The Tenerife Property & Business Guide



February 2018 Issue 160

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A MODERN OFFICE IN A GOOD LOCATION

ASTEN Realty offers you 2 state of the art fully equipped offices in TOP locations in the south of Tenerife - at Compostela Beach on the Golden Mile in the center of Las Americas, and in Terrazas del Duque in the Costa Adeje area surrounded by 5 star hotels.

TO BELONG TO SOMETHING BIG

ASTEN Realty continues to demonstrate a steady increase in sales volume, and in our number of agents. We sell more! 220 families have bought or sold with us in 2017!

TO HAVE A GOOD BOSS

Our Broker Anton Sorokko is a true leader who has been in sales business for 20 years. During 17 years in Tenerife he gained the reputation of a trusted and responsible partner with a spotless reputation as with the clients, so with all the colleagues. The author of a book, he is also known for his training programs, and is often a guest speaker at various events.

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ASTEN Realty is famous for recruiting the best talent. We believe that success is the result of teamwork. Imagine having the top agents in Spain working next to you... every day. To become the best be with the best!

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We are looking for people with this entrepreneurial spirit who are able to reinvent themselves, who are willing to study and to grow together with the company. We value both financial and personal ambition. We provide the extensive take-off training, the one-month integration plan, full-time academic sessions and on-the-job coaching.

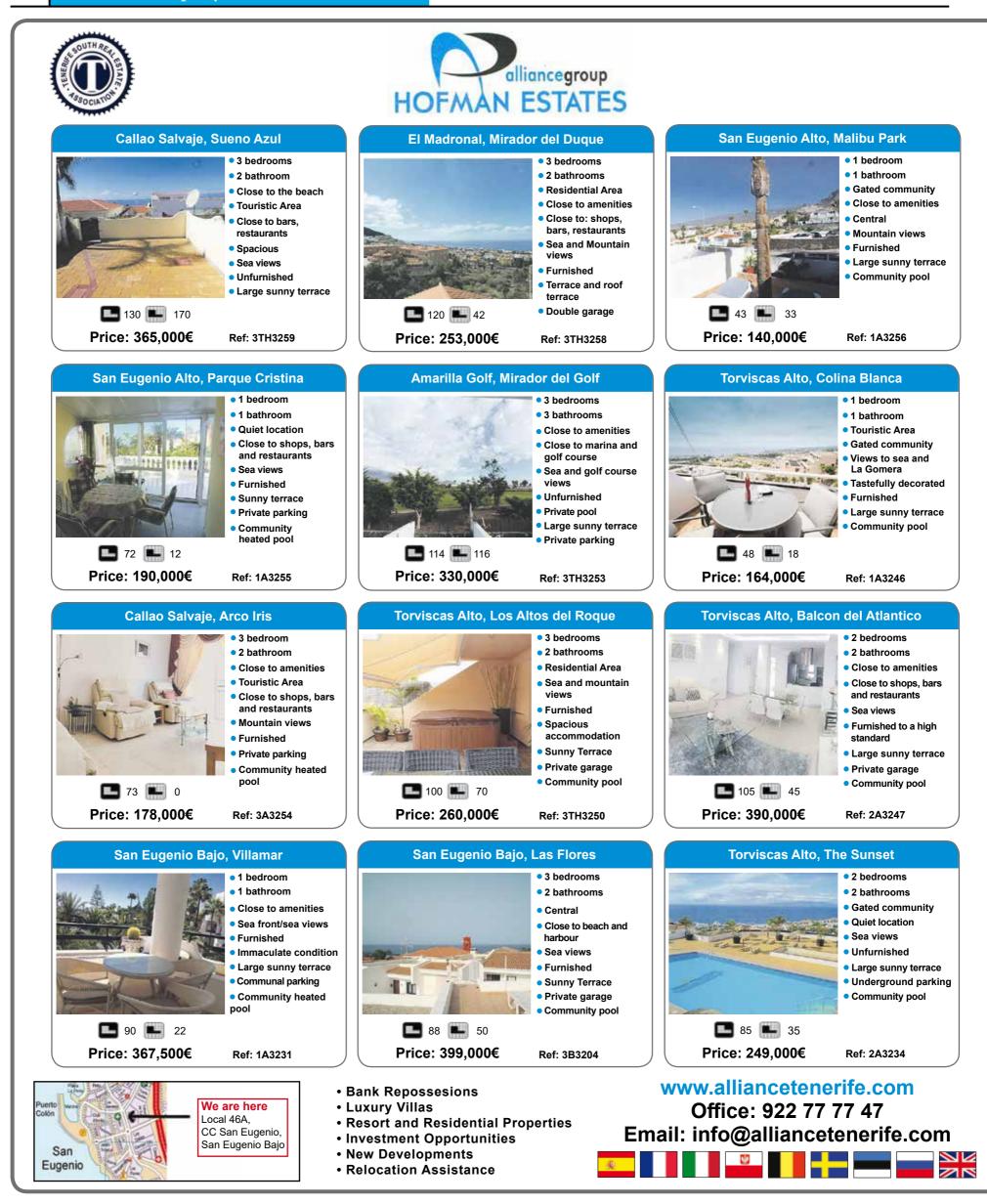
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Plot: 3,000sqm

Built: 38sqm







Price: 265,000€

REDUCED

Ref: 2CH3257

Built: 120sqm



Price: 84,000€

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Residential Property Sales



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TENERIFE PROPERTY SHOP S.L.



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Perfect as a winter holiday home or a permanent residence. Located on the popular Pinehurst complex. Just a short walk from local amenities, the beautiful San Miguel Marina, Amarilla Golf Course and

even Golf del Sur with its vast selection of bars and restaurants! Large bedroom, refurbished bathroom and an open plan kitchen. Lounge area leads out onto the terrace, ideal for al fresco dining.

STUDIO APARTMENT

Price: €110,000 (approx. £92,214)

This excellent studio apartment is located in the ever popular and sought after holiday complex of Castle Harbour in Los Cristianos. Occupying a privileged position on the 7th floor of the complex with views to the sea, surrounding area as well as the pool and garden areas! With spacious living and sleeping accommodation and a bright sunny terrace. Just REDUCED from €125.000 to €119.995!!!

Ref: LC00569 Price: €119,995 (approx. £107,138)



Playa de Las Américas

Studio apartment with a lovely sunny terrace. Totally refurbished with a new kitchen and bathroom suite. Situated in the heart of Torviscas, and based on a holiday complex with attractive pool areas and bar. Perfectly located for restaurants, shops and just a few minutes walk to the beach. Good properties in this area are now becoming harder to find, put this at the top of your viewing list!

Price: €130,000 (approx. £116,071)



Amarilla Golf

Ref: LA01798

This two bedroom bungalow style property is located in a peaceful and pleasant environment. Close to the coast and surrounded by a large nature reserve! Located on a small residential complex with heated community pool. Amarilla Golf Club is literally on your doorstep and the beautiful San Miguel Marina is only a short stroll awav.

Ref: AMG00468

Price: €240,000 (approx. £214,285)



Golf del Sui

Immaculate three bedroom linked house. Direct views to the ocean Stunning property. Furnished to a very high standard. Large south facing garden and terrace which makes for great outdoor dining and relaxing. Communal swimming pool. Owners on this complex can obtain access to facilities of the adjacent 5* hotel for a nominal fee. Just REDUCED from €450,000 to €395,000 for a quick sale! Ref: GOLF01169 Price: €395,000 (approx. £352,678)



Ref: LA01801

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



Come and visit us at one of our offices:

• Golf del Sur • CC San Blas 14, Local B

 Playa de las Américas Puerto Colón Marina, Local 117

• Golf del Sur • Las Adelfas I, Local 83

1 BED APARTMENT

Golf del Sur

Ref: GOI F01460

Playa de Las Américas

and commercial center is also close by.

Amarilla Golf

Ref: AMG00461

Spacious one bedroom, one bathroom top floor apartment in the best position on the development. Offering all day sun and total privacy on its south facing terrace. The views are amazing and you can see down over the whole area of Golf del Sur, views of manicured fairways and flora as the golf course winds its way down to the Atlantic Ocean beneath.

"Anything Front Line?" Quite often the question we are asked LOOK

NO MORE!!! Here is a one bedroom apartment with stunning sea

views and all day sun. This furnished property is located in a sought after area. Close to all local amenities and within walking distance to

the beach. San Eugenio with its vast selection of entertainment, bars

Price: €155,000 (approx. £138,392)

Price: €249,000 (approx. £222,321)



Los Cristianos

Ground floor two bedroom apartment, ideal for anyone seeking peace and tranquility in a calm environment. Restaurants and shops within walking distance. The property has benefited from a new kitchen, a new bathroom and a complete freshen up throughout. The complex has 3 communal pools all of which are heated. Surrounding garden areas are some of the prettiest you will see. Sold fully furnished.

Ref: AMG00451 Price: €159,500 (approx. £142,410)



Golf del Sur

Fabulous penthouse apartment. Spacious living areas, two bedrooms, two bathrooms, separate kitchen. The property offers pool and ocean views, breathtaking at sunset. Spiral staircase leading up to an enormous roof terrace. The complex has a gym, heated pool and child's pool, bowling green and on-site restaurants. Ideal as a second holiday home or for those looking to relocate. Two garage spaces. Ref: GOLF01461 Price: €269,500 (approx. £240,625)

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Costa del Silencio

Immaculate three bedroom detached villa with private patio and garden areas including a Koi Carp pond. Spacious living areas. Open plan lounge with bespoke fitted kitchen and dining area. Three double bedrooms and three bathrooms. Roof terrace with views of surrounding area and mountains. Double underground garage. Decorated with neutral colour scheme throughout. Sold furnished. Ref: CDS00131 Price: €599,500 (approx. £535,267)

STUNNING 4 BED DETACHED VILLA



Playa de Las Américas

An outstanding detached villa in a prime location in the sought-after area of El Madroñal. Built on a corner plot of 550m² with plenty of outdoor living space to enjoy the all day sun and with private pool. Three double bedrooms all on one level and under the property. Another room being used as a fourth bedroom. Furnished to a high standard, this property is an ideal family home or holiday retreat! Ref: LA01803 Price: €750,000 (approx. £669,642) **5 BED DETACHED HOUSE WITH POOL**



San Isidro

Spacious and bright five bedroom detached villa. Located in a guiet residential area yet still close to all amenities in the town of San Isidro. Living room with built in fireplace, brand new modern fitted kitchen, beautiful bright and sunny dining room and access to a lovely terrace. Fantastic views to the sea. Private pool. Underground double garage with direct access to the house. Must be viewed to be fully appreciated. Ref: OUT01029 Price: €585,000 (approx. £522,321)

SPECTACULAR 4 BED DETACHED VILLA



Playa de Las Américas

Spectacular villa comprising of four double bedrooms with en-suites and a spacious living room with a large dining area. Independent kitchen. Marble floors throughout. Private heated pool. Underground garage for six cars. No expense has been spared. Panoramic ocean views to La Gomera and over the Atlantic. This is an exceptional property for the discerning few! Ref: LA01270

Price: €1,350,000 (approx. £1,205,357)

We don't promise to be the best... we guarantee it!



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

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- If you would like to live where luxury is tranquility, nature, sun and year-round warm temperatures.
- A place where your life is filled playing golf, going on boat excursions, hill-walking, or simply enjoying the excellence of wines and local food products prepared by top quality chefs.
- A place where tradition and the future go hand-in-hand.
- A safe place, with the best in European healthcare standards, a modern infrastructure, and international connections via two airports.



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Over 14 years' experience in business on the island.

S GOLF DEL SUR, San Miguel de Abona Tel: 922 738 653 Mob: 626 274 040

C.C. San Blas, Local 18,



Golf del Sur, Sunset View

FOR INVESTORS!

Excellent value for money, this fully furnished, completely refurbished, ground floor 1 bedroom apartment is situated in a popular complex with pools, restaurant, parking, reception and close to the coast and the shopping center of San Blas. Comprises of double bedroom with builtin wardrobes, bathroom, living room with American kitchen, terrace and garden. The touristic label makes it ideal for investors. **Ref: KV0205** €135,000



MONTAŇA DE YACO (near San Isidro)

Well presented, fully furnished, 3 bedroom, 3 bathroom apartment, situated at the top the hill of Montaña de Yaco, in a quiet residential area, only a few minutes' drive to the centre of San Isidro and all amenities. The apartment has a separate, fully equipped, fitted kitchen, and large living room opening on to a closed terrace overlooking the fields of Yaco and the city of San Isidro, towards El Medano's Red Rock, and the coast to Golf del Sur. Includes a 70m2 plot of garden down the building. Possibility of garage space in a building nearby. **Ref: KV-0207** €165,000



San Isidro, 3 bedroom Apartment

GREAT VALUE!

Large 3 bed top floor apartment in residential building with lift and secure underground garage. Close to shops, schools, transport, in quiet area of San Isidro. The apartment is furnished and comprises 3 bedrooms, 2 bathrooms, a large living room leading to a balcony, and a kitchen with utility room. The price also includes 2 garage spaces in the basement, and 2 storage rooms. Ideal as investment or holiday home! Fixed Price: Ref: KV0199 €127,000

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Palm Mar, Detached Villa







Stunning 2/3 bedroom villa completely refurbished to an excellent standard with sea views from the spacious terrace and pool area. Sold fully furnished, this beautiful property must be seen to be appreciated.

