

# The Tenerife Property & Business Guide

November 2025  
Issue 253

Tel: 0034 609 714 276 • [george.thetpg@gmail.com](mailto:george.thetpg@gmail.com) • [thetenerifepropertyguide.com](http://thetenerifepropertyguide.com)

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**CONGRATULATIONS TO THE  
TENERIFE PROPERTY SHOP TEAM,  
WINNERS OF TWO AWARDS FOR 2025/26 !**

READ THE FULL ARTICLE ON PAGE 33

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2025-2026

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2025-2026

## 2 BEDROOM APARTMENT - AMARILLA GOLF



A great opportunity to acquire a two bedroom apartment boasting sea and mountain views from the North and South facing terraces. This top floor property is situated on a well-maintained development with a traditional appearance, whitewashed walls and terracotta rooftops. The complex features a fully refurbished heated pool with pool hoist, manicured gardens and CCTV.

Ref: AMG00648

Price: **€257,500** (approx. £226,000)

## 1 BEDROOM DUPLEX - AMARILLA GOLF



This stunning two bedroom, two bathroom apartment could tick all your boxes for a winter holiday retreat or a permanent place in the sun. South facing and situated on the third floor of an immaculately kept development, the ample sized terrace enjoys sunshine throughout the day. Sold furnished, and with recently renovated bathrooms and kitchen, this apartment is ready for you to move into.

Ref: GOLF01847

Price: **€260,000** (approx. £228,000)

## STUDIO APARTMENT - PLAYA FAÑABE



This spacious studio property has been cleverly converted to make a separate sleeping area, so could be classed as a one bedroom apartment. Located in one of THE most sought after complexes in Costa Adeje, right on the beachfront of the beautiful Playa Fañabe. Recently refurbished throughout to a very high standard, with modern decor and furnishings, making this a great find.

Ref: LA01978

Price: **€320,000** (approx. £280,500)

## 4 BEDROOM APARTMENT - GOLF DEL SUR



If you are in the market for a spacious property, internally and externally, then this duplex apartment could be just the answer. This cleverly converted property is set over two levels and perfect for all the family. The property comes complete with its own parking space within the complex, and is situated in an extremely well-maintained development, which offers 2 swimming pools, one of which is heated, a children's pool and beautifully manicured tropical gardens.

Ref: GOLF01868

Price: **€330,000** (approx. £289,500)



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2 BEDROOM APARTMENT  
- GOLF DEL SUR



A wonderful opportunity to be the proud new owner of a well presented two bedroom, two bathroom apartment, sold with underground parking space and a storeroom. From the moment you enter the property you are immediately struck by the open plan kitchen and lounge, that just seems to go on and on. The apartment is tastefully furnished and to be sold as seen, excluding some personal effects.

Ref: GOLF01855 Price: €370,000 (approx. £324,500)

1 BEDROOM DUPLEX  
- PLAYA DE LAS AMERICAS



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

Ref: LA01972 Price: €499,000 (approx. £437,500)

We had an amazing experience with Tenerife Property Shop!

Bogdan D – November 2025

★★★★★

I would have no hesitation in recommending them.

Pat C – November 2025

★★★★★

I can highly recommend Tenerife Property Shop ...

Jenny & David B – October 2025

★★★★★

Excellent service ... Thoroughly recommend.

Wendy B – September 2025

★★★★★

Buying the property went smoothly.

Agata D – September 2025

★★★★★

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## SOME OF OUR PROPERTIES FOR SALE



### 3 BED APARTMENT, AMARILLA GOLF

Discover this fantastic 3-bedroom, 2-bathroom apartment in the sought-after El Barranco complex, located in Amarilla Golf, San Miguel de Abona – Tenerife. The property also includes a secure underground parking space for added convenience.

Bright and spacious throughout, the apartment features three generously sized bedrooms, a fully equipped kitchen, and an open-plan living and dining area. Large sliding doors from the living space lead directly onto a spacious balcony, offering partial sea views — perfect for relaxing or entertaining.

**320,000€**

**Ref: DOK61**



### SUNNY 1 BED APARTMENT

Your Place in the Sun – Augusta Park, Amarilla Golf. Imagine waking up in your own 1-bedroom apartment in Augusta Park, with sunshine streaming through the windows and the day ahead full of possibilities.

This home is designed for easy living. The bright lounge and kitchen flow out onto your private terrace – the perfect spot for a morning coffee, lazy afternoons in the sun, or evening drinks under the stars. The bedroom is comfortable and inviting, making this apartment a peaceful retreat after a day out exploring.

**199,000€**

**Ref: DOAP21**



### 2 BED DUPLEX, FAIRWAYS CLUB

Charming 2-Bedroom Duplex with Private Garden & Mountain Views.

Discover your dream holiday retreat in the heart of Amarilla Golf with this beautifully renovated 2-bedroom duplex apartment, perfectly blending comfort, charm, and convenience.

Step into a tranquil oasis featuring a private garden—ideal for relaxing mornings or sunset drinks with breathtaking mountain views. Inside, the apartment is fully equipped with everything you need for effortless living, whether you're planning a week-long getaway or a longer stay.

**315,000**

**Ref: FC407**

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**Offices located in Golf del Sur and Amarilla Golf**





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Costa del Silencio, Atlantic View



This ground floor property has a large lounge/dining area, fitted kitchen and an extension with sunny terrace off which enjoys sea views. The apartment also includes a small storeroom. A lovely home in a prime location.

€225,000

Ref: 318-1125

Costa del Silencio, Maravilla



A studio (45sqm + 10sqm terrace fully renovated in 2022) converted into a 1 bed apartment. The southwest-facing terrace offers stunning views of the sea and the Minerva luxury development. Superb heated swimming pool on complex.

€275,000

Ref: 316-1125

Costa del Silencio, Palia Don Pedro



1st floor 1 bed apartment (45sqm + 8sqm sunny terrace) on popular aparthotel with pool, and features a reception, restaurant, entertainment, and security. Monthly all-inclusive community fees: €205.

€169,000

Ref: 314-1125

Costa del Silencio, Parque Don Jose



Ground floor 2 bed apartment (54sqm + 25sqm terrace) in this sought after complex. The property has a lounge/dining area, and a sunny, southeast-facing terrace overlooking the gardens. Beautiful communal pool.

€229,900

Ref: 310-1025

Costa del Silencio, Maravilla



Top floor apartment (73sqm with 20sqm sunny terrace on 90sqm plot) in exclusive sea front complex with pool. Magnificent side sea views to the left and, to the front, views of Mount Teide and the communal gardens.

€274,000

Ref: 305-0825

Costa del Silencio, La Baraca



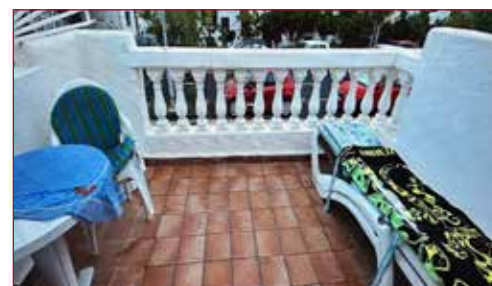
Lovely 1 bed part-furnished penthouse in popular complex with pool, close to all amenities and the sea. 43sqm on 70sqm plot. Completely renovated in 2024. The 7sqm terrace faces south and offers a side view of the sea.

€259,000

Ref: 295-0225

## DIRECT FROM OWNER

### Los Cristianos, Port Royale



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

**€195,000**



**Owner (UK)**  
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PALM MAR - ARONA



COMPLETELY RENOVATED SEMI-DETACHED HOUSE  
Ref. 84-327    €560.000,=

Property details

- Property space: 250m2
- Living Space: 150m2
- Terrace/rooftop terrace: 100m2
- Garage: Single car
- Storage/workshop: Yes
- Bedrooms: 3 (4th possible)
- Bathrooms: 2 (1 with wheelchair access)
- Furnished: Semi-furnished

Characteristics







- All day sun
- Wheelchair-friendly
- Panoramic views over Atlantic To island of “La Gomera”
- Beautiful sunsets
- Quiet and peaceful surroundings
- No Community Fees
- Great Letting potential







VIEWING BY APPOINTMENT ONLY

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Ref: TPP/eldes



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



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



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Oroteanda Baja, Beautiful villa



€ P.O.A.



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

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



€315,000

REF: SA03-010

Playa San Juan

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



€360,000

REF: SA02-009

Torviscas Alto

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

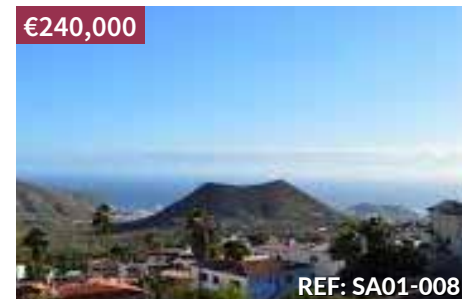


€280,000

REF: SA02-009

Los Cristianos

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



€240,000

REF: SA01-008

Chayofa

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



€225,000

Playa Paraiso, Res. Playa Paraiso V

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



€289,000

REDUCED!

Parque de La Reina, Teneguia

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



€595,000

REDUCED!

Callao Salvaje, Sueno Azul

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



€1,595,000

La Caleta, Villa

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





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### OPPORTUNITY!



### GUARGACHO, 1 bed apartment

Ground floor 1 bed, 1 bath apartment with open-plan living-dining area, fitted kitchen, and an additional room. Extras include electric shutters and a separate laundry room. Although there is no outdoor space, the ground floor location offers easy access. Located in a quiet area of Guargacho, close to amenities and public transport.

€158,000

Ref: G-A160

### Beautiful apartment in Las Rosas

Great apartment on three levels, offering two spacious, bright bedrooms, plus an additional room that can be adapted to suit each family's needs (eg an office, dressing room, or a guest bedroom). All rooms are equipped with air conditioning. The property also has a private terrace on the top floor, a perfect place to enjoy the sun, host outdoor gatherings, or simply relax in complete privacy. Private parking space included. Sold unfurnished. Prime location, with all amenities close by.

€298,900

Ref: LR-LR298



### OPPORTUNITY!



### Las Rosas, Partially-constructed 3 bed, 2 bath (1 en suite) villa

Built on rustic land, this property is ready to be finished to the buyer's liking! Includes a spacious living-dining room, separate kitchen, terrace, and a space prepared for a pool. To add to the value, there is a separate, independent 1 bed apartment on the lower ground floor, where the garage is located, ready to move into. Extras include eight solar panels, reducing ongoing electricity bills, and a solar thermal panel for domestic hot water.

€249,000

Ref: LR-C249

### Los Abrigos, fabulous 2 bed penthouse

Located just a few metres from the sea front, this fabulous 2 bed, 2 bath recently completely renovated property offers undisturbed sea and mountain views from the apartment as well as its huge roof terrace. One of only 4 apartments in the building (1 per floor) each with a storeroom. Enjoy the peace and quiet of this coastal village, while being only a short stroll to a great selection of excellent restaurants, shops and other amenities.

€345,000

Ref: LA345-2



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### Balcon del Atlantico, Torviscas Alto



Beautiful 1 bedroom 1 bathroom apartment recently fully refurbished with top quality materials. Comes fully furnished with a luxurious touch and stunning sea views from the terrace where you may enjoy the Tenerife sunset! Onsite there is a lift and a large community pool also with a lovely view of the sea, so perfect for sunbathing. The terrace is 20.64m2 with luxury outdoor furniture. This complex is near Xsur shopping centre, cinema and cafes and is clean/very well kept. This apartment has that luxury feel to it and is one to view!

