi. You can't miss it. There is also a parking lot behind the beach.

3. That famous church San Giorgio

The Church of San Giorgio is a small Catholic church in Portofino, located on an elevated position, enjoying a panoramic view of the Marina di Portofino. The church was built in 1154. If you have time and two legs in working order, there is a beautiful trail from the harbour up to the church.

4. Hotel Splendido Portofino

Our favourite hotel is (Belmond) Splendido Portofino. It is located on a hill overlooking the harbour. This is one of the five top hotels in the world. A room with sea view and balcony costs about 2 000 euros per night during high season. Absolutely no problem to park your Ferrari in the hotel garage, or just outside the main entrance. We stay at this hotel a few times per year, for our supercar driving tours Gran Turismo Riviera and sometimes Gran Turismo Italia. A Ferrari or Lamborghini of



your choice is included.

Worth noting is that there is a second hotel in Portofino called Splendido: Splendido Mare, and it is located in the harbour. It belongs to the Belmond group and is also a great hotel. We prefer Hotel Splendido on the hill, though. The parking for a supercar is better, too.

5. The elegant cool

Now to the best thing with Portofino. The most important reason we love it so much. While the champagne-spraying partying has moved to Saint-Tropez, Portofino has become the calmer and much classier choice. The Riviera and the Cote d'Azur can be divided into three distinct parts. Saint-Tropez is sexy and has the wildest parties. Monaco is an absurd Disneyland for the

from about 200 euros.

Parking

Be careful bringing your supercar to Portofino unless you have a reservation at a hotel that also guarantees a parking space. Park your car at your hotel, and then walk down to the harbour. There is a small garage on Piazza della Libertà called Garage Portofino. The competition for places in the garage is fierce and I recommend that you call ahead and reserve a spot. (+39 0185 269 039)

Santa Margherita

Want to experience Portofino without spending a fortune? Then I recommend you stay in Santa Margherita instead. It is located about five kilometres from Portofino. Here you will find lots of good hotels at a reasonable price. Then



rich. Portofino is all about class. Of all the popular spots on the Riviera and Cote d'Azur, Portofino is the most elegant one.

Bucket list item

To visit Portofino is an important item on everyone's bucket list. However, there are some things to keep in mind. The prices are high. Not like in Venice, but still more expensive than usual in Italy. Coffee in the harbour can cost five euros. A great hotel room in Portofino costs from 700 euros and upwards per night, during high season. Budget alternatives start

you can take the bus or a taxi to Portofino and enjoy the vibe in the harbour at a fraction of the price. In addition, it is much easier to find parking for your car in Santa Margherita.

One last thing

Are you ready to learn something new today? The name Portofino. It does actually not mean "the fine/pretty harbour". No. The name Portofino comes from the Roman Imperial name for the village two thousand years ago - Portus Delphini.

Peter Ternström
peter@granturismo.org



Whatever Happened to Russian Civilization?

By Walter Clemens



The sparks of Russia's civilization continued to glow in Soviet times, but are now nearly burned out.

Tsarist Russia, for all its negative traits, had redeeming features. It gave rise to some of the greatest music, dance, and liter-

ature in human history — a flowering of the kind now smothered by Putin's totalitarian dictatorship. Its literary scene produced some of the world's greatest-ever poets and novelists — Pushkin, Lermontov, Tjutchev, and others. Where is today's Gogol, whose crazy stories lampooned even the tsarist bureaucracy?

Several major Russian

poets continued working in Soviet times. Vladimir Mayakovsky begged the government to "make me a part of the Five-Year Plan." But when controls tightened, he committed suicide, as had his more romantic comrade Sergei Yesenin.

One of Stalin's favorite writers, Mikhail Sholokhov, won the Nobel Prize for literature in 1965 for his nov-

els about the Civil War. In 1958 Boris Pasternak had also won a Nobel prize for Doctor Zhivago, although the Khrushchev regime kept him from accepting it. Aleksandr Solzhenitsyn won in 1970 for his novels exposing life in the Gulag. Expelled from the USSR in 1974, he moved to Vermont, though he later returned to post-communist Russia.

One of the leading dissident poets from the Khrushchev era, Yevgeny Yevtushenko, departed post-Soviet Russia to teach and recite in the US and was the most vital — most alive — person I have known. He told me Russian audiences no longer appreciated poetry and, in the 1990s, could not afford books.

What has happened to the music scene that gave humanity some of its greatest music, dance, and theater? Stalin smothered two giant composers, Prokofiev and Shostakovich. Prokofiev wrote Romeo and Juliet in 1935 and got it produced in 1940, risking censure for degenerate modernism. Defying official and popular anti-Semitism, Shostakovich managed to play his Symphony No. 13 to accompany Yevtushenko's poem Babi Yar in 1962.

One of the world's greatest cellists, Mstislav Rostropovich, provided refuge for Solzhenitsyn in his dacha but was then banned from performing except in provincial towns. The cellist and Galina Vishnevskaya, his singer wife, escaped to the West.

Russian choreographers and dancers — Diaghilev, Balanchine, Nureyev, Baryshnikov, and Natalia Osipova — also transformed ballet from Paris to New York. When I visited Moscow's Tretyakov Art Gallery in 1958, the works of Chagall, Kandinsky, and other avant-garde painters were kept in dark storage rooms where visitors needed a lantern to see them. Now, they are displayed, in part to attract tourists. So are works by the late dissident artist, Oskar Rabin, who took exile in Paris. A sculpture by Ernst Neizvestny still graces the tomb of Nikita Khrushchev, even though the artist moved to New York.

Stalin and his successors suppressed, killed, or drove into exile many of the Soviet Union's best and brightest. Andrei Sakharov, the father of the Soviet H-bomb, won the Nobel Peace Prize in 1975 "for his struggle for human rights in the Soviet Union, for disarmament

and cooperation between all nations." Kremlin rulers have strangled science as well as the arts. Solzhenitsyn's novel In The First Circle recalled how Stalin imprisoned scientists in gulag workshops and demanded they improve hard power technologies. In the same way, Putin's war on Ukraine has driven thousands of Russia's best and brightest into exile. In 2024 the regime sentenced a founder of Russia's internet, Aleksey Soldatov, to two years in a labor camp — a possible death sentence for a 72-year-old with serious health issues.

Not all is lost, however. The lyric soprano Aida Garifullina, from Tatarstan, trained in Nuremberg and has become a star on the stage of the Vienna State Opera as well as at the Marinsky and Bolshoi theatres. She has paired with Placido Domingo and Andrea Bocelli in Italy's concert arenas and has been welcomed in many Chinese venues. She says she feels best with her family in Kazan. She reminds us what the Russian Federation could be if it tapped the cultures of its subject nations instead of using their young men as cannon fodder.

What Dreams Tell Us About Ourselves

By Allison Michelle Dienstman, freelance writer and contributor to Goodnet

By exploring different types of dream analysis, we can slowly unravel the mysterious meanings behind dreams.

Everyone dreams. Each night, our minds replay events from our lives mixed with seemingly random and illogical occurrences. But what if the images and experiences from our dreams aren't random at all? What if we could discover deeper meaning hidden behind those dreams?

What did the Ancients say about our dreams?

For as long as humans could experience dreams,

people have tried to analyze the meaning behind them. The ancient cultures of Mesopotamia, Egypt, Greece, and Rome believed that dreaming carried divine messages and considered dream interpretation a sacred art and honored profession. When someone had a symbolic dream in ancient times, they would consult a dream interpreter, usually a wise person in the community such as a priest, priestess, or physician. The dreamer would list the images and have them interpreted by the wise one. Dream books listing dream images and interpretations also became popular in many cultures.