Price: €525,000

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



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Residential Property Sales

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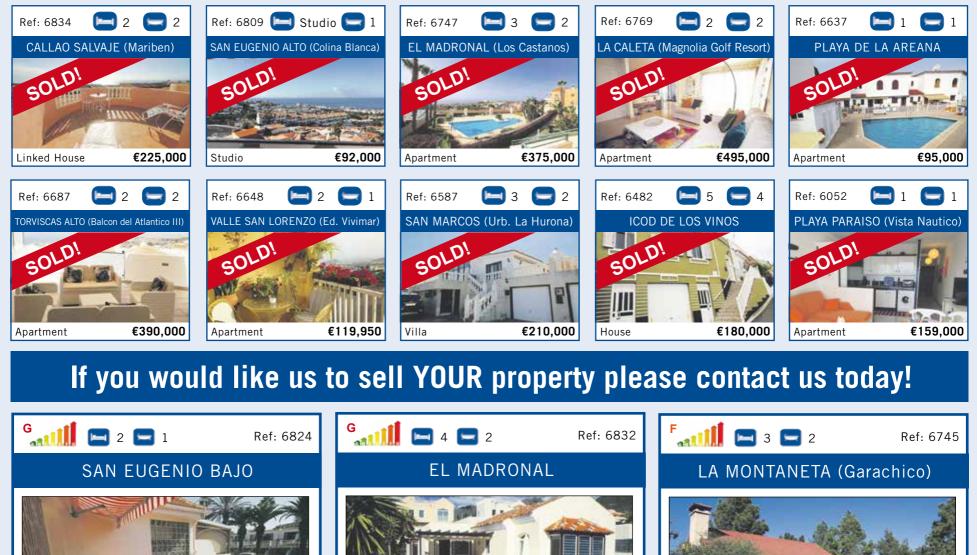


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INTERNATIONAL ESTATE AGENTS



Rare opportunity to purchase a property in the heart of San Eugenio Bajo within walking distance of the port, beach, shops and restaurants. This linked property has direct street access and, whilst forming part of a complex, offers the feel of an individual house. With the living area all on one level, terrace and garden to the front and being set in an absolute prime location this property would make the perfect residence or holiday home for those who want to be within walking distance of all amenities. Linked House €350,000



Lovely, fully furnished, 3 bedroom (all double), 2 bathroom detached villa in prime location (corner position – plot: 550sqm) with private pool. The property has an open plan lounge/dining room, an independent fully fitted kitchen, private garage with direct access to the house and an extra room under the villa which is currently set up as a 4th bedroom but could make a spacious office, games room or cinema. To top it off the villa enjoys all day sun and sea and La Gomera views. A real must see property. Villa €750,000



Spacious 3 bed, 2 bath house in the north of the island, on one level enjoying traditional, high wooden ceilings. The property has an open plan lounge/dining area with fireplace and porch, Americanstyle kitchen and a picket-fenced garden (once a paddock for horses) with fruit trees and plants. Country living in beautiful mountain surroundings, next to a magnificent pine forest and the start of some wonderful hikes around Mount Chinyero and the surrounding villages. The historical town of Icod de los Vinos is only a 15 min drive away. House **€260,000**

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Villa

We are looking for properties in the following locations: Golf del Sur, Amarilla Golf, Playa San Juan, Alcala, Puerto Santiago, Los Gigantes and Playa de la Arena. If YOU are thinking of buying, or selling, your property please contact us today!



Ground floor apartment

C.C Fañabé Plaza 129, Fañabé, Costa Adeje

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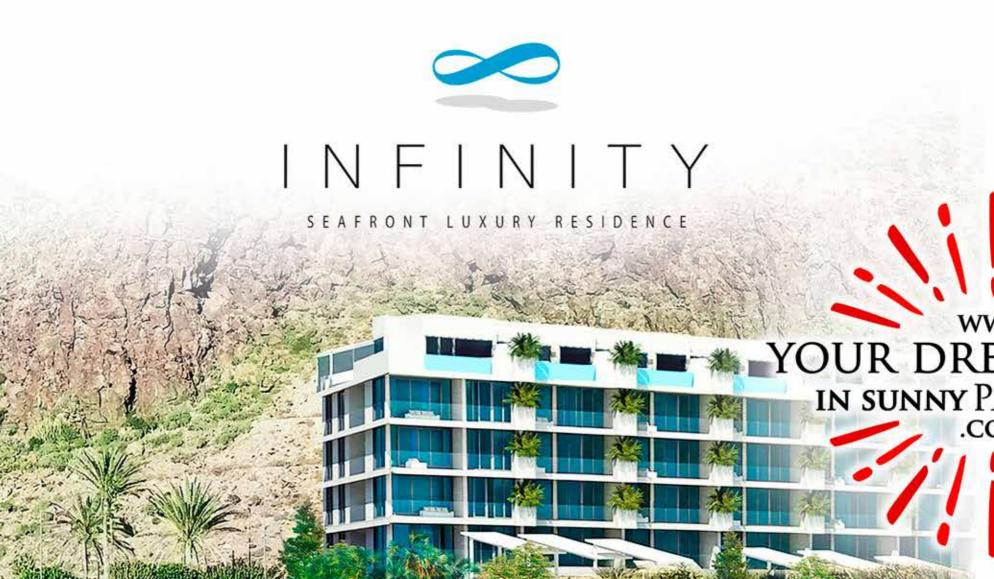
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€999,000





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



Costa del Silencio, Atlantic View

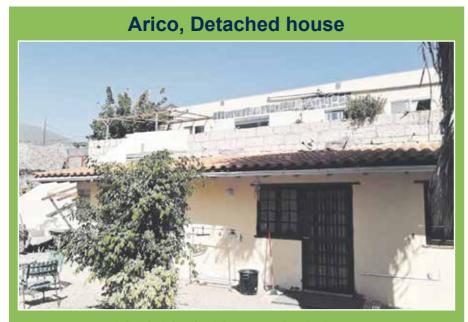


2 bed, 2 bath 92sqm

Unique, spacious (92sqm), 2 bed, 2 bath apartment with undisturbed sea views on a frontline complex. Originally two separate apartments, the current owners have refurbished this making a very large property with two terraces facing south. It has two big bedrooms, each of them with access to a balcony, and 2 bathrooms, one en suite. There is a fully fitted semi-open plan kitchen, with plenty of storage space and the large living room with access to the two terraces. The community is well maintained, with 3 swimming pools (1 heated) and direct access to the promenade. Being sold fully furnished. The complex itself is very quiet with a variety of residential and second home owners.

Price: €265,000

Ref: CDS-AV265



3 bed, 3 bath 215sqm plot 356sqm

Peace, tranquillity, calm... words that describe this great detached house in a small Canarian village, just 15 minutes away from the South Airport. It consists of two detached houses, one on the top floor, the other underneath, on a 130sqm plot with land that can be used as a small farm, build a swimming pool or leave as a magnificent garden. On the first floor we find the main house, accessed by private entrance. It has 2 bedrooms and 2 bathrooms, open plan kitchen and a spacious living room with a big bay window. On the ground floor is a small house (possible "Granny Flat", with bedroom, living room and bathroom). There is no community, and being a small village, there are only few neighbours. Sea and mountain views. Viewings highly recommended.

Price: €246,000

Ref: ARV-246



Ground floor apartment (54sqm) in popular complex.

Ground floor apartment (54sqm) in popular complex. The property is fully furnished and ready to move in – it could be used as your home or as a high investment property as the complex benefits from hotel services including buffet breakfasts, 24 hour reception, security guard etc. The property has 2 bedrooms, 1 bathroom, open plan kitchen and a spacious living room. The complex offers an open air gated car park which is exclusive for residential owners. Community pool and garden areas inside the complex. Being sold as seen.

Price: €146,000

Ref: CDS-PDP146

Costa del Silencio, Chaparral



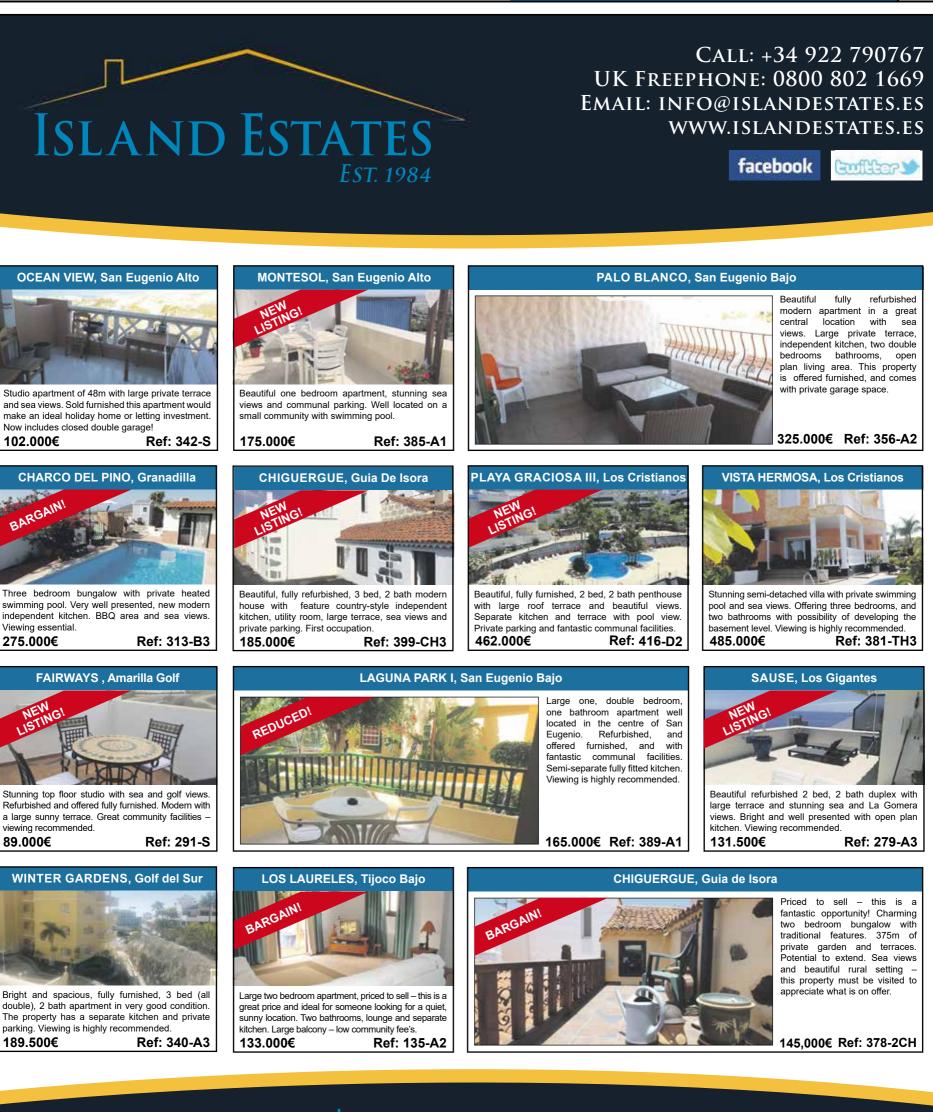
30sqm + terrace 8sqm

Fully furnished and equipped 30sqm studio in popular complex. The property is currently used as an investment property which generates a good weekly income. Furnished to short-term renting standards, it is being sold as seen. Very centrally situated for supermarkets, bars, local transport, this is an ideal business opportunity allowing time for yourself in the sun as well. The complex enjoys pools, garden areas and gated security.

