

The Tenerife Property & Business Guide

December 2025
Issue 254

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

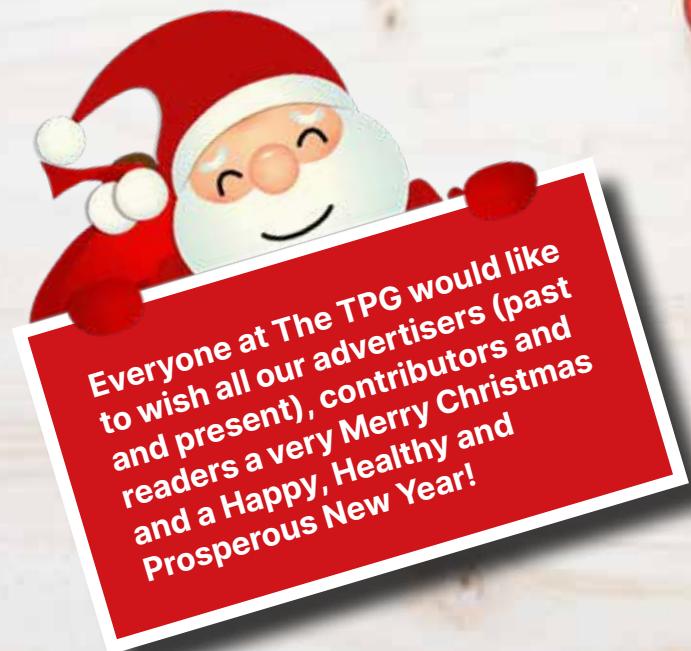


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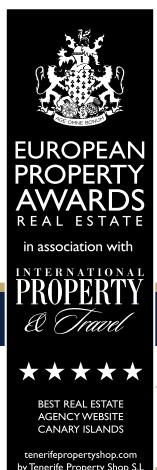


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by Tenerife Property Shop S.L.

2025-2026

1 BEDROOM APARTMENT - AMARILLA GOLF

NEW!
EXCLUSIVE

Do you want to be close to the sea or near the golf course? This top floor, one bedroom property, is located just a short distance from both. On top of this, imagine sitting on your terrace soaking up the view of the fantastic San Miguel Marina. This apartment has front and rear terraces so you can enjoy the sun in the morning and evening! Inside you will find a comfortable lounge area, galley style fitted kitchen, and a double bedroom with access to the west terrace.

Ref: AMG00649

Price: €240,000 (approx. £214,000)

1 BEDROOM APARTMENT - GOLF DEL SUR

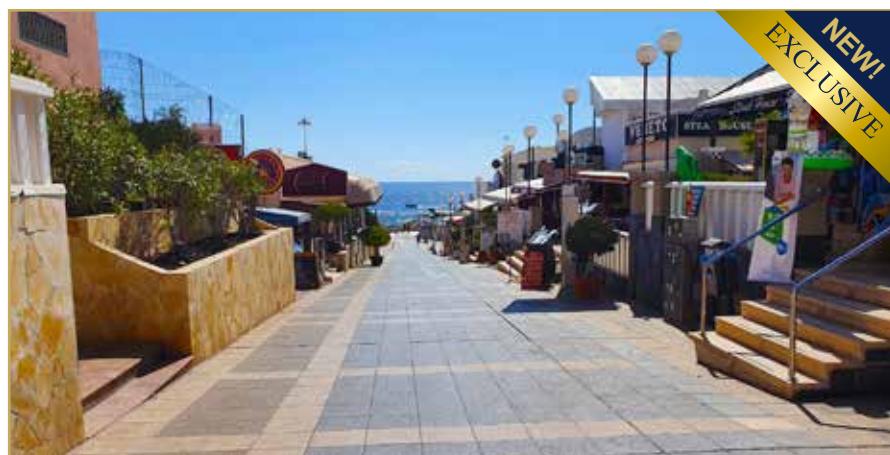
NEW!
EXCLUSIVE

Fantastic panoramic views from this nicely presented one bedroom, one bathroom, top floor apartment. The property has a real home from home feeling, and is situated within a quiet location, with views to the sea and the mountains. The property offers secure access and an elevator to take you to the fourth level of the building. The ample terrace boasts sun from afternoon until sunset and is the ideal setting for a cool drink in the evening.

Ref: GOLF01862

Price: €250,000 (approx. £223,000)

STUDIO APARTMENT - PLAYA FAÑABE

NEW!
EXCLUSIVE

Everyone would love to have an apartment in a front-line complex, just metres from the best beaches with a sea view...look no more! Located in a very popular complex in the heart of Fañabe, this is as close to the beach as you can get. With a communal pool, gardens and pool bar on the complex, this is ideal as a holiday base. If it is sun, sea and sand at the top of your list, be sure to arrange a viewing.

Ref: LA01980

Price: €259,500 (approx. £231,500)

2 BEDROOM APARTMENT - AMARILLA GOLF

NEW!
EXCLUSIVE

If you are looking for a good quality, affordable, two bedroom property, this should be on your list. A top floor apartment with views of the ocean, golf course & Mount Teide, and offering all day sunshine, this will be close to, if not top of, the list. The property has been refurbished, including the floor, to a high standard throughout the apartment and terraces: no need to be searching for builders' phone numbers with this property.

Ref: AMG00644

Price: €260,000 (approx. £232,000)

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OUR OFFICE LOCATIONS:

CC San Blas - Golf del Sur

Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas

**1 BEDROOM PENTHOUSE
- GOLF DEL SUR**



Located in the heart of Golf del Sur, and only a short stroll to the coastal promenade and the pretty San Miguel Marina, this spacious one bed penthouse apartment has the added bonus of a private roof terrace to soak up the sun, where there is also an additional sleeping area if you have a few extra guests! A spacious sun trap offers a comfortable seating and sun lounging area, and unrestricted views across the sea, coast and marina.

Ref: GOLF01858

Price: €299,000 (approx. £266,500)

**3 BEDROOM PENTHOUSE
- GOLF DEL SUR**



A wonderful opportunity to purchase a three bed, two bath penthouse apartment situated in an extremely well maintained development. The property is light, bright and spacious and offers a perfect balance of internal and external square metres. The three bedrooms are all double, and the master bedroom features a recently refurbished en-suite bathroom. The property is to be sold furnished, with underground parking.

Ref: GOLF01864

Price: €340,000 (approx. £303,500)

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

<p>GOLF DEL SUR</p> <p>Nicely presented, ground floor, 1 bed apartment on popular complex. Close to all amenities.</p> <p>€220,000</p>	<p>AMARILLA GOLF</p> <p>2 bed duplex apartment with 2 terraces giving all day sun and stunning golf and sea views</p> <p>€259,000</p>	<p>AMARILLA GOLF</p> <p>1 bed apartment, close to the pool, with south facing terrace giving good views. Situated on popular complex.</p> <p>€195,000</p>
<p>GOLF DEL SUR</p> <p>1 bed penthouse apartment with large private roof terrace giving good views.</p> <p>€215,000</p>	<p>AMARILLA GOLF</p> <p>Light and bright, spacious, 1st floor, 2 bed, 2 bath apartment with 2 terraces offering stunning golf course, sea and mountain views.</p> <p>€315,000</p>	<p>GOLF DEL SUR</p> <p>Top floor, 1 bed apartment, with sea views on sought after complex. Excellent rental potential. Close to all amenities.</p> <p>€229,000</p>
<p>AMARILLA GOLF</p> <p>Top floor, 2 bed, 2 bath spacious apartment with 2 terraces offering sea, pool and mountain views.</p> <p>€259,000</p>	<p>GOLF DEL SUR</p> <p>Spacious, west facing, top floor, 2 bed apartment with stunning golf, ocean and sunset views.</p> <p>€269,000</p>	<p>GOLF DEL SUR</p> <p>Elevated, ground floor, corner location, 1 bed apartment with superb golf course and ocean views.</p> <p>€225,000</p>
<p>GRANADILLA</p> <p>Smallholding/finca or rural B&B, it's your choice. Charming, rustic property - a unique find in Tenerife with its wealth of history. Needs to be viewed to appreciate what is on offer. Plot: 2,500sqm.</p> <p>€555,000</p>	<p>AMARILLA GOLF</p> <p>Well appointed, 1st floor, 2 bed, 2 bath apt with large secure private garage and 2 terraces giving all day sun, on residential complex with elevator. Superb views over the golf course to the sea.</p> <p>€325,000</p>	<p>AMARILLA GOLF</p> <p>Pristine condition, 2 bed, 2 bath bungalow with west facing terrace. Amazing views. Utility bills included up to €50 per month. Wifi included.</p> <p>€1,650 per month</p>

Inmobiliaria - Estate Agent
Homes & Away

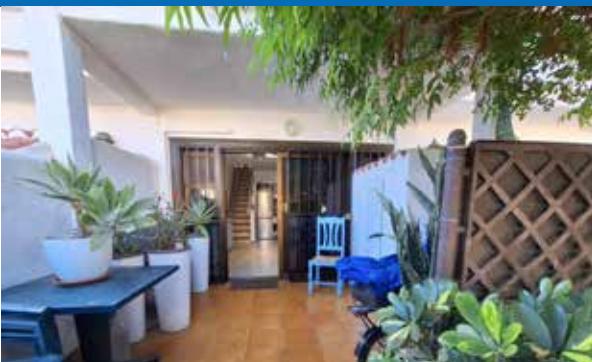
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AMARILLA GOLF



Rarely available, beautifully presented, 1 bed, 1 bath casita with 2 terraces offering stunning golf course, mountain and sea views.