€299,200

Ref: N1501

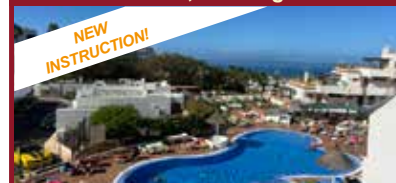
### Garage space, Sunset Bay



Opportunity to acquire a garage space in this centrally located complex.

€25,000

### Los Geranios, San Eugenio Alto



Fantastic bright studio apartment with large terrace.

€240,000

Ref: A519

### Garden City, San Eugenio Bajo



Fantastic bright studio with fitted kitchen and sunny terrace overlooking the gardens.

€220,000

Ref: A515

### Santa Maria, San Eugenio Bajo



1 bed apartment that is bright, fully refurbished, and modern with a terrace enjoying pool views.

€275,000

Ref: N1657

### San Marino, Los Cristianos



Stunning 1 bedroom apartment in this popular complex. A spacious property with lovely finishes. The living room is a bright, welcoming space with an open kitchen, of American style, fitted with sleek, white cabinets and a dining table which allows the room to flow cohesively. The bedroom is of good-size, modern with an immense amount of storage, light and airy. The terrace is large, stylish with an outdoor dining table and stunning views to the communal pool. San Marino is a sought-after complex in a great location with a large communal pool right in the heart of Los Cristianos.

€310,000

Ref: N1655

### Club Atlantis, San Eugenio Bajo



1 bed, 1 bath apartment with an immense bedroom, double terrace, and sea views.

€329,950

Ref: N1656

### Falcon Manor, San Eugenio Alto



Luxury 2 bed, 2 bath apartment with a large terrace, sea views, and communal pool.

€499,000

Ref: T1331

### Garden City, Costa Adeje



Great opportunity to acquire this fantastic 2-bedroom, 1-bathroom bungalow apartment in the popular complex of Garden City. This property is spacious with natural light flooding in; the living room is large, well-presented, flowing directly onto the terrace with the kitchen being open, fitted and situated on the back wall with modern finishes and a ceramic hob. Both two bedrooms are of good size: one with a double bed and wardrobes while the other is open, featuring a rain-sensitive skylight. The terrace is large, sunny with outdoor furniture and views directly over to the gardens and communal pool.

395,000€

Ref: T1405

### Andalucia, Torviscas Alto



2 bed 2 bed apartment, fully refurbished with an immense terrace sun and shade overlooking pool.

€399,000

Ref: T1322

### Finca, Granadilla



Traditional 4 bed, 4 bath finca for sale with land, a private pool, and much more.

€595,000

Ref: I1502

### Luxury Villa, San Eugenio Alto



Stunning, luxury villa with 4 sleek bedrooms, private pool, roof terrace and more in a great area.

€2,600,000

Ref: I1509

### Los Brezos Fañabe, Fañabe



1 bed apartment with 2 terraces, a communal pool, located in the heart of Costa Adeje.

€320,000

Ref: N1661



Translators available for any other languages.



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## Palm Mar, Paraiso



### TWO BEDROOM DUPLEX APARTMENT

Beautifully presented with added bonus of a large solarium for all day sunshine and amazing views. The property is immaculate and is fully furnished to a high standard, so all you need to do is move in and enjoy it. A private, underground parking space is included in the price.



**€469,950**



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OPPORTUNITIES OF THE MONTH!

ADEJE	SANTIAGO DEL TEIDE	PIEDRA HINCADA	GUIA DE ISORA
6,000 sqm plot in Las Moraditas with panoramic sea views. Main house (183sqm with 3 beds, 1 bath + WC), 2 independent houses, each 50sqm (1 bed, 1 bath), plus 75sqm garage, gardens, terraces, and a greenhouse..	Exclusive 12 bed (all en suite) holiday home (can accommodate 28 people) in privileged location with stunning sea, mountain and La Gomera views. Urban plot of 411sqm with potential to extend by 200sqm.	Finca with spacious (150sqm) 3 bed, 2 bath main house on plot of 5,000sqm (2,314sqm urban). In addition, there are 2 bungalow-style units (60sqm and 32sqm) perfect for guest accommodation. Lots of potential!	4 separate houses, each with its own entrance (total living space 380sqm on plot of 16,000sqm). The plot includes stables and enjoys stunning panoramic sea and mountain views
Ref: 1350 €1,150,000	Ref: 1355 €990,000	Ref: 1365 €1,050,000	Ref: 1307 €750,000

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PROPERTIES WANTED FOR RENT  
CLIENTS WAITING!

TIJOCO BAJO	TAUCHO	ROQUE DE SAN MIGUEL	GUIA DE ISORA
3 bed, 2 bath house with stunning sea views. This beautiful home features a sunny terrace perfect for relaxing while enjoying the breathtaking sea views. Spacious garage included.	4,000 m² estate (incl. 530 m² plot) with endless potential. Features a 7x7x3 m water tank, 80 m² registered house with 1 bed, 1 bath, 1 toilet, and cellar. Mains water/electricity. Surrounded by fruit trees and a small vineyard.	Renovated Canarian house with 2 homes in one: Main 3-bed with kitchen, living, dining and storage. Separate ground floor 2-bed with own entrance, kitchen, living/dining and shower room.	Hugely impressive 7 bed, 3 bath villa in the heart of town (370sqm built, 350sqm usable). Ideal for conversion to a guest house or hostel. Large garage. Rooftop terrace with sea and mountain views.
Ref: 1342 €415,000	Ref: 1289 €315,000	Ref: 1340 €370,000	Ref: 1371 €475,000

GUIA DE ISORA	SANTIAGO DEL TEIDE	TIJOCO BAJO	GUIA DE ISORA
Located in Playa San Juan, you will be surrounded by natural beauty. Every corner of this 11,000sqm estate will inspire you to transform this property into the home of your dreams.	This 3 bed, 3 bath property with small garden, garage and pool on an urban plot of 300sqm², is much more than a house; it's a blank canvas for your dreams, with the potential to expand construction in common areas and even add a 2nd floor! Breathtaking views!	Beautiful 4 bed, 2 bath house in great location. This spacious family home offers comfortable and versatile space with an internal patio that creates a cozy, relaxing atmosphere.	Magnificent, mostly flat rustic estate of 4,200sqm with spectacular views. Large toolshed with potential to convert to a nice home. No water or electricity, but both services are easily contracted.
Ref: 532 €298,000	Ref: 1317 €350,000	Ref: 1285 €330,000	Ref: 1364 €160,000



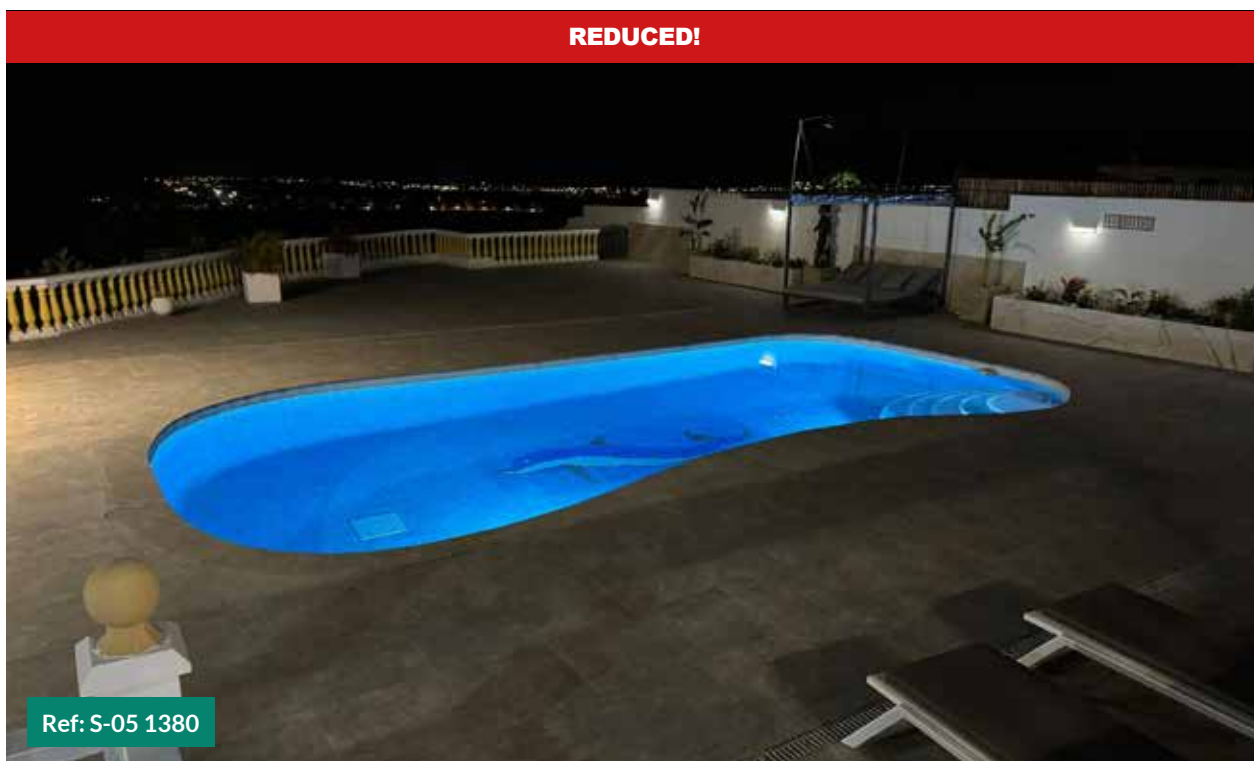
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Ref: S-05 1380



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of the bedrooms is situated in such a way that it could easily be converted into a separate studio, or granny flat. Extras include aircon and central heating throughout, and solar panel heating for hot water and the pool. This large Villa is very well situated in a small, very central village, located between the airport and the southern resorts of Los Cristianos and Playa de las Américas. With nearby property very popular as exclusive holiday let's this property has fantastic potential as a letting investment. It's rare to find such a large property on a very large plot with sea views in such an excellent location. Call now, come see for yourself!



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LLANO DEL CAMELLO



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GOLF DEL SUR



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AMARILLA GOLF



Light and bright, spacious, first floor, two bed, two bath apartment with two terraces offering stunning golf course, sea and mountain views.

€315,000

GOLF DEL SUR



Top floor, one bed apartment, with sea views on sought after complex. Excellent rental potential.

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AMARILLA GOLF



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GOLF DEL SUR



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GOLF DEL SUR



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€225,000

AMARILLA GOLF



Stunning 1 bed duplex with 2 terraces backing golf course with sea views.

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GOLF DEL SUR



Beautifully converted top floor, two bed, three bath apartment with cloakroom, solar panels and spacious private roof terrace giving pool and sea views

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LOS ABRIGOS



Elevated, ground floor, 3 bed, 2 bath apartment, front line to the ocean with stunning Montaña Roja views. Secure parking space and store room included.

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

## What is a Branded Residence?

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

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

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

## Why invest in a branded residence?

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

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

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

## Branded residences in Tenerife

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

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

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

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

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



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



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

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

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



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Ref: GOLF01859

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NEW



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Ref.: 2928

Price: 8,700,000€

## Freehold Pool Bar for Sale



Freehold pool bar in busy holiday complex, fully refurbished with new kitchen, bar, and license. Ideal for an owner-operator or couple. Prime poolside location with high foot traffic, seating for 25, and potential to convert to a studio apartment too!