Whether you believe in

dream interpretation or not, let's have a little fun with it and try it on ourselves. Below you can find a few common dream images with possible interpretations.

Water: Represents the emotional and unconscious. The condition of the water, whether calm, turbulent, cloudy, etc. represents our current emotional status.

Flying: Relates to the level of control we feel over our lives. High flying shows a sense of freedom while low flying or issues "taking off" could mean trouble reaching goals.

Falling: Falling uncontrollably could indicate fear or that life feels out of con-



trol

Teeth: The common dream of teeth falling out could mean issues with communication, embarrassment, or powerlessness.

Animals: Animals often appear in dreams and are said to symbolize one's physical characteristics, primitive nature, and un-

tamed aspects of the self.

Snakes: Snakes have both positive and negative connotations. Snakes, used in the caduceus symbol of medicine, could indicate healing. Their ability to shed skin indicates signs of transformation. Snakes can also refer to temptation or that some-

one cannot be trusted.

A more modern approach...

In modern times, psychologists continue the practice of dream analysis. Dream interpretation became best known for its use in psychoanalysis. Modern health profession-

Continued on page 34

If you are selling your property in Spain and moving overseas, you could save money through our repatriation service.

We understand that navigating the currency markets can be difficult, especially when you are busy making preparations to move to a different country. That's why our expert team are on hand to provide you with as smooth an experience as possible for your cross-border international payments. We offer great rates and you could also save money on typical Spanish bank charges through our local draft deposit service.

We've been dealing in foreign exchange since 1979 and know what we are doing. So we could help to look after your currency, whilst you focus on other practicalities.

Speak to your local moneycorp representative to discuss how you may benefit from our tailored service.

To open your free international payments account, call the team today on **+34 952587657**.
Please quote **The Tenerife Property Guide**.
Alternatively, for more information, please email **costadelsoloffice@moneycorp.com**

Moneycorp Technologies Limited (company number 612120) is registered in Ireland. Moneycorp is a trading name of Moneycorp Technologies Limited which is authorised by the Central Bank of Ireland under the European Communities (Electronic Money) Regulations 2011 for the provision of Electronic Money and Payment services and with the Central Bank of Ireland for the provision of designated investment business under European Union (Markets in Financial Instruments) Regulations 2017 (firm reference number C184118).

moneycorp 



www.moneycorp.com

LAS CHAFIRAS BOOK SHOP



Find us at Calle Luciano Bello Alfonso No 5 in Las Chafiras (behind Pit Team Sur)

10K+ books available.
Buy 2 books, get one FREE!

Spanish and English Lawyers

Conveyancing · Inheritance & Wills
Family Law · Criminal Law
Civil Litigation & Personal Injury
Timeshare · Tax & Commercial law

De Cotta Law

T: 922 719 520

E: tenerife@decottalaw.net

C. C. Terranova, Av. de España s/n, Locales 312 y 313

38660 San Eugenio Costa Adeje . Tenerife

www.decottalaw.com

Continued from page 32
als also use different types of dream analysis as part of therapeutic techniques. So what do these methods have to say about your dreams?

Dreams in Psychoanalysis

In the age of science, Sigmund Freud considered dreams as the "royal road to the unconscious"

and developed a system of dream interpretation in psychoanalysis. According to Freud, dreams represent unconscious desires, thoughts, and motivations. People suppress their aggressive and sexual instincts in conscious life, and dreams are "disguised fulfilments" of those repressed instincts.

Jungian Dream Analysis
Carl Jung took a different approach, saying that

dreams reveal more than they conceal. Rather than hiding our repressed desires, as Freud asserts, Jungian analysis suggests that dreams help integrate the conscious and unconscious using archetypal images. These images represent unconscious attitudes. By understanding how the images relate to our lives, we can better develop greater awareness

of our inner selves.

Let's say you have a dream about a dog. In Jungian analysis, the therapist will explore the universal meaning of the "dog" (man's best friend, dogs in mythology, dogs are loyal and caring). Therapy will then explore the collective understanding of the dog to help that individual find meaning in the dream.

It works a little bit like this: When dreaming, con-

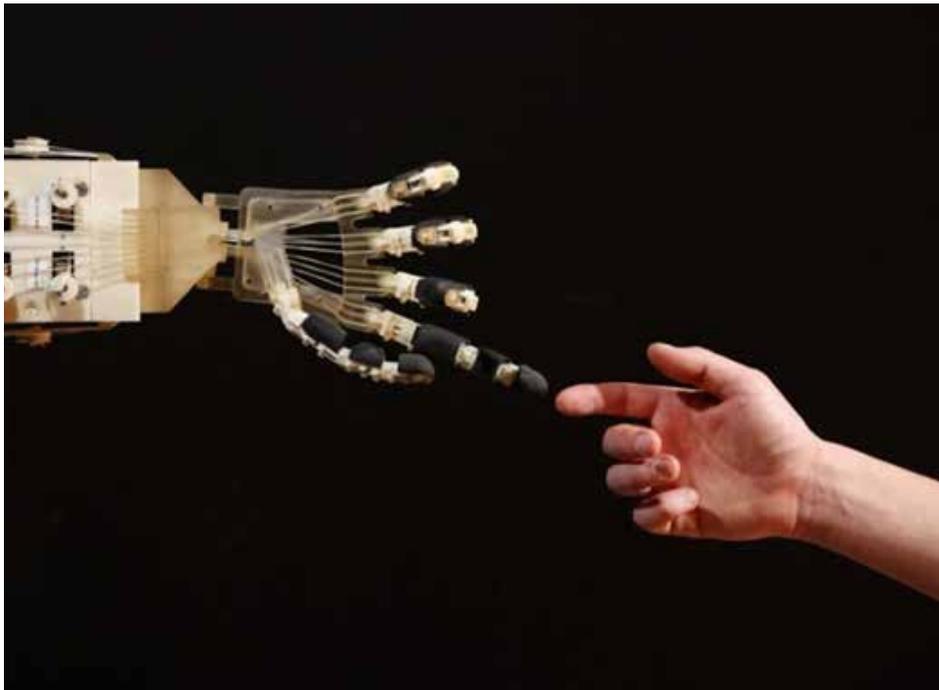
sider the different motifs and images that come to mind. Now, what do those signs and symbols mean in a general sense? (Perhaps in society, according to mythology or religion, things like that) How would you apply that to yourself? Does the meaning behind that archetype or image connect to something from your life?

While we still don't know exactly what dreams

mean, they certainly possess powerful information to help better understand ourselves. Whether that information comes from a divine message, repressed desires, or reveal inner attitudes, the truth is dreams invariably have more than one interpretation. By exploring different types of dream analysis, we can slowly unravel the mysterious meanings behind dreams.

AI can jump-start UK productivity – we just need to get over our trust issues

By: Daniel Pell, Vice President, Workday UKI



Artificial intelligence can be the productivity cure it promises to be – but we need a little trust, writes Daniel Pell

The UK has a productivity problem. The lat-

est productivity flash from the ONS confirms our near stagnation with outputs per hour growth hovering around the zero-to-one percent mark – and that's after accounting for the heroic growth efforts of our manufacturing sector.

We can all rattle off the reasons behind this: high

inflation, war in Europe, Covid, Brexit. Some argue it goes all the way back to 2008 and the spending measures introduced thereafter. Whatever the reasoning, the fact remains that we're lagging behind our counterparts. Take the US, France and even Germany, who are grappling

with recession. Their productivity still ranks markedly higher than ours.

Yet I remain a staunch believer in UK business. While productivity has struggled, overall GDP growth has been strong. We have vision, we strive to achieve, we are a diverse and innovative country full of new ideas and ambition – we just need a bit of a jump-start.