€245,000



GOLF DEL SUR

Refurbished and modernised, spacious, light and airy apartment. Large south facing private terrace with all day sun and amazing views. Surrounded by the golf course with many amenities on site.

€255,000



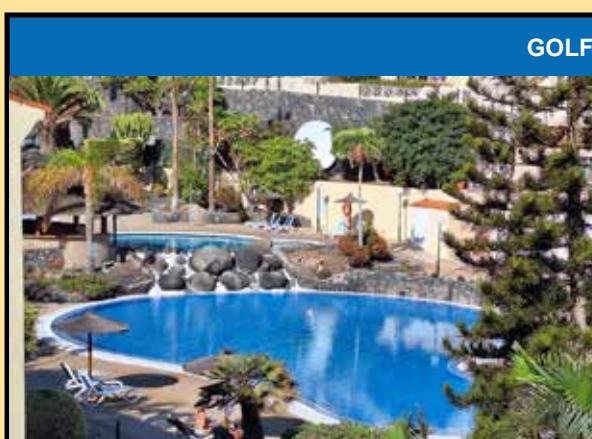
AMARILLA GOLF

Well-appointed, ground floor, 1 bed apartment with stunning ocean views. Walking distance to the marina.

€290,000



AMARILLA GOLF



GOLF DEL SUR



Great location, 2 bed, 2 bath ground floor apartment with 2 terraces and all day sun. Golf course views and close to the sea.

€278,000



LOS ABRIGOS



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

€320,000

Beautifully converted top floor, two bed, three bath apartment situated on popular residential complex with cloakroom, solar panels and spacious private roof terrace giving pool and sea views.

€299,000



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SOME OF OUR PROPERTIES FOR SALE



1 bed duplex in Virgo, Pebble Beach

A rare opportunity to own a beautifully maintained 1-bedroom duplex in the highly sought-after Pebble Beach complex. This delightful property features two private terraces with breathtaking golf course, sea, mountain, and garden views, offering an ideal setting for relaxation and outdoor living.

€245,000

Ref: DOVG



3 bed apartment in 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.

Additional features include security shutters and furnished as seen, making it ready for immediate use.

€320,000

Ref: DOK61



2 bed duplex in Amarilla Golf

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.

Whether you're looking for a holiday home, investment opportunity, or a peaceful place to call your own, this stunning duplex apartment on Tenerife's sought-after southern coast offers it all.

€299,000

Ref: FC407

HOLIDAY RENTALS



Modern Townhouse in Seaside Complex

Looking for the perfect holiday home for your family? Discover this beautifully refurbished townhouse, located just 50 metres from the sparkling ocean in the highly sought-after Amarilla Golf complex, Tenerife South.

Designed for comfort and convenience, this spacious home features 3 bedrooms, 2 bathrooms, and an additional toilet—providing all the space you need to feel right at home during even longer stays.

Guests: 5 Beds: 3 Baths: 3



Holiday House in Las Adelfas II

Discover comfort and charm in this stylish two-storey holiday home, ideally located in the highly sought-after Las Adelfas II complex in Golf del Sur. Featuring two beautifully furnished double bedrooms and a cozy single bedroom, this property offers the perfect balance of space and relaxation for families, couples, or friends.

Guests: 5 Beds: 3 Baths: 2



Family Home in Luxury Complex

Featuring two generously sized bedrooms and three modern bathrooms, this spacious apartment comfortably accommodates families or groups of friends. The stylish lounge invites you to unwind after sun-filled days, while the fully equipped kitchen offers all you need to prepare delicious meals with ease.

Guests: 6 Beds: 2 Baths: 2.5

Office: (0034) 722 527 007

info@islandprime.es

Offices located in Golf del Sur and Amarilla Golf

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TENERIFE
PRIME PROPERTY

REDUCED!



Ref: S-05 1380



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

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



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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

SALES OFFICE

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

CORSTIAAN JOHN BOS: +34 649 957 267



SILVIU COSTEA: +34 639 135 818



GABI TEUBNER : +34 660 136 790





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.

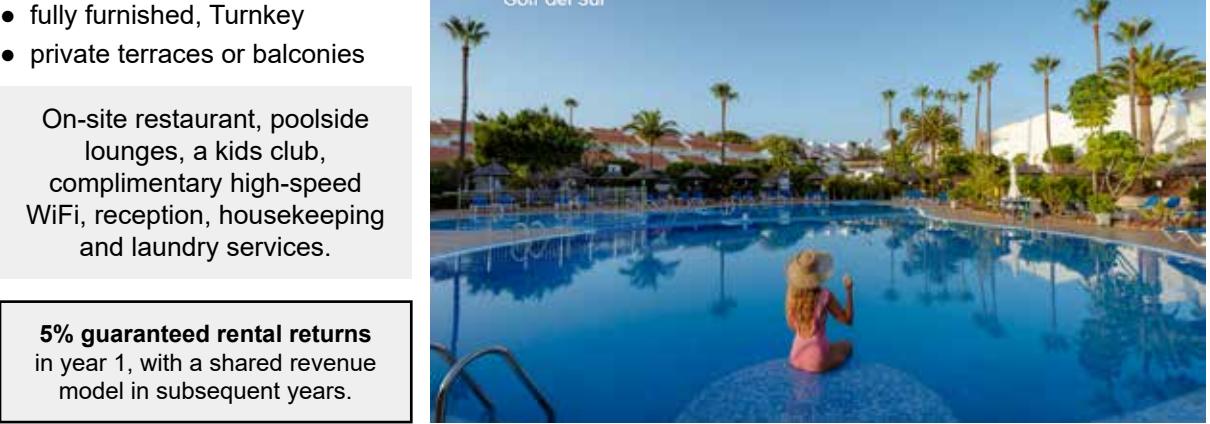
Wyndham Residences Golf del Sur – from €190,000

- 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.

WYNDHAM
RESIDENCES
Golf del Sur



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.



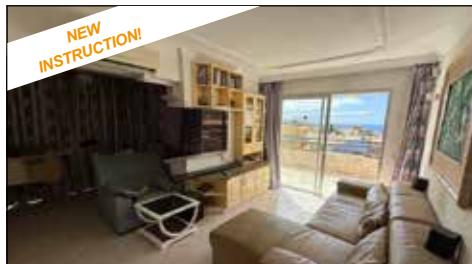
5% guaranteed rental returns
in year 1, with a shared revenue model in subsequent years.

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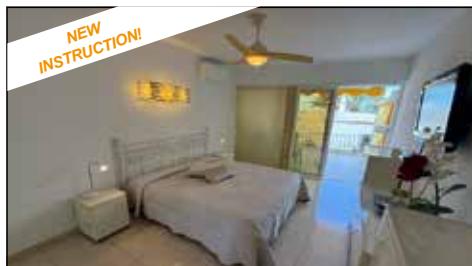
ENGLISH / ESPAÑOL / FRANÇAIS / ITALIANO - 608 573 443

Santa Maria, Costa Adeje

Bright corner 2-bed, 2-bath apartment in a sought-after complex, featuring a spacious living area with terrace access, a large open fitted kitchen, and two generous bedrooms with wardrobes, both opening onto an expansive wrap-around terrace. Enjoy sea, pool, tennis court and mountain views, plus an ensuite master bedroom. Sunny outdoor space ideal for dining and sunbeds. Family-friendly complex with communal pools, pool bar, and just a 5-minute walk to the beach—ideal as a home or investment.

€345,000

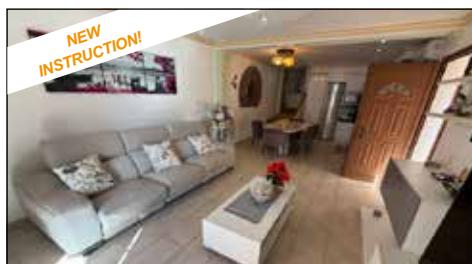
Ref: T1408

Club Atlantis Bungalows, Costa Adeje

Refurbished 2-bed, 2-bath duplex bungalow offering bright, spacious living with an open American-style fitted kitchen and abundant natural light. The living room opens onto a sunny terrace with stunning sea views. Upstairs features a generous bedroom with fitted wardrobes, while downstairs hosts an impressive master suite with fitted wardrobes and a large private terrace. Located in the sought-after Club Atlantis complex in the heart of Costa Adeje, with three pools, a pool bar, and an excellent central location.