Ref.: 2905

Price: 180,000€

## Freehold Club in Los Cristianos

NEW

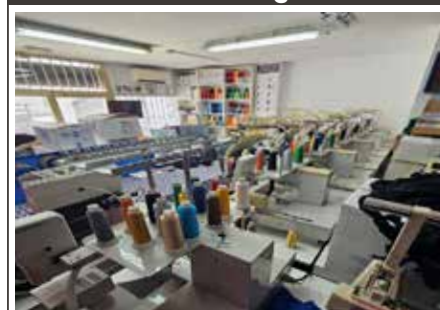


Freehold opportunity in prime Los Cristianos location: a 250 m<sup>2</sup> licensed bar-discoteca with terrace and capacity for up to 400 guests. Fully licensed for late-night trade until 04:00, with strong local Spanish and Latin clientele and proven revenue during peak nights.

Ref.: 2936

Price: 2,500,000€

## Freehold including Business

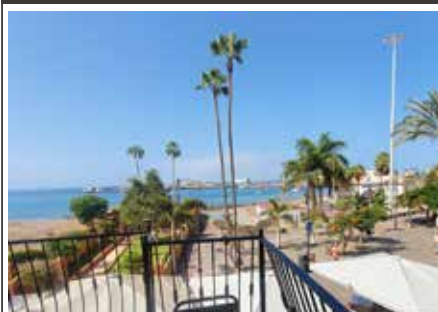


A rare chance to acquire a freehold local including a fully equipped, long-established printing, embroidery and garment customisation business with 30+ years of success and a loyal client base. The freehold commercial unit is located centrally in Las Americas.

Ref.: 2895

Price: 150,000€

## Freehold Pub in Los Cristianos



Irish Pub for sale Freehold in Los Cristianos, right next to the beach with stunning sea views. Spacious 120m<sup>2</sup> premises with terrace seating for 100, plus a small kitchen for food expansion. Strong potential with loyal locals and tourists - includes a studio for leisure times.

Ref.: 2831

Price: 750,000€

## Freehold Hair Salon



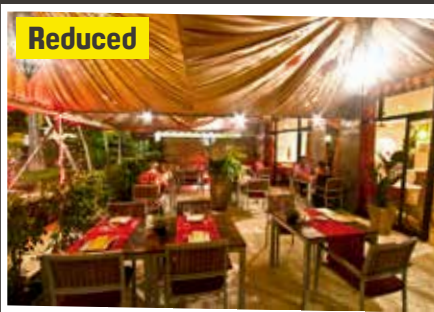
Freehold property with established hair salon in central Las Americas, just off the beachfront, surrounded by hotels, bars, and shops. 28 m<sup>2</sup> with storage, toilet, 2 washing stations, and 4 working stations, sold with the business included—ideal to run, rent out, or repurpose.

Ref.: 2909

Price: 80,000€

## Freehold Restaurant

Reduced



Unique opportunity to acquire the freehold of one of Costa Adeje's most successful restaurants, with a loyal clientele. Owned for 15 years and consistently top-rated on So-Me. Features stylish interiors, 60 m<sup>2</sup> terrace seating 50, fully equipped kitchen in 3 combined locals.

Ref.: 2877

Price: 695,000€

## Freehold Disco Bar



Freehold in Playa la Arena: 339 m<sup>2</sup> premises and a terrace for 32 guests, unique DISCO & BC licenses to operate until 5 AM, stage, DJ booth, and ample storage. Previously generating over €1,000,000 annually, it can be rented for €5,000/month with traspaso. Closed today.

Ref.: 2804

Price: 690,000€

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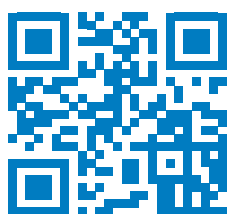
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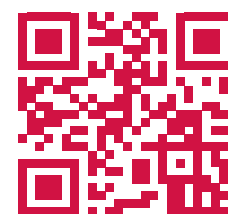


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## Considerations when renovating a Spanish property

**Buying a fixer-upper in Spain and giving it a fresh lease of life can seem like the perfect way to get more for your money, especially in a country where older properties often offer plenty of charm and potential. But managing a renovation in another country can come with surprises. From budgeting and local building rules to exchange rates and contractors, careful planning is key to keeping your dream project on track.**

### Building a realistic budget

The purchase price of your dream home abroad might seem like a steal, but if the property needs a lot of work, your initial savings can vanish fast. You'll need to factor in materials, travel

and accommodation while working onsite, the cost of contractors, and local permits or taxes. But be warned: making a property liveable can quickly eat into any savings from a 'bargain' purchase.

### Check the structural basics

Before you fall in love with exposed beams and white-washed walls, make sure the property is sound at its core. The foundation, structural supports, and roof should all be carefully inspected, particularly in rural or historic regions. A sound structure gives you a good base to work on and helps prevent a property from becoming a hidden money pit. Consider hiring a local surveyor who knows the lay of the land and understands local codes.

### Living, renting or flipping?

What you intend to do with

the property will influence how you renovate. Are you planning to live there full-time, use it as a holiday home, rent it out or sell it later for profit? Each goal comes with its own set of priorities. For example, if you plan to rent it, you may favour durability and minimal style-specific touches. If your goal is to sell, you'll want to maximise appeal to a broad audience and possibly retain a 'blank canvas' feel.

### Getting the right local help

Undertaking a renovation abroad can mean dealing with language, local building regulations, and logistics from afar. Hiring reputable local contractors, and possibly someone who speaks your language, can reduce stress. If you can't be on site regularly, organise for regular progress updates with clear photographs and have someone local who can act as

your eyes and ears.

### Maximising your renovation funds

If you're buying and renovating in Spain but sending funds from the UK or elsewhere, you should consider your foreign exchange options. With Currencies Direct, you'll benefit from competitive exchange rates, no transfer fees, and expert guidance from dedicated currency specialists. We make your transfer quicker, easier, and more secure.

Learn more by contracting Currencies Direct via phone +34-922 971 781, or email [canaries@currenciesdirect.com](mailto:canaries@currenciesdirect.com). Alternatively, pop into your local Currencies Direct branch and speak to one of our multi-lingual experts.

### The Tenerife Property and Business Guide

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# NEW TRAFFIC SIGNS IN SPAIN: WHAT DRIVERS SHOULD KNOW IN 2025

FROM GENERALI EXPATRIATES



Spain's new traffic signs are finally hitting the roads. Approved in July 2025, they are now being introduced step by step—first in urban areas and especially where signs relate to electric mobility and Low Emission Zones (ZBE).

At **Generali Expatriates**, we want to keep you up to date with the latest changes so you can stay safe and well informed.

#### Key updates you'll notice:

- Electric mobility
- New signs mark charging points for electric vehicles.
- Personal mobility vehicles
- Clearer symbols show where e-scooters and similar devices are permitted—or banned, such as on pavements, interurban roads, and motorways.
- Road safety
- Fresh warnings include wild animals (like wild boar), reduced visibility zones, and even aerial speed checks by drones or

helicopters.

- Traffic management
- Look out for signals marking 2+1 lanes (two lanes in one direction, one in the other) and improved combined pedestrian-cyclist crossings.

#### Why it matters:

- The new signs are designed to:
- Improve visibility with clearer shapes and contrasts.
- Adapt to modern mobility trends.
- Enhance safety by addressing today's risks.
- Ensure consistency across Europe.

You can consult the full catalogue of signs on the CNAE (Confederación Nacional de Autoescuelas) website. The DGT has indicated that the new content will only be included in theory exams when updated training manuals are available, ensuring candidates have enough time to prepare properly.

#### Stay protected as roads evolve

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# Reality Caught Up to 'Climate Change'

Victor Davis Hanson, American classicist, military historian, and conservative political commentator



## American Greatness

For decades, the monolithic and sacrosanct international climate change hierarchy went unquestioned. Western nations in particular spent trillions of dollars over the past half-century to subsidize expensive but erratic wind and solar energy while demonizing carbon fuels as toxic threats to the planet.

Like Diversity, Equity, and Inclusion dogma, climate change orthodoxy was embedded into every aspect of Western culture, from the corporate boardroom to the university cam-

pus. Question whether man-made global warming was truly responsible for increased temperatures rather than natural, often centuries-long cycles of heating and cooling of the planet, and one was labelled a climate crank. Everything from declining fertility to forest fires was ridiculously attributed to climate change.

But the causes of both demographic crises and charred landscapes were more likely the result of new affluent lifestyles that saw child-rearing as too expensive and time-consuming, and misguided forest pol-

icies or underfunded firefighting.

## Yet reality has caught up with the near-religious climate change cult.

One, the left-wing tech billionaires—exemplified by former climate change zealot Bill Gates—have become apostates of the green movement. Now they do not warn of a planet threatened by too much man-made heat but rather

by too little man-made kilowattage. They believe artificial intelligence will prove as transformative as the Industrial Revolution. But to win the AI revolution will require vast increases in electricity production, of up to a staggering 100 gigawatts a year of additional capacity. Such enormous demand—to build the equivalent of a hundred huge power plants per year—is far beyond the ability of “renewables” alone. Instead, the only solution is an “all of the above” strategy of building more nuclear, natural gas, clean-coal, wind, and solar generation plants.

Two, ascendant China's massive arms buildup and its bullying Belt and Road imperialism have finally put international “climate accords” into question. Even the environmentalist King Carl XVI Gustaf of Sweden has recently let it slip that he is troubled by why Europe sandbagged its own economy by shutting down its formerly efficient nuclear and fossil fuel plants. He reminded the world that the European Union nations contribute only six percent of the planet's carbon emissions.

The West finally realizes that a cynical China has been playing it for years by funding green propaganda abroad. Indeed, Beijing guilt-tripped Europe and the U.S. on global warming while it exported billions of dollars of cheap wind and solar genera-

tion products—often below its own cost of production. Meanwhile, China ploughs ahead, building two to three coal and nuclear generation plants per month. Under the propagandistic banner of “climate change,” China hopes that its Western competitors invest in inefficient and high-priced renewable energy. Meanwhile, its own expanding fossil fuel and nuclear industries ensure it will enjoy global price advantages in both trade and armament.

Three, the global climate crisis shakedown has become shameless. Formerly third-world nations now demand from the West hundreds of billions of dollars in “climate reparations” for carbon emissions released decades ago. Yes, the West burned more oil and gas. But it also provided the rest of the world with carbon-fuelled cars, factories, and modern consumer goods. Green critics fail to concede that almost all global technology and modern industrial products come from either the West or westernizing copycats.

Four, energy production is at the nexus of conflict and can mean life or death for nations. To the degree the United States and its allies produce lots of natural gas and oil, they can protect the West from crippling embargoes and cut-offs from anti-Western energy producers. During the Ukraine War, America exported liquefied natural gas

to Europe, not solar panels or turbine blades. And it will be increasingly essential to keep Europe afloat as Russia turns off its export spigot. When oil and natural gas are affordable, thanks to the fossil fuel production of Western nations, then illiberal and bellicose oil-exporting countries like Iran and Russia have less money to spend on aggressive wars or subsidizing their global terrorists.

Five, science is not fossilized in amber but dynamic and changing. Increasingly, climatologists are no longer afraid of being bullied by global green scolds. They point out that while accurate temperature recording is only a couple of centuries old, the planet has been here for over 4 billion years. And it reveals plenty of evidence of natural climate volatility. Extreme heat and cold spells lasted in nature for centuries—and did so long before humans appeared, little more than 300,000 years ago.

So, the public is sick of pseudoscientific activists peddling their doom-and-gloom wares for their own particular and profitable agendas. Elite green gurus often buy seaside estates while warning of devastating tidal waves to come. They fly in carbon-spewing private jets while ordering the poor to turn down their air conditioners.

In sum, carbon is dead, long live carbon!