Investment (and by investment I mean reinvestment) remains one of the biggest hurdles. With poor growth comes little surplus to spend on improvements, drive new efficiencies and improve working environments. Many are just trying to keep the wheels turning. That's why the Bank of England's recent rate cut to five per cent may provide some much needed breathing room, at least to the larger employers of this nation.

But how best to use these new savings and other tools at our disposal to bolster productivity?

Untapping the AI opportunity

While businesses have been grappling with the hype – and in some cases fear – around artificial intelligence (AI) in recent years, its ability to boost productivity is becoming clearer. Our recent research found up to £119bn-worth of pro-

ductive work each year could be untapped across large UK enterprises annually by AI. The companies surveyed account for two-fifths (39 per cent) of private sector employment and almost half (47 per cent) of its turnover at £2.1 trillion.

The numbers are compelling. The same analysis found the equivalent of £11,000 a year of additional work produced by each employee, achieved through average time savings of 2.9 hours a day. Further, just one per cent of business leaders who have widely deployed AI report falling short of their growth targets, compared to 16 per cent of those with limited AI deployment. Positively, the government recognises the huge improvements AI can bring about, hence its recent AI Action Plan launch.

We know this technology can work, if used in the right way. We now have a bit of financial headroom. Next, we must break down barriers to adoption, and that starts with trust.

Bolstering trust in AI

Trust in AI is complex. It spans typical areas like privacy, security and challenges of inherent bias through to fears of job obsolescence. It's an important prerequisite as we travel down this road. Only with

transparent tools, developed responsibly and retaining human mediation or oversight, will we see those objections wane. This will be key if we're to successfully use AI to help boost our productivity in the way our organisations and economy need. Upskilling and education will also play a huge role here. Again, the government recognises this with its Skills England Bill. With it they aim to establish a new national approach to skills provision, targeted towards high value skills that drive economic growth. Here, too, AI has a role to play.

With the right AI platforms, we can gather and put to work data on existing skill gaps at scale. The insights provided will help us strategically target workforce upskilling to the valuable skills that businesses need and which underpin flourishing careers. This AI-enabled approach, combined with intelligent job role assignment capabilities, is already being used by forward-thinking enterprises around the country.

The challenges are clear, but I'm optimistic about UK productivity. Our economy, and our businesses, are well placed to lead in AI adoption. May it prove to be the productivity jump-start we need.



PEST CONTROL Co.

SAFECLEAN

PART OF G.D.A. GROUP S.L.U. Est 1987



SAFECLEAN

PEST CONTROL
For private villas, apartments, complexes,
providing sanidad
certificates for Bars & Restaurants
CONTROL DE PLAGAS
Desinsectación, desratización y certificados

🇬🇧 **609 066 973**
🇪🇸 **627 114 090**

CLEANING
Professional upholstery
& carpet cleaning, sofas, beds
LIMPIEZA
Limpieza de sofás,
alfombras, tapizados etc.

www.safecleantenerife.net e-mail: info@safecleantenerife.net

**Hot Spring Spas
Titanium Heat Pumps
Pool Covers and Rollers
Saunas**



**Designed by BMW Group
Design Works USA.**



Aqualux Pools and Spas
Calle Daniel Feo Feo, Nave 5, Las Chafiras, Tenerife
Tel: 922 736 944 / Mob: 619 781 924
www.aqualuxspas.eu
Email: aqualuxtenerife@gmail.com

MOTORWORLD

Traffic Laws in Spain - a brief overview

With thanks to Emma Swain, Motorworld, Las Chafiras

Driving in Spain can offer a unique experience, with picturesque landscapes and in the main well-maintained roads, although here in Tenerife we may beg to differ!

SPEED LIMITS

Spain has specific speed limits that vary depending on the type of road (as in most countries). In urban/residential areas the speed limit is typical-



ly 50km, though it can be lower in certain areas - as many will have noticed over the last 12/18 months. On secondary roads the limit is 90km, but again this does vary, whilst our motorways allow speeds up to 120km. It is crucial to pay attention to road signs as speed limits can change - as many people have learnt the hard way.

ALCOHOL AND DRIVING

There are stringent laws regarding drinking and driving. The legal blood/alcohol limit for experienced drivers is 0.5 grams per litre. For novice/new drivers (those with less than 2 years' experience) and commercial drivers, the limit is 0.3 grams per litre. Random breathalyzer tests are common, and penalties for exceeding these limits

include hefty fines, suspension of your licence, and even imprisonment for severe offences. As most residents will be aware, alcohol is a part of the daily lifestyle in Tenerife and it is not uncommon to see people in authority/van/lorry drivers etc in bars very early in the morning with beers and/or Baraquitos.

SEAT BELTS AND CHILD SEATS

Wearing a seat belt is mandatory for all occupants of a vehicle, regardless of their seating posi-



tion. For children, specific regulations apply, as you would expect. Children under 135 cm (4ft 5in) must use an appropriate child restraint system suited to their size and weight. Full details of all this can be found on the DGT website. Children should, of course, be seated in the rear seats unless the vehicle does not



have them, in which case, they can sit in the front with the airbag deactivated.

MOBILE PHONES AND OTHER DISTRACTIONS

Using a mobile phone while driving, without a hands-free system, is illegal in Spain. We see so many still ignoring this and

many accidents occur simply because the driver is distracted by their phone. The fines (Multas) for using a handheld device can be steep, and also results in the loss of points from the driver's licence. There are of course other distractions, such as adjusting the GPS or eating/drinking, which should also be avoided to ensure that the driver's attention is on the road and the area around them. Children can sometimes be a distraction so whilst we know some children do not like car journeys it's always advisable to ensure that they have something to play with or read whilst in the car.

ROUNDBOUTS AND PRIORITY SIGNS

Navigating roundabouts can be tricky for even long term residents and locals

but for Tourists it seems to be a big issue. In Spain, vehicles inside the roundabout have the right of way. Drivers approaching a roundabout must yield to those already circulating. Additionally, priority must be given to emergency vehicles, buses pulling out from stops, and pedestrians at crossings.

All of these things sometimes become an issue, especially when allowing an Emergency vehicle to pass, as on many roads there simply is no space!

Understanding and adhering to Spain's traffic laws is essential for a safe and enjoyable driving experience. By respecting speed limits, avoiding distractions, and ensuring all passengers are safely secured, drivers can contribute to the overall safety on Spanish roads.

The 'right' way to eat sushi: Tips from the experts on sushi rules to follow

By Paul Feinstein, BBC World's Table



With the recent spate of sushi pranks that have rocked Japanese society, we set the record straight on the "right way" to eat one of the world's greatest food delights.

In February 2023, a video surfaced online showing a man licking a communal soy sauce bottle as it rolled by on a sushi conveyor belt. The man went on to tamper with other sushi dishes as well, to the dismay of restaurant onlookers. That should've been the end of the story, but like most viral trends (emphasis on virus), sushi-ruining copycats sprang up, showing videos of people licking chopsticks, rubbing saliva on sushi and putting wasabi on other people's orders.

Three of the perpetrators have been arrested by the Japanese police, hopefully putting a stop to the sushi-destroying shenanigans, but it still shocked a nation that's known for its rules, regulations, cleanliness and etiquette, especially with food. Additionally, sushi restaurants in Japan have begun to disable their conveyor belts or install sensors and camer-

as to catch the "sushi terrorists" red-handed (or red-tongued as it were), possibly putting an end to one of the world's great sushi eating experiences.

Obviously, the offense of licking conveyor-belt sushi, known as kaiten restaurants, is limited to extremists, but there are still a bevy of sushi rules to follow if you want to avoid any fishy faux pas.