Price: €89,000

Ref: CDS-CH89

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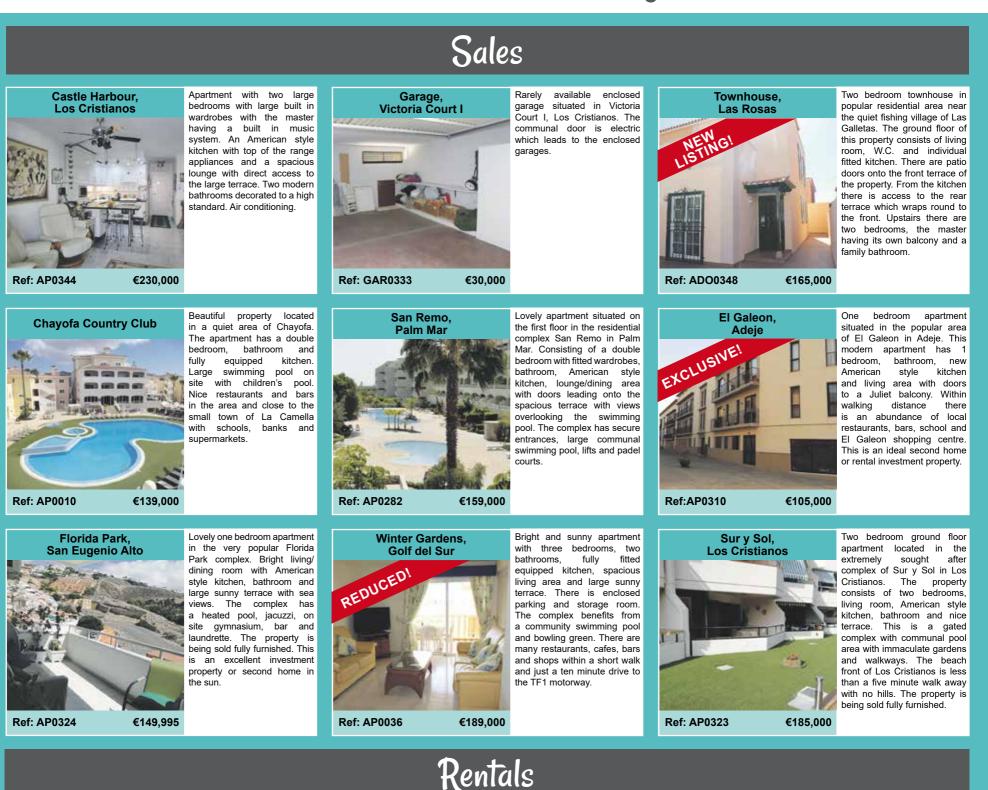
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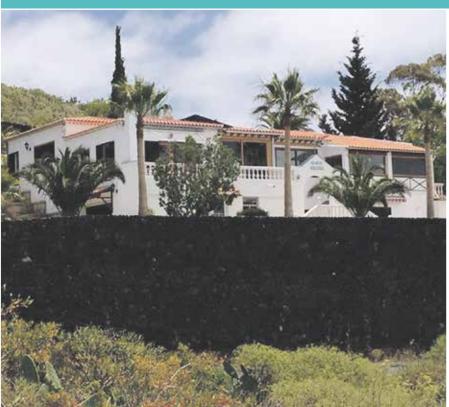
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Sales

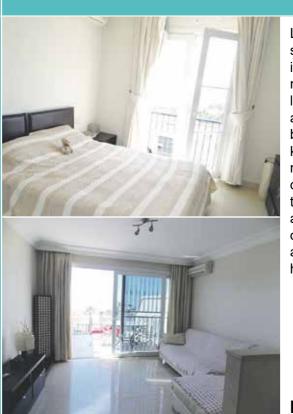


Rural Property, Arona

Stunning rural villa in the hills of Arona. This property has lovely views and is set in tranquil settings. The villa has four bedrooms in the main house, the master suite has panoramic views. There are also two separate apartments with bathrooms. The property has lots of outside space, a large swimming pool, barbecue and bar area, outside children's play park, ample landscaped gardens and a vegetable plot. There is a triple garage and additional land. The property has an air conditioning and heating system in all rooms with some under-floor heating in other areas. Log burning fire, alarm system, automatic watering system with many extras.

Ref: MAS0003 €865,000





Las Lomas, Chayofa

Lovely town house situated in sought after residential complex in the village of Chayofa just a five minute drive to Los Cristianos. The living area is spread over two floors and consists or two bedrooms, two bathrooms, independent fully fitted kitchen, spacious lounge, front and rear patio and large garage with direct access to the property. The town of Chayofa has a few bars and restaurants and is just a short drive to the town of La Camella and to Los Cristianos. Viewing is highly recommended.

Ref: DUP0255 €199,000€





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month. Ideal location!.

Ref: VS4453D

€75,000

terrace. Few minutes' walk

from the cost. Great location

€120,000 Ref: VS4428DE

and perfect investment

of living room, kitchen, 2 bedrooms, 2 bathrooms, large terrace overlooking the ocean. Communal pool in the complex

bathroom,

terrace.

area 52m2, total plot 68m2

Swimming pool in the complex

€205,000 Ref: VS4208D

Few minutes from the beach.

Livinc

26

Residential Property Sales

€215,000 Ref: VS4231DE

Playa Paraiso: 922 713 395, email: vym.paraiso@gmail.com El Beril (El Duque): 922 719 553, email: tenerifeinrent@gmail.com Callao Salvaje: 922 717 663, email: vym.sale@gmail.com

situated in the heart of Los Cristianos. Playa de los Cristianos within only few

€122,000 Ref: VS4301DE

28m2 overlooking the ocean. Complex with 2 swimming

pools. Living area 46m2, 74m2

Ref: VS4160

Complex

€175,000

. total



Property Sales, Mortgage Service

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TIJOCO BAJO



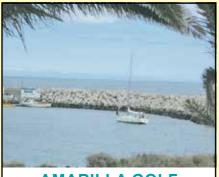
3/4 bed, 4 bath detached house in quiet location, arranged over three floors with a large terrace giving stunning panoramic views, beautiful garden and large entertainment area. Potential for separate studio annexe.

€460,000



Spacious 2 bed, 2 bath bungalow with private driveway, large rear garden and roof terrace, situated in popular touristic area with heated communal pool. Offers invited!

€220,000



AMARILLA GOLF Beautiful 2 bed, 2 bath, south-facing semidetached bungalow. Front line to the location. Listen to the Ocean waves!





GOLF DEL SUR Large, corner, spacious, 2 bed, 2 bath apartment with fantastic views over the golf course, to the sea and the mountains.

€295,000





GOLF DEL SUR Spacious 1 bed, 1 bath apartment with large terrace giving good sea views. Walking distance to all amenities and transport links.



GOLF DEL SUR Spacious 1 bed, 1 bath apartment with terrace, garage space and trastero on popular residential complex. Sea Views. Close to all amenities and transport links.







General

Terraced House Location: Playa de las Americas Complex: Parque Santiago II Price: 395.000 €

Property Items

Bedrooms: 2 Bathrooms: 2 Property Space: 147 m2 Living Space: 93 m2 Terrace Space: 54 m2 Garage: No **Guest Toilet: Yes** Property on one Level: No Private Pool: No **Community Pool: Yes**

Characteristics

For disabled people: Yes Sun all Day: Yes Sea View: No **Pool View: Yes** Mountain View: No

Costs

Monthly Community: 250,00 € Rates per year: 475,00 € OUR INTERNATIONAL SALES TEAM NOW! Electricity included: No

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*³⁴638434126

134639135818

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SVYZ INVERSIONES Y CONSTRUCCIONES S.L. have pleasure in advising that only 3 villas remain available in their beautiful, luxury development:

iviera esort

Located in one of the most prestigious residential environments in Southern Tenerife, the development consists of 5 independent villas and 8 semi-detached villas with all properties enjoying wonderful views of the Atlantic Ocean and unique sunsets.

Each of the remaining 3 villas has either 3, or 4 bedrooms, an integrated, open plan kitchen and spacious living room. In addition, the properties have lots of leisure space: gardens, wide terraces with wooden parquet floors, air conditioning and private, 'infinity'

pools with under-water, LED coloured lighting.

Riviera Resort properties also offer an extraordinarily high quality of living due to their spaciousness, luminosity, the tranquillity of the environment, and security (one of the most important aspects of life in Tenerife). Whether you are looking for a luxury residence in which to live and spend the long summer or winter seasons, or you are an investor, you will find a high return on your investment here when acquiring one of these properties.

This exclusive Resort comprises:

- ✓ 13 unique, modern-style, luxury villas
- Every property is dominated by wide, light-flooded spaces
- Each villa enjoys fantastic ocean views and tranquillity
- ✓ ONLY 3 villas remaining!

Our villas represent excellent value at the Prices offered - compared with second-hand prices of adjacent, similar properties - which are already quite old and would need substantial amounts of money spent on them to bring

them to same standard as found in **Riviera Resort**!

Furthermore, by renting a villa in Riviera Resort, the ROI is so huge it makes this INVESTMENT IN LUXURY A VERY PROFITABLE PURCHASE!









PROJECT ALMOST COMPLETE – LAST 3 VILLAS NOW AVAILABLE!







Price: €1,400,000 Villa (Ref: 882)

4 bedrooms, 4 bathrooms Infinity swimming pool Plot: 499sqm; Habitable: 321sqm; Terrace: 272sqm Sea, mountain and pool views. Close to beach and golf courses

Price: €1,200,000 Villa (Ref: 884)

4 bedrooms, 4 bathrooms Infinity swimming pool Plot: 550sqm; Habitable: 306sqm; Terrace: 396sqm Sea, mountain and pool views. Close to beach and golf courses

Price: €700,000 Villa (Ref: 880)

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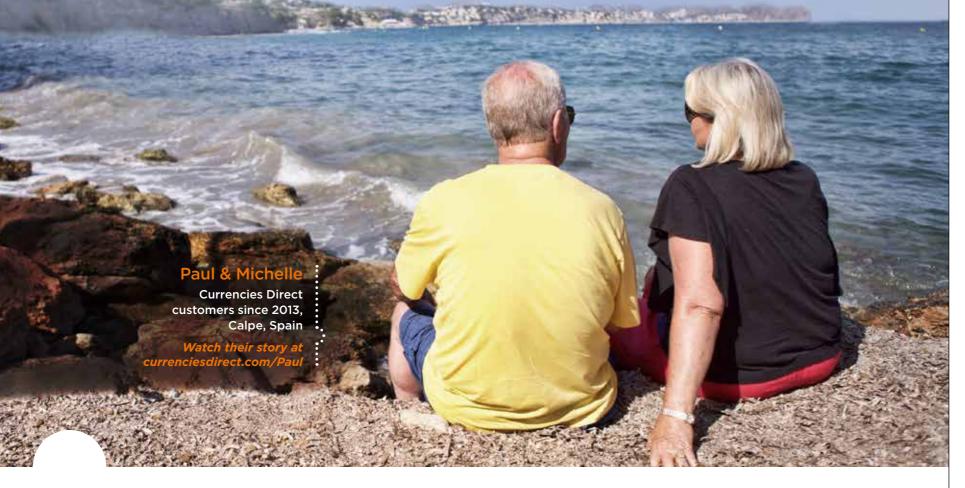
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What next for Brexit in 2018?

payments,

period after Brexit. The

EU's position is that the

transition has to take place

under all existing rules

and regulations (including

the jurisdiction of the

Furopean Court of Justice

and the free movement of

people), and that it should

come to an end on 31

No-one in the UK seems

entirely happy about the

December 2020.

budget

Anyone who tells you they know how Brexit is going to play out in 2018 isn't to be trusted. After last year's rollercoaster, almost anything could happen. Another general election? A big shift in the public mood?

Both are possibilities perhaps unlikely, but not to be ruled out entirely. The only predictable thing is unpredictability. And among both arch-Brexiteers, and ardent Remainers, there is a sense that it is still all to play for. But the government insists that the UK will leave the EU on March 29 2019, and in the meantime Brexit negotiations will gather pace. Welcome to phase two.

What next?

So what is supposed to happen next? First of all, the joint EU-UK report on "sufficient progress" needs to be turned into a legal text that will form the basis of a formal withdrawal

agreement. And there are still plenty of details that remain unresolved.

Expect the debate about "full alignment" what at the Irish border really means to re-emerge at regular intervals.



Transition

Shortly. formal negotiations are also due to begin on a transition

businesses say it won't be long enough for them to be ready for a new world after the UK leaves. On the other hand, many supporters of Brexit sav

EU agrees Brexit 'transition' negotiation guidelines

The European Union has set out its demands negotiating for the temporary transition period after the UK leaves in March 2019.

The EU wants the UK to continue to follow its rules but not be involved making decisions. Brexit Secretary David Davis said the UK wanted a "right to object" to new laws passed by the EU during this time. Downing Street said there would "naturally" be differences between the sides ahead negotiations. The UK hopes the two sides can reach agreement by March. The transition period - also referred to as an implementation period - is seen as a way to minimise disruption when the UK leaves the EU for things like business, holidaymakers and security. It will also allow more time to finalise the terms of the UK's post-Brexit relations with the FU

In their guidelines, the EU say:

Transition should run from Brexit in March 2019 to 31 December 2020

• All EU rules and regulations - as well as EU rule changes adopted



should continue • The UK will not be involved in the decisionmaking of EU bodies

It cannot implement its own international agreements unless the EU



be

agrees Work should continue on finding a solution to the Northern Ireland border question, one of the main sticking points in the first round of negotiations

Speaking at a press conference after EU ministers agreed the international agreements which include trade deals with other countries and agreements on aviation and nuclear power should continue to apply during the period. Giving evidence to a House of Lords committee on Monday, Mr Davis said the UK wanted a "right



the transition will leave the UK as a "vassal state" - following rules without any say in making them.

The future

Either way, the idea of a transition suggests that you know where you are heading. But the debate on the "end state" of Brexit has barely begun.

Prime Minister Theresa May is likely to give another big speech on Brexit - perhaps in early February - which may give us further clues about what the UK actually wants. But first she needs to reach some sort of consensus within her own cabinet. Does the UK stick as close as possible to the EU after Brexit, to try to preserve current economic links? Or does it forge a new path on its own?

passed by the EU during the transition phase over which it had no say and disagreed with. "lt's not a particularly democratic practice to just have the country accept without any sayso, anything - particularly if... the European Union takes it on itself to do something which is actively disadvantageous to a major British industry or something like that, he said. "So that's why we've raised the matter, and let's see how it goes." Asked what legal status this would have, he said he wanted such a safeguard included in the withdrawal agreement.

Analysis by the BBC's Adam Fleming in Brussels It's the sort of amazing coincidence that the Brexit process throws up all the time. Minutes after the Brexit Secretary David Davis laid out his concerns about the EU's transition proposals to a House of Lords Committee, Michel Barnier held a press conference where he knocked them down.

The best of both worlds may not be on offer. But formal negotiations on the outlines of a future relationship - on trade, security and so on - are not expected to start until April.