# Are 'the world's most beautiful islands' in danger?

By Chris Baraniuk, Freelance Science and Technology Journalist for BBC Future

Most of the world found itself confined to their homes in March 2020 as Covid-19 spread at a blistering pace. Some countries didn't impose any lockdown restrictions – so was their decision the right one?

In March 2020, billions of people stared out

through their windows at a world they no longer recognised. Suddenly confined to their homes, their lives had shrunk abruptly to four walls and computer screens. Around the world, national leaders appeared on television, telling them to stay put – only leave the house to buy essential supplies or for once-daily exercise, maybe. It was a last-ditch attempt to curb the spread of a terrifying virus that had already killed many thousands of people

worldwide.

In London, theatre worker Tony Beekingham and his partner decided to use their daily exercise to cycle into the centre of the city one evening. “We thought it'd be really fun to see no-one around,” he says. It wasn't. Places the pair knew well, like Piccadilly Circus and Leicester Square, perennially abuzz with people, were chillingly quiet. “It was really upsetting – instantly,” says Beekingham.

This deletion of the pub-



lic from city streets, venues and businesses first began in China, where Covid-19 emerged. Quarantine orders were soon replicated in other countries after the World Health Organization (WHO) declared a pandemic on 11 March 2020. At no prior point in human history have people faced restrictions like this on such a

scale.

But a handful of countries did things differently. Sweden, Taiwan, Uruguay, Iceland and a few others never enacted a lockdown that involved severe restrictions on the movement of people, such as legally binding stay-at-home orders applied across large swathes of the population. Those

countries instead chose other measures, such as restrictions on large gatherings of people, extensive testing and quarantining infected people or travel restrictions.

Five years later, the scientific studies and data have piled up, offering a

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# MOTORWORLD

## Insurance: the Do's and Don'ts

*(Editor's note: Insurance covers unexpected events like accidents, property damage, or illness, providing a payout to cover the loss. Assurance is a type of life insurance that guarantees a payout upon a certain event, most commonly death, regardless of when it occurs. The key difference is that insurance is for risks that may happen, while assurance is for events that are certain to happen eventually.)*

We have all, most likely, had to have insurance of some kind to cover various situations or properties in our lives. The most common ones will of course be Car, House, and probably Life Insurance.

There are many insurance companies operating in Spain but they are not all the same, and certainly not all good either. The issue is that whilst their pricing may appear

competitive, cheap even, it's not until you need to make a claim that you find out exactly how the company works.

### Car Insurance

In Spain it is the vehicle that is insured, not the person. Many people, especially locals, will only take the basic legal requirement of Third Party Only cover, which is fine so long as they are aware that they would have to pay to repair damage in the event of a claim, unless the other party was liable, but even then you often have to wait a LONG time before the claim is settled to authorise any repairs.

We always recommend taking Fully Comprehensive Insurance, if it's affordable (often there is a minimal difference between Third Party, Fire

and Theft and Fully Comprehensive. Cheap is not always the best option but of course Third Party is better than NO INSURANCE AT ALL.

Choose your agent/broker/company well, use a reliable, established firm or agent/broker who has a good reputation and, if possible, go by recommendations.

### House Insurance

If you own a property, even if it is part of a community, you should always have insurance to cover some element of buildings cover (i.e. a burst pipe, water leak etc. within the property that may affect a neighbouring property. A house insurance policy will also always have an element of Public Liability cover which again is very important. Some people, living

on a Community believe, wrongly, that the Community Insurance covers their property. This is very very rarely correct.

### Life Insurance

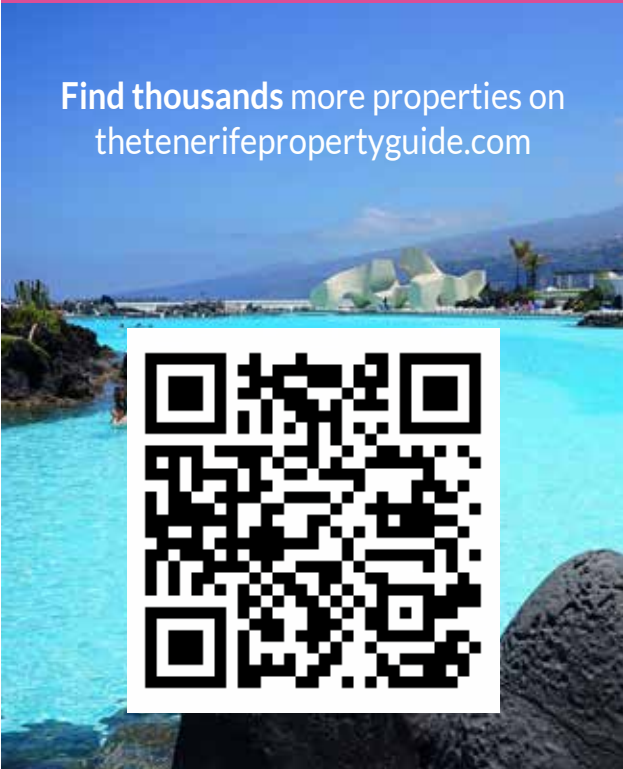
Many people will perhaps have a small life insurance policy to cover funeral expenses and a little nest egg to leave for their loved ones. This is important if you are a homeowner with perhaps a mortgage and children. Generally, a medical is not required unless the cover being requested is substantial.


So, to summarise, we suggest that you review your personal situation and make sure you are happy with the covers you have and think of how NOT having these things would impact your family in the event of .....

# The Tenerife Property & Business Guide

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detailed, long-term assessment of whether these countries were right to reject this most drastic of public health interventions.

The Swedish city of Gothenburg is a haven for dog-lovers, says HR administrator and blogger Anna Mc Manus, "We have a very dog-friendly city here," she says. "We even have a dog-friendly cinema." As countries around the world, including Sweden's neighbours Norway, Finland and Denmark, ushered in national lockdowns in March 2020, Mc Manus was aware that her own government had decided to buck the trend.

She heard how dog owners in some nations couldn't even take their pets out for walks because of lockdown rules. South Africa was one such country. This struck Mc Manus as terrible. At the time, she wrote a blog post in which she said, "I am convinced that my government is acting in a secure and correct way". However, she also expressed concern that her fellow Swedes were not always following the official public health guidelines around social distancing, such as limiting the number of people who could meet together in a group.

McManus remembers taking frequent walks in beauty spots, but also that she and her colleagues continually wore masks to help prevent Covid-19 transmission at the veterinary hospital where she worked in 2020. Plus, she and her partner avoided restaurants and meeting up with lots of other people. Even now, Mc Manus says she is not sure what to make of Sweden's official strategy.

"I want to base it on facts – like how many people died," she says. "Could we have saved a lot more people if we had had a lockdown?"

Scientists have tried to answer that question. Ingeborg Forthun at the Norwegian Institute of Public Health and researchers in other countries including Sweden published a study in May 2024 that compared



For billions of people around the world, the lockdown measures imposed during the early stages of the Covid-19 pandemic were intensely lonely

excess deaths in Sweden, Norway, Denmark and Finland during the first years of the pandemic.

While Sweden avoided strict government imposed controls, instead relying mainly on voluntary behavioural changes from its citizens, the other three nations imposed strict lockdowns in the early stages of the pandemic. Norway, Finland and Denmark closed schools and most other aspects of public life while also asking people to work from home, but they stopped short of confining people to their homes in the way other countries such as the UK did.

**We probably kept some older and vulnerable people alive for a longer period – Ingeborg Forthun**

Perhaps unsurprisingly, the researchers found a noticeable spike in excess deaths in Sweden during the initial waves of the pandemic during the spring and winter of 2020, when Covid-19 was able to spread more freely than in neighbouring nations. But while excess mortality fell in the

three other countries in 2020, it rose compared to Sweden in 2021 and 2022.

"The four countries have a comparable number of excess deaths when you account for the fact that population sizes differ," says Forthun. What lockdowns did affect, in part, was the timing of when spikes in excess deaths occurred. Of Norway's approach, Forthun adds: "We probably kept some older and vulnerable people alive for a longer period." Whereas authorities in Sweden were criticised in 2020 over high numbers of deaths at care homes.

Some economists have combined similar data with comparisons of economic performance indicators between the same four Nordic countries to argue that, overall, Sweden's approach was justified due to the relatively low economic costs. But such arguments are controversial and the lack of a lockdown in Sweden remains an area for heated debate among some.

Another study by a group of German economists – who modelled how a lockdown could have affected pandemic outcomes in Sweden – suggests that the substantial voluntary restraints enacted by peo-

ple in the country appear to have replicated some of the effects of a lockdown anyway. One Swedish epidemiologist, Nele Brusselaers, of the Karolinska Institute, has criticised her country's Covid-19 strategy. She moved to Belgium during the pandemic.

"I'm a medical doctor so of course I care about lives," she says. "We want to save every single life." She says many of her fellow Swedes are "still in denial" about Covid-19 though some have come to question the lack of lockdown in recent years.

Brusselaers, who lived in Sweden in 2020, notes how her posts about Covid-19 on social media resulted in fierce pushback from some who disagreed with her stance on lockdown as an appropriate strategy. "You get so much hatred," she says. "That's not something I was used to."

Even today, some people find it hard to move past the hostility they faced on the topic of lockdowns. One university researcher approached by the BBC for this article said they were so traumatised by the abuse they received online in 2020 that they never intended to comment on Covid-19 control measures, or

lockdowns, publicly again.

Furthermore, some people who lived in countries without lockdowns, and who disagreed with their government's approach, are still reeling from the experience. Tanzania never had any Covid-19 lockdowns. The country's former President, John Magufuli, who dismissed lockdowns and other public health interventions, died in 2021. Magufuli's approach to the pandemic was "unscientific", says history lecturer Fadhili Mtani at the Muslim University of Morogoro in Tanzania. "He advocated for traditional herbs and later he rejected vaccines."

But Mtani recalls visiting hospitals where members of his own family had passed away of an illness. "I saw people suffocating in the hospitals," he says. "The hospital said we should not say it's Covid." Official figures suggest around 840 people have died of Covid-19 in Tanzania since the start of the pandemic. Mtani says that the government has not made accurate statistics available, however. An international collaboration aimed at estimating the global excess deaths during the first two years of the pandemic has put the total number of deaths in Tanzania at somewhere between 102,000-188,000.

Mtani argues that Tanzania should have enforced a lockdown, though without placing excessive restrictions on the movement of workers. "The majority of people are poor. To deny movement for them is to deny their existence," Mtani explains.

Many scientists emphasise that lockdowns were crucial for saving lives in the early part of the pandemic, before vaccines were available, and also for limiting the pressure on health services. By March 2020, this pressure was already severe in the UK, says Adam Kucharski, professor of infectious disease epidemiology, at the London School of Hygiene & Tropical Medicine. "The NHS was overwhelmed," Kucharski explains, referring to the emotional testimony of doctors who have spoken to the UK's public inquiry into the government's Covid-19 response. "It's ridiculous to suggest [the NHS] wasn't under effectively breaking pressure by that point," adds Kucharski. Kucharski

also says that, because of the UK's global connections and the large number of young people who live together or with their parents compared to Sweden, for example, it might have been much harder for the UK to control Covid-19 transmission without imposing a lockdown.

He also points to a 2021 study that attempted to quantify the effect of specific government interventions on the spread of Covid-19, using data from 41 countries. It reveals that certain aspects of national lockdowns might have been more impactful than others. The researchers found, for example, that banning gatherings of more than 10 people or closing schools and universities was especially effective, reducing transmission by more than 35% on average. Shutting restaurants and bars seemed to make slightly less difference to transmission, however.