€310,000

Ref: N1655

Luxury villa, Costa Adeje

Semi-detached home featuring a bright open-plan living, dining and sleek fitted kitchen that opens onto a sunny corner terrace, ideal for al fresco dining. The property offers three bedrooms, including a guest bedroom with private entrance on the first floor and two spacious double bedrooms upstairs, one with a private terrace. Outside, enjoy an immense sun-filled patio with outdoor kitchen, shaded dining area, sunbathing space and outdoor shower, plus a roof terrace with sea and Costa Adeje coastline views and the unique addition of a private cave.

€850,000

Ref: I1511

Translators available for any other languages.

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Rachel: 608 573 443

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TENERIFE PRIME PROPERTY

Oroteanda Baja, Beautiful villa



€ P.O.A.



Stunning, fully furnished, 5 bed, 3 bath (master en suite) detached villa with heated pool on 2,000sqm plot. This spacious property has a huge terrace to the front which can accommodate up to 8 cars, and a private garden / terrace with lovely sea views to the rear with pool, BBQ/chill out area, jacuzzi and orchard (this significant area is eminently suitable for subdivision to create an excellent-sized plot suitable for the construction of a separate independent villa with pool, parking and lovely sea views.) There is a large lounge/ dining area, a fully equipped fitted kitchen and garage for 4 cars with direct access. Extras include aircon and central heating throughout, and solar panel heating for hot water and the pool. Eminently suited as an investment property (sleeps 14!) or family home.



€315,000

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

Torviscas Alto

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



€280,000

Los Cristianos

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



€240,000

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.

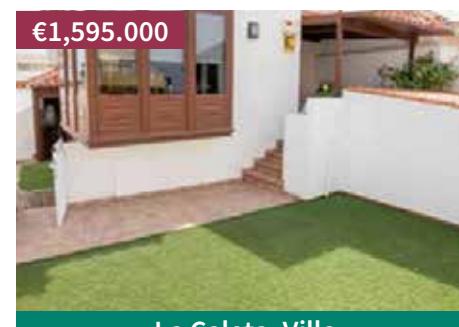


€595,000

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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Calle Tagara,
Jardin Botanico
Local 8
ADEJE

OPPORTUNITIES OF THE MONTH!

ADEJE



6,000 sqm plot in Las Moraditas with panoramic sea views. Main house (183sqm with 3 beds, 1 bath + WC), 2 independent houses, each 50sqm (1 bed, 1 bath), plus 75sqm garage, gardens, terraces, and a greenhouse..

Ref: 1350

€1,150,000

SANTIAGO DEL TEIDE



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.

Ref: 1355

€990,000

PIEDRA HINCADA



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!

Ref: 1365

€1,050,000

GUIA DE ISORA



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: 1307

€750,000

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piece of land with space to enjoy!

PROPERTIES WANTED FOR RENT

CLIENTS WAITING!

TIJOCO BAJO

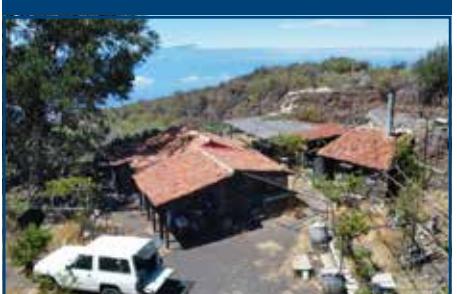


3 bed, 2 bath house with stunning sea views. This beautiful home features a sunny terrace perfect for relaxing while enjoying the breathtaking sea views. Spacious garage included.

Ref: 1342

€415,000

GUIA DE ISORA



Charming rustic estate in Chio with vineyard on plot of more than 79,000sqm. Main property 71sqm. Needs some renovation, but ideal for creating a cozy home or an agricultural project. Great opportunity!

Ref: 1375

€250,000

ROQUE DE SAN MIGUEL



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.

Ref: 1340

€370,000

GUIA DE ISORA



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: 1371

€475,000

GUIA DE ISORA



Unique opportunity! Rustic plot of 6,900sqm ideal for those seeking to develop agricultural projects. Located just a few minutes from the nearest urban center. The land has a tool shed, plus a minor building permit and possibilities for planting.

Ref: 1374

€75,000

SANTIAGO DEL TEIDE



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!

Ref: 1317

€350,000

TIJOCO BAJO



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.

Ref: 1285

€330,000

GUIA DE ISORA



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Ref: 301-0625

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Los Cristianos, Port Royale 195.000€

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Ref.: 2905 **Price: 180,000€**

Freehold Club in Los Cristianos

NEW



Freehold opportunity in prime Los Cristianos location: a 250 m² 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€**

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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 120m² 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€**

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Ref.: 2909 **Price: 80,000€**

Freehold Restaurant

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Ref.: 2877 **Price: 695,000€**

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Legal considerations when buying property in Spain

If you're considering purchasing a property in Spain, whether it's for holidays, rental income, or for permanent relocation, it's essential to consider all the legal requirements of your purchase before committing.

Get an independent lawyer

One of the first things you should do is hire an independent Spanish property lawyer (abogado) who is not tied to the seller or the real estate agency. A good one will examine contracts, deeds, and local regulations to ensure you know exactly what you're signing. If you're not in Spain during parts of the process, you can often arrange a power of attorney, so your lawyer can act on your behalf.

Residency & tax status

Who you are and how long

you stay in Spain affect much more than lifestyle. EU citizens have more freedom, while non-EU citizens (including many UK nationals since Brexit) need to check visas or residency permits if they plan to live here permanently. Residency status ties directly to your tax obligations. If you live in Spain for over 183 days per year, you're likely a tax resident and may be liable for tax on worldwide income. If not, then usually only income sourced in Spain is taxed.

Title, ownership & local rules

Before committing to a purchase, you must check the Land Registry to ensure the seller is the legal owner and that the property is free of debts or mortgages. Also, make sure the boundaries and land status are correct. Some lands are 'urbano' (urban) and buildable. Others are 'rústico' and may be rural or restricted. If any renovations

or alterations have already been done, ensure the correct planning permissions are in place. These local rules vary a lot by region and municipality.

Taxes & ongoing legal costs

Expect certain taxes when you buy: transfer tax (ITP) for resale properties, and VAT (IVA) and stamp duty for new builds. After buying, you'll also want to budget for ongoing taxes, such as local property tax (IBI), wealth tax in some cases, and potential taxes on rental income if you let the property. All of these depend on whether you're considered a resident for tax purposes.

Mortgages, payments & transparency

If you're arranging a mortgage in Spain, legal advice is vital. Mortgage contracts can contain complicated terms, and it's crucial to understand your obligations. Also, there are strict rules

about how payments must be made, especially for large sums - traceability, source of funds documentation, and working via regulated channels are all essential.

Considering your transfer options

While dealing with the legal requirements when buying a house in Spain can be a hassle, transferring the funds to cover your purchase doesn't need to be. 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 contacting Currencies Direct via phone +34-922 971 781, or email 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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- **Block cold air.** Fit seals on windows and doors, or use draught stoppers to keep warm air where it belongs.
- **Heat smarter.** Set timers and thermostats so your home warms up just before you wake or return from work, instead of running the system all day.

- **Look after your equipment.** Clean filters, check your boiler and service your air conditioning regularly – well-maintained systems use less energy and last longer.
- **Add comfort layers.** Soft rugs, heavier curtains, blankets and slippers make a noticeable difference on chilly nights.
- **Switch off properly.** Electronics left on standby still consume power, so unplug what's not in use.

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The words you can't say on the internet

By Thomas Germain, a senior technology journalist for the BBC. He's covered AI, privacy and the furthest reaches of internet culture for the better part of ten years.



There's a secret list of words you can't say on social media – at least, that's what everyone seems to think.

Perhaps you've noticed that people avoid certain words on social media. They'll say "unalive" instead of "killed". Guns are "pew pews". Consenting adults have "seggs" with each other. Social media users are the first to admit this makes them sound ridiculous. But many think they don't have a choice. Algospeak, as it's often called, is a whole coded language built around the idea that algorithms bury content that uses forbidden words or phrases, either to boost the political agendas of social media companies, or to sanitise our feeds for advertisers.

The tech industry swears this is all nonsense. A YouTube spokesperson named Boot Bullwinkle explains it plainly. "YouTube does not have a list of banned or restricted words," he tells the BBC. "Our policies reflect our understanding that context matters and words can have different meanings and intent. The efficacy of this nuanced approach is evident from the diversity of topics, voices and perspectives seen across YouTube." Meta and TikTok said the same thing: we

never do this, it's a myth.

The truth, however, is more complicated.

History is littered with examples of social media companies quietly manipulating what content rises and falls, sometimes in ways that contradict their claims about transparency and neutrality. Even if it doesn't come down to individual words, experts say the tech giants do step in to subtly curb some material.

The problem is you never know why a post fails. Did you say something that upset the algorithms, or did you just make a bad video? The ambiguity has encouraged a widespread regime of self-censorship. On one end of the spectrum, the result is people talking about serious subjects with goofy language. But at the extremes, some users who just want to go viral avoid certain topics altogether.

In a world where social media is the main source of news and information for a growing share of the public, it could mean there are ideas that some people never get to hear.