It will be, says the European Council President Donald Tusk. a "furious race against time". The EU wants to the withdrawal have agreement (including

For example, David Davis wants a mechanism where the UK has a say on new European laws that might affect Britain while it's not in the club but still subject to the rules. The best Mr Barnier was prepared to offer was consultation "on an exceptional, caseby-case basis agreed by the 27 remaining member states". And don't dare call it anything as grand as "observer status", he warned. He dismissed the Brexit secretary's demands that Britain be allowed to negotiate trade deals with other countries during the transition period. Of course they can, Mr Barnier said. In fact, Britain had better get a move on if it wants to replicate the 750 international agreements that come with EU membership.

True, this is the start of a negotiation but it is not clear that the EU sees anything to negotiate. Mr Barnier feels that he has already made the UK a generous offer that's Britain's economic in interest. Plus, there was reminder that the а

up an enormous amount of political time and energy throughout the year.

Bv Chris Morris. Reality Check correspondent, BBC News

transition arrangements),

and a broad political

declaration about the

future relationship (NOT a

full trade deal), finalised by

That will give time for

the withdrawal agreement

to be ratified in full before

the UK leaves in March 2019. It needs the approval

of a qualified majority

of the remaining 27 EU

member states, as well as

simple majorities in the UK

and European parliaments.

cast, no-one can say for

sure that the withdrawal

successfully concluded. So

agreement will

Until those votes are

be

October.

Anyone hoping for certainty should probably look away now.

deal on the transition period is linked to a deal on everything else: no agreement on a final Brexit treaty means no transition.

Some in the UK are unhappy at the idea that the UK will have to follow the rules of the sinale market and the customs union, including freedom of movement for EU citizens, but will lose its voting rights.

May's Mrs Brexit "inner circle" of senior ministers met recently to discuss how the transitional phase could work, including the UK's demand that it be free to negotiate trade deals with other countries the during period. Downing Street Α spokesman said: "There is obviously going to be a negotiation on what the implementation period looks like. "The formal directives will be released this afternoon. This will be a negotiation and there will naturally be some distance in the detail of our starting positions."

guidelines, chief negotiator Michel Barnier said the UK would to object" to new laws allowed to attend decision-making meetings on a "limited, exceptional, case by case basis." It would be able to negotiate trade deals with other countries but the deals could not come into force until the transition period was over, he added. This is in line with the UK's negotiating stance, as set out by Mr Davis in

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HOW SLEEP WORKS - JAN 18 **REM SLEEP – TYPES AND STAGES OF SLEEP**

by secretion

neurotransmitter

cholineand inhibited by the

neurotransmitter serotonin.

and this effect is principally

generated in the pons

region of the brainstem.

the surgical destruction

of a particular group of

nerve cells in the pons

can eliminate REM sleep

completely, suggesting that

the active function of these

cells (rather than merely the

deactivation of wakefulness

mechanisms) is necessary

of

the

acetyl-

REM sleep occurs in cycles of about 90-120 minutes throughout the night, and it accounts for up to 20-25% of total sleep time in adult humans, although the proportion decreases with age (a newborn baby may spend 80% of total sleep time in the REM stage). In particular, REM sleep dominates the latter half of the sleep period, especially the hours before waking, and the REM component of each sleep cycle typically increases as the night goes on.

As the name suggests, it is a phenomenon which can be monitored and measured by a technique called electrooculography (EOG). This eye motion is not constant (tonic) but intermittent (phasic). It is still not known exactly what purpose it serves, but it is believed that the eye movements may relate to the internal visual images of the dreams that occur during REM sleep, especially as they are associated with brain wave spikes in the regions of the brain involved with vision (as well as elsewhere in the cerebral cortex).

Brain activity during REM sleep is largely characterized by lowamplitude mixed-frequency brain waves, quite similar those experienced to during the waking state theta waves, alpha waves and even the high frequency beta waves more typical of high-level active concentration and thinking. These show up as the typical "saw-tooth" brain wave pattern on an electroencephalogram (EEG) and, because of these similarities with the waking state, REM sleep has earned the moniker "paradoxical sleep". The brain's oxygen consumption, reflecting its energy consumption, is also very high during this period. in fact often higher than when awake and working on a complex problem.

Breathing becomes more rapid and irregular during REM sleep than during non-REM sleep, and the heart rate and blood pressure also increase to near waking levels. Core temperature is not well regulated during this time and tends towards the ambient temperature, in much the same way as reptiles and other coldblooded animals. Sexual arousal is also common during REM sleep and the male penis and female clitoris become aroused and erect for substantial periods during this sleep stage,

In experiments on animals, it has been shown that The brain areas involved with long-term me emotion are highly active during REM sleep. mory and NREM REM

i = least active i = most active

regardless of whether or not any dreams in progress are of an erotic nature.

Although the muscles become more relaxed during non-REM sleep, they become completely paralyzed and unresponsive during REM sleep. This virtual absence of muscle tone and skeletal muscle activity is known as atonia, and it occurs because the brain impulses that control muscle movement are completely suppressed (other than those controlling the eye movements and one or two other essential functions, like the heart, diaphragm, etc, that allow us to breathe and remain alive). The source of these inhibitory signals (which utilize the neurotransmitter norepinephrine) is in a specific part of the ponsregion of brainstem

called the locus coeruleus. The majority dreams – certainly of certainly the most memorable and vivid ones - occur during REM sleep, and it is thought that the muscular atonia that accompanies it may be a built-in measure to protect us from self-damage which could occur while physically acting out these vivid REM dreams. This hypothesis is borne out by Michel Jouvet's early experiments on cats in which the muscle inhibition nerves were severed, leading these cats to physically stalk invisible prey and run and jump around wildly during the dreams of REM sleep.

Neurologically, REM sleep is activated

for REM sleep.

Although lack of REM sleep leads to surprisingly few negative effects on behaviour, it has been shown to impair the ability to learn complex tasks. suggesting that REM sleep is a vital component of our sleep patterns, particularly during early childhood development, when REM sleep makes up a much larger percentage of total sleep. This is backed up by the fact that, if REM sleep is repeatedly interrupted or shortened. then longer REM "rebound sleep" tends to occur at the next opportunity in compensation (instead of slowly moving through the various stages of non-REM sleep first, the sleeper slips quickly into REM sleep, and stays there longer than usual).

Some memory consolidation. particularly of procedural and spatial memory, also takes place during this stage, although perhaps not to



the same extent as during the deeper, later stages of non-REM sleep. It has been noted that people tend to spend more time than usual in REM sleep following days when they have been in unusual situations requiring them to learn a lot of new tasks.

Although most people do not tend to wake after each cycle of REM sleep, as some animals do, we are more likely to wake from REM sleep than from non-REM sleep. Usually, these "micro-awakenings" are of a few seconds only, and the sleeper does not normally remember them. If overstimulated, though, а person may wake up fully, and it may take the length of an entire sleep cycle (1.5 - 2 hours) to get back to sleep.

Although it is usually

assumed that REM sleep (and the dreams that go with it) is a physiological necessity, recent findings have muddied the waters somewhat. For example, in cases of REM sleep deprivation, individuals tend to compensate by dreaming more during non-REM sleep. Animals deprived of REM sleep for as long as two months seem to be able to continue with very little perceptible behavioural or physiological injury, and humans taking certain antidepressant medications that result in little or no REM sleepalso show few apparent negative consequences.

To track your REM sleep effectively there are a number of trackers available (see review at: www.howsleepworks. com/best-sleep-trackers)



Timmermans uraed parents to tell their children that a plastic straw took only a second to use but 500 years to degrade

Prince Charles and others held an EU-backed conference last year for drastic action to stop eight million tonnes of plastic waste polluting the world's oceans annually. The commission said Europeans generate 25 million tonnes of plastic annually, but waste less than 30 per cent is collected for recycling.

Recently, Theresa May announced her own war on plastic waste, setting out plans to eliminate all avoidable plastic waste within 25 years. Among the proposals were plans for a tax on takeaway containers and plasticsfree aisles in supermarkets.

Brussels launches first EU-wide strategy to fight plastic waste

The European Union has launched the first ever EU-wide strategy to combat plastic waste, including measures to make all plastic packaging in Europe recyclable or reusable by 2030 and phase out single-use plastic like coffee cups.

The plans unveiled after China, a major destination for European plastic waste reprocessing, banned foreign imports and after an unprecedented swell of public concern over the issue, sparked by programmes such as the BBC's Blue Planet.

The European Commission, which put forward the strategy, said its proposals would boost business opportunities by creating new recycling markets in Europe and change the way products are produced, designed and recycled.

"The Chinese decision undoubtedly a big is challenge but let's turn that challenge into an opportunity," said Frans Timmermans, the commission first vicepresident and Jean-Claude Juncker's deputy at a press

were conference in Strasbourg on Tuesday. "If we don't do anything about this, 50 years down the road we will have more plastic than fish in the oceans." Mr Timmermans said earlier before citing shocking images of marine plastic waste shown in Blue Planet.

> The commission wants 55 per cent of all plastic to be recycled by 2030 and for its member states to reduce the use of plastic bags per person from 90 a year to 40 by 2026. There are plans to ban microplastics from being added to cosmetics and personal care products, a move already taken by the British government. Microplastics can find their way into human bodies through food.

> Proposals for an EUwide tax on plastics, which were floated last week

by Budget Commissioner Günther Oettinger to plug a hole of up to €15 billion euros in the bloc's budget caused by Brexit, were missing from the strategy. Officials are understood to be researching how feasible the idea is.

"We have not found a way to introduce a European-wide plastic tax vet," Commission Vice-President Jyrki Katainen, who is responsible for jobs and investment, said. "It is too early to promise anything." The commission put forward the strategy as a first step towards eventual EU legislation. It has earmarked f310m for research into new more easily degradable and recyclable plastic. Mr Timmermans told reporters: "We must stop plastics getting into our water, our food, and even our bodies. The only longterm solution is to reduce plastic waste by recycling and reusing more." Backing EU campaigns to raise awareness, Mr

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JANUARY 2018 UPDATE

The total number of Certificates carried out in the Canaries since June 2013 now stands at approximately 176,100, with some 2,250 being registered over the month of January. This means that, during this last month, some 400 certificates less than the monthly average over the last year have been carried out (most likely this relates to the Fiesta days at the beginning of the month). The total, of course, groups both residential and commercial properties and those for sale as well as for rent in all of the Islands which together form the Canaries.

For readers unaware of Energy Performance Certificates (EPC's), they were introduced in Spain and its dependencies by Either you or your agent,

Royal Decree on 5th April 2013. This Law requires that, from 1st June 2013. an EPC must be obtained by the owner whenever a domestic or commercial property is Built, Sold or Rented.

Selling your property

From 1st June 2013 property owners are required by law to present an Energy Performance Certificate when a property is placed on the market and prior to any advertising. When the property is sold, the Notary will need to see the EPC, termed the Certificado de Eficiencia Energética in Spain.

Renting your property

allowed to offer or advertise your property for long term letting without one. Where a property has already been let prior to 1st June 2013, no EPC is required until one tenant leaves and the property is offered for long term rental again. If your property was built after 2007 you should already have an EPC provided by the seller. If you only rent your property out on a short term basis, for less than 4 months of each year, you may not need to have an EPC. If you are the tenant your landlord or the letting agent should be able to show you the EPC for your property.

must obtain an EPC. An

agent will not be legally

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property's energy use and typical energy costs, and ecommendations as to how you may be able to reduce energy use

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valid for 10 years.

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Look younger & live longer

Many experts believe that certain illnesses we start to experience when we reach middle age such as heart disease, cancer and arthritis could be avoided. This is because they claim that they are diseases of our lifestyle and the results of failing to eat well, exercise regularly or treat the body and mind in ways that heal the ageing system.

When you reach your forties, the cumulative effects of unhealthy eating habits and patterns of living make themselves known for the first time. as the natural resilience of the body unfortunately starts to reduce.

Most bodies come with warranties for 80 years of productive, relatively trouble-free service (if the basic requirements for preventative maintenance are followed):

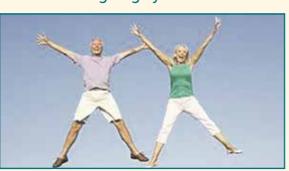
• Take steps to improve vour diet and exercise regime

 Use breathing techniques to reduce your stress levels

• Use vitamins, minerals and herbs to boost your body's healing system and protect yourself from toxins

NUTRITION

Eat oily fish at least twice a week – oily fish such as sardines. mackerel and salmon are an excellent source of omega-3 fatty acids - special fats that have beneficial effects on many of the body's functions. For example they reduce the risk of heart attacks and inhibit



protective compounds.

Eat more garlic - the health benefits of garlic have been acknowledged for many years. It helps to lower blood pressure and cholesterol and prevents blood clots from forming. It is also a strong antiseptic which can stop the growth of bacteria or fungi that can cause disease.

Eat more whole grains whole grains are an excellent source of fibre. Fibre keeps the digestive system operating well, helps lower cholesterol. reduces the risk of colon cancer and slows down the absorption of sugar into the bloodstream.

Incorporate sov products into your diet - soy proteins are considered healthier than animal proteins as they do not come with a lot of saturated fat that

stimulates the liver to

make cholesterol. They

also contain compounds

that may offer protection

green tea contains a high

amount of catechins

which lower cholesterol

and also have significant

anti-cancer and anti-

Use ginger - the Chinese

Drink green tea -

against cancer.

bacterial effects.



the clotting tendency of the blood.