What's more, the researchers suggest that adding a strict stay-at-home order on top of such measures "only had a small additional effect" in terms of slowing down Covid-19 – estimated at below 17.5% on average.

Countries that chose not to lock down severely may also have had more time to prepare for the arrival of Covid-19, or social and structural reasons as to why the Sars-CoV-2 virus was less likely to spread quickly there versus other nations. Even then, there are surprising comparisons to be made. Take Iceland and New Zealand, for instance. Both are wealthy island nations with relatively small populations but while New Zealand introduced a strict lockdown on 25 March 2020, Iceland never did.

"They [Iceland] had more of a mitigation strategy," says Leah Grout, a research data analyst specialising in public health at the Southern California University of Health Sciences. Grout was lead author on a research paper about the contrasting Covid-19 strategies and outcomes of these two countries. Iceland introduced a test and trace programme, in which infections and contacts between people were monitored so that individuals – rather than entire populations



Sweden's approach to controlling the virus contrasted dramatically with that of its neighbours in the early stages of the pandemic

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The 2025-2026 Awards Ceremony, this year was hosted at the London Marriott Hotel Grosvenor Square, on 23rd October 2025, and Mary Spencer, Director of Tenerife Property Shop, was there to accept the Awards. Tenerife Property Shop excelled themselves against the best property professionals from across Europe, and was recognised as Award Winner for Real Estate Agency Single Office, Canary Islands, and 5 Star Award Winner for Best Real Estate Agency Website, Canary Islands.



The European Property Awards are the largest, most prestigious, and widely recognised programme throughout the region, and are judged by an independent panel of over 80 industry experts. The Awards are now in their 31st year and cover over 50 different residential and commercial categories. Regional heats are staged for Arabia, Europe, Africa, Canada, Central & South America, the Caribbean, USA, UK and

Asia Pacific. Judging focuses on design, quality, service, innovation, originality, and commitment to sustainability, and the judging panel is chaired by Lord Best, member of the House of Lords in the UK Parliament. The awards celebrate the very best projects and professionals in the industry. Companies received awards for categories ranging across property development, real estate, interior design and architecture categories.

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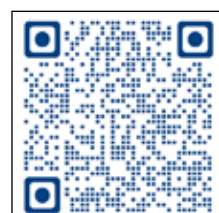


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– were asked to observe quarantine for a time. This measure was also used in many countries that also applied lockdowns, when those lockdowns were lifted. Iceland had some restrictions on social gatherings and it did close its borders to some travellers, briefly." New Zealand had one of the lowest mortality

actually rose substantially in 2021 and 2022. Excess deaths in 2021, for example, were nearly 19% above the expected figure, based on historical trends. The study's authors put this down mostly to the spread of Covid-19 but add that impacts from the pandemic on the ability to provide healthcare in other ways probably also played a role.

Similarly, Japan was able

ernment declared a nationwide state of emergency in April 2020, people in Tokyo reduced their outings from home roughly as much as people in the US who, conversely, faced legally binding lockdowns.

Despite this, Yasuharu Tokuda, a clinical epidemiologist and director of the Muribushi Okinawa Center for Teaching Hospitals in Okinawa, Japan, argues

ant in Scotland, was in his mid-60s. He had many plans for his retirement – he wanted to see the world. Back then, Allison was also an avid pub-goer who frequently met up with his friends for a pint. Lockdown stopped him in his tracks. He says he followed the rules at all times but this left him feeling a profound sense of loneliness and isolation.

"I gathered up all the scraps of wood that I had and decided to see if I could make them into an electric guitar," he says. "I would work late at night. There was nothing else to do, really." He found a guitar-making group online, through which he met people with similar interests. "I made quite a lot of new friends."

But when the world gradually began to open up again, Allison was struck by a strong sense of what he had been missing and was hard to regain.

"The pub near me, it's nothing like as busy as it was before Covid," he says. "I became quite introverted and now I find I don't want to interact with people as much as I did before. I was discussing it with a few of my friends. [...] We all feel very unhappy."

Soon to turn 72, Allison says his pre-pandemic travel plans remain on

er to earn an income while looking after their children. There were also concerns that the sudden loss of social interaction and access to education effected the development of young children, with some evidence pointing to an impact on their language skills. More than one billion children and students found themselves shut off from their usual methods of learning. Recently published research using data from 72 countries suggests that the closure of schools during the pandemic may have led to a decline in mathematics scores by an average of 14% – equivalent to seven months of learning.

In countries including the UK, lockdown was associated with a rise in domestic abuse. And, what's more, lockdowns had a huge impact on access to healthcare. Many people found their cancer screenings and treatments were cancelled or delayed, for example.

As for potential benefits of lockdowns not related to Covid-19 transmission, much was made of temporary reductions in air pollution and carbon emissions as a result of the restrictions imposed during the early stages of the pandemic. These turned out to be a temporary blip as greenhouse gas emissions resurged and air

and one that comes with heaps of negative consequences. Governments in 2020 had to weigh up whether they could successfully enforce such a measure, and whether it was really worth it.

Unless, of course, they had an alternative. The government in Taiwan, for example, never imposed a lockdown and instead relied on near-universal mask-wearing, border restrictions and intensive contact tracing, which involved access to lots of personal data. This included commuters' smart card information and mobile phone location data. Some of this monitoring was exhaustive. "[Taiwan Centers for Disease Control] also set up a smartphone-based real-time locating system to track contacts' phone signals and alert local authorities if anyone left their designated location or switched off their phone. Authorities would contact or visit those who triggered an alert within 15 minutes in person," one paper notes..

Essentially, Taiwan (and later South Korea, which to some extent mirrored Taiwan's approach) avoided lockdown through fine-grained monitoring and control of an entire population. Even in Taiwan, however, Covid-19 outbreaks caused problems. Initially,



The effects of Tanzania's early response to Covid-19 is still not visible in the official government statistics

rates globally with their approach," says Grout. "Iceland also fared pretty well." Plus, the economic impacts on both countries were limited, she adds. Other researchers have made similar findings regarding New Zealand and Iceland.

Much was written in 2020 about various countries' efforts to tackle the Covid-19 pandemic. But, in retrospect, that seems much too early to come to any real conclusions. Uruguay was lauded at the time for apparently managing to keep Covid-19 at bay, despite never enacting a strict lockdown. The country's government enforced some forms of social distancing, including the closure of some gyms, and Uruguay's borders were also closed to certain travellers, for instance. But ports remained open and there was no stay-at-home order affecting the entire population.

A study published in 2024 found that, while excess deaths were low in Uruguay during 2020, they

to keep mortality from Covid-19 to a relatively low level in the early part of the pandemic. By the summer of 2022, Covid-19 deaths had reached 36,200. Today, they stand at 130,000.

So, what happened in the interim? The Omicron variant. New, mutated forms of the early Sars-CoV-2 virus that spread worldwide in 2022 and 2023.

Some researchers argue that Japan's approach proved to be the right one overall. "Even without lockdown, suppression of epidemic curves has been largely successful," argues Hiroshi Nishiura, a professor in the graduate school of medicine at Kyoto University.

However, as in other countries where legally binding lockdowns did not come into force, there is evidence that people in Japan changed their behaviour significantly anyway. One study of people's movements based on mobile phone data suggests that, when the Japanese gov-

that a tougher approach might have been beneficial. "Some patients could not be admitted to the hospital because of the lack of available beds," he says. "If we have a strong viral pandemic, then we need to have a stricter lockdown in Japan." Research suggests that there might be resistance to such an idea among members of the public in Japan, however.

I became quite introverted and now I find I don't want to interact with people as much as I did before  
– Bill Allison

It is important to reflect on just how drastic a measure lockdown really is. Kucharski, for one, calls it a "blunt" tool. "We should never have got to that point where we were in so much trouble, with so little visibility of what the pandemic was doing," he says. It was due to a lack of certainty over what would happen next, and a dearth of other interventions on the table, that the UK was more or less forced into lockdown, he suggests.

Many have still not got over the effects of lockdown. In March 2020, Bill Allison, a former civil serv-



The relative economic, social and public health benefits of lockdowns are still being debated five years after the pandemic began

hold. "I'm kind of getting to the age where I don't really want to do a nine-hour flight to the other side of the world anymore. It's kind of knocked me back."

Countless studies show that social isolation and loneliness affected thousands of people during the pandemic, and that this was a particularly acute problem during national lockdowns. There were negative impacts on single parents, also, who found it hard-

quality dipped once people emerged from their confinement.

Authorities in some countries that attempted to enforce strict lockdowns and a "zero Covid" policy were greeted with violent protests from members of the public. Some widely publicised cases of this emerged in China during 2022.

There is no getting away from the fact that a sweeping stay-at-home order is an extreme intervention,

in the first half of 2021 and then again in 2022, cases surged as some preventative measures in the country, and the population itself, started to relax. Researchers note, though, that Covid-19 deaths became less common over time, as Taiwan's health authorities rolled out vaccines to the population.

While these case studies of various countries show

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The long-term effects of the pandemic lockdowns on children whose education was disrupted have yet to be fully understood



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that it was clearly possible to tackle the Covid-19 pandemic without resorting to national lockdowns, the end results seem to depend on the attributes of specific countries, their populations, and their healthcare systems. Ultimately, the vast majority of nations did enact lockdowns at some point during 2020 or 2021 and it would be hard to sug-

gest that they are all significantly worse off because of that intervention, specifically.

Still, five years later, the harshness of lockdowns and their effects on millions if not billions of people has become clearer. Even some researchers who have found evidence that lockdowns saved lives have cautioned against turning to this measure in haste in the future. The

longer-term effects on children, education and economies are still playing out and will likely not be fully understood for many years to come. Whatever governments decide to do, having a plan that they communicate in advance of any new pandemic will likely improve public acceptance of and adherence to any strict mitigations, says Grout. "It needs to be super clear." That means everyone

could know ahead of time what circumstances would trigger a lockdown.

In Gothenburg, Mc Manus remembers the debates she once had with her fellow Swedes over whether her country was doing the right thing in 2020. And how some people seemed cavalier or uninterested in observing social distancing guidelines at the time.

"You don't even talk about it anymore," she



The long-term effects of the pandemic lockdowns on children whose education was disrupted have yet to be fully understood

says, "Thinking back, I feel like, as a society, did we really learn anything from this?"

# 'He could have been remarkable': The tragic murder of forgotten US President James Garfield

By Clare McHugh, Author, BBC Culture

In the late 19th Century, President James Garfield promised progress and reform – but four months after his inauguration he was shot. New series *Death by Lightning* explores his life and legacy.

In the year 1880, the US stood at a crossroads. Would formerly enslaved people finally enjoy full rights as citizens? Could an entrenched patronage system – the doling out of federal government jobs to party faithful instead of the

most qualified candidates – be reformed? At the Republican National Convention in June, James Garfield addressed these questions, beseeching the nation to fulfill its promises to all. Hearing his eloquent speech, hundreds of delegates stood and roared in approval, before demanding that this congressman from Ohio be their candidate.

Garfield tried to refuse his party's nomination. He insisted he had no desire for the presidency. But the groundswell of support for Garfield – who'd risen to national office out of poverty, as Abraham Lincoln had, and performed hero-

ics as a commander on the Union side in the Civil War – proved unstoppable, and in November 1880, he was elected the country's 20th president.

What happened next is among the most tragic chapters in the annals of presidential history: shot four months after his inauguration, Garfield eventually died from sepsis. In her best-selling work on Garfield, *Destiny of the Republic: A Tale of Madness, Medicine, and the Murder of a President*, author Candice Millard expertly recounts the story. The award-winning book was the basis of a two-part documentary, *The Murder of a*



President, broadcast in the US on PBS in 2016.