On the fine-dining end of sushi consumption, there's Sukiyabashi Jiro, the impossible-to-get-into restaurant made famous from the documentary, *Jiro Dreams of Sushi*. On their website, they have a list of 12 rules that range from how to use your chopsticks and cleanse your palate to timing on when to eat the fish that's splayed out in front of you. This writer has eaten there and has been admonished for taking too much time between bites.

According to Kazunori Nozawa, the co-founder of the famed SUGARFISH sushi restaurants and veritable Sushi Shokunin (Master), there are a handful of dos and don'ts in the world of sushi. First, Nozawa says, "Don't rub your chopsticks together after you split them apart, that is seen as inconsiderate." He continues with a surprising note that, "eating with your chopsticks is pre-

ferred, but eating with your hands is also acceptable. If you need a fork, it's ok, just ask for one."

Additional etiquette rules from Nozawa include:

"Eat your sushi when it arrives, it's best right away. This is especially true so the nori does not lose its texture for hand rolls or gunkan style (gunkan means "battleship" in English and is similar to a handroll that's shaped more like a boat and usually topped with roe)."

"Eat nigiri in one bite."

"If you are adding wasabi, it's okay to add it to your soy sauce, but you should have another soy sauce that does not have wasabi. Not all dishes are best with wasabi."

"Don't add ginger on top of your sushi. It's meant as palate cleanser between dishes."

"If sushi is sauced, don't dip it in soy sauce. When dipping nigiri in soy sauce, I believe you should lightly dip the rice side, not the fish side, although many

others believe differently.

Try it and you will taste a difference."

"Not an etiquette rule, but when eating a hand roll, take a bite, flip the hand roll, and take a bite from the other side. This helps keep the hand roll intact."

Nozawa and Jiro would probably have a very long conversation about whether to dip the rice in soy sauce or not, as it's number six on Jiro's "don't" list.

But continuing in the world of super fine-dining sushi, unspoken rules abound. Andrea Fazari, the James Beard Award-winning photographer and author of *Sushi Shokunin* as well as an upcoming book on Japanese culture, says, "when dining at a fine sushiya (sushi restaurant), it is essential to respect the sushi master, the ingredients and everything about where you are. If you are dining with someone else, conversation should be muted and hushed; the sushi master and what you are eating should be the focus."

Conversation should be muted and hushed; the sushi master and what you are eating should be the focus

She also explains that you "do not ask for extra anything: shoyu (soy sauce), wasabi, ginger. You will not be given a small saucer for extra shoyu in which to submerge your nigiri. The nigiri are already perfect as they are, prepared the way the master intends."

With all this said, the experience of eating sushi in Japan shouldn't be daunting. Sushi chefs want you to enjoy your experience as much as you do, but the rules and language barrier can be a hindrance. That's where Sushi University comes in. To solve these problems, Sushi University partners you up with a translator who accompanies you on your sushi-eating journey so you can get the most out of the experience. They help you chat with the chefs, explain the history of the dishes and, of course, get you comfort-



Following a series of pranks by "sushi terrorists", some sushi restaurants in Japan have disabled their conveyor belts

able with the rules.

While Sushi University has a long list of sushi rules, Tetsuya Hanada, its founder and managing director, adds a few etiquette nuggets to consider, like "mak[ing] sure to only use a small amount of soy sauce on the topping only. Sushi rice (shari) absorbs soy sauce very quickly, so dipping the rice side of the sushi will make the piece fall apart. Also, do not use too much soy sauce so as not to inhibit the delicate tastes of the fish."

Another quirk to the saucing rice debate.

Hanada also explains that, "Aojiso (green perilla), used a lot as tsuma (garnish), leaves a strong flavour in your mouth once you eat. This makes you lose the sense of the flavour of sushi, and therefore it is better to avoid it unless it is already prepared inside nigiri sushi or sushi rolls. The ginger is there to refresh your palate after eating a fatty topping. If you eat too much of it, it will affect the flavour of the sushi."

He adds: "Also, there is no specific order to eat the dishes in. Eat in the order you like. However, because their sweet tastes will affect your palate, it is better to leave anago (eel) and tamagoyaki (Japanese rolled omelette) to the end."

One of Hanada's more unique pieces of advice is about the sushi counter itself. "The counter scratches easily so please do not place your phone, watch

or other items on it. A cypress counter can cost several hundreds of thousands of dollars. What you should do is remove your watch and place your smartphone on top of a handkerchief. And if you do accidentally spill some soy sauce, don't clean it up yourself, but call over a staff member to wipe it up."

To get back to where we started, there are also unspoken rules for conveyor belt sushi restaurants. For starters, hygiene is critical and you should always sanitise your hands. Hoarding plates is a no-no; just grab a plate, eat that piece then grab another. Once you've taken a plate, you keep the plate, never put it back on the belt. Never ever touch the conveyor belt or place anything on it. And finally, when it's time to pay, stack your plates in an orderly fashion; they're colour-coded to indicate what you ate and how much each piece costs.

Look, it wasn't cool when Ariana Grande licked those doughnuts, and it was equally uncool when the sushi pranksters licked the fish on the conveyor belt. So, if you follow the basic rules, be considerate of others and the chefs and keep your tongue to yourself, you'll be eating well and enjoying every sushi moment in the way it was intended – whether you dip your rice in soy sauce or not.



Dipping the rice in soy sauce is controversial, as is the use of chopsticks

CC.STORAGES

LA EVOLUCIÓN DEL TRASTERO



(34) 603 74 65 15

(34) 673 30 77 55

(34) 607 56 14 15



info@ccstorages.com



RENT SELF STORAGES

LOCATIONS



PLAYA DE LAS AMÉRICAS
Calle Rafael Puig Luvina 19,
Playa Las Americas, Tenerife



SANTA CRUZ DE TENERIFE
C. de José Miguel Galván
Bello, 38009 Santa Cruz de
Tenerife



CHAFIRAS
Urbanización PP Chafiras
II, 18,38639, San Miguel de
Abona

We are the best self storage company in Tenerife THE EVOLUTION OF THE STORAGE ROOM



Ask about
our moving
service
CC.MOVING

@ccstorages



PARTNER



Doughnuts: The fried treat that conquered the modern world

By Veronique Greenwood, Writer, BBC Future



Doughnuts travelled to the US with Dutch settlers and became a much-loved national snack – despite their invention as a hunger-busting austerity food.

There is a soft place in most hearts reserved for doughnuts: the pillowy texture, the crisp jacket of glazing, the sweetness so sweet it almost could put you off doughnuts, but never does, or at least not for long.

In bakeries the warm yellow glow of tray upon tray of doughnuts has greeted many a morning customer and lightened many a load. I remember fondly the maple-frosting-capped pastries that graced the shop in my hometown, and chances are, you have an evocative doughnut memory of your own, a made-

leine that's been deep-fat fried.

Fried dough is an old, old vice. It probably has been on the menu for as long as flour has been milled and large quantities of animal fat or oil have been on hand. But doughnuts as we usually imagine them are a relatively young food. The North American version known by that name in shops around the world seems to have its origins in the decades after the American Revolution, when a Dutch treat took on a new identity.

Reading histories of the doughnut, you might be surprised to find that the confection has long been tinged with nationalism. At the same time that the new nation of the United States was trying to find its footing in the world, its denizens were trying to

figure out what was essential about it – about its literature, about its national character, about its food. This meant that writers and commentators looked back on the (rather short) history of the country with a kind of nostalgia mingled with bravado.

Before New York was New York, of course, it was New Amsterdam, and writers often reflected on the Dutch customs of earlier eras with treacherous fondness. One of these customs was the making of fried dough balls, known as *oliekoeken*, or oil cakes. A recipe for these treats appears in a 17th-Century Dutch cookbook: they are leavened with yeast and studded with dried fruit.