Eat broccoli at least twice a week – scientific evidence for the protective effects of vegetables is very strong. Broccoli is one of the most beneficial members of the cabbage family to eat. It has significant anti-cancer properties and contains nutrients and many

VITAMINS AND MINERALS 🚺 Take more vitamin C You need certain levels of vitamin C to build strong connective tissue, including the linings of coronary arteries and to allow the healing system to repair wounds.

have always regarded

ginger as a healing

qualities and is particularly

good for the digestive and

circulatory systems and for

reducing inflammation.

lt

therapeutic

has

ingredient.

remarkable

🚺 Take carotenes Fruits and vegetables that contain carotenes (a

family of red and orange pigments related to vitamin A) have excellent cancer-protective value. These include peaches, apricots, mangoes, squashes, sweet potatoes and carrots.

🚺 Take vitamin E and Selenium

These two compounds complete the antioxidant prevent formula to premature ageing. Selenium is a trace mineral proven with cancer fighting benefits, whilst vitamin E is a powerful protector of the body.

EXERCISE

Keep on walking really can't understand why people don't walk more; you can do it anywhere, it carries the least risk of injury of any form of exercise, provides a complete workout and it's a lot gentler on your

knees than jogging! Having said that, in order to keep up regular exercise you need to do something you enjoy so if you prefer to go to the gym. cycle or play sport go for it!

Ideally, try to walk for at least 45 minutes a day, five times a week and try to include some uphill walking or walk briskly so that your heart rate goes up

Stretching

Stretching is one of the most natural forms of non-aerobic exercise Again, for most of us it's easy to do, there is no cost involved and you can do it anywhere! Ok, possibly not in the local supermarket!? Don't forget to include areas such as your neck and shoulders; a lot of us carry a lot of tension in these



TOXINS

Cumulative toxin damage is one of the chief reasons why, as we age, the body's healing system is not as effective. It is very important to be aware of the toxin residues that are in our food and in our environment.

Avoid hydrogenated oils or fats

The process of artificially hydrogenating oils deforms fatty acids which creates trans-fatty acids. These could unbalance the hormones that regulate healing. The best oil to use is olive oil, as it contains mostly monounsaturated fat which seems to be much better for our bodies than either saturated or polyunsaturated fat. Good news for us living here in Spain as olive oil is easy to buy and not expensive!

artificial Avoid sweeteners, additives or



Many of these artificial substances can disrupt our physiology and some experts suspect them of having a toxic effect on the nervous system. Be aware of the wa-

Stop drinking tap water - especially if it tastes of chlorine - and think about buying a water purification system. Again, we are lucky that here in Spain bottled water is not expensive; however on the downside it is heavy to carry home!! 🚺 Buy organic

ter you drink

We all know that conventionally-grown fruit and vegetables are often sprayed with pesticides or coated with fungicides. Some of the worst offenders are: strawberries, cherries, celery, spinach, apples, peaches, green beans, cucumbers and grapes. It's also a good idea to buy organic wheat, soy and potatoes. Unfortunately, organic produce doesn't seem to be as readily available here as it is in the UK, but hopefully more shops will start to stock organic products.



EMOTIONAL AND SPIRITUAL WELLBEING

There is no doubt in my mind that all imbalances in the physical body are as a result of what is going on in our minds. For your healing system to function at its best you need to look after your emotional and spiritual wellbeing as well as looking after your physical body.

Ways to increase your spiritual wellbeing

inspirational Read books - they could be selfhelp titles, biographies or spiritual topics

• Connect more with nature – being surrounded by greenery and water helps absorb

negative energy

 Spend time with genuine, positive people

• Listen to uplifting music • Learn to forgive and let qo

 Avoid reading the newspapers and watching the news on television for at least one dav a week

• Learn to be grateful for everything you have

• Work with a local charity and help others who have more challenges in their lives

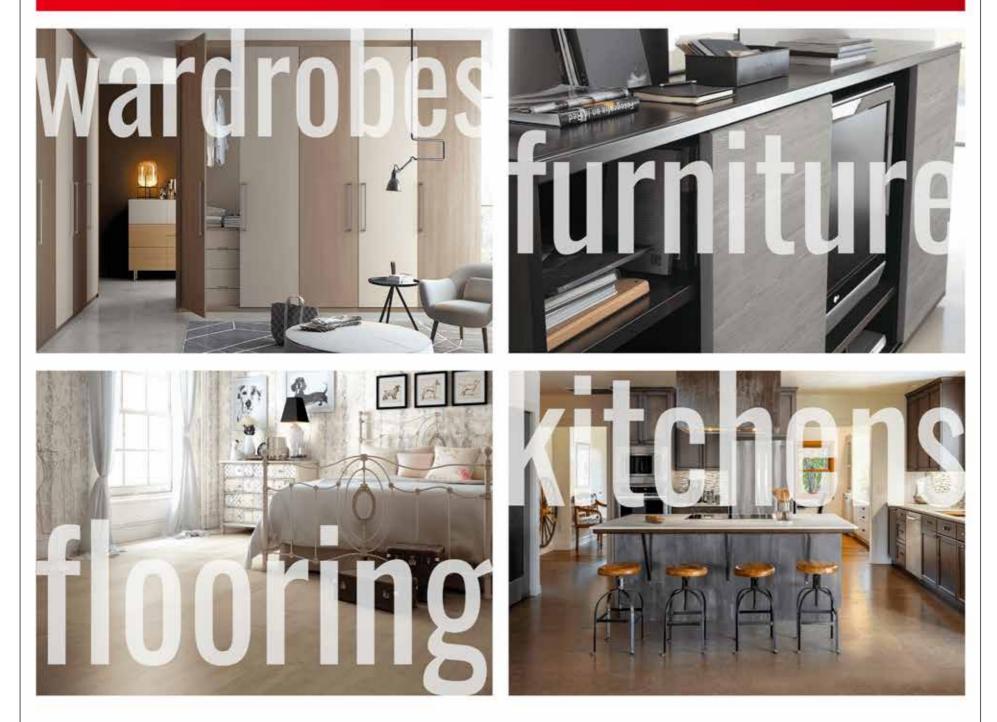
than you do. Or, if you prefer, work with an animal charity and see how animals love us unconditionally

Finally, two very simple things to do to help fight ageing and encourage healing: get enough sleep and avoid getting sunburnt!

Please note information in this article is for information only and should not be constituted as a substitute for advice from your physician. It is always advisable to consult your doctor if you have concerns about your health.

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DOG OF THE MONTH - LEON

Leon is only 5 months old and finds himself in need of a home – not the best start in life! Can YOU turn his life around? Send a WhatsApp to Eugenio on 633 717 480 for more information. ADOPT DON'T BUY!

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Tenerife Property Outlook

by Simon Sutton George (The Tenerife Property Group) Mobile: (0034)610 182 744



Are property prices going crazy in Tenerife?

In recent years property prices have been depressed in all areas of Spain, including her in the Canary Islands.

Thanks mainly to the financial crisis in 2008 and lack of lending from the banks, property purchases were limited to those that had funds to hand and, as such, fewer buyers meant a reduction in prices.

Now the crisis is over - at least for most of the world - prices are picking up...but are prices in Tenerife rising at a crazy rate? Let's have a look at a couple of things to suss it all out.

Last week, I was having conversation with а another estate agent here in Tenerife who was here when prices were at their highest. He said that he remembers prices going sky high and that, at that time in 2007-2008, he felt that they couldn't go any higher. Turns out he was right, the crisis came and bit everyone in the backside and put paid to rising property prices everywhere, including Tenerife.

Now fast forward to 2015-2016 and prices seemed to be stabilising. They didn't seem necessarily to be on the rise, but you could certainly see a confidence which meant there were no more falls...30-35% drops since 2008 were enough to rectify the market for the time being. Through 2017 and now entering 2018, prices do seem to be on the rise again.

10 days ago, we had an offer to buy a 1 bedroom apartment. The offer was 93% of its asking price, a very good offer but it wasn't accepted by the sellers.

A few days later, the buyers increased their offer to 96% of the asking price for the property...the sellers still didn't accept, in fact, it gets worse, they've now decided to increase their sale price!

Now, if this apartment under-priced was comparison in to others on the same complex or even other comparable properties in the same town, you could understand their sentiments. You'd accept the fact that they wanted to increase their price and make the most of a rising property market, but sadly, the property was the most expensive on the complex.

Who are we to say that the property is expensive, the famous cliché of "something's only worth what someone's willing to pay for it" is always at the forefront of our minds... we're here to take note

of the actual agreed sale prices of property and price other properties for sale accordingly. Of course, there's always got to be a property for sale that is the most expensive on the complex...it stands to reason.

But to not accept an offer that's so close to your asking price and then increase the asking price - and at the same time, be the most expensive property on the complex, is getting out of hand. I've just been offered a 3 bedroom apartment in a complex that would have probably been built in the 1990's. The complex has no lifts and the apartment that I've been offered is the penthouse. Great views from the massive terrace,

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date, the building would have been built in the early 2000s, with a lift, in the same town...in fact, just 5 minutes' walk away. Again, a massive terrace with great views, underground parking but no Jacuzzi bath...well, it wasn't needed, there was a lift in the building! That property has been sold recently and was being marketed for other one for sale. Prices generally rise in a market where we've got an excess of buyers ready, willing and able to buy, and when that happens, sellers can increase prices in accordance with what's been sold recently in the same area. But just increasing prices or making prices up like the previous two examples is just On the other hand, because I'd only just arrived here in 2009, I don't have that experience of pricing and so personally I think that things are still on the way up. There are many different factors affecting price rises this time, such as different nationalities buying and selling.

It doesn't matter who gets it right in that

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fully refurbished, and, thankfully, a Jacuzzi bath... you'll need it after having walked up those stairs.

To put this in perspective, although I'm not going to mention complex names or towns, I recently had a modern 3 bedroom apartment, totally up to 76% of the price of the one I've just been offered today, and in my opinion, it was worth every cent...

The thing is, I can't see the value in the other apartment, I simply can't see that it is 26% more. Needless to say, I'm not going to be offering the getting out of hand. Going back to the conversation I was having with the other agent... he thinks things will have to stop soon because, in his experience from the times of 2007-2008, property prices look far too expensive. conversation, one thing's for sure...even if you take out of the equation the above examples, things are definitely on the up and if you're thinking about buying or selling, now's as good a time as any other... let me know if there's anything I can do for you?





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Proteccion Animal de Tierra Blanca is located off junction 15 of the TF1 motorway by the restaurant Los Chasneros, just 200m above the motorway. They do not ask for adoption fees, only a donation of food and photos to let them know how your new pet is getting on in his/her new home. Call 629 031 273.





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At Akramawi, a 65-year-old hummus joint by Damascus Gate in Jerusalem, a cook named Nader Tarawe was showing me how to prepare hummus.

The recipe for hummus b'tahini (as the dish is named; 'hummus' simply means 'chickpeas'), consists of chickpeas, tahini, garlic and lemon. Since it's relatively simple to make, the variations lie more in how it's served. Should it be it smooth or lumpy, heavier on the tahini or on the chickpeas, crowned with fava beans or more chickpeas or pine nuts or ground beef? And what's on the side? Chips? Pickles? Hot sauce? Falafel?

Tarawe topped each plate of hummus with a dollop of tahini and a sprinkling of olive oil. "Oil is good," he said, an Middle accidental East metaphor. Hummus is a regional metaphor, too: beloved all over the world, it's yet another source of tension, yet another question of proprietorship. Who invented the dish? Who can claim it as their own?

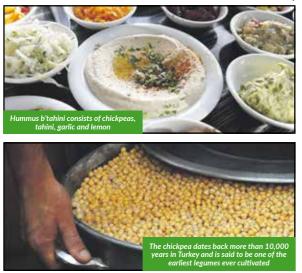
dish is harder to pin down. Hummus is a regional

that make up the popular

metaphor: beloved all over the world, it's yet another source of tension

"It's a Jewish food," said chef Tom Kabalo of Raq Hummus in Israel's Golan Heights a few days later. "It was mentioned in our bible 3,500 years ago." I was in his restaurant eating his Tuesday special. Because it was October, the special was 'Halloween hummus', garnished with shredded pumpkin and black tahini. He's not the only one

who told me that hummus is biblical. Kabalo and others are referring to a passage from the Book of Ruth, part of the third and final section of the Hebrew Bible: "Come hither, and eat of the bread, and dip thy morsel in the hometz." While it's true that hometz does sound like hummus,



Everyone from the Greeks to the Turks to the Svrians have tried, but there's little evidence for any theory. Most of the ingredients have been around for centuries: the chickpea dates back more than 10,000 years in Turkey and is, according to Anissa Svrian-Lebanese Helou. author of several Middle Eastern cookbooks, "one of the earliest legumes ever cultivated." And tahini. the sesame paste that is vital to hummus b'tahini, is mentioned in 13th-Century Arabic cookbooks. But the combination of ingredients there's also a good reason to believe otherwise: in modern Hebrew, hometz means vinegar. Of course, 'dip your bread in vinegar' would be an odd expression of hospitality, so therein lies the uncertainty.