The island man

Just ask Alex Pearlman. He's a content creator with millions of followers across TikTok, Instagram and YouTube who hangs around for his comedy and biting political takes. Pearlman says his algorithmic censorship is

a constant presence in his work. "Just to start off with just TikTok alone, I rarely say the word 'YouTube'. At least in my experience, if I'm looking at my analytics, if I say the phrase like, 'go to my YouTube channel', the video's going to [fail]," Pearlman says. He isn't alone. Experience has led Pearlman and other creators to assume TikTok doesn't want you sending people to a competitor and it will smack you down for suggesting it. (TikTok, by the way, says it doesn't do things like this.) But sometimes, Pearlman says, the examples are more unsettling.

Pearlman has made a lot of videos about Jeffrey Epstein, the late financier and sex offender at the centre of controversies around powerful figures from business and politics. But last August, he noticed something strange. "This was right around the time that Epstein stuff was blowing up everywhere," he says. "Out of nowhere, I had multiple Epstein videos taken down on TikTok on a single day." The same videos were untouched on Instagram and YouTube, but they'd broken some TikTok rule he couldn't identify. "It's not like they come in and highlight the sentence that violated the guidelines. You're kind of left trying to discern what the black box is telling you." Pearlman says his appeals were denied

and TikTok left "strikes" on his account, which threaten your ability to make money on the app.

"Shortly after that, we started seeing less big-name accounts talking directly about Epstein as much," he says. According to Pearlman, it seemed like other creators had similar problems and were trying to please the algorithms. He didn't stop making Epstein videos, but Pearlman did try another strategy. "I started speaking about him in coded language, calling him 'the Island Man,'" he says, in reference to Epstein's notorious private island. "The problem with coded language is a large part of the audience won't know who you're talking about," Pearlman says.

I got on the phone with a TikTok spokesperson. They didn't comment on Pearlman's Epstein problem and declined to speak on the record. But they sent over some background information. In short, TikTok says it is a misconception which doesn't reflect how its platform works.

In 2019, leaked documents showed that TikTok instructed moderators to suppress content from users who were "ugly", poor, disabled or LGBTQ+ because this material created a "less fancy and appealing" environment.

TikTok, Meta and YouTube all say the algorithms that control your feed are complex, interconnected systems that use billions of data points to serve content you'll find relevant and satisfying – and all three publish information to explain how these systems work. TikTok, for example, says it bases its recommendations on predicting the likelihood that each individual user will interact with a video. The companies say they do remove or suppress posts, but only when that content violates clearly stated community guidelines, which are designed to

balance safety with free expression. TikTok, Meta and YouTube say they always notify users about these decisions, and they all regularly publish transparency reports with details about their moderation decisions.

In practice, though, social media platforms have repeatedly meddled with which voices are amplified or buried, contradicting their rhetoric about openness and fair play, according to investigations by the BBC, advocacy groups, researchers and other news outlets.

Separate investigations by the BBC and Human Rights Watch found that Facebook and Instagram systematically restricted Palestinian users and content supporting Palestinian human rights in the weeks following the 7 October Hamas attacks in Israel. A Meta spokesperson told the BBC the company makes "mistakes", but any implication that it deliberately suppressed particular voices is "unequivocally false".

In 2019, leaked documents showed that TikTok instructed moderators to suppress content from users who were "ugly", poor, disabled or LGBTQ+ because this material created a "less fancy and appealing" environment. At the time, TikTok said the practice was a "blunt" anti-bullying measure that was no longer in place. The same document leaks showed TikTok policies banned "controversial" live streams when users criticised governments, though TikTok said that policy was "not for the US market".

In 2023, TikTok admitted it had a secret "heating" button it used to make hand-picked videos go viral, a tool that was reportedly used to court business partnerships and sometimes abused by employees. TikTok did not answer my questions about whether this practice continues. "Well, if they've got a heater button, they have a cooler button," Pearlman says. "It's a simple thought process."

YouTube has faced similar controversies. A group of LGBTQ+ creators sued YouTube in 2019, for example, claiming the company demonetised videos that contained words like "gay" or "trans". The lawsuit was dismissed, and YouTube says it has never had poli-

cies that prohibit or demonise LGBTQ+ related content.

The music festival that doesn't exist

Social media companies do put their thumbs on the scale, and in some cases, they're happy to tell you about it. TikTok, for example, has a number of webpages that explain its recommendation system in detail. The company says it's dedicated to "maintaining content neutrality, or in other words, the recommendation system is designed to be inclusive of all communities and impartial to the content it recommends". However, some videos are not created equal. The company says your feed is also designed around "respecting local contexts and cultural norms" and "providing a safe experience for a broad audience, and in particular teens".

The problem is the policies governing social media are heavy handed and largely invisible, says Sarah T Roberts, a professor and director of the Center for Critical Internet Inquiry at the University of California, Los Angeles (UCLA). People rarely know where the boundaries lie, Roberts says, or when the platforms quietly push some posts forward and others out of sight.

"It's an instrumentalisation of rules that at first blush, and even when one goes deeper, don't make any sense for regular people," she says. "People come up with all sorts of folk theories in the context of that opacity."

All these weird behaviours and responses only make sense in a world that doesn't really make sense, and that's inside social media – Sarah T Roberts

According to Roberts, creating mechanisms to skirt various rules, real or imagined, just becomes part of the culture. It can lead things in an odd direction. In August 2025, thousands of social media us-

Continued on page 32



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MOTORWORLD

New Emergency Lights required from 01/01/2026 in Spain

Let's have a look at what is changing and why;

From 01/01/2026 new Emergency Lights will become mandatory. This is a major change that Spain is introducing to road safety equipment rules. Traditional reflective warning triangles will no longer be valid as the primary roadside emergency signal. Instead, all vehicles must carry and use a DGT-approved V-16 emergency light (a luminous beacon) that is connected to the DGT 3.0 traffic platform.

This is being introduced in an effort to increase safety for drivers and passengers during breakdowns and accidents, by reducing the need to leave your vehicle to place roadside

warning devices and by improving visibility for other drivers and traffic management systems. It is less likely to assist during daylight/sunny conditions, but time will tell.

V-16 emergency beacons are a small, yellow/amber flashing light designed to be placed on the vehicle in case of a breakdown or emergency. Unlike reflective triangles, the V-16 emits a 360° amber flashing light visible from afar, and do not require the driver to leave his/her vehicle to deploy it. The V-16 also includes

in extremely dangerous positions). The new lights can be attached magnetically to the roof or other high points of the vehicle without stepping into traffic

Why are these changes necessary?

The main purpose of these new emergency lights is roadside safety improvement. Traditional triangles require drivers to walk onto the road, often when traffic is fast-moving. The V-16 beacon allows hazard signalling without leaving the vehicle, greatly reducing risk. Real-time geolocation will help DGT and emergency services quickly identify and respond to incidents. Traffic officials estimate this will help reduce roadside

accidents and deaths caused when drivers place traditional markers.

Who must comply?

The rule applies to most road vehicles, including:

- Cars
- Light commercial vehicles
- Buses
- Goods transport vehicles
- Non-special vehicle combinations
- Motorcycles and mopeds are exempt from carrying a V-16, though their use is still recommended
- Technical requirements for the V-16
- Only DGT-approved, connected V-16 lights will be legal from 1st January 2026.
- Required fea-

tures include:

- Geolocation (GPS) integration that links to the DGT 3.0 platform
- Automatic connectivity to send location when activated
- Visible 360° amber flashing light
- Sufficient battery life (often at least 30 minutes of light and months in standby)
- Resistance to adverse weather
- Long service life Official homologation/certification mark on the device and packaging
- Devices without approved connectivity or lacking DGT certification will no longer be legal — even if they flash (ie the old style ones).

Fines and Enforcement

While official enforcement is expected to begin in 2026, authorities have indicated there may be a grace period initially where police focus on informing drivers rather than issuing fines.

However, fines will eventually apply for non-compliance.

- Drivers without a legally approved V-16 beacon may face fines (e.g. €80/€200)
- Heavier penalties may apply if improper signalling endangers others .

Important! — traditional warning triangles will no longer be accepted as lawful emergency signals after the deadline.

The mysterious black fungus from Chernobyl that may eat radiation

Alex Riley is an award-winning science writer and author of *Super Natural: How Life Thrives in Impossible Places*

Mould found at the site of the Chernobyl nuclear disaster appears to be feeding off the radiation. Could we use it to shield space travellers from cosmic rays?

In May 1997, Nelli Zhdanova entered one of the most radioactive places on

black mould seemed attracted to ionising radiation

The mould – formed from a number of different fungi – seemed to be doing something remarkable. It hadn't just moved in because workers at the plant had left. Instead, Zhdanova had found in previous surveys of soil around Cher-

operation led to a huge explosion in the early hours of 26 April 1986. The result was a single, massive release of radionuclides. Radioactive iodine was a leading cause of death in the first days and weeks, and, later, of cancer.

In an attempt to reduce the risk of radiation poisoning and long-term health complications, a 30km (19 mile) exclusion zone – also known as the "zone of alienation" – was established



Ionising radiation may have led tree frogs inside the Chernobyl exclusion zone to have darker skin (left) than those outside it (right)

Earth – the abandoned ruins of Chernobyl's exploded nuclear power plant – and saw that she wasn't alone.