One of the earliest mentions of doughnuts in American writing came from Washington Irving, the writer and diplomat, best known for *The Legend of Sleepy Hollow* and *Rip Van Winkle*. In his 1809 *Knickerbocker's History of New York*, he goes on at length about quaint Amero-Dutch folkways, describing the "primitive tea parties" of the not-so-distant past: "These fashionable parties were generally confined to the higher classes, or noblesse: that is to say, such

as kept their own cows and drove their own wagons," he wrote with a mix of sentimentality and condescension. "It was always sure to boast an enormous dish of balls of sweetened dough, fried in hog's fat, and called doughnuts, or *olykoeks* – a delicious kind of cake, at present scarce known in this city, except in genuine Dutch families."

Identifying the doughnut as a down-home, folksy food made it more than just dessert – it gave it the colour of an authentic American treat. (The name, by the way, posits Jon Townsend of the YouTube channel 18th Century Cooking, could be derived from the already-well-established confection called ginger nuts, which are little round cookies about the size of walnuts. Doughnuts are little round balls of dough, and thus they are "nuts".)

The fantasies of homespun goodness surrounding doughnuts continued. More than 50 years after Irving wrote about them, doughnuts had achieved their modern circular shape – but the true how-and-why of this transformation have been lost to time, buried by a just-so-story involving a New England sailor and his mother. One version of this legend holds that Hanson Gregory's mother made doughnuts to take on his trips and he jammed it over a handle on the ship's steering wheel to eat during a storm, but there are nearly infinite variations. Perhaps one needs to look no farther than the material science of the doughnut to understand its perforation: A wad of thick, wet dough tossed into hot oil will still be raw in the middle after

the outside is cooked. But if you insist on having a mega-sized pastry, a hole through the centre will help ensure it's evenly cooked.

For all the joy a doughnut brings, fried dough is something you make when you don't have anything better around

The culture of New England whaling vessels also involved what are likely to have been slightly fishy doughnuts. With vast quantities of whale fat onboard after a capture and rendering vats on hand, frying was the logical thing to do, Michael Krondl reports in his book *The Donut: History, Recipes, and Lore from Boston to Berlin*. "Men all singing and bawling Doughnuts," wrote Mary Brewster, who was onboard a whaler in 1845 as a catch was hauled in. The next day, she wrote: "This afternoon the men are frying doughnuts... and seem to be enjoying themselves merrily."

Doughnuts' folksy cred may have reached its apex with the doughnut girls of World War One, Salvation Army volunteers who fried doughnuts for American troops. Hundreds of thousands of them were handed out near the trenches, and posters and tributes to these women's devotion in bringing a taste of home to soldiers abound. The Salvation Army's profile was likewise elevated. By the time the war ended, "their chosen totem, the donut [sic], was an in-

grained symbol of home," writes John T Edge in his book *Donuts: An American Passion*.

But for at least one doughnut girl, the treat's pleasure was gone. Helen Purviance, who was reported to have fried a million doughnuts during the war, was interviewed by the *New York Times* on the occasion of a Salvation Army fundraiser afterwards, when she made doughnuts at the Savoy. "Miss Purviance said she did not relish the job of cooking doughnuts," the report read. "She said that she has come to associate doughnut frying with the 'horrors of the war'." "There is no glory in war," she told the reporter.

Indeed, for all the joy a doughnut brings, fried dough is something you make when you don't have anything better around – on a whaling ship, for instance, or by a muddy trench. (Most famously, Native American frybread rose to prominence as a food of adversity; it was made by people being horrifically wrenched from their homes by US resettlement policies.)

The doughnut of the modern shop may be wrapped up in a narrative of American homespun delights. But fried dough is a comforter of souls, in distressed circumstances or otherwise, the world over. Look beyond the usual options and you'll find a doughnut in most every culture, each of them with their own stories, their own romances, their own devotees who will tell you just exactly what makes a good one.



Though doughnuts have become ingrained in American cuisine, they were brought there by European settlers



The modern doughnut is seen as a dessert, but earlier varieties were much more rustic – some even fried by sailors in whale oil

Los Cristianos Beach Front, C.C Josebas.



Sea view terrace and amazing cocktails



Open 7 days a week

Mon- Thursday 7pm till late
Friday kick of the weekend with us open from 3pm live act at 5pm
Sat and Sunday open from 12pm for all your live sports
Free snacks and burgers weekend afternoons

KINSELLAS

LIVE SPORTS AND LIVE ENTERTAINMENT
Every night

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

been shown to actually exist, meaning their attempts to treat it for both back pain and organ problems is viewed by many as not only ineffective, but meaningless and irresponsible.

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

er medical treatment. 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.

MBS Physiotherapy Tel: 638 918 684

- ✓ Therapeutic Massage
- ✓ General Physiotherapy
- ✓ Cervical Pain
- ✓ Neurological Physiotherapy
- ✓ Bobath Method
- ✓ Peretti Method
- ✓ Kinesiotaping
- ✓ Neoromuscular Bandage
- ✓ Dry Needling
- ✓ Neurodynamic Techniques
- ✓ Functional Recovery
- ✓ Electrotherapy

Ma Milagros Sancho Martin, Col. No: 117
Carretera General Guaza, No 9, GUAZA Monday - Friday
9am - 1pm, 3pm - 6pm

as unnecessarily risky, with chiropractors having some of the highest instances of adverse patient reactions. They are also looked down upon from a scientific perspective, 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

best when all of its tissues are moving how they are supposed to. Osteopaths therefore assess a patient's health by feeling their tissues, and attempting to stimulate movement where they believe it is lacking.

As osteopathic manipulation is so much more gentle than chiropractic manipulation. Many see it as harmless, or even beneficial when combined with oth-

Hydrogen vs electric – which car is the better investment?

By Martin Gurden, Spectator Life



Does the future of motoring really lie in electric cars?

Battery powered motors are now commonplace, but a few intrepid British drivers have gone for hydrogen fuel cell models instead. They currently have two choices. The £69,495 Hyundai Nexa (28 sales) and the £55k plus Toyota Mirai (about 200 owners including James May), so

they're hardly cheap. Eventually there will be more, including a BMW X5 4x4 due to be launched later in 2022. Jaguar Land Rover is also said to be looking at the technology for its heftier offerings.

These cars take minutes to re-fuel, go further between top ups and, unlike battery cars, aren't adversely affected mileage-wise by cold weather. The only thing

they emit is water vapour.

Ex-lawyer Jonny Goldstone runs 65 fuel cell Toyota Mirais and 150 fully electric VW ID.3s, which isn't as excessive as it sounds when you discover that he co-owns Green Tomato Cars, a London-based, 'environmentally friendly' taxi service that claims to be less filthy than its rivals.

'As a car the Mirai is absolutely fine. It's not the swiftest thing going, but its reliable, comfortable in the back and for the driver, which is important to us,' he said. Goldstone's fuel cell fleet has covered over three million miles, and has proved impregnably reliable. Have these cars been cost effective compared to the electric VWs?

'Overall, hydrogen has a similar cost per mile to (a tank of) unleaded pet-

rol. The cost of fast charging an electric car like the ID.3 is around 40 per cent less compared to petrol. So electric wins on that analysis. Hydrogen wins in terms of speed and range. Fast chargers give you about 80 per cent in 30 minutes, and you get well over 200 miles per full charge. The Mirai gets up to 380 miles and will re-fuel in 3-4 minutes.'

Finding somewhere to re-fuel one in the first place would be problematic for most drivers. According to the UKH2Mobility lobby group, five hydrogen stations are dotted around the M25. Swindon, Rotherham and Aberdeen have one apiece. You'd need at least 400 more to make fuel cell cars truly usable, and these would need to be served by tankers, or have on site production plants, which the Petrol Retailer's Association said would cost about £1m each.