"I've heard claims that it was first cultivated in northern India or Nepal," said Oren Rosenfeld, writer and director of Hummus! The Movie Said Liora Gvion, author of Beyond Hummus and Falafel: Social and Political Aspects of Palestinian Food in Israel, "I think it is an old and stupid debate that is not worth

one's attention."

But for many, the question of where hummus comes from is absolutely a matter of patriotism and identity. The now legendary 'Hummus Wars' began in 2008 when Lebanon accused Israel of cashing in on what they believed should have been Lebanon's legacy, publicity and money. The president of the Association of Industrialists, Lebanese angry that hummus had come to be known and marketed throughout the west as an Israeli dish, sued Israel for infringement of food-copyright laws. The Lebanese government petitioned the EU to recognise hummus as Lebanese. Both efforts proved ineffectual.

The auestion of where hummus comes from is absolutely a matter of patriotism and identity

Cultural appropriation is a hot topic in the food world (just ask the Peruvians and Chileans who owns pisco, for example), so the hummus debate could have generated an interesting conversation. Instead, the whole thing devolved into the culinary version of a dance-off: in 2009, Fadi Abboud, Lebanese minister of tourism, decided that the way to settle the matter once and for all was for Lebanon to make a plate of hummus so large it would be recognised by the Guinness Book of World Records. The goal was achieved, the record set with a plate of hummus that weighed around 2,000kg. In response, Jawdat Ibrahim, a famous Arab-Israeli hummus joint in Abu Ghosh, Israel, retaliated with hummus served in a satellite dish that had a diameter of 6.5m - about 4,000kg of hummus. Then the Lebanese counterattacked with 10,452kg of the dip - the number of square kilometers of Lebanon. They have held the record since 2010.

"Lebanon's efforts were interesting, but they can't be taken seriously," Rosenfeld said. "Hummus is a Middle Eastern food claimed by all and owned by none." Most people who talk about the Hummus Wars hold Rosenfeld's diplomatic view.

But American food historian Charles Perry, president of the Culinary Historians of Southern California and an expert on medieval Arab food, gives Lebanon some credit.

Hummus is a Middle Eastern food claimed by all and owned by none

"I tend to take the Lebanese claim somewhat seriously," he said. "Beirut would be my second choice in response to the question of who invented hummus. It stood out as a sophisticated city throughout the Middle Ages, one with a vigorous culinary tradition, and lemons were abundant there."

But Damascus, Syria, strikes him as the more likely candidate. He explained that the traditional way

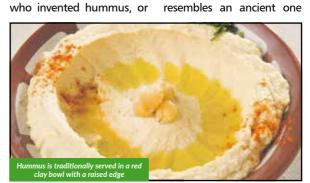


serving hummus throughout much of the Middle East is in a particular red clay bowl with a raised edge. The hummus is whisked around briskly with a pestle so that it mounds up along that edge. Not only does this present the hummus conveniently for picking up with bread, it proves that the hummus has the proper texture, neither too slack nor too stiff. "The of

of

practice whipping hummus up against the wall of the bowl indicates a sophisticated urban product, not an ancient folk dish. I'm inclined to think hummus was developed for the Turkish rulers in Damascus," Perrv said.

Explaining his choice, he continued: "Nobody can say who invented hummus, or



when. Or where, particularly given the eagerness with which people in the Middle East borrow one another's dishes. But I associate it with Damascus in the 18th Century because it was the largest city with a sophisticated ruling class," he said.

another However, popular theory says that hummus is neither biblical nor Lebanese nor Svrian. but Egyptian. "The earliest recipe I've seen for hummus

that includes tahini is from

an Egyptian cookbook,"

said Middle East historian

Ari Ariel, who teaches

history and international

studies at the University

of Iowa. Cookbooks from

13th-Century Cairo describe

a dish made of cold pureed

chickpeas, vinegar, pickled

lemon and herbs and spices.

Many claim that it's the

hummus we enjoy today.

But is it fair to consider

those recipes hummus

b'tahini if there's no tahini?

"The thing you have

cookbooks,"

somewhat

to bear in mind about

Perry said, "is that they

tend to record fashionable

dishes, and fashionable

dishes eventually become

unfashionable, so a modern

that

No garlic?

historical

dish

may not have a historical connection." In response to the Egypt theory, he "Historically, continued, Egypt has been more likely

to adopt Syrian dishes than

vice versa. Back at Akramawi, I sat at a communal table where I met Noam Yatsiv, a tour guide from the Israeli port city Haifa, who takes his hummus very seriously. He told me that he eats hummus five times a week and has a dog named Hummus, and that hummus comes from Svria. Lebanon. Israel and Palestine. "All of them?" I asked. Yatsiv shrugged. He told me that it doesn't matter where it's from. What matters is the way it's been co-opted and sold commercially in grocery stores in plastic containers. "That's not hummus!" he said, tearing a piece of pita. "There should be a sign on that hummus the way there is on 'kosher shrimp'. It should be labelled 'fake hummus'. There should be an international law."

Most of the people I spoke with couldn't agree on where hummus comes from, or on the extent to which it matters. Kabalo said that the more important question is, who's making it the best? ("You're looking at him," he added, spreading his arms.) But the hummus solidarity I found on my travels was the result of a different question. There was common ground among just about everyone I met who make hummus for a living – from Tarawe at Akramawi to the Christian Maronite family who run Abu George Hummus in the Old City of Acre, Israel, to the hipsters at Ha Hummus Shel T'china in Jerusalem's Nachlaot neighbourhood who give their leftover hummus to the homeless each night – every time I asked, "What's your secret ingredient?"

Almost everyone answered, "Love."

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922 787210 / 635 881888

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Costa del Silencio, Apartment

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Tel: 0034 606 284 883 info@rentalsintenerife.com

storage room, living room with open kitchen, 3 double bedrooms, and 3 bathrooms. Private pool with sun terrace and garden. The house is partially furnished. Bills extra. NO PETS allow ... For full information see website or

contact: **Tenerife Alizes Properties Ref:** KV0201 922 738653 / 626 274040

Golf del Sur, San Blas Village €1,250

San Blas Residencia. A truly lovely complex. Newly built, and

Tenerif space Vym Canarias Ref: VR2523 visit us here 🕋 Calle Colón, 1st Floor, local 218, Puerto Coloín, 38660 Adeje y

The Rentals Section 57

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you? It means that, simply, wherever

you are, you will have peace of mind!

fitted kitchen, the bedroom is of double size and a balcony from the lounge south facing overlooking the pool area. Tenerife Island Rentals Ref: AP0246 922 797438

Costa del Silencio, Apartment €800

Cosy 1 bedroom apartment, 1st (and top) floor. From the Southfacing terrace there is beautiful view on the garden and the sea. The apartment is located in the complex: Atlantic View with its beautiful swimming pool and quiet (first line to the sea) located.

Tenerifehome.com Ref: R14-0916 922 783066

Costa del Silencio, Apartment

€750 This 1-bedroom apartment consists of a bathroom, living room and an open kitchen. It has a total surface area of 51 m². From the balcony you have a fantastic view on the ocean and the yellow mountains. Tenerifehome.com Ref: R27-0517 922 783066

Costa del Silencio, Apartment €700

The apartment may host up to four people thanks to the

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www.tenerifeislandrentals.com info@tenerifeislandrentals.com

comfortable couch-bed in the living room. With south oriented balcony, grants you a welcoming atmosphere with a lovely lightening. tv in several languages available. Little pets friendly apartment! **Tenerifehome.com Ref: R06-0416 922 783066**

Costa del Silencio, Apartment

€660 Comfortable 1 bedroom apartment in the Complex Parque don Jose! Beautiful 10 m2 terrace where you can enjoy afternoon sun.. Give yourself the chance to enjoy the brand new swimming pool areas of this amazing complex. 50 Euros costs (water and electricity included in the price) Tenerifehome.com

Ref: R20-1016 922 783066

Playa Paraiso, Apartment

€650 Apartment for rent in the residential complex Paraíso del Sur. With fantastic sea views and direct access to the promenade and Las Galgas beach. 1 bedroom, american kitchen, bathroom, terrace. The complex has a communal pool and several cafés. 24 Hour Security; Water and electricity

ty €649 - €500 p/m Los Cristianos, Torres del Sol €600 AVAILABLE TO RENT FROM 1ST MAY 2018 UNTIL 31ST

Vym Canarias Ref: VR0048

922 787210 / 635 881888

included in the price

1ST MAY 2018 UNTIL 31ST OCTOBER 2018 (6 MONTHS). Studio apartment in a popular complex within a minute walking distance to the beach front of Playa Las Vistas, the apartment is located on the first floor, it has a fully fitted American Style kitchen, small balcony from the lounge area and there is a pool on this complex. Tenerife Island Rentals Ref: EST0228 922 797438

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Playa Paraiso, Studio

€550 Studio in great location in Playa Paraiso for rent! Comprising living space with kitchen, bathroom and balcony. Restaurants, bars, cafes, bus stop and HyperDino supermarket nearby. Vym Canarias Ref: VR0034 922 787210 / 635 881888

Chirche, Rural Property €550

AVAILABLE FOR LONG TERM RENTAL FROM 22ND APRIL 2018. 2 bed 2 bath rural house located to the top of the quiet village of Chirche, the house has a central courtyard area with rooms leading off from this. Lounge room, independent fully fitted kitchen, master bedroom with en suite bathroom, split level terrace to the rear of the property which has a smal ... For full information see website or contact:

Tenerife Island Rentals & Buy Tenerife

Tenerife Island Rentals Ref: PUE0343 922 797438

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€50 Secure Parking space available in an enclosed communal garage area.

Tenerife Island Rentals Ref: GAR0109 922 797438



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LAS CHAFIRAS

Book Shop

The Book Shop moved to its new, cleaner, brighter location just behind Pit Team Sur/The Golf Shop/Canarian Weekly and opposite Marrero Homes lovely new showroom, at the beginning of December, since which time it has since increased its total books held to more than 10,000.

We offer a 'Buy 2 Get One Free' system and also have introduced a Book Swap – where, if we don't already have the books you wish to sell, you may 'swap' from our 1,000+ Duplicates Section.

Should you come to the shop and no one is in, just call us on either 627 230 360 or 609 714 276 – we're never very far away and will get back as fast as we can – while you have a coffee in one of the many cafes nearby!



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Business Section

SALES

OVER €350,000

Tenerife South. Other Business €3.000.000

If you are looking for a large and well-established nightclub we have the perfect option in Tenerife South. This is a great freehold investment if you already have experience with running a large club or wish to buy and sell of the leasehold. The premises are modern, built perfection and measures 1.100 m2. You found 3 large terraces with dance floor an ... For full information see website or contact. FRINA Tenerife SL - Business Sales Ref: 1948 922 085191 /

670 636004 Tenerife South, Rural Hotel

€1.499.000 This hotel is a unique opportunity for a family or a couple who want to run a small but luxurious hotel. Besides the 14 rooms, the hotel also has a separate apartment for the managers. The hotel is newly renovated and located in a small village half an hours drive from the busy tourist areas in the South, and is surrounded by open fields and a stunning vi. For full information see website or contact:

FRINA Tenerife SL - Business Sales Ref: 1800 922 085191 / 670 636004

Tenerife South, Fully Equipped Local

€1,450,000 The location for this freehold cafe/bar could not be better. It is placed first line at the big beach Plava de Las Vistas, which is between the Golden Mile in Las Americas and San Telmo in Los Cristianos. You are guaranteed lots of passing by people and guests all your round with this location. Today there is no business running in the freehold Cruz de Tenerife and 10 minutes For full information see website or contact: Los Menceves Properties Ref:

1130 922-732173 / 667-513283 Los Cristianos, Bakery €840,000

For sale is this bakery and cafe in the busy city center of Los Cristianos. This French bakery has been running for 12 years, and is offered for sale both as a leasehold and as freehold. Due to high quality through many years this is a very well established business, which also can prove very good figures. The bakery has a big kitchen in the basement, whe... For full information see website or contact.