Across the ceiling, walls and inside metal conduits that protect electrical cables, black mould had taken up residence in place that was once thought to be detrimental to life.

In the fields and forest outside, wolves and wild boar had rebounded in the absence of humans. But even today there are hotspots where staggering levels of radiation can be found due to material thrown out from the reactor when it exploded.

Like plants reaching for sunlight, Zhdanova's research indicated that the fungal hyphae of the

nobyl that the fungi were actually growing towards the radioactive particles that littered the area. Now, she found that they had reached into the original source of the radiation, the rooms within the exploded reactor building.

With each survey taking her close to harmful radiation, Zhdanova's work has also overturned our ideas about how radiation impacts life on Earth. Now her discovery offers hope of cleaning up radioactive sites and even provide ways of protecting astronauts from harmful radiation as they travel into space.

Eleven years before Zhdanova's visit, a routine safety test of reactor four at the Chernobyl Nuclear Power Plant had quickly turned into the world's worst nuclear accident. A series of errors both in the design of the reactor and its

to keep people at a distance from the worst of the radioactive remains of reactor four.

But while humans were kept away, Zhdanova's black mould had slowly colonised the area.

Like plants reaching for sunlight, Zhdanova's research indicated that the fungal hyphae of the black mould seemed attracted to ionising radiation. But "radiotropism", as Zhdanova called it, was a paradox: ionising radiation is generally far more powerful than sunlight, a barrage of radioactive particles that shreds through DNA and proteins like bullets puncture flesh. The damage it causes can trigger harmful mutations, destroy cells and kill organisms.

Along with the apparently radiotrophic fungi, Zhdanova's surveys found 36 other species of ordinary, but distantly related, fungi growing around Chernobyl. Over the next two decades, her pioneering work on the radiotrophic fungi she identified would reach far outside of Ukraine. It would add to knowledge of a potentially new foundation of life on Earth – one that thrives on radiation rather than sunlight. And it would lead scientists at Nasa to consider surrounding their astronauts in walls of fungi for a durable form of life support.

At the centre of this story is a pigment found widely in life on Earth: melanin. This molecule, which can range from black to reddish brown, is what leads to different skin and hair colours in people. But it is also the reason why the various species of mould growing in Chernobyl were black. Their cell walls were packed with melanin.

Just as darker skin protects our cells from ultraviolet (UV) radiation, Zhdanova's black mould had slowly colonised the area.

Just as darker skin protects our cells from ultraviolet (UV) radiation, Zhdanova's black mould had slowly colonised the area.

ionising radiation.

Just as those black moulds colonised an abandoned world at Chernobyl, perhaps they could one day protect our first steps on new worlds elsewhere in the Solar System

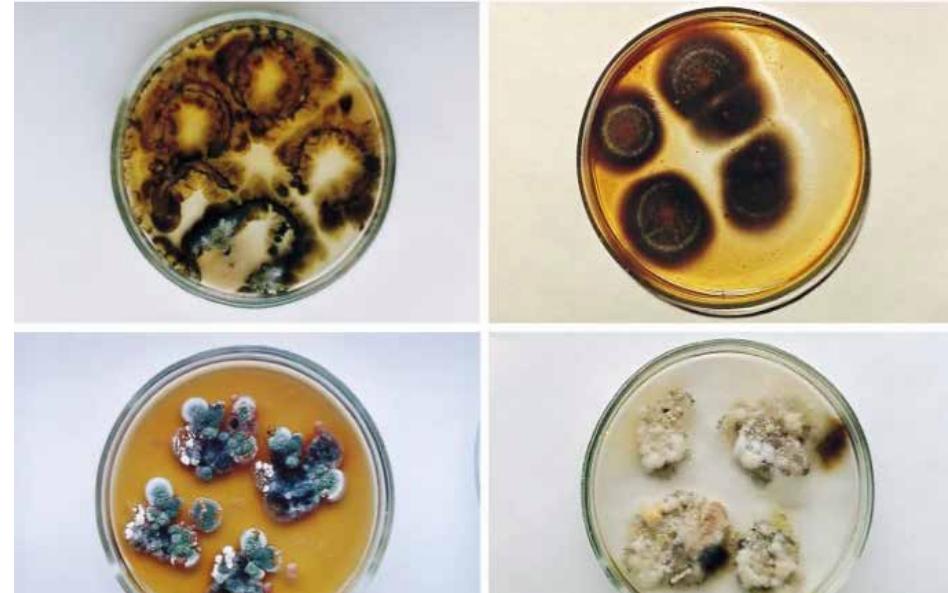
It wasn't just fungi that were harnessing melanin's protective properties. In the ponds around Chernobyl, frogs with higher concentrations of melanin in their cells, and so darker in colour, were better able to survive and reproduce, slowly turning the local population living there black.

In warfare, a shield might protect a soldier from an arrow by deflecting the projectile away from their body. But melanin doesn't work like this. It isn't a hard or smooth surface. The radiation – whether UV or radioactive particles – is swallowed by its disordered structure, its energy dissipated rather than reflected.

that radiation produces in biological matter and return them to a stable state.

In 2007, Ekaterina Dadachova, a nuclear scientist at the Albert Einstein College of Medicine in New York, added to Zhdanova's work on Chernobyl's fungi, revealing that their growth wasn't just directional (radiotrophic) but actually increased in the presence of radiation. Melanised fungi, just like those inside Chernobyl's reactor, grew 10% faster in the presence of radioactive Caesium compared to the same fungi cultured without radiation, she found. Dadachova and her team also found that the melanised fungi that were irradiated appeared to be using the energy to help drive its metabolism. In other words, they were using it to grow.

Zhdanova had suggested that these fungi could



Cultures found in the fourth unit at Chernobyl, including *Cladosporium sphaerospermum*. The top right dish clearly shows melanisation

violet (UV) radiation, Zhdanova suspected that the melanin of these fungi was acting as a shield against

pated rather than reflected. Melanin is also an antioxidant, a molecule that can turn the reactive ions

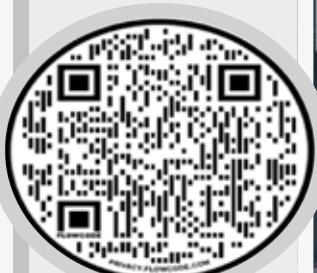
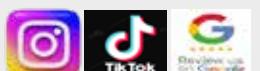
be harnessing the energy from radiation, and now

Continued on page 36

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Continued from page 34

Dadachova's research appeared to be building on this. These fungi weren't just growing towards radiation for warmth or some unknown reaction between radiation and its surroundings as Zhdanova had suggested. Dadachova believed the fungi were actively feeding on the radiation's energy. She called this process "radiosynthesis". And melanin was central to the theory.

"The energy of ionising radiation is around one million times higher than the energy of white light, which is used in photosynthesis," says Dadachova. "So you need a pretty powerful energy transducer, and this is what we think melanin is capable of doing – to transduce [ionising radiation] into usable levels of energy."

Radiosynthesis is still just a theory, as it can only be proven if the precise mechanism between melanin and metabolism is discovered. Scientists would need to find the exact receptor – or a particular nook in melanin's convoluted structure – that is involved in converting radiation into energy for growth.

In more recent years, Dadachova and her colleagues have started to identify some of the pathways and proteins that might underlie the fungi's increase in growth with ionising radiation. Not all melanised fungi show a tendency for radiotropism and positive growth in the presence of radiation. A 2006 study from Zhdanova and

her colleagues, for example, found that only nine of the 47 species of melanised fungi they collected at Chernobyl grew towards a source of radioactive caesium (caesium-137).

Similarly, in 2022, scientists at Sandia National Laboratories in New Mexico found no difference in growth when two species of fungi (one melanised, one not) were exposed to UV radiation and caesium-137.

But that same year, the same tendency for fungal growth when exposed to radiation was found again – in space.

Different from the radioactive decay found at Chernobyl, so-called galactic cosmic radiation is an invisible storm of charged protons, each travelling near the speed of light through the Universe. Originating from exploding stars outside our solar system, it even passes through lead without much trouble. On Earth, our atmosphere largely protects us from it but for astronauts travelling into deep-space it has been called "the greatest hazard" to their health.

But even galactic cosmic radiation was no problem for samples of *Cladosporium sphaerospermum*, the same strain that Zhdanova found growing throughout Chernobyl, according to a study that sent these fungi to the International Space Station in December 2018. "What we showed is that it grows better in space," says Nils Averesch, a biochemist working at the University of Florida and co-author of the study.

Compared to control

samples back on Earth, the researchers found that fungi that faced the galactic cosmic radiation for 26 days grew an average 1.21 times faster.

Even so, Averesch is still unconvinced that this is because *C. sphaerospermum* was harnessing the radiation in space. The increased levels of growth could also have been the result of zero gravity, he says, another factor that fungi back on Earth didn't experience. "Averesch is now conducting experiments using a random positioning machine that simulates zero gravity here on Earth to parse these two possibilities.