Still, the technology seems to have come of age design-wise, so why aren't there more fuel cell cars?

'Elon Musk turned up,' said Goldstone, who nevertheless describes himself as 'a huge fan' of the elec-

tric car magnate and professional controversialist's products. Musk has called fuel cells 'fool cells,' claiming cars making their own electricity with chemical processes are less efficient. Fans counter that batteries are heavy, and there are environmental penalties associated with mining the metals that go into them, the energy used in their production and re-cycling their toxic innards.

BMW are set to embrace hydrogen with the new X5

These cars take minutes to re-fuel, go further between top ups and, unlike battery cars, aren't adversely affected mileage-wise by cold weather. The only thing they emit is water vapour.

Then there's the issue of where the electricity and hydrogen are made. There are CO2-free methods, but, proving that there's no such thing as a free ride, coal and gas power stations are sometimes used to generate electricity (meaning plenty of Chinese electric cars are effectively running on anthracite), and hydrogen can be a by-product of refining fossil fuels. In these circumstances,

both shift rather than get rid of the pollution. So-called green hydrogen is the more eco-friendly alternative where solar and wind power are exclusively used to electrolyse water and create hydrogen.

Still, before Musk made battery electric cars fashionable, many vehicle makers thought that hydrogen was the way to go. Some people still do. Jo Bamford, heir to the JCB digger maker, is one.

'If I could give you a car that cost the same as the one you're driving today and could be filled up in the same way, wouldn't you buy it?' he said.

He thinks China will monopolise electric battery production, claiming its factories can do this more cheaply than British ones could, and that it controls massive stocks of elements like lithium and cobalt that go into them. 'Batteries are here to stay, but hydrogen is going to make up 20 per cent of the world's energy mix. We've almost missed the boat on battery production. Let's not miss the boat on hydrogen,' he said.

DOG OF THE MONTH



FLOC

Amazingly we have a Yorkshire Terrier up for adoption! Normally it is very difficult to find one of these hugely popular little beauties for adoption - and they get snapped up very quickly. Maybe this sweet boy has not been adopted yet due to his age, but at just 9 years young, do not be fooled into

thinking that he is an old man. Floc has plenty of life left in him and has so much love to give.

Do YOU think you can find space in your home and heart for Floc? The Centre is a very big, scary and noisy place for such a small soul. Would you like to give him a chance?

Waiting patiently for his forever home, FLOC is in the Tierra Blanca Refuge, located near to the Fasnía turn off from the TF1, just above the motorway. Call 606 500 171 or email cpa.tierrablanca@tragsa.es. For English please call Rachel on 629 031 273.

Contact Rachel on 629 031 273 or cpa.tierrablanca@tragsa.es for more information



PROFESSIONAL PHOTOGRAPHER IN TENERIFE

"Freezing the moments, capturing your memories."

Maternity

Weddings

Parties



rickyzuk@icloud.com
+34 642 943 343

@rickyzuk



Find us at Calle Luciano Bello Alfonso No 5 in Las Chafiras (behind Pit Team Sur)



LAS CHAFIRAS BOOK SHOP

10K+ books available.
Buy 2 books, get one FREE!

Websites, web apps, cloud services, automation, and data-processing services.

All software work undertaken

EMAIL FOR A QUOTE

contactalig@protonmail.com



LOOKING FOR A RELIABLE DENTAL CLINIC IN TENERIFE? MAKE YOUR FIRST CHOICE MEDICAL IMPLANT!

WITH MEDICAL DENTAL, WE OFFER THE MOST MODERN TREATMENT METHODS

TAC Computer Axial Tomography

TAC technology provides a 3D image which our team can use to plan the placement of the implants and dentures you need. This high-tech procedure is very effective in facilitating diagnosis and treatment in a speedy and painless manner.

Computer-Guided Implant Surgery

Thanks to a virtual computerized reproduction, we can show our patients a 3D simulation of their proposed treatment. All treatments are carried out after receiving data and follow a detailed analysis of

GET TO KNOW US BETTER! - CHANGE YOUR LIFE IN JUST 48 HOURS...
WITH 'ALL ON FOUR' / ALL ON SIX' FIXED PROSTHESES

ZIRCONIUM CROWNS



High-performance material ensuring both an excellent quality for prosthetic medicine and for the high degree of bio-compatibility with the human body.



Dental Clinic



Medical Implant®

S W I S S C L I N I C

BERN | DUBAI | TENERIFE



ALL ON 4/6 PROSTHESIS



WE CHANGE YOUR SMILE
We change your life.
Quality and expertise.
Swiss guarantee.

+34 922 749 742
+34 682 851 304

Mon-Fri 8:00 - 20:00h
Sat 9:00 - 13:00h

Av. Los Abrigos 21 - 38618
Los Abrigos / Tenerife / Spain

info@dentalturismo.es
www.medicalimplant.es



www.medicalimplant.es

KENDEL DEVELOPMENTS S.L.

Providers of Guaranteed* Damp Solutions throughout the Canary Islands since 1985



'Kendel receive further MAJOR Order from Arehucas Rum factory on Gran Canaria.'

Following the successful treatment of 230 linear meters of rising damp in the walls of their factory (restored in 2013), Kendel Developments S.L. were delighted to receive an additional order from Arehucas Rum to treat a further 250 linear meters of walls on another section of the firm's old buildings due to

be restored shortly.

Damp in properties has long been a scourge of the construction industry in the Canary Islands – due in no small part to constructors' poor building practices. When the Savills came to Tenerife in 1985, they weren't sure what to focus on, but Derek Savill quickly decided to use his many years in construction in the

UK to specialise in Damp Proofing, Stair Lifts, Wheelchair Lifts and Small Home lifts where experienced firms were noticeably hard to find.

Damp Proofing

After several years of carrying out tests with various products from the UK Derek (Dell) discovered that the only guaranteed

solution to Rising Damp in Canarian Type Constructions was the Electro Osmotic System coupled with the use of quality bonding and rendering mortars (all products produced by the Wykamol Group in the U.K.). Kendel have been sole importers and installers of Wykamol Products since 1995 throughout the Archipelago.

DAMP PROOFING

Rising damp occurs when unprotected, porous materials (blocks, bricks, stone, wood etc) are in contact with damp earth:

- The result is unsightly and causes damage to decoration, manifesting itself in large patches of white, snowy flakes (see picture), which need constant removal, re-painting and eventual re-patching
- It can be a health hazard due to the increase in fungi and mould growth spores
- It often leads to timber decay or discoloration, particularly with unprotected timbers
- It causes damage to plaster and rendering
- It affects ALL unprotected walls, whether internal or external



So, what can be done to cure the problem (as the insertion of a Damp Proof Course is virtually impossible in a typical Canarian construction)? Contact us NOW to discuss your options, without obligation. All our work carries a 20 year Guarantee!



LIFTS AND STAIR LIFTS (INDOOR OR OUTDOOR)

We have a solution for all mobility problems!

- Chairs and platforms for all types of stairs!
- Savills are the only Company providing stair lifts prepared for outdoors on curved stairs
- Ours are the best prices on the market!
- Call us NOW for more information, or to arrange a FREE consultation



Telephone: 922 815 054 • Mobiles: 630 330 251 / 647 955 163
www.salvaescaleraskendel.com • kendelcanarias@hotmail.com



Sebastian & St. James

International Financial Advisers Limited

Speak to us about:

Investments · Pensions · Savings · QROPs

info@ss-ifa.com

+34 711 001 011 (Local Consultant)

+34 711 002 135 (Local Consultant)

+353 (1) 2343171 (International Head Office, Dublin)

+44 (0) 1446 704420 (UK Office)

www.ss-ifa.com

Advice based on integrity, trust & experience.