FRINA Tenerife SL - Business Sales Ref: 1814 922 085191 / 670 636004

Costa Adeje, Freehold Property

€780,000 This architect designed villa is a great property investment. Today the villa is already running in a rental program and is well booked year-round. Today the owners work together with a professional agency that takes care of the rentals. cleaning. keys etc. and the owner does not need to live on the island. The villa is architect designed and beautiful. I... For full information see website or contact: FRINA Tenerife SL - Business Sales Ref: 1963 922 085191 /

Las Americas, Restaurant

670 636004

€695.000 This restaurant has been open for 1,5 years and is a true success story. The premise has a restaurant and a bar area and has been built to a high standard. Furthermore, the restaurant has a modern and well-equipped open front kitchen and a large double extraction and fire system, as well as a back

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locale, bu... For full information see website or contact: FRINA Tenerife SL - Business Sales Ref: 1861 922 085191 / 670 636004

Victoria, Canarian La Restaurant €890.000

An ongoing business for sale: A restaurant situated in the North of the Island. Location: The restaurant has a very good location : district La Victoria, under the motorway, between Tacoronte and Puerto de la Cruz. It takes only 10 minutes to get to the north airport, 20 minutes to the capital of the Island Santa

kitchen This business is located in one of the busiest ... For full information see website or contact. FRINA Tenerife SL - Business

Sales Ref: 1915 922 085191 / 670 636004 Alcala, Restaurant

€599.000 Since 1995 this remarkable restaurant has been run successfully by the current owner in the tranquil village of Alcala in the south of Tenerife. The restaurant with premise has now become available for freehold sale. Situated in a picturesque port of Alcala the

restaurant looks directly over the Atlantic Ocean offering a truly romantic environment with... For full information see website or contact: FRINA Tenerife SL - Business

Sales Ref: 1330 922 085191 / 670 636004 Las Americas, Empty Local

€530,000 200m2 Local being sold freehold. Originally used as a Chinese restaurant but is now empty. There is a 80m2 basement with fridges and a top floor which could be used as offices. Also included in the price are 3 garages spaces and storerooms. GREATLY REDUCED FOR A QUICK SALE. Tenerife Prime Property Ref:

B-110 627-230360

Las Americas, Bar/Cafe

€399.000 You will be hard pushed to find a better freehold cafeteria for sale Las Americas than this in business. The same owner has run this place for 30 years and this fact, the regular guests and the income speaks for itself. If vou are ready to take over a Spanish cafeteria this business will make sure you earn money from day 1! The freehold premises of the ca... For full information see website or contact: FRINA Tenerife SL - Business

Sales Ref: 1943 922 085191 / 670 636004

Los Cristianos, Bar/Cafe €375.000

Established for more than 26 years and with a great location, this is a good investment. The price includes all fixtures, fittings, and machinery and therefore you can run the business vourself or sell off the leasehold and only work as the landlord. The inside is very well organized and measures 77 m2. You have the bar and dining area, a very well equi... For full information see website or contact: FRINA Tenerife SL - Business

Sales Ref: 1929 922 085191 / 670 636004

Puerto de Santiago, Bar/Cafe €350,000

New on the market is this wonderful drinks only venue with good roadside location in the Los Gigantes area . The business has been trading successfully since 1998 and is still packing them every night. This family run business puts on live entertainment 7 nights of the week for locals and holiday makers and the venue is always well supported. At weekend .. For full information see website or contact:

Business Finder Tenerife Ref: 4037T 653 593 231 / 693 816 888

€349,999 - €250,000

La Caleta, Restaurant €287,000 If you know how to run a large

and professional business, then you cannot miss this beautiful restaurant. The menu is tapas.

quality steak and fresh fish The locales are large and beautifully designed. Today there are 11 employees working at the restaurant, which is open from midday to midnight. The business is run as an SL company and sold as this. T... For full information see website or

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contact FRINA Tenerife SL - Business Sales Ref: 1932 922 085191 / 670 636004

Tenerife South, Bar/Cafe

€250,000 Great value freehold bar/cafe located between large hotels and only 30 seconds from the busy beach promenade. The business has been run by one couple for 16 years and shows a healthy income, that could improve by extending the opening hours (currently only open 5 days a week). Even though the business has been open for 16 years it is still in perfect cond... For full

information see website or contact: FRINA Tenerife SL - Business Sales Ref: 2001 922 085191 /



Adeje Town, Cafe/Cake Shop €245.000

New on the market is this

fantastic opportunity to purchase

this wonderful cafe in Adeie

town. The business is available

freehold but a section of the

premises is rented. This is

probably the most modern and

smartest cafe in town. It is

located in a great position and is

frequented by lots of the local

workforce and residents. This

cafe has a prominent... For full

information see website or

Business Finder Tenerife Ref:

4063T 653 593 231 / 693 816

contact:

888

are from 2013. All machines are well looked after by the mechanic Besides from the mechanic, the business has 4 employees. Also, included in the price is a Re... For full information . see website or contact: FRINA Tenerife SL - Business Sales Ref: 1962 922 085191 /

670 636004

Tenerife South, Construction €170,000

This excursion business is sold

including all machinery, value,

and license. The jest skis are of

the brand Sea Doo 130 HP. 4 of

the jets skies are from 2011, 1 is

from 2012 and 3 of the jest skies

€220.000

This company offers all services and make all products related to glass and aluminium. Customers are private house owners, hotels, apartment buildings etc. The products are windows, shutters, doors making and repairing. The SL company has been running for 4 years, but the owner has been working this industry in Tenerife for 10 years. The factory. office, a... For full information see website or contact:

FRINA Tenerife SL - Business Sales Ref: 1898 922 085191 / 670 636004

Los Cristianos, Restaurant €160.000

This is a rare opportunity to buy a fully licensed pool bar, placed

views

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Las Galletas, Jet-Ski Hire

Busy Cafe Bar





108.000€

overlooking the best beach in Los Cristianos. Trading for over 20 years. Very popular with holidaymakers. Located to attract plenty of passing trade. Large pleasant terrace of 48m2. Interior measures 50m2 with bar, kitchen, store room and toilets. All legal paperwork and opening licence in place. Recorded earnings are good. All fixtures, fittings, food and beverages are included in sale price.

Spectacular

4099T

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in an always busy complex in Los Cristianos. This pool bar is a great success with many returning customers, both residents and tourists. And moreover, it is the only bar and restaurant in the complex, which has 170 apartments and is fully booked year around. The business has the full... For full information see website or contact:

FRINA Tenerife SL - Business Sales Ref: 1909 922 085191 / 670 636004

Puerto Colon, Restaurant

€160,000 For sale is this charming and throughout stylish Restaurant in the always busy Puerto Colon harbour. This business enjoys a large footfall of people visiting the harbour for water sports and is very popular with locals the tourists and locals who work there. The inside premise measures 90 m2 with nice decoration and booths for the customers. The terrace... For full information see website or contact

FRINA Tenerife SL - Business Sales Ref: 1919 922 085191 / 670 636004

Puerto Colon, Excursion Business €160,000

For sale is this speed boat excursion business including an excursion shop. All build up by one owner and sold together as one package. This business is package which the full quarantees you the excursion businesses and even a great located shop to prioritize selling vour excursions. Moreover, vou will earn money on selling other tours as well. The boat i... For full information see website or contact:

FRINA Tenerife SL - Business Sales Ref: 1940 922 085191 / 670 636004

€149,999 - €100,000 Tenerife South, Freehold

Property €140,000

This stunning freehold bar cafe is new on the market and is located in a busy town on the south coast of Tenerife. This business has been trading since 1992 and has always been popular with residents and multi national holidavmakers. It is now time for the owners to take a well earned supplies coffee including coffee machines and coffee grinders to bars and cafes in the south of Tenerife from Golf del Sur to Fanabe. Moreover, is offered service if any of the ... For full information see website or contact: FRINA Tenerife SL - Business

Sales Ref: 1890 922 085191 / 670 636004

Puerto Colon, Excursion **Business** €129,000

This company offers several types excursions and private charters from Puerto Colon Harbour, like Group Excursions. Charters, Whale Private Snorkelling, and Watching, Sunset Champagne Trip. The boat is a Tucana Sail 28 Sail Boat from 2005 with a newer Volvo Penta 20HP engine. The boat has room for 8 people including the captain. The sailboa... For full information see website or contact:

FRINA Tenerife SL - Business Sales Ref: 1920 922 085191 / 670 636004

San Eugenio Bajo, Bar/Cafe

€122,500 Newly built and new on the market is this large restaurant in a great location next to large hotels and the beach. Today the menu is freshly made Asian food for both take away and dining in the restaurant. The inside is spacious and everything is newly built to high a standard. The premises measures 95 m2 and have a fitted bar, new toilet, and disabled to ... For full information see website or contact: FRINA Tenerife SL - Business Sales Ref: 1949 922 085191 / 670 636004

Puerto de Santiago, Bar/Cafe

€120,000 New on the market is this wonderful drinks only venue with good roadside location in the Los Gigantes area . The business has been trading successfully since 1998 and is still packing them every night. This family run business puts on live entertainment 7 nights of the week for locals and holiday makers and the venue is always well supported. At weeken ... For full information see website or contact:

Business Finder Tenerife Ref: 4037T

Currencies

Call Donna in our Los Cristianos office +34-922 971 781 or Carol on +34-687 906 607

retirement. This large freehold property consists of a cafe bar of 110m... For full information see website or contact: **Business Finder Tenerife Ref:**

1982T 653 593 231 / 693 816 888

Tenerife South, Distribution & Wholesale €129.000

Great opportunity to buy a noncatering business, which is well established through 2 years but still with great opportunity to expand the customer base radically. Today the owner

Torviscas Alto, Other Business

653 593 231 / 693 816 888

€120.000 In Torviscas Baio area on a street near the beach we have for sale a comprehensive supermarket of 270m2. It is located in the apartment complex known as Sunset Bay. It has electrical installation and refrigerators (with sanitary authorisation). The supermarket also has two cashiers. These commercial premises could also be used for other types of services.

The Property Gallery Ref: 922 719925 / 922 COM480 719889

Los Gigantes, Supermarket

€115,000 This mini market has been established since 1989 and the great figures speak for themselves. The new owner of this small supermarket can earn his investment back in only 1,5 vears if it is run like today. Today the mini market is run by a couple with help from a single staff and it is a perfect business to take over for another family who wishes to reloca... For full information see website or contact:

FRINA Tenerife SL - Business Sales Ref: 1936 922 085191 / 670 636004

Los Gigantes, Supermarket €115,000

This very busy mini market is located in a prominent road side position in Los Gigantes. This business has been trading since 1989 and is still family run! The mini market has always been popular with the British and is well supported by international residents and holiday makers. Now because of the service, products and pricing there are now more custom... For full information see website or contact. **Business Finder Tenerife Ref:**

4017T 653 593 231 / 693 816 888

Los Cristianos, Bar/Cafe

€105,000 Established for more than 26 years and with a great location, this bar and cafe is a good investment. The leasehold price includes all fixtures, fittings, machinery, and license. The inside is very well organized with newly installed gas, toilets, great kitchen, and bar. The Cafe measures 77 m2 and the dining area has tables for 26 guests The large terra... For full information see website or contact.

FRINA Tenerife SL - Business Sales Ref: 1953 922 085191 / 670 636004

Costa del Silencio, Bar/Cafe

€105,000 Can accommodate almost 90 guests. A great well-established business to take over for a professional chef or restaurant manager. This restaurant has an amazing large terrace of 100 m2, with large windows into the bar/ restaurant inside. The inside is also very spacious measuring 85 m2 with a large bar and a good kitchen. The bistro is open from 11:00 to 23:... For full information see website or contact:

FRINA Tenerife SL - Business Sales Ref: 1959 922 085191 / 670 636004

Los Cristianos, Cerromar

€100,000 Freehold Local situated in central part of Los Cristianos close to all local amenities. Can be used as an office, hairdressers or shop Tenerife Prime Property Ref: Local 03 627-230360

San Eugenio Alto, Bar/Cafe/ Restaurant €100,000

This freehold restaurant has become available to purchase. It is located in San Eugenio Alto and is surrounded by apartment Tenerife Prime Property TEL: 922 703 725 MOBILE: 627 230 360

Las Galletas, Cafe/Cake Shop Well-established and successful



bread and cake shop for lease in an excellent position in the town centre, including fixtures and fittings. This is a great opportunity for someone wanting to buy a small business in the very popular and busy fishing village of Las Galletas. Also available to rent. **Ref: B-114** €38,000

contact.

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attached pictures show the restaurant in better days. It measures 40m2 inside which held 8 tables. There is front covered terrace of 22.5m2 whic... For full information see website or contact. Business Finder Tenerife Ref:

3026T 653 593 231 / 693 816 888

€99,999 - €50,000

Las Galletas, Charter Yacht €96,000 For sale is this Charter Sail Boat &ndash: Bavaria 39 sold with the A6 License. If you love the ocean and looking to change your life, then this can be your chance to run a successful charter business in Tenerife. The ocean around

Tenerife is amazing to go fishing, whale watching and diving all year round. The sales price includes the Bavaria 39, which i... For full information see

Sales Ref: 1927 922 085191 /

Puerto de Santiago, Restaurant €95,000

New on the market is this family run business which has been trading successfully since 2006. The business has always been well supported by British residents and holiday makers all vear round. This business opens its doors at 8am for a good selection of breakfasts and the great menu continues all day right through until close. The business has a resta... For full information see website or

Business Finder Tenerife Ref: 4038T 653 593 231 / 693 816 888

El Duque, Restaurant

€85.000 Restaurant business in Playa del Duque. Urgent sale! 200 m2, large terrace with pool and sea views. Equipment and furniture included. Renovated kitchen and toilets. Near the public parking. Vym Canarias Ref: VS2975 922 787210 / 635 881888

Golf del Sur, Restaurant

€85.000 If you are from the restaurant trade and full of energy, ready to take on a long-established restaurant business and bring it on to the next level, then this beautiful first line restaurant in Golf del Sur is for you. The

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Diving School





280.000€

Well known diving school located in Puerto Colon. Established 1999 with great reputation and certificate of excellence on Tripadvisor, PADI registered with trained instructors. Multilingual staff and multiple dive sites. The sale includes website, client database, all stock and equipment, van, boats and compressor. A transition period is available. All licences and registrations are in place.