## Confronting a big 'what if' in US history

Now Netflix plays host to an ambitious – and lavish – new adaptation of Millard's work. *Death by Lightning*, a four-part drama written by Michael Makowsky and starring Michael Shannon as James Garfield and Matthew Macfadyen as the man who shot him, Charles Guiteau. What might viewers take away from the show? "I hope it's a reminder that you don't have to have a big event to change the course of history," Millard tells the BBC. "In this case, the combination of one man's madness and another's ignorance and petty ambitions devastated an entire nation."

Long before he shot Garfield, Guiteau exhibited signs of mental instability, yet he was never treated nor confined in that era of rudimentary psychiatry. As for the arrogant physician who insisted on supervising the president's care after he was shot, Dr Wilfred Bliss scoffed at the latest antiseptic method for treating wounds, using unsterilised instruments and even his bare finger to probe the hole near Garfield's spine. Blame for the president's death can be laid firmly at Bliss's door, as Millard lays

out in painful detail.

Both men cared very much about being known. One propels himself to the highest office in the land, whereas the other courts greatness and never achieves it – Michael Makowsky

Screenwriter Makowsky picked Millard's *Destiny of the Republic* off a two-for-one sale table, took it home and read it in one sitting. He immediately envisioned a television drama. "I got the author on the phone, and at first she said no," he tells the BBC. "I had to persuade her to trust me with the project."

Makowsky could point to his previous experience dramatising true events. A true-crime film he wrote for HBO, *Bad Education* – about a larcenous school superintendent, Frank Tassone, from Makowsky's hometown of Roslyn, New York – won an Emmy award in 2019. Telling Garfield's story meant confronting an enduring historical "what if": had the promising president not been targeted by an assassin, what could he have accomplished? "He could have been one of our most remarkable presidents. He had a magnificent intellect. The fact that he's been relegated to an obscure footnote is a tragedy," Makowsky says.

Makowsky's crucial task was to sift through Millard's detailed dive into the his-

tory of the assassination and construct a narrative appealing to TV viewers. *Destiny of the Republic* includes sections on Republican Party factionalism, the antiseptics preferred by British surgeon Joseph Lister and Alexander Graham Bell's invention of an early metal detector, used eventually to search for the bullet in Garfield's body. Makowsky chose to focus on the contrasting journeys of Guiteau and Garfield. "Both men cared very much about being known," he said. "One propels himself to the highest office in the land, whereas the other courts greatness and never achieves it."

## The killer's motivation

By turns Guiteau failed as a lawyer, a journalist and an evangelical preacher. He even flopped at the free love commune he joined; no woman would sleep with him, as Millard recounts. Yet he always believed God intended him for a grand purpose. Guiteau became obsessed with Garfield after the congressman's unlikely nomination, and travelled to New York in the summer of 1880, determined to play a crucial role ensuring his victory in the general election. Guiteau harassed the staff at Garfield's New York campaign office until he was al-

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Portraits of President James Garfield (left) and his killer Charles L. Guiteau



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Continued from page 36

lowed to give a single rambling speech endorsing the candidate.

Garfield vocally opposed the spoils system of handing out lucrative posts to supporters, yet Guiteau believed in it fiercely. He expected that, in exchange for his backing, Garfield, now president, would give him a key post. Ambassador to France was his first choice. The deluded man travelled to Washington, and appeared at the White House every day with hordes of other insistent office seekers. Guiteau even came face to face with his hero once, in the president's office, where he handed Garfield a copy of his election speech, with "Paris Consulship" scrawled on it, and a line connecting those words to his name.

Garfield, meanwhile, embarked on an ambitious agenda for his presidency, including upgrading the US Navy, aiming to expand trade with Latin America, and advocating for civil rights. He appointed the once-enslaved social reformer Frederick Douglass as recorder of deeds for the District of Columbia, the first African American to hold a prominent federal office. At the same time, Garfield also had to face down Roscoe Conkling, Republican senator from New York, arguably the most powerful politician in the nation, thanks to his indirect control of the lucrative customs revenue flowing into the port of New York. Conkling didn't like Garfield's progressive instincts nor his



Garfield's inauguration ceremony in March 1881; he set out as President with an ambitious agenda

opposition to the spoils system. He'd already imposed on candidate Garfield his associate Chester A Arthur, to be vice president. Now Conkling sought to block Garfield's Cabinet picks.

After Guiteau's strange manner and erratic outbursts got him blocked from entering the White House, he began showing up at the office of Secretary of State James Blaine. One day he importuned Blaine directly, only to be told in no uncertain terms he would never be given a position in the Garfield administration.

Without money or prospects, Guiteau retreated to his shabby boarding house. There, lying on his bed, he had what he later called a divine inspiration: Garfield was not a "true" Republican, unlike his vice president. In his deluded state Guiteau then concluded it was up to him to kill Garfield, and make Arthur the nation's leader.

The president, unfortunately, was not difficult to target. He walked everywhere unprotected, even though John Wilkes Booth had killed President Abraham Lincoln a mere 16 years before. "Assassination can no more be guard-

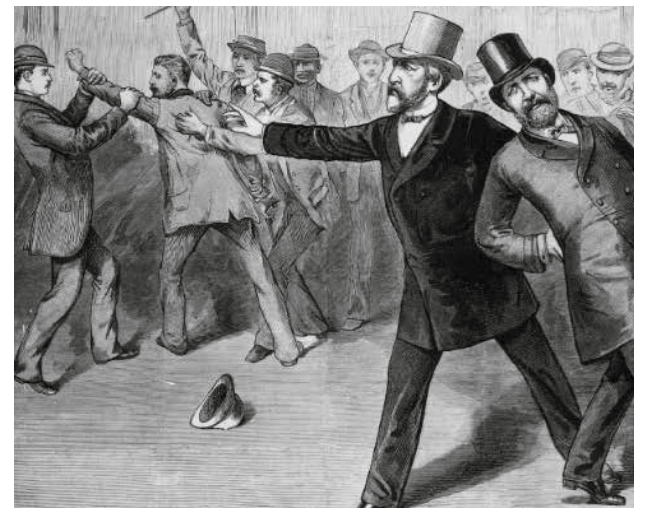
ed against than death by lightning," Garfield wrote in a letter, "and it is best not to worry about either." After stalking Garfield for a few days, Guiteau shot him at the Baltimore and Potomac railroad station in Washington DC on 2 July 1881.

Garfield's phrase "death by lightning", stuck with Makowsky, who chose it for his title. He collaborated with director Matt Ross on the choice of actors, and felt lucky to recruit for the Garfield role Michael Shannon, and, as Guiteau, Matthew Macfadyen, fresh off his star turn playing the hapless schemer Tom Wambsgans in *Suc-*

cession.

"We punched above our weight when it came to casting," said Makowsky. After visiting the set during the filming in Hungary, author Millard agreed. "Michael Shannon does an astonishing job of capturing Garfield's brilliance and dignity but especially his decency, which is something I really cared about," she says. "And Matthew Macfadyen, whom I've watched and admired in so many roles, simply becomes Charles Guiteau, in all of his strangeness, delusion and heartbreaking madness."

Parts of Makowsky's script hew closely to the history; he takes artistic license at other points. Guiteau's one meeting with the president at the White House was, in reality, likely formal and brief, but in Makowsky's reimagining the deranged man has a chance to express all his desperate yearnings to Garfield. And Macfadyen delivers a powerful performance. "I'm your man," the



An illustration of the moment that Guiteau shot Garfield at the Baltimore and Potomac railroad station

actor says, his voice trembling, his eyes full. "Help me to succeed like you did. Open the door... I'm begging you. Tell me how I can be great too."

Makowsky hopes the audience will have some empathy for Guiteau despite his terrible deed, for which he was hanged on 30 June 1882. "It would be easy to write him off," the screenwriter says. "But the extreme alienation he experienced in the world, the constant rejection, it obviously hurt him and there existed no mechanisms to help him. The country ultimately paid the price for that."

#### Garfield's legacy

Poor Garfield – suffering pain, fevers, and constant discomfort under Bliss's disastrous care – began to wonder, as death neared, what the future would bring. As Millard recounted he asked a friend: "Do you think my name will have a place in human history?"

Garfield did make a dif-

ference. The nationwide grief over his murder, aged only 49, galvanised demands for civil service reform. The public recognised that Guiteau's rage – although fuelled by his delusions – began when he was denied a job he believed he was owed. And Arthur, now president and mourning his able and likable predecessor, renounced the corrupt spoils system that had elevated him. When Congress passed the Pendleton Act in 1883, creating merit-based standards for federal government employment, Arthur signed it into law.

"This began the professionalisation of the federal bureaucracy, ensuring that Americans' transactions with their government would not be influenced by their personal politics," biographer CW Goodyear, author of *President Garfield: From Radical to Unifier*, wrote. "Its yields in the generations since have been immeasurable."



Michael Shannon plays Garfield in the new Netflix miniseries *Death by Lightning*

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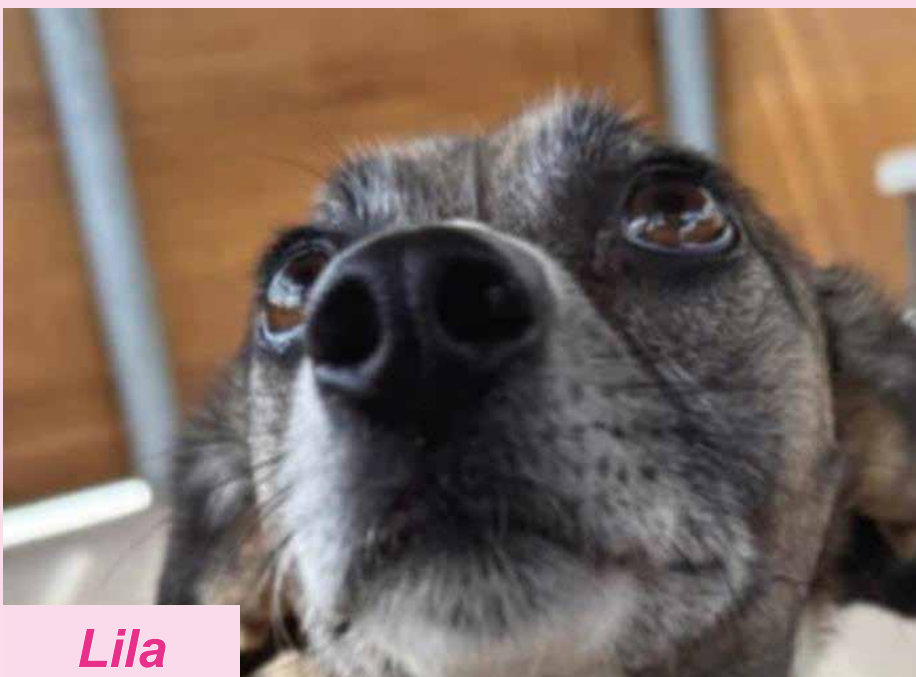
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# 'This history mustn't be forgotten': The real story behind the Nuremberg trials

By Clare McHugh, Author, BBC Culture



The Nazi high command was put on trial 80 years ago in 1945.

In the new film *Nuremberg*, starring Russell Crowe as the charismatic and manipulative Hermann Göring, director James Vanderbilt draws on a little-known chapter of the trial's proceedings to ask enduring questions about the wellspring of fascism and the true nature of evil.

A criminal trial is inherently dramatic, often full of revelatory testimony, sparing lawyers, and stern pronouncements from the bench. Little wonder that so many powerful films and TV series are set in the courtroom: *Inherit the Wind*, *To Kill a Mockingbird*, *A Few Good Men*, and *Presumed Innocent*, to name just a handful. And every trial provides a denouement – the

verdict – which determines guilt or innocence, and naturally engages the audience's own sense of right and wrong.