Sebastian & St. James

International Financial Advisers Limited

Speak to us about:

Investments • Pensions
Savings • QROPs

Advice based on
integrity, trust & experience.

info@ss-ifa.com

+34 711 001 011 (Local Consultant)

+34 711 002 135 (Local Consultant)

+353 (1) 2343171 (International Head Office, Dublin)

+44 (0) 1446 704420 (UK Office)

www.ss-ifa.com

Registered with the FCA no. 582504

Sebastian & St James International Financial Advisers Limited is regulated by the Central Bank of Ireland



The One Stop Problem Shop

Don't have the right paperwork?

Don't speak Spanish?

Don't Worry!

- Translation's verbal and written Official written translations/documents Conveyancing/Inheritance/ Property Purchase/ Sales
- NIE/TIE or Certificate of Residence Registration or Exchange & applications and renewals
- Non-Residents' taxes Modelo 210
- Voting rights
- Padron/Convivencia
- Transfers: Cars/Motorcycles/Boats
- Insurance: Home and Contents Vehicles/Boats & Jet Skis/Life/Pets
- Dog Licence Applications
- Spanish Wills
- Power of Attorney UK + ES
- Assistance following a bereavement
- Registering at the Doctors
- European Health Card
- Denuncias at the Police station or Guardia Civil
- Dealing with the Town Hall
- Plans/Architectural
- Digital Certificate
- Utility companies' water/electricity
- Payment of IBI (rates)/Rubbish/Road Tax
- Schools - Enrolments

If you can't see the service you require...

Please ask..!

OVER €350,000

Las Chafiras, Commercial Property

€750,000

FRINA Tenerife is offering this Large commercial property for sale in Las Chafiras, in one of the island's biggest commercial areas. Las Chafiras is centrally located close to the Tenerife southern airport, and the tourist areas. The property is empty at the moment, but it has before been used as a successful retail store. The premises of this ... For full information see website or contact: **Ref: 2524 | FRINA Tenerife SL - Business Sales | 922 085 191**

Palm Mar, Bar/Restaurant

€700,000

Clear Blue Skies Group SL is delighted to offer for sale these wonderful front line business premises, in the desirable coastal town of Palm-Mar in the south of Tenerife. Palm-Mar is a popular town in a bay adjacent to Los Cristianos, but separated by not only by rock but also by culture. Compared to the more robust neighbouring resorts of Los Cristianos... For full information see website or contact: **Ref: 8302 | Clear Blue Skies SL | 922 714 772**

San Eugenio Bajo, Commercial Property

€625,000

FRINA Tenerife offers a commercial Investment property for sale in Tenerife in San Eugenio. Today the property is rented out to a popular restaurant which owners pay a monthly rent of 5,000€. The premises was built in 1985 and measures 76m2 inside and with a terrace of 40m2. For more details on this investment do not hesitate to contact FRINA Ten... For full information see website or contact: **Ref: 2491 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Cristianos, Empty Local

€500,000

FRINA Tenerife now offers This rare chance to buy a truly prime location investment freehold. This investment freehold is on a busy street in the El Camison area of Los Cristianos. The freehold is rented out with good tenants as a restaurant and is truly a prime location. The premises, which were completely refurbished in 2010, measure 79 m2 and are s... For full information see website or contact: **Ref: 2530 | FRINA Tenerife SL - Business Sales | 922 085 191**

Las Rosas, Restaurant

€495,000

6 bed · A reluctant sale due to the current owners retirement and 'down-sizing'. An extensive (150m2) fully fitted and equipped freehold restaurant with professional stainless steel kitchen with extraction, stage area, bar and toilets. Situated on the lower level of a spacious townhouse which offers flexible living accommodation with potential for a number of pro... For full information see website or contact: **Ref: 6090 | Tenerife Royale Estate Agents SL | 922 788305**

El Medano, Commercial Property

€475,000

Clear Blue Skies Group SL is very pleased to offer for sale this spacious commercial premises situated in an incredible central location in the vibrant town of El Médano. El Médano is located a few kilometres north of the Tenerife South airport and is recognised as Tenerife's water sports epicentre, as it is the perfect spot for kite boarding and surfing... For full information see website or contact: **Ref: 8379 | Clear Blue Skies SL | 922 714 772**

Playa de la Arena, Empty Local

€395,000

FRINA Tenerife is now offering this. Empty freehold local, on the first line in Playa La Arena. The local is empty but has been used as a bar. So, it has disabled toilets, men, and women's toilets. The local needs a full refurb before its ready to open This local would be perfect if you

are looking to build your own bar & café, or a restaurant, The pro... For full information see website or contact:

Ref: 2528 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Manufacturing business

€390,000

FRINA Tenerife offers here a unique opportunity to take over this Jewellery Manufacturer & Supplier business that designs, produces and sells high-quality jewellery to both B2B and B2C customers. Under one SL company are different brands of jewellery and you will find designs for both men and women. All collections are made of carefully selected m... For full information see website or contact: **Ref: 2410 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Cristianos, Pizzeria

€380,000

FRINA Tenerife brings to the market this Italian Restaurant Pizzeria in Los Cristianos. It is a well known business located in El Camison, a central area close to the beach full of both residents and tourists. The Restaurant Pizzeria has an high and demonstrable monthly turnover, it has a very rich menu with traditional italian dishes and a good choice o... For full information see website or contact: **Ref: 2576 | FRINA Tenerife SL - Business Sales | 922 085 191**

Puerto Colon, Sports Bar

€350,000

FRINA Tenerife offers for sale this Freehold 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 some... For full information see website or contact: **Ref: 2591 | FRINA Tenerife SL - Business Sales | 922 085 191**



€349,999 - €250,000

Golf del Sur, Investment Property

€329,175

1 bed · air conditioning, modern. **Ref: VS5424D | Vym Canarias | 922 787 210**

San Eugenio Bajo, Bar/Cafe

€325,000

FRINA Tenerife is happy to offer a Modern and Stunning Cafeteria-Bar for Sale in San Eugenio Bajo. If you are looking for picture-perfect premises in a busy location, you cannot miss this stunning opportunity! The premises are 150m2 with an open kitchen and a terrace of 30m2. Altogether are tables for 90 guests. The premises were fully renovated in 20... For full information see website or contact: **Ref: 2489 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Cristianos, Freehold Pub

€320,000

FRINA Tenerife is happy to offer this long-established and very popular Freehold Pub for Sale in Los Cristianos. This business had the same owner for many years and is known for its lovely atmosphere and food, so no doubt you will have guests from day 1. Note the owners wish to keep the sale very discreet, hence we can only provide limited details here... For full information see website or contact: **Ref: 2422 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Olivos, Empty Local

€280,000

2 bed · 2 bed, 5 bath commercial, local for sale. **Ref: IPPDOAL01 | Island Prime Property | +34 922 09 69 75**

Playa San Juan, Restaurant

€250,000

This modern Restaurant for Sale in Playa San Juan is located centrally on the main street. It is known for its international menu offering brunch, burgers, and Spanish specialties. This business has fast become one of the most visited restaurants in the area and the guests just keep coming back to enjoy the menu, lovely style, and amazing atmosphere. ... For full information see website or contact: **Ref: 2504 | FRINA Tenerife SL - Business Sales | 922 085 191**

San Eugenio Bajo, Bar/Cafe

€250,000

FRINA Tenerife offers this famous Tenerife café for sale. The café is in San Eugenio and is known for its international menu and live music. It has been open for years and has a good reputation among residents, tourists, and on social media. And whether you are looking for an investment or a well-established business to run yourself, you cannot miss th... For full information see website or contact: **Ref: 2505 | FRINA Tenerife SL - Business Sales | 922 085 191**

Puerto Colon, Excursion Business

€250,000

FRINA Tenerife is excited to offer this Unique Diving Business for Sale in Puerto Colon. If you dream about a great water sport business on the island of external spring, you

cannot miss this! It has been established for many years and has no direct competition. The diving experience is offered on underwater scooters making it possible for everyone to par... For full information see website or contact: **Ref: 2409 | FRINA Tenerife SL - Business Sales | 922 085 191**

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**

Tel: 922 703 725
Mobile: 619 180 888

C/ Luciano Bello Alfonso No. 5,
 1st Floor, Office C,
LAS CHAFIRAS
 38639 Santa Cruz de Tenerife



FOR SALE!