But Averesch and his colleagues also tested the protective potential of the melanin in *C. sphaerospermum* by putting a sensor underneath a sample of the fungi aboard the International Space Station. Compared to samples without fungi, the amount of radiation blocked increased as the fungi grew, and even a smear of mould in a petri dish seemed to be an effective shield.

"Considering the comparatively thin layer of biomass, this may indicate a profound ability of *C. sphaerospermum* to absorb space radiation in the measured spectrum," the researchers wrote.

Averesch says it's still possible the apparent radioprotective benefits of fungi are due to components of biological life other than melanin. Water, for example, a molecule with a high number of protons in its structure (eight in oxygen



The *Cladosporium sphaerospermum* isolate from Chernobyl, grown on a potato dextrose agar plate, shows very high melanisation

and one in each hydrogen), is one of the best ways to protect against the protons that zoom through space, an astrobiological equivalent of fighting fire with fire.

Even so, the findings have opened intriguing prospects for solving a problem of space-based living. Both China and the US plan to have a base on the Moon in the coming decades, while Texas-based SpaceX aims to have its first mission to Mars blast off by the end of 2026, and land humans there three to five years later. Any people living on these bases will need to be protected from

cosmic radiation. But using water or polyethylene plastic as a radioprotective cocoon for these bases might be far too heavy for liftoff.

Metal and glass present a similar problem. Lynn J Rothschild, an astrobiologist at Nasa's Ames Research Centre, has likened transporting these materials into space to build space bases to a turtle carrying its shell everywhere it goes. "[It's] a reliable plan, but with huge energy costs," she said in a 2020 Nasa release.

Her research has led to fungal based furniture and walls that could be grown

on the Moon or Mars. Not only would such "myco-architecture" reduce the cost of lift-off, but – if the findings from Dadachova and Averesch prove correct – it could also be used to form a radiation shield, a self-regenerating barrier between the space-faring humans and the storm of galactic cosmic radiation outside.

Just as those black moulds colonised an abandoned world at Chernobyl, perhaps they could one day protect our first steps on new worlds elsewhere in the Solar System.



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Things you can do in your 30s to improve your health in your 70s

David Cox is a freelance science writer focusing on all aspects of health, from fitness and nutrition to infectious diseases.



From a brisk 15-minute walk, to getting regular sleep – doing these things in your 30s could help you stay fit well into your 70s.

By the time you reach your eighth decade of life, the chances are that you'll probably be feeling weaker, stiffer, and perhaps a little less cognitively sharp than in your younger years. Your sleep patterns might have changed so that you feel drowsier in the evenings and then wake earlier. Most concerningly, going by population averages, it's likely that you will be dealing with at least one chronic health

condition.

Yet researchers, now more than ever, are convinced that this is not an inevitability. "Based on what we now know, most people could expect to live to 90 or even 95 in good health if they were to optimise their lifestyle," says Eric Verdin, president and chief executive of the Buck Institute for Research on Ageing in California. "And that's very far from where we are, where most people live to 65 or 70 in good health, and then become ill and suffer all the indignities of old age."

While Verdin says that it's never too late to improve your health at any age through making positive lifestyle adjustments, whether that's exercising

more, eating better or cutting back on alcohol, you will likely fare best if you start sooner. In particular, researchers have highlighted your 30s as a key decade when a number of physiological systems, whether that's muscle mass and strength, bone density or metabolic regulation, begin to show the first subtle age-related changes.

"It does highlight this period as an important opportunity to reinforce behaviours that build long-term resilience," says João Pascoal, a professor of physiology at the Mayo Clinic's Kogod Center on Ageing, based in Minnesota.

To understand what might be possible, researchers studying the ageing process like to focus on groups



A balanced diet with a limited amount of sugary foods is widely accepted as a key cornerstone of a healthy lifestyle

of people who buck the ordinary trends. One example is masters athletes, individuals aged over 35 who still compete regularly in sporting competitions, whether that's running, cycling or other sports, often continuing into their 60s and beyond.

Paul Morgan, a senior lecturer in nutrition and metabolism at Manchester Metropolitan University, notes that many of these athletes display a very different ageing trajectory to the rest of us, characterised by a higher peak in cardiovascular function and muscle strength and function, followed by a delayed decline. As a result, he says that many of them manage to avoid loss of mobility and independence for much longer in later life. "They have this additional reserve which acts as a protective barrier through the middle stages of life," says Morgan.

We can all learn from this. To give us the best chance of ageing well, Morgan says that we should aim to hit the highest peak that we can in our 30s, particularly when it comes to aerobic capaci-

cellent way to achieve this. Research has shown that taking part in racquet sports such as tennis or badminton has a consistent association with extended lifespan, while a 2025 Japanese study highlighted the benefits of cycling, with older adults who cycle regularly being less likely to need long-term care or die prematurely.

Running for more than 75 minutes per week has also been found to slow certain aspects of the ageing process, but you might want to think again when it comes to running marathons. There is some evidence that pushing your body to extremes can actually accelerate some aspects of biological ageing, although this remains less well understood.

On the other hand, one study found that as little as five minutes of moderate to vigorous physical activity per day can help slow brain ageing, and according to Aditi Gurkar, an assistant professor of medicine at the University of Pittsburgh in the US, we can all get some of the healthy ageing benefits through following rela-

tive studies which have repeatedly linked the development of periodontal disease, a gum condition characterised by elevated inflammation, with a heightened risk of cognitive decline in later life. This is thought to be due to the chronic impacts of systemic inflammation on the brain.

"Even if you're lacking sleep for one night, your metabolism changes, and your willpower to do all the things that are keeping you healthy goes away," he says.

Because of the importance of maintaining a regular sleeping pattern, Verdin says he now uses an alarm clock each night – not to wake himself up, but to remind him to go to bed. "The reason for this is we're circadian beings," he says. "Our whole biology, from gene expression to metabolism is in synchrony with the 24-hour cycle, and so I tell people, going to bed at the same time each day helps your body to stay really well synchronised to all of this." A good night's sleep may not always be possible, however, as anyone raising young children in their 30s will know.



According to experts we should try and hit our physical peak in our 30s to give us a good level of fitness into later years

ty (the maximum amount of oxygen your body can use during exercise), flexibility, and muscle strength.

One of the biggest risks for anyone over the age of 70 is tripping and falling, which is linked to a loss of agility and a decreased range of motion in the joints. "I always see the muscle groups in the lower limbs that are responsible for locomotion as having the biggest role to play in maintaining independence, and with that, good health in later life," says Morgan. "So that's especially important to focus on."

Playing sport is an ex-

tremely simple steps. "Even a brisk 15-minute walk after a meal can make a meaningful difference," she says.

Building your brain's reserve

Just as we can protect and strengthen our muscles and cardiovascular system in our 30s, we can also do the same for our brain. Maintaining good dental health through regular checkups, a good brushing routine, not smoking, and limiting intake of sugary foods can make a surprising difference.

This is based on numer-

People who maintain healthier lifestyles in midlife have lower risks of cardiovascular disease, cognitive decline and frailty – even decades later

Finally, your 30s is probably a good time to begin taking nutrition a little more seriously. Verdin says that

Continued on page 40

DOG OF THE MONTH



RASTA

Rasta is a 4-year-old dog who was badly abused and arrived at the centre terrified of people. He's improving—walking on a lead and taking treats—but he's still very timid and needs far more time and patience than the overcrowded centre can give. What he needs is a calm, kind person willing to work with him one-

to-one so he can finally relax and enjoy life. A loving home would make a huge difference, fast. The refuge is asking for someone to step up and give him that chance.

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A Tenerife piano teacher has created an engaging children's piano book designed for young beginners. This delightful course not only makes learning easy and fun for kids but also encourages parents to join in on the musical journey!

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

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

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

Continued from page 38

one of the best things we can do is to give our bodies more time during the day when we're not actually eating, for example through intermittent fasting.

While many proponents of intermittent fasting recommend a so-called 16:8 split, where you fast for 16 hours of the day and compress your eating into an eight-hour window, Verdin says that we can achieve

plenty of benefits through a more manageable 12:12 split. "Essentially when you're fasting, that allows your body to focus not on digesting but on repairing," he says. "I tell people, when you are eating, you are building. When you're fasting, you are repairing."

Consuming more fruit and vegetables at the expense of ultra-processed foods could also make a difference. Gurkar points

to work that she and others have carried out showing that people who ingest higher amounts of dietary carotenoids – plant chemicals found in vegetables such as sweet potatoes and carrots, and fruits like mango and apricots – age more slowly, possibly because these chemicals can play a role in protecting our cells from a form of damage called oxidative stress.

Overall, Passos is

convinced that the choices we make in early adulthood can have a lasting impact on how we age. He points to large studies which have tracked tens of thousands of people in the US for decades, such as the Framingham Heart Study and the Nurses' Health Study, which reveal that people who maintain healthier lifestyles in midlife have lower risks of cardiovascular disease, cognitive decline and

frailty – even decades later. "By maintaining healthier behaviours in our 30s, we may prevent or delay subtle molecular and cellular changes that, if left unchecked, accumulate over time and contribute to functional decline in our 70s," says Passos. "While I don't believe that by doing this we can stop ageing, we can certainly shape its trajectory."