4098T

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complexes This venue was once a successful Italian restaurant and busy most nights. The

website or contact:

FRINA Tenerife SL - Business 670 636004

62 **The Business Section**

restaurant occupies two premises and comprises of a large professionally equipped kitchen, a good-sized bar and a beautifully furnished... For full information see website or contact:

Torviscas FRINA Tenerife SL - Business Business

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Business Sales

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contact:

888

Sales Ref: 1933 922 085191 / 670 636004

Tenerife South, Sign Making/ Fitting €85,000

This is your opportunity to purchase this very well respected sign fitting company based in the south of TenerifeThis business has been trading for nearly 3 years and can offer a full sign fitting service and an extensive range of blinds and awnings Included in the sale is all the hardware you will need, computers, printers, laminators, plotters. The bus... For full information see website or contact:

Business Finder Tenerife Ref: 1856T 653 593 231 / 693 816 888

Golf del Sur, Bar/Cafe

€76.000 This night club in Golf del Sur has a relaxed vibe and tasteful decor. It is placed centrally close to complexes and is very well visited all year round. It is the perfect business for those who love working at night and prefer mixing cocktails in the bar instead of sweating in a hot kitchen. The bar is open 6 days a week from 18:00 to 02:00 It has been ... For full information see website or contact:

FRINA Tenerife SL - Business Sales Ref: 1921 922 085191 / 670 636004

Puerto Colon, Charter Yacht €75,000

New on the market is this fantastic charter boat business which is operating out of Puerto Colon. Las Americas, which is the hub for most of the prime tourist excursions by boat in the south of the island. The business centres around taking tourists from Puerto Colon to Los Gigantes. Tickets are sold by excursion agents and the boat is licenced for 24 ... For full

€75.000 If you are looking for a successful tattoo business then this could be it. It has been trading for two years now and operating with a manager and artist. It benefits from a roadside location with plenty of passing traffic and foot The business has been fall. building a good reputation with its clients for quality artwork. All licences are in place and ... For full information see website or contact:

information see website or

Business Finder Tenerife Ref

4062T 653 593 231 / 693 816

Bajo,

Other

Business Finder Tenerife Ref: 4039T 653 593 231 / 693 816 888

Los Cristianos, Bar/Cafe/ Restaurant €72,000

Cake shop open since 1986 being sold with all machinery and a Peugeot Van included in the price, 25% of sales made in the shop & 75% to customers delivered on a daily basis. Rent of 950.00 per month. Machinery includes: Rotating oven, fridge, 2 x freezers, laminator, 3 x display fridges, tables for working, mixer for pastry + other small machinery. Will al... For full information see website or contact:

Tenerife Prime Property Ref: B-154 627-230360

Las Americas, Pizzeria €69.000

This is an opportunity to purchase a successful kebab/ pizza takeaway business which is located Playa de Las Americas in the middle of all the night life. This business is open from 11.00am until 7.00am, 7 days a week as there is demand for this fast food. The business is operated with 4 part time staff and the owner. The premises measures 33m2 and cons... For full information see website or contact:

Business Finder Tenerife Ref: 3032T 653 593 231 / 693 816 888

Cristianos, Other Los Business €68.000 70m2 Local with terrace of 40m2. Could be used as a language school, office, gym or dentist. The price has been considerably reduced for a quick sale. Tenerife Prime Property Ref: Local 02 627-230360

Los Cristianos, Bar/Cafe

€61,000 New on the market is this great tapas bar in Los Cristianos close to the large beach Playa La Vista and the popular area San Telmo. The terrace of the business is facing a busy road where you see tourists and resident passing by day and night. The bar is very charming with a unique style. The inside is 42 m2 with a large bar and area for food preparation For full information see website or contact:

FRINA Tenerife SL - Business Sales Ref: 1958 922 085191 / 670 636004

Tenerife South, Kichen/ **Bathroom Design Studio** €55.000

This is an established company offering professional design and installation services for Kitchens Bathrooms with full design specifications developed using industry specific computer aided design (CAD) software. **Business Finder Tenerife Ref:** 1418T 653 593 231 / 693 816 888

Playa Paraiso, Bar/Cafe €51.000

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888

Las

Here is your chance to take over a fully refurbished bar in a great area of Tenerife. This bar has a good size for a couple who wish to work together. The full bar has been recently refurbished and does not need any further work before a reopening. The inside premises of the business measures 45 m2 with a smaller kitchen, a bar, 2 toilets and a cupboard f... For full information see website or contact: FRINA Tenerife SL - Business Sales Ref: 1946 922 085191 / 670 636004 **UNDER €50,000**

Costa del Silencio, El Trebol €49,000 Small Local of 24m2 with bathroom for sale in El Trebol, Costa del Silencio. This Local is currently set up as a hairdressers but can be used for other

activities as well Tenerife Prime Property Ref: Local 05 627-230360

Tenerife South, Supermarket

€45.000 This is a large supermarket in a timeshare complex of 300 apartments and 100 bungalows set in its own beautiful grounds a long way from any other premises developments.The which measure a total of 375m x 250m include office space, a kitchen preparation area, lots of storage room and even a partly completed 1 bedroom apartment! Included in the price is sev... For full information see website or contact:

1454T 653 593 231 / 693 816 888

Business

This business has exclusive rights to the island of Tenerife The necessary licences and permissions have taken two years to obtain. As some councils now ban electric vehicles from pavements, be assured this business is fully legal to use all the roads on the island including the pavements of Santa Cruz The therefore green and e... For full information see website or

and DVDs on sale, there is an area ... For full information see website or contact: **Business Finder Tenerife Ref:** 1441T 653 593 231 / 693 816 888

Las Galletas, Cafe/Cake Shop €38,000

Bread and Cake shop for lease which will include fixtures and fittings. This is a good opportunity for someone wanting to buy a small business in the busy fishing village of Las Galletas Owners would consider a Rent only

Tenerife Prime Property Ref: B-114 627-230360

Golf Shop)

Las Americas. The shop has been tastefully refurbished and has a nice reception area, the tattooing room, bathroom and storeroom. Very well equipped. Central area with lots of walk ins. Contact us now for more information! TRASPASO Tenerife Belfin Properties Ref: B401-BP 692 146808

Tenerife South, Property Management

€18.000 New on the market is this small cleaning business which can be operated from home and all the properties can be found along the south coast of Tenerife

ΤΗΕ ΒΟΟΚ SHOP Las Chafiras
(just behind Pit
Team Sur and theOPENING HOURS:
Mon – Fri: 1pm – 5.Team Sur and the
ALL BOOKS - €3.00 Mon – Fri: 1pm – 5.00pm ALL BOOKS - €3.00

www.laschafirasbookshop.knowfurther.com

Puerto de Santiago, Local

€35.000 Local of 75m2 being sold freehold. This Local is close to 3 large hotels and various residential complexes in the C.C. Santiago 1 in Puerto Santiago The price has been reduced significantly for a quick sale Tenerife Prime Property Ref: Local 04 627-230360

San Eugenio Bajo, Pub

€35.000 Business for sale. Cafe pub in San Eugenio Bajo overlooking the ocean. Rent €2,300 per month. Number of seats 40 Vym Canarias Ref: VS3253 922 787210 / 635 881888

Los Abrigos, Bar/Cafe €24,500

For sale is this roadside cafe: in Los Abrigos, placed perfectly on the main road with a lot of passing traffic. This bar/cafe has a great size for a couple who wish to run a smaller bar and cafe business together. Inside the bar are 2 bar desks and an open kitchen with all equipment to prepare snacks... For full information see website contact:

FRINA Tenerife SL - Business Sales Ref: 1896 922 085191 / 670 636004

Las Americas, Commercial Property €20,000

Great position on this fantastic Tattoo Shop in central Playa de where you will need to be based This business has been trading for 3 years now and it is time for the owner to take things easier. The business is looking after numerous properties at present but ther... For full information see website or contact: **Business Finder Tenerife Ref**

4021T 653 593 231 / 693 816 888

San Eugenio Alto, Bar/Cafe/ Restaurant

€15.000

Karaoke Bar, Puerto Colon. Sold fully equipped, total m2 104, 74 m2 interior and 30 m2 exterior. Currently closed. Sound proof glass. Has license for live music. Option to : FREEHOLD 130.000

The Property Gallery Ref: COM503 922 719925 / 922 719889

Tenerife South, Pearl Wholesaler

€9.000

This is a one off opportunity! A wholesaler client who has had many years in the industry is about to retire and has a stock of freshwater and cultured pearls for sale at an incredible price! The stock of pearls is complete with an inventory displaying cost price. The consignment is a variety of necklaces, pendants, drops, sets, studs, rings and baby brace... For full information see website or contact:

Business Finder Tenerife Ref: 1976T 653 593 231 / 693 816 888



Business Finder Tenerife Ref: Las Americas, Excursion €45.000

vehicles are electric

Business Finder Tenerife Ref:

4059T 653 593 231 / 693 816

Americas,

This is an opportunity of

purchasing a long established adult entertainment shop ideally

situated in an area of Las

Americas well known for its night

life.Although situated on the first

floor, the shop has good night

time lighting and is highly visible

from the street. As well as a wide

selection of adult toys, lingerie

Entertainment Shop

Adult

€39,000

Business Finde

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4061T

242,000€

295.000€

• Businesses • Cafés • Restaurants • Bars •



Bar Café Grill Popular with residents/holidaymakers. Large venue with 32 covers inside and 24 outside. Full kitchen. Full 24 outside. Full kitchen. Full Licence. Recorded earnings very good!

80,000€



Entertainment Bar Popular drinks only located in the Las Americas. All live sports shown here on 8 TV s with great sound system. All accounts in place.

4089T

4017T

210,000€

5000T

3059T



Los Cristianos. With 3 rooms, approx 32m2, ideally suited for a business or professional use. There is no terrace or outside space.

45,000€



Freehold Beauty Salon ncluding successful business. Fantastic location overlooking each. All licences are in place. Excellent turnover figures

3070T



Commercial Laundry Probably the most successful commercial laundry business in Las Americas! Great location and owned for 12 years. Very profitable.

1908T

4045T

4086T

250,000€



Sign Fitting Company Full sign fitting service and an extensive range of blinds and awnings. Being sold complete to includes 2 vans with livery. Transition period offered.

1856T



Swimwear Boutique Located in Los Cristianos town centre. Established business stocking a comprehensive range of ess stocking range of ear. Sound comprehensive womens swimwear business opportunity.

65.000€



Mini Market Los Gigantes. Family owners since 1989 with accounts. Price does include all fixture and fittings but not the stock. All sensible offers will be considered!

115.000€

Busy Café Bar Good location in Silencio. Low overheads and excellent reported earnings make this cafe bar an excellent opportunity.

63.000€

Segway

4052T



Freehold Bar Cafe In busy area of Las Americas. Owned for 22 years. Drinks only at present but has a kitchen. Measures 70m2 and cellar of 40m2. Reported earnings are good.

4054T



Freehold Cafe Bar Playa Paraiso with full opening licence and traditional pub feel. All fixtures and fittings are included. Low overheads and recorded earnings.

131.000€



Accounts.

REDUCED

90,000€

Fantastic Restaurant

Americas. Family restaurant. Double local (123m2 with 40m2 terrace). Fully legal. Sale includes fixtures, fittings and furniture. Earnings great.

85,000€

Hire Company Long established, successful and trading for 18 years. Hundreds of clients based all along the South coast. All stock, client information, website and transition period included in price. 115.000€ 4040T



Financial Business Fully legal in Spain. Multiple income streams. Ties with banking institutions for repossessed institutions for repossessed properties. Arranging mortgages and finance

Freehold Office Ground floor duplex office in Guia. Good position. close to the Correos. Measuring 108m2. Constructed 2001. Suitable for office/ professional use.

Beauty/Hair Salon Supplier Providing international and professional hair and make-

ts to established Good income/part . Training/transition

4070T

15,000€

125,000€

73.000€

REDUCED

up products database. G

database. G time hours. period offered.

17.000€



rur business with licence in place. All sporting memorabilia, fixtures and and fittings included in price. Reported earnings are good.

95,000€

4047T

4071T



- 4 Jewellery Shop Trading since 2008 selling handmade pearl and semi precious stone jewellery. Training offered. All fixtures, fittings and stock, sufficient for 2 years. Trading handmade

4013T

4096T

59.000€



Mens Hairdressers Great Location. Fully legal. Client base of residents and tourists. This is a lot of business for very little money



fans especially at weekends. With 5 televisions, a projector televisions, a projector 4 satellite boxes and 6 screen. satellite dishes



Cleaning Business Operating along the south coast. Trading for 3 years and offering for 3 years and offering cleaning, laundry and property manad ement



Sports Bar Freehold of former sports bar located overlooking Puerto Colon. 90m2 inside/50m2 terrace. Requires full refurbishment.

4021T



4093T



Café/Hire Business Frontline income business with multiple income streams consisting of a bar cafe, exchange excursions. monev car rental and scooter hire





Contact us on: 653 593 231 or 693 816 888 or Email: info@businessfindertenerife.com • www.businessfindertenerife.com

18,000€

1761T



1.05

companies. Accounts available to view personally

€250,000 4090T

Retail Business

59.000€

15,000€



place.

tourists year-round. Contracts in

90,000€

SLUS4

Sō

PUPPIE



24.000€

REDUCED

REDUCED

Distribution Business Trading for nearly 3 years in the

Pet Wash Business Self service

62.000€



111

Las

4067T



Cafe Creperie Great Los Cristianos location. Popular year round. Low overheads. Price includes all fixtures and fittings. Good reported earnings.



🕋 Calle Colón, 1st Floor, Iocal 218, Puerto Colón, 38660 Adeje 😳 English, Spanish, Flemish, Dutch, German, French, Danish

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