**Warning: This article contains mentions of suicide and details that some readers may find upsetting.**

But the trial that began in Nuremberg, Germany, late in 1945, just a few months after the end of World War Two, stands apart. In an unprecedented attempt to hold individuals responsible for war crimes, the Nazi high command was brought to that bomb-shattered, rubble-strewn city to appear before a military tribunal.

Although some on the Allied side – the US, the UK, France and the Soviet Union – believed summarily shooting the Nazi leaders was the simpler option, a

decision was taken to grant these men their day(s) in court. The tribunal's prosecutors and judges bore a huge responsibility to act fairly, as many Germans perceived the trials as nothing more than vengeful "victor's justice".

This potent history has inspired film-makers before – most notably Stanley Kramer, who produced and directed the Oscar-winning classic *Judgment at Nuremberg* starring Spencer Tracy in 1961. A well-received two-part docudrama called *Nuremberg*, starring Alec Baldwin, was broadcast in 2000 on TNT in the US and the CTV television network in Canada.

A quarter of a century on, writer-director James Vanderbilt, best known for scripting *Zodiac* and *The Amazing Spider-Man*, has revisited the famous trials. As he explained on 5 Oc-

tober from the stage at the Hamptons International Film Festival, where his film *Nuremberg* was screened for the first time in the US, "this history mustn't be forgotten". Growing up, Vanderbilt, now 50, had been aware of Nazi crimes – the events were relatively recent. But for his own daughter and her peers, the stories are "distant, and almost unreal".

Vanderbilt found his angle upon reading *The Nazi and the Psychiatrist*, a book by journalist Jack El-Hai about Hermann Göring and the young army psychiatrist tasked with determining the mental competence of the accused Germans slated to stand trial at Nuremberg.

The flamboyant Göring, Hitler's second in command, was a flying ace in World War One who became a big man, nearly 300lbs. He'd been photographed in innumerable different uniforms, often carry-

ing the notorious Nazi leader fascinated his captors – they gawked at him, asked for his autograph, and chatted with him in English (he spoke the language fairly well).

## The Nazi and the psychiatrist

Soon, however, Göring was separated from his family and flown to Bad Mondorf, in Luxembourg, where the US Army had refitted a large hotel to serve as a stockade to imprison the top Nazis.

They weren't buddies – but they formed a connection, and Kelley recognised that they shared certain personality traits – Jack El-Hai

the doctor noted his drive, his defiance, his enormous ego, and his intense loyalty to family and country.

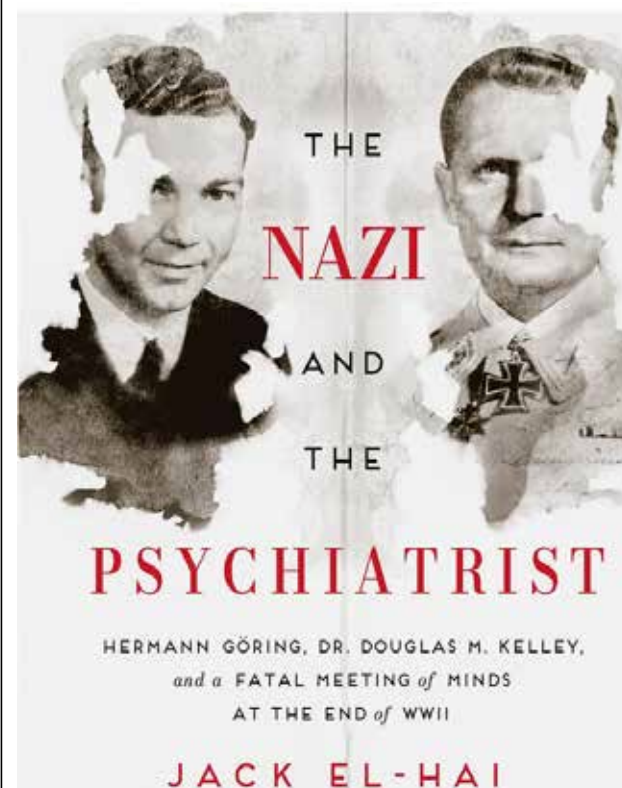
The doctor's own ambition was to identify among the Nazis a shared psychosis or particular derangement, because only that, he believed, could account for their monstrous acts. Yet after intense study, Kelley conceded the men were fundamentally opportunists who had grabbed the chance to exercise power and exploit others. "And he concluded there have always been people like this, although the atrocities they commit are much smaller," says El-Hai.

Rami Malek, in the role of Kelley, and Russell Crowe, playing Göring, have excellent onscreen chemistry. The audience watches the pair converse, jousting and joking, and coming to trust each other. Göring enlists Kelley's aid to communicate with his wife and daughter, and the doctor, defying protocol, hand-delivers letters to them for Göring.

During one exchange with Kelley, included in the book but not the film, Göring tells the doctor he fears that he and his wife will both soon be dead, and asks the doctor to adopt their seven-year-old daughter Edda, and raise her in America. While Kelley did not record how exactly he replied, El-Hai wrote: "This astonishing request – a sign of Göring's respect for Kelley – moved the psychiatrist, who knew how much Edda meant to her father."

The more conventional second half of *Nuremberg* takes place in court. In testimony closely adhering to the actual transcripts, Crowe, as Göring, launches a vigorous defence laced with self-effacing repartee, and manages to wrong-foot the US chief prosecutor, Robert H Jackson (played by Michael Shannon). The British lawyer Sir David Maxwell-Fyfe (Richard E Grant) has greater success by using incriminating documents to establish the former Reichsmarschall's direct responsibility for the persecution of Jews. Shocking film shot by the Allied soldiers who liberated the concentration camps is then screened, as actually happened at Nuremberg. Göring looks away as ema-

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*The Nazi and the Psychiatrist* is an account of the dynamic between Göring and US army psychiatrist Douglas M Kelley

ing an ivory baton, studded with diamonds, presented to him by Hitler to designate his unique rank as Reichsmarschall. Göring was the most senior of the 22 prominent Nazis captured by the Allies – many others had killed themselves or vanished.

On 9 May 1945, soldiers of the US Seventh Army near Salzburg, Austria, encountered Göring, driving in a convoy of cars, accompanied by an entourage: his wife, young daughter, other relatives, servants and military aides. From the start, as shown in *Nuremberg*,

It was there that the psychiatrist, Douglas M Kelley, spent hours interviewing Göring, and administering psychological tests. Kelley quickly discovered that the former Reichsmarschall was addicted to paracodeine, a painkiller, popping dozens of pills a day. He helped Göring break that addiction and lose weight.

"They weren't buddies," author El-Hai tells the BBC. "But they formed a connection, and Kelley recognised that they shared certain personality traits." As well as acknowledging Göring's charm and intelligence,



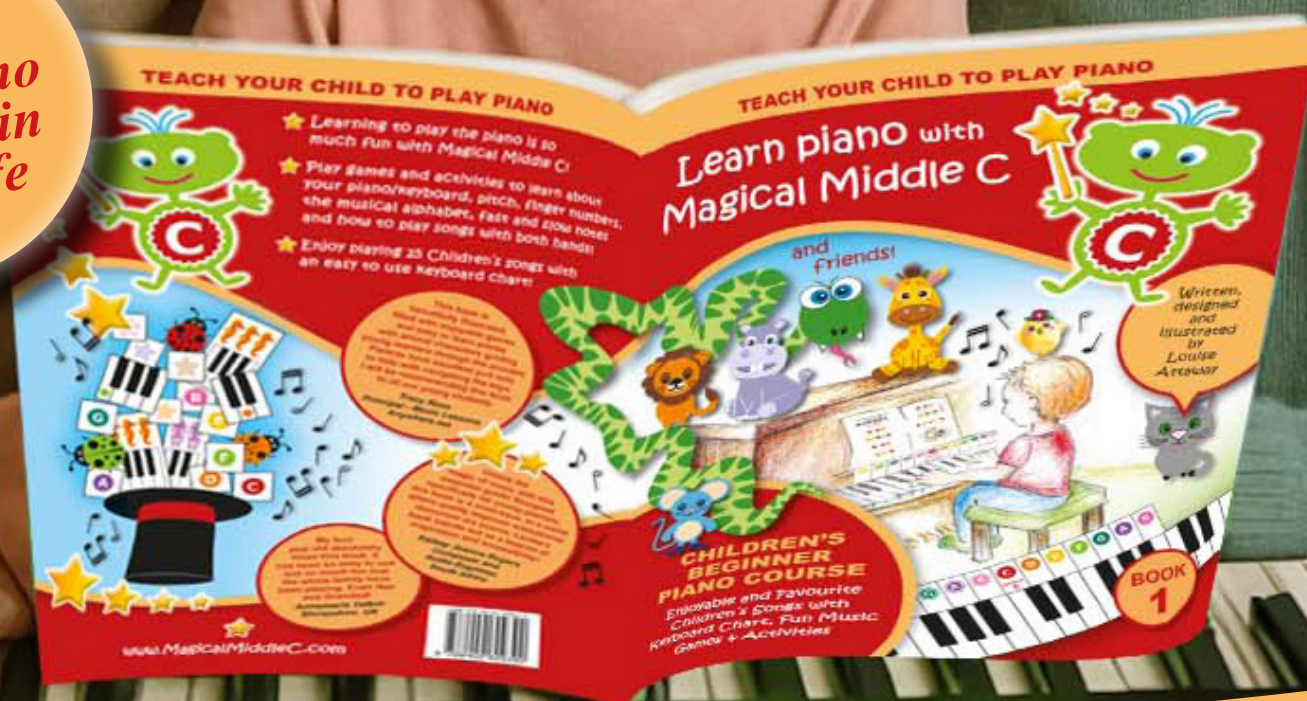
Hermann Göring was Adolf Hitler's second in command – he was put on trial at Nuremberg



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Continued from page 40

ciated figures and piles of bodies appear in flickering black-and-white.

#### True scale of the crimes

The graphic film of the camps was a turning point in the trial, bringing the horror of the Holocaust directly into the courtroom. "Eisenhower had insisted that the camps be filmed," Dr Thomas Schwartz, professor of history at Vanderbilt University, tells the BBC, speaking of the Supreme Allied Commander in Europe. "And the

Russians made films, too. These were extraordinarily effective in conveying the true scale of the crimes."

Göring was among those Nazis sentenced to death by hanging, but he took his own life the night before his scheduled execution by killing himself with cyanide. In the film, how he managed to obtain the capsule is left unexplained. A 2005 confession by a US prison guard offers one plausible answer. The guard, Herbert Lee Stivers, recounted how a German girl he'd met called Mona fooled him into passing Göring a small glass vial she said was

medicine, and subsequently disappeared.

But Göring himself left a note for the prison commander saying that none of the guards was responsible, and that he had smuggled the cyanide into his cell in a jar of hair cream and then hidden it. In another note, Göring claimed he would have allowed the Allies to execute him by firing squad, "a soldierly death", but he refused to accept the humiliation of being hanged.

In Vanderbilt's film, the final word is not Göring's, but given to a young sergeant, Howard Triest (played by

Leo Woodall), who acted as one of Kelley's translators. Triest, born into a German Jewish family in Munich that relocated to the US, had many relatives who perished in Auschwitz. In the scene when Kelley is departing Germany for home, Triest says: "Do you know why it happened here? Because people let it happen."

The question of collective national guilt was one that Kelley pondered for years afterwards, according to El-Hai. "And he was on guard back in the United States for incipient fascism. He was suspicious of poli-

ticians, especially populists in the south who played on racial segregation to assemble power."