Wonderful opportunity to purchase 10 businesses on the West coast of the island offering the best dishes from around the world (Sushi from Japan, National dishes from Morocco, tapas and other classic dishes from the Canary Islands, the absolute best steaks on the island, Burgers to die for and even the best British cod and chips!). Each business can be purchased individually – either via traspaso or, in three cases, freehold. Discounts are available for quick sale!

Canarian cheeses and wine	Moroccan Cuisine
Canarian Cuisine	Traditional British fast foods
Tapas with a twist	The best steaks in Tenerife
Sushi from Japan	Dishes from around the world
Burgers to die for!	

SALE PRICE: €1,500,000

Contact us for more information or to arrange a meeting with the Vendors

FRINA Tenerife

tenerifebusinessforsale.com

Bargain 24-H Supermarket



Bargain
This supermarket in Torviscas Bajo is currently closed but has a 24-hour license, which is very beneficial in this location where people go out 7 days a week all year! It is 170m² plus a large terrace. Monthly rent: 1,200€

Ref.: 2817

Price: 15,000€

Large Beach Restaurant



Located just next to Playa las Vistas is this large and always busy restaurant of 400m² that moreover has a terrace of 85m². It is a turn-key business that has been established for more than 10 years. The monthly rent is 13,000€

Ref.: 2788

Price: 120,000€

Excursion Boat, Shop & Berth



NEW
DO NOT MISS THIS OPPORTUNITY! Here you get the full package, this unique business opportunity includes a fully licensed and operational whale & dolphin excursion boat, a freehold berth, and a freehold excursion shop.

Ref.: 2823

Price: 310,000€

Freehold Bar-Cafe for Sale



This bar-cafe is in a complex and is for sale as a leasehold or a freehold. The premises are 120m² and was fully refurbished in 2022. The leasehold price is 50,000€ with monthly rent: 1,000€. The freehold price is 250,00€.

Ref.: 2814 / 2815

Price from: 50,000€

Busy Cafe in Los Cristianos



This busy cafe is located centrally in Los Cristianos and has a great reputation. It is very popular among English-speaking residents and tourists who enjoy the food, sports on TV and drinks. Monthly rent: 1,091€

Ref.: 2820

Price: 49,000€

Sea View Bar in Puerto Colon



Reduced
This bar spans 49m², equipped with a large serving area and a small stage perfect for live music. The terrace is 20m² and offers stunning views of the harbour, La Gomera and sunsets. Monthly rent: 1,500€.

Ref.: 2793

Price: 39,000€

Large Freehold Commercial Space



NEW
With this freehold you get 512m² with a flexible layout: potential to divide into two separate units. Whether you plan to open a gym, shop, office, or salon, this commercial space is move-in ready and fully wheelchair accessible.

Ref.: 2829

Price: 650,000€

Freehold Pub in Los Cristianos



NEW
This busy freehold pub in Los Cristianos offers stunning sea views from the terrace and windows, space for 100 guests, live entertainment and moreover a studio apartment. Successful today and still option to grow.

Ref.: 2831

Price: 750,000€

Sports Bar in Los Cristianos



This bar in Los Cristianos has a great reputation and is especially popular among British residents and tourists. It was recently refurbished, is located centrally in the town and can be taken over without any changes. Monthly rent: 1,091€

Ref.: 2819

Price: 49,000€

Bar Restaurant in Los Cristianos



This bar-restaurant is 60m² with a spacious terrace. In total, the premises can accommodate 35 people and is in a commercial center. It is open from early morning to late evening with many regular guests. Monthly rent is: 1,300€

Ref.: 2766

Price: 65,000€

Freehold Shop in Adeje



NEW
This freehold in Adeje town is 28m² and faces a busy street. Today it is a jewellery shop and equipped with an alarm system, security cameras, and an armoured door. Perfect for another small shop and workshop.

Ref.: 2824

Price: 160,000€

Bar with Stunning Sea Views

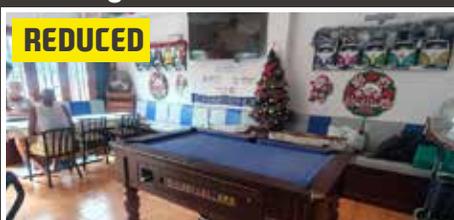


This bar has a prime location in Los Cristianos overlooking Playa las Vistas. The bar was fully refurbished in 2020, it measures about 60m² plus a cozy terrace with stunning views of the beach and sea. Monthly rent: 1,700€

Ref.: 2812

Price: 75,000€

Bargain Freehold Pool Bar



REDUCED
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: 140,000€

Freehold in Puerto Colon



REDUCED
This freehold local 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: 135,000€

Bar & Bistro in Las Americas



NEW
You find this bar facing a busy street in Las Americas and surrounded by large hotels and complexes. The whole premises are 65m² inside with a terrace of 60m² and newly refurbished to high standards. Monthly rent: 1,900€

Ref.: 2811

Price: 40,000€

Diving Center for Sale

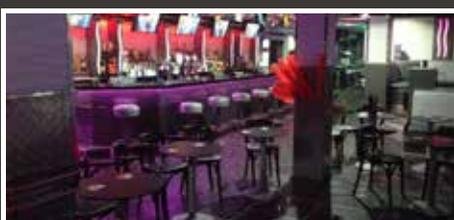


This diving center is located centrally and close to the diving start point. It has been established for more than 10 years and has a healthy profit. The office and storage locals are 110m² and the monthly rent is: 650€

Ref.: 2810

Price: 79,000€

Freehold Bar-Disco for Sale

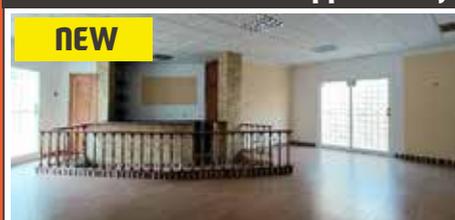


This freehold in Playa la Arena measures impressive 339m² plus a community terrace that can accommodate around 32 guests. It has both the disco- and bc-license allowing you to be open to 5am and serving food.

Ref.: 2804

Price: 690,000€

Freehold Investment Opportunity



NEW
This freehold of 135m² in Puerto Santiago is just minutes from the frontline. It is located in a complex and commercial centre. It can be used commercially or even converted into 1 or 2 residential properties.

Ref.: 2825

Price: 235,000€

Electric Scooter Business



NEW
This busy business includes 2 shops in the South and offers rental, sales and repair of high-brand electric scooters which they have a sales exclusivity agreement on. The monthly rent of the shops is 1,390€ altogether.

Ref.: 2832

Price: 150,000€

Thriving Boat Rental Business



This business in Puerto Colon rents out self-operated boats so the clients can enjoy a private day at the ocean. Each boat accommodates up to 6 passengers and can be sailed without a license. Monthly rent: 1,050€

Ref.: 2792

Price: 175,000€

+34 670 63 60 04

+34 922 08 51 91

frina@tenerife-business.com

tenerifebusinessforsale.com

we are here too

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

English, Spanish, Italian, Dutch, German, French, Danish