While you may still feel

somewhat invincible in your 30s, the steady tick of the ageing clock ultimately impacts us all. But if you cut out excessive alcohol, find a sport which you can keep playing into your latter years, set a regular sleeping pattern and give your body more breaks from constant eating, your heart, muscles, joints, and brain will all thank you in years to come.

The Overton window – a political concept

(Also known as: Overton window of political possibility)

By Sophia Decherney, freelance writer at Encyclopædia Britannica

Top Questions

What is the Overton window?

Who developed the concept of the Overton window?

How does the Overton window describe politicians' policy choices?

Overton window, political model describing the range of policies considered acceptable by the majority of a population at a particular time. The concept of the Overton window was developed in the 1990s by Joseph Overton, a libertarian political scientist. The model portrays a spectrum of positions, with more government regulation on one end and less government regulation on the other end. The extreme sides are considered to be the least widely accepted by voters. Overton argued that this spectrum describes how politicians choose which policies to endorse, and he suggested that they will most likely favor options in the middle of the spectrum rather than the extremes that, according to the model, would be the least palatable to voters. His theory was further developed into strategies for shifting the Overton window. Critics of the Overton window challenge its theory of change and its inability to explain the phenomenon of the eroding mod-

erate center.

History

Overton developed the idea of what he called a "window of political possibility" while he was a fellow at the Mackinac Center for Public Policy, an educational and research institution in Midland, Michigan, that favors limited government and free markets. A committed libertarian, Overton came to the Mackinac Center after pursuing a career as an electrical engineer and project manager at Dow Chemical Company. After switching gears to support Mackinac's mission, he managed the think tank's financial and construction matters—while earning a law degree on the side—and later worked on policy-centered research and writing. Overton ascended to the post of senior vice president at the Mackinac Center but perished when an ultralight plane that he was piloting crashed in Caro, Michigan, in 2003. His model was written down in longhand notes and initially called Window of Political Possibilities. Joseph Lehman, his colleague at the Mackinac Center, continued developing the concept, which grew in popularity, especially in libertarian policy circles, after Overton's death. The

model was posthumously termed the Overton window. In 2010 conservative political commentator Glenn Beck published a political thriller novel entitled *The Overton Window* that further propelled the idea toward popular awareness. Starting in 2016, during the first term of U.S. Pres. Donald Trump, the discussion of the Overton window expanded from far-right and libertarian conservative thinkers into mainstream political conversation.

How it works

Overton posited that politicians make policy choices from within the range of their constituents' potential receptivity to a given policy, idea, or platform. The window illustrates the general public's most acceptable policies in the center and the more untenable policies on the ends. The ends are located on the top and the bottom (or right and left, depending on the orientation of the graph), with policies on one end labeled "more free" and policies on the other labeled "less free," depending on the degree of government intervention. Other variants of the idea illustrate the political spectrum from red (conservative) to blue (liberal). In some other renditions, the window is paired with

six policy categories from least to most acceptable, labeled as: unthinkable, radical, acceptable, sensible, popular, and policy. Over time, as public opinion shifts, certain policies can move to new categories along the scale.

Examples

A useful example to illustrate shifts in the Overton window is the history of Prohibition—the prevention of the sale, manufacture, and transportation of alcoholic beverages—in the United States from 1920 to 1933. Prohibition was a widely popular stance in the early 20th century, safe for candidates to endorse, leading to the Eighteenth Amendment to the U.S. Constitution enacting Prohibition. That amendment was repealed 13 years later with the Twenty-first Amendment. Nearly a century later, in the early 21st century, endorsing full prohibition of alcohol sales, manufacture, and consumption across the U.S. would be considered almost unthinkable and is not supported as part of any mainstream party's platform.

Many examples of shifting Overton windows concern rights of oppressed or minority groups. Abolition of chattel slavery was not initially mainstream but is now predominantly unquestioned. Women's suffrage started as a movement in the mid-19th century and gradually picked up steam until the passage of the Nineteenth Amendment in 1920 prohibited discrimination against voters on the basis of sex in the United States. Same-sex marriage was not accepted in much of the Western world until the late 20th century when European

countries began legalizing it. In the United States its public acceptance was low in the 1990s but had become a majority view by the time it was legalized by the U.S. Supreme Court in 2015.

Another clear illustration of a shifting Overton window is Brexit. The United Kingdom's solid position within the European Union (EU) was increasingly questioned in the 1990s and 2000s as the Euroskepticism of the United Kingdom Independence Party (UKIP) gradually became more popular and the UKIP grew stronger electorally. Anti-immigration sentiment and opposition to the EU's migration policies reached a tipping point in the 2010s. In a 2016 vote approximately 52 percent of voters in the United Kingdom opted to leave the EU, and the departure went into effect in 2020.

Methods of shifting the window

Political scientists have posited strategies by which politicians and others in the political arena might shift or expand the span of the Overton window to make specific policies more or less acceptable in public opinion.

According to the Mackinac Center, it is very rare that politicians can move the window on their own, and most politicians choose policies within the window. However, some political scientists claim that it is possible for groups or organizations to alter the political placement of the window's range, or expand its full spectrum of possible positions, by influencing public opinion through strategic campaigns.

One strategy that econ-

omist Robin Hanson proposed for shifting the Overton window is "to pull the policy rope sideways." This strategy promotes tangentially related policy proposals that move discourse about a larger policy matter in a different but related direction. For example, instead of debating raising or lowering taxes, one could shift to other tax concerns, such as how effectively taxes are spent, thus changing the focus of debate away from typical political tropes.

Another strategy attempts to espouse more fringe or radical ideas from outside the typical Overton window in order to expand public opinion of what falls into the acceptable range with the hope of pulling the center of public opinion slightly toward that fringe and thus partially or incrementally achieving policy goals. Overton argued that coherently supporting a fringe idea might slowly move radical ideas into the mainstream, and he suggested that think tanks, such as the Mackinac Center, are particularly effective at creating changes in public opinion in this manner.

Criticism

Critics of the Overton window point out that the theory reinforces the idea of the moderate center, meaning the perception that most of the population falls in the middle of the current liberal-conservative spectrum. A common illustration of this idea of the "window" uses the game of football and posits that most of the population is playing the political game between the 40-yard lines

Continued on page 42

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Continued from page 40
(in the middle of the field). Although some polls in the 1990s (when Overton developed his idea) showed that 40 percent of American voters identified as moderates, on individu-

al policies or issues some research—such as political scientist Lee Drutman's article "The Moderate Middle Is a Myth," on the FiveThirtyEight statistics website—indicates that those same voters fall into one or the other

nonmoderate end of the window, suggesting that the moderate middle is a mere mirage. Critics claim that the Overton window's failure to represent an accurate view of the vast ideological diversity of self-proclaimed moderate

voters makes it an unfit theory for describing popular policy choices.

Cultural critic Laura Marsh argued in a 2016 piece for The New Republic that the Overton window's unified perspective on palatable public policy

does not reflect contemporary reality; instead, she suggested that there are two Overton windows on either side of the political spectrum, and a full-spectrum Overton window no longer exists in the current U.S. politi-

cal scene. As she wrote, "The Overton Window is ultimately a name for what we have lost, not an indication of where we are headed. Its popularity today represents a powerful nostalgia for the center."

A prayer for Evita: Here's why many Argentinians are devoted to a first lady who died in 1952

By Sophia Decherney, freelance writer at Encyclopædia Britannica

A prayer for Evita: Here's why many Argentinians are devoted to a first lady who died in 1952. Far from Argentina, few people may know much about Eva Perón, widely known as "Evita."

Early every morning, just as she reaches her workplace at a labour union in Buenos Aires, Ángeles Celerier heads to the chapel and prays to Saint Casiano, Saint Teresa and Eva Perón. Perón — unlike the others — has not been canonized by the Vatican, but this doesn't matter to Celerier. "For me, she is the saint of the people," the 56-year-old Argentinian said.

Many union members think of Evita as their patron or gaze at her photos with nostalgia, feeling that she and her husband, three-time President Juan Domingo Perón, brought prosperity to their country through an equality and social justice-driven movement that was named after him in the 1940s: Peronism.

That movement is currently the biggest opposi-

tion force in Argentina. And some political observers attribute the recent vote to elect President Javier Milei as a means to defeat Peronism and its previous hold on the presidency. "For us, she is the spiritual reservoir of the people," said Julio Piumato, human rights director at the largest union in Argentina. He signed a 2019 document requesting Evita's beatification. "No other figure has a deeper significance," Piumato said. "The humble sectors are synthesized in Evita."

According to the union leader, between 1946 and 1952, when Evita died of cancer at age 33 and Perón concluded his first term, the couple dignified the working class and prioritized social justice. "Saints show us paths to reach Christ and intercede before God for us," reads the beatification request delivered to the archbishop. "In our homeland, one generation after another continues to be converted by the humanist and Christian message of the standard bearer of the humble."