Kelley wrote a book about his experiences with the Nazi defendants, titled *22 Cells in Nuremberg*, and lectured widely. Yet his post-war life disappointed him. His book failed to sell well, and despite relentless work as a teacher, doctor, criminologist and police consultant, he never succeeded professionally to the extent he felt he should. He began to drink too much. When his wife advised seeking help from a fellow psychiatrist for his

often low and angry moods, he rejected that idea as undermining of his own authority as an expert on mental health.

Aged 45, on New Year's Day 1958, after a loud argument with his wife and in front of his son and his father, Kelley dramatically swallowed cyanide, killing himself in the same way Göring had, a sad end for a psychiatrist who sought earnestly to understand men who committed sickening crimes.

# Seated salsa - the miracle movement to help ease back pain

By Jasmin Fox-Skelly, author, BBC Essential List

Lower back pain is a chronic condition that affects hundreds of millions of people around the world. A simple exercise could be a big help.

You know the feeling. You bend down to tie your shoelaces and experience a sharp searing pain in the bottom of your back. Suddenly, you've become part of a startling statistic – you've joined the estimated 619 million people worldwide living with lower back pain. Luckily there is handy exercise which can help, called seated salsa.

And the best thing? You don't even have to get up to do it.

Lower back pain is the

leading cause of disability worldwide. It's defined as pain between the lower edge of the ribs and the buttocks. It can affect anyone, but is more common in people who are overweight, smoke, or who have a family history of the condition. "I used to work with spinal surgeons, and if you look at where people have most problems in the back, it's the bottom two discs in the vertebrae," says Chris McCarthy, an associate professor of physiotherapy at Manchester Metropolitan University. The backbone is made up of 33 vertebrae, each of which is separated by a spongy layer of cartilage called a disc. The discs provide cushioning; they act as shock absorbers during everyday activities such as walking, running and jumping.

The bottom two verte-

brae, where most lower back pain is located, are attached to the pelvis with very thick ligaments. This holds them firmly in place, allowing them to do their job of supporting the weight of the torso. However, there is a downside. "It's a really stiff part of the back, and it's very difficult to get it to move, especially when the local muscles are in spasm due to pain, or tight due to lack of use," says McCarthy. One good way to exercise the muscles in the region is to rotate the pelvis from one side to the other, which makes the bottom of the back tilt from side to side in a kind of rocking motion. This happens naturally when you walk. However, when a person experiences lower back pain, the back muscles go into a spasm and immobilise the area, stopping it from moving. "Unfortunately, that creates a vicious cycle where it [the lower back] just gets stiffer and stiffer, and more and more painful," says McCarthy.

Studies show that, when it comes to back pain, moving can be a vital part of the healing process. Usually this can be achieved with exercises, stretches and manual therapy. But most



stretches recommended for back pain don't exercise the bottom part of the back. That's where seated salsa comes in. To perform the exercise, sit up straight with your feet firmly planted on the floor. Bring your legs together so that your thighs are running parallel with each other. Then, while keeping your shoulders absolutely still, push your right knee forwards while pulling your left knee back. Then switch so that your left knee goes forward and your right knee goes back. Your pelvis should roll forwards on one side and back on the other side, just like in a traditional salsa dance. Repeat this movement for one minute.

"Your pelvis is doing this little sort of rocking motion, which is what it's supposed to do when you're walking," says McCarthy. McCarthy and colleagues at the MMU Manchester Movement Unit, a physiotherapy unit, have conducted a yet-to-be-published pilot study, where they asked patients with lower back pain to perform the seated salsa while hooked up to electromyography (EMG) sensors. The sensors measure how tight the muscles are in the back. The results showed that just one minute of

seated salsa every 30 minutes was enough to make their muscles relax, easing symptoms of back pain. "The nice thing about it is it's very easy to do whilst you're at work. You don't even have to get up from the desk," says McCarthy.

Office workers often spend large portions of the day sitting down, raising the risk of lower back pain. Standing up more and walking around – even if it's just to get a drink – can help reduce this risk. However, sometimes getting up from a desk is not feasible. "If office workers are in the middle of something and they don't want to get up and stretch, rather than standing up, you could just every half an hour, have a little bit of seated salsa for a minute or so," says McCarthy.

The exercise could also be useful for older people who maybe can't stand

up and sit down as easily, or for people who have reduced mobility after an operation. Research shows that keeping mobile and exercising regularly is key to living a long and healthy life. "We know that lots of older people are not very physically active," says Jugdeep Dhesis, a consultant geriatrician and president of the British Geriatrics Society. "If you are not able to move properly, seated exercises are a good way of building up strength. But if you are, then there's so much stuff people could do. Whether it's standing on one leg while you're brushing your teeth, or doing just two or three squats holding the back of the chair while the kettle is boiling – it's all about building this into a habit that just becomes a norm that you will always do."



The movement is similar to one salsa dancers perform, rolling one side of the pelvis forward as the other moves back



Experts say one of the good things about the exercise is that it can be done sitting down





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#### 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 surf... 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 gusts every day and evening both new and returning. If you are looking for a successful business with a good and steady income you cannot miss this! The premises ... For full information see website or contact:

**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**



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



## Electric Scooter Workshop

**NEW**



Scooter workshop incl. rental license in Los Cristianos, serving both private and B2B clients. The main business is the repair/maintenance workshop, with added income from rentals and buying/selling scooters. **Monthly rent: 1,200€**

**Ref.: 2952**

**Price: 145,000€**

## Established Excursion Company



A well-established Tenerife South excursion company with a licensed 12-passenger boat and a licensed shop selling all types of excursions — both fully operational for years and ready for takeover. **Monthly rent: 1,410€**

**Ref.: 2938**

**Price: 135,000€**

## Fish & Chips Takeaway



Long-established takeaway bar renowned for English fish & chips and fast food favourites, in San Eugenio. Steady trade, loyal clientele, seating for 13, and fully equipped for immediate takeover. **Monthly rent: 1,600€**

**Ref.: 2930**

**Price: 79,000€**

## Charming Specialty Shop



Specialty shop in Palm Mar of 45 m² with a 50 m² terrace and minimarket license, known for high-quality products, fresh dishes and deli items, attracting locals and expats - a turn-key business with growth potential. **Monthly rent: 700€**

**Ref.: 2924**

**Price: 37,500€**

## Jetski Excursion

**NEW**



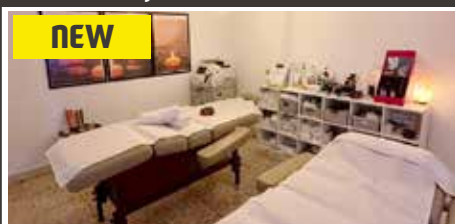
Fully operating jetski excursion company in Marina del Sur with 5 Yamaha jetskis, all licenses, strong online bookings, and simple two-staff operations - a turnkey entry into Tenerife's thriving watersports market. **Monthly rent: 898€**

**Ref.: 2945**

**Price: 160,000€**

## Beauty & Wellness Salon

**NEW**



Modern, very large and fully equipped beauty & wellness salon in San Eugenio Bajo, offering hair treatments, pedicure/manicure, massages, and moreover training as a licensed Beauty Academy for certified courses. **Monthly rent: 1,200€**

**Ref.: 2932**

**Price: 90,000€**

## Restaurant & Cocktail Bar

**NEW**



Beautifully refurbished restaurant and cocktail bar in central El Médano, featuring an 80 m² interior, a 150 m² terrace, a fully equipped professional kitchen, and a restaurant license - turnkey and stylish business. **Monthly rent only: 2,900€**

**Ref.: 2947**

**Price: 150,000€**

## Pool Bar in Los Cristianos



Pool bar in a Los Cristianos complex with loyal resident and tourist trade, seating for 40 across terrace and interior, fully equipped, licensed, and easily managed by two people - a steady year-round business. **Monthly rent: 1,100€**

**Ref.: 2934**

**Price: 55,000€**

## Spanish Bar in Adeje Town

**NEW**



Long-established 110 m² local bar in the heart of Old Adeje with decades of loyal Spanish clientele, low overheads, drinks-only service, however the local has a simple kitchen. Perfect for a single person or couple. **Monthly rent: 1,500€**

**Ref.: 2945**

**Price: 45,000€**

## Bar-Restaurant in Golf del Sur

**NEW**



Fully refurbished sports bar for sale in Las Americas. 120m² interior space with seating for 60 clients, music system, large TVs and a spacious equipped kitchen plus a small terrace for 8 guests. **Monthly rent only: 1,500€**

**Ref.: 2951**

**Price: 90,000€**

## Large Restaurant in San Eugenio

**NEW**



Well-established restaurant with a 100 m² sea-view terrace, 50 m² interior and fully equipped kitchen - strong reputation, evenings-only operation, and big potential to add daytime service in a high-demand area. **Monthly rent: 1,750€**

**Ref.: 2950**

**Price: 85,000€**

## Successful Italian Restaurant



Long-established, highly reputed Italian restaurant in central Los Cristianos with 215 m² interior, 77-seat terrace, loyal local and tourist clientele, skilled team, and strong year-round profitability. **Monthly rent: 1,250€**

**Ref.: 2937**

**Price: 220,000€**

## PROPERTIES: [www.tenerife-property.com](http://www.tenerife-property.com)

### 2-bedrooms in Buzanada

**New**



Newly refurbished 78 m² 2-bed apartment with high-quality materials: new floors, windows, doors, and updated electricity. Ground-floor with street access, ideal for reduced mobility. Includes a private garage with internal access.

**Ref.: D1398**

**Price: 235,000€**

### Plot of Land in Adeje



Unique opportunity to get a fabulous plot of 430 m² located in one of Adeje's best areas, offering stunning sea and mountain views and close to schools, health centres, shops, restaurants and all other amenities

**Ref.: D1387**

**Price: 260,000€**

### Large Urban Plot la Caleta



Urban plot with undeveloped land measuring 2,675 m² for the construction of a villa. Located in the prestige area of La Caleta. Consult the urban planning report available from the City Council.

**Ref.: D1389**

**Price: 1,950,000€**

### 1-bedrooms in Parque Albatros

**NEW**



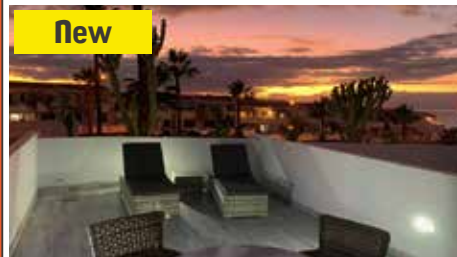
Fully renovated 1-bedroom apartment with a spacious bathroom, open-plan kitchen, bedroom with built-in closet, and living room with access to a terrace with garden views. Sold furnished. Located in a rental complex with pools.

**Ref.: D1396**

**Price: 270,000€**

### Stunning 1-bedroom in Island Village, Las Americas

**New**



South-facing 1-bedroom apartment in Island Village Heights with a large living room, fully equipped kitchen, and a 30 m² terrace, with stunning views. Fully furnished and in good condition. The complex offers elevator, communal pool and gardens.

**Ref.: D1380**

**Price: 320,000€**



### 2-bedrooms – 2-bathroom in Chafiras with a large garden

**NEW**



Fully renovated, modern furnished, semi-detached house with a vacation rental license. 85m² interior with a large equipped kitchen, 2-bedroom and 2-bathroom. Moreover, a 55m² garden/terraces, garage space, and 6m² storage. In a quiet, secure complex with 2 community pools.

**Ref.: D1395**

**Price: 430,000€**