Aside from a 1996 movie starring Madonna or Andrew Lloyd Webber's 1978 musical, many foreigners know relatively little about this former first lady who

died 71 years ago. But in Argentina, Evita is a constant presence. Her face is printed on 100-peso bills, decorates a mural on a key government building, and greets guests from an altar placed in a restaurant called Saint Evita. "I carry her image in my wallet, and I have it at home in a small picture frame with a candle," Celerier said. "I ask her for protection."

HOW A FIRST LADY TURNED INTO A CHAMPION OF THE POOR

The secret behind the fascination that she awakens might be hidden in her name. Long before becoming first lady, she called herself María Eva, a girl who left the town of Los Toldos to try her luck as an actress in Buenos Aires. As a modest film star she was known as Eva Duarte and afterwards became Eva Perón, the president's wife.

Then came Evita. "Evita is the one who is close to the people," said Santiago Regolo, a researcher at Museum Evita. "People began to call her that, and that construction is linked to the political and social work that distinguished her from the women who preceded her and take her as an

example to this day." Evita was the one who paid visits to elders and single mothers. The one who handed out toys for children and bread for families. The one who promoted paid vacations for workers who had never been able to afford a break and gave a final push to achieve the women's right to vote in 1947.

She has also inspired some feminists — who carry her photo along with their green scarves during protests — as well as a political organization that asks for social transformation using her image as a logo. "Having Evita on our flag represents being with those in the lower classes and trying to vindicate her name over time," said Iván Tchorek, from the Evita Movement, which has 155,000 members nationwide and was created after an economic crisis in 2001.

She's relevant as ever, Tchorek said, because Peronism is. Thousands of workers like him recently led a general strike against the right-wing Milei, who defeated Peronist candidate Sergio Massa last November. Soon after, Milei issued a decree that would revoke or modify hundreds of existing laws in order to limit the power of unions and deregulate an economy that has traditionally featured heavy state intervention.

Even as a union standard-bearer in polarized times, Evita and her memory have the ability to transcend politics. "Certain issues are linked to matters of a sentimental, sacralized nature," Regolo said. "She is seen as a companion, a sister, a mother for the humble."

At her home in an impoverished neighbourhood outside Buenos Aires, 71-year-old Rita Celerier says she almost met Evita. When her mother asked the first lady for help, she was pregnant with her. "My mother used to say that Evita was very supportive, that people re-

ally liked her for the service she provided."

Aware of the challenges of being a single mother, Rafaela Escobar attended a public event held by Evita in a plaza near her home. After being able to approach her and confide in her distress, Evita hugged her and said: "Don't worry, I will help." Three weeks later, Escobar received a cradle and clothes for her unborn child. Celerier says her mother never met Evita again, but she sent her letters and the first lady replied with envelopes carrying money.

"For us she is like a saint," Celerier said. "Many

judged her because she was a woman, but she was an honest, hard-working girl. She fought for our nation and was the force of Perón."

EVITA'S MIXED LEGACY AND THE FIGHT OVER HER EMBALMED BODY

Perón died two decades after Evita, in 1974, but his name continues to spark both admiration and hatred, yearning and blame.

His critics — among them legislator Fernando Iglesias, who has published several books contending Peronism ruined the country — claim that Perón was an authoritarian leader and his movement's social assistance disguised corruption and patronage while generating too much dependence on the government.

Critics address Eva too. Her foundation pressed donors for resources, some say. She was careerist and a hypocrite, others assert. On the one hand, she claimed to defend the poor and on the other, she dressed in Dior.

"Would she be the saint of the lazy?" a user tweeted when the union requested her beatification. "Patron of criminals," someone else

wrote.

Erasing her from history was once a command. After a coup overthrew Perón in 1955, it was forbidden to say her name, display her image or keep her gifts. The military removed her embalmed body from a union's headquarters, where it was initially kept, and sent it to Europe.

The body came back after 14 years, and when the military took over again in the 1970s, it was given to her family under one condition: She would be buried eight meters underground, sealed in a marble crypt so that no one would ever see her again.

"Evita is the best thing that could have happened to this country," said Carolina Castro, 22, holding back tears next to Evita's grave in Recoleta Cemetery, where Argentinians and foreigners alike honour her with flowers, letters and rosaries.

According to Castro's mother, 56-year-old Andrea Velles, Evita is a sensitive topic because their family is going through a difficult time. "I have never been in such anguish," Velles said about economic measures that Milei recently decreed and that she claims hurt her business.

Víctor Biscia, 36, says that he doesn't keep photos of Evita at home, but he does have images of the late President Néstor Kirchner and his wife and successor Cristina Fernández, another Peronist couple that prompts devotion and resentment among Argentinians.

"They were key to achieving rights that are being curtailed by the current government," said Biscia, who thinks of Fernández as a sort of 21st-century Evita.

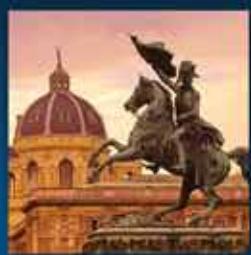
"She reflects a lot of what we are as Argentinians," says Gimena Villagra, 27, standing next to Evita's tomb. "I don't think there's anyone for whom she doesn't mean something."



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Charming Specialty Shop



REDUCED

Speciality 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: 20,000€

Jetski Excursion

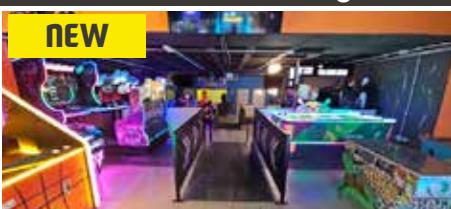


Fully operating jetski excursion company in Marina del Sur with 5 Yamaha jetskis, all licenses, strong online bookings, and simple two-staff operations - a turnkey entry into Tenerife's thriving watersports market. **Monthly rent: 898€**

Ref.: 2945

Price: 160,000€

Bar & Arcade Lounge



NEW

Bar and Arcade lounge in Torviscas, combining an equipped bar with many arcade games and steady footfall from locals and tourists. Easy to run with minimal staff and low overheads. **Monthly rent: 1,000€.**

Ref.: 2957

Price: 99,000€

Adult Bar in Las Americas



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: 1,700€.**

Ref.: 2960

Price: 69,000€

Turnkey Diving Company



NEW

Diving company for sale with 18 years of successful operation, including a purpose-built aluminium diving boat, office, van, licences, and full equipment. A turnkey, reputable business with proven profitability. **Monthly rent: 1,100€.**

Ref.: 2956

Price: 450,000€

Spanish Bar in Adeje Town



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



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



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



REDUCED

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: 180,000€

PROPERTIES: www.tenerife-property.com

2-bedrooms in Buzanada



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€

1-Bedroom Las Americas



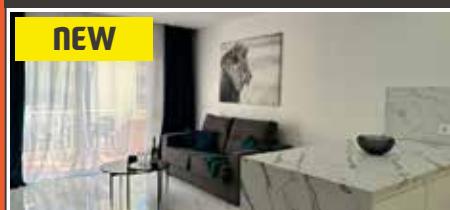
New

You find this 1-bedroom apartment on the 7th-floor in the quiet Los Tajinastes complex, centrally in Las Américas. Large L-shaped private terrace extending the living space with stunning panoramic sea, sunset, and mountain views.

Ref.: D1400

Price: 269,000€

1-bedroom in Mareverde



NEW

Spacious, fully refurbished 51m² 1-bedroom apartment with modern bathroom, open-plan kitchen, stylish living area, and a terrace with sea views. Ideal for rental in a community with swimming pool and close to shops and restaurants.

Ref.: D1399

Price: 325,000€

1-bedrooms in Parque Albatros

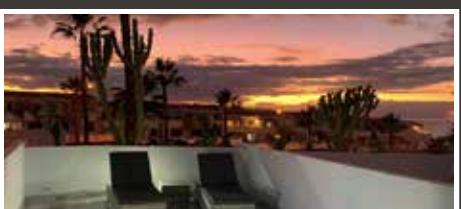


Fully renovated 1-bedroom apartment with a spacious bathroom, open-plan kitchen, bedroom with built-in closet, and living room with access to a terrace with garden views. Sold furnished. Located in a rental complex with pools.

Ref.: D1396

Price: 270,000€

Modern 2-bedroom House



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€

Plot of Land in Adeje



Productive 7,000 m² plot in San José de los Llanos with two independent houses set in complete natural tranquility. Main house: 3 bedrooms, 2 bathrooms; second wooden house: 2 bedrooms, 1 bathroom. Moreover, fruit trees, wine cave, photovoltaic system, and sustainable irrigation.

Ref.: D1387

Price: 260,000€

Modern 2-bedroom House



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/terrace, garage space, and 6m² storage. In a quiet, secure complex with 2 community pools.

Ref.: D1395

Price: 430,000€

Large Finca in El Tanque



Productive 7,000 m² plot in San José de los Llanos with two independent houses set in complete natural tranquility. Main house: 3 bedrooms, 2 bathrooms; second wooden house: 2 bedrooms, 1 bathroom. Moreover, fruit trees, wine cave, photovoltaic system, and sustainable irrigation.

Ref.: D1397

Price: 650,000€

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

we are here too

