

# The Tenerife Property & Business Guide



FREE / GRATIS | January 2021  
Every Month | Issue 195

Tel: 922 703 725 • Email: [george.thetpg@gmail.com](mailto:george.thetpg@gmail.com) • [www.thetenerifepropertyguide.com](http://www.thetenerifepropertyguide.com)

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Ref: GOLF01633

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## Happy New Year!

Farewell to one of the worst years since 1945 and a Fingers-crossed, warm welcome to 2021, which we at The TPG hope will be a Happy and Healthy one for everyone, but especially all our readers and clients!



**THE CANARIAN PROPERTY GUIDE IS LAUNCHING ON JANUARY 11TH!**

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## Your Rights in Spain After Brexit



Many British expats living in Spain are concerned about how their rights in the country will be affected now that Brexit has happened. Will they suddenly become second class citizens in the country that they call home? During the Transition Period (which lasted until 31st December) nothing changed and all of your existing rights were protected.

After this the Withdrawal Agreement came into force, serving to protect many of the rights of British people living in Spain and its Territories (like the

Canary Islands). This includes, but is not limited to:

- The right of British citizens who are legal Spanish residents to be able to continue to live and work in Spain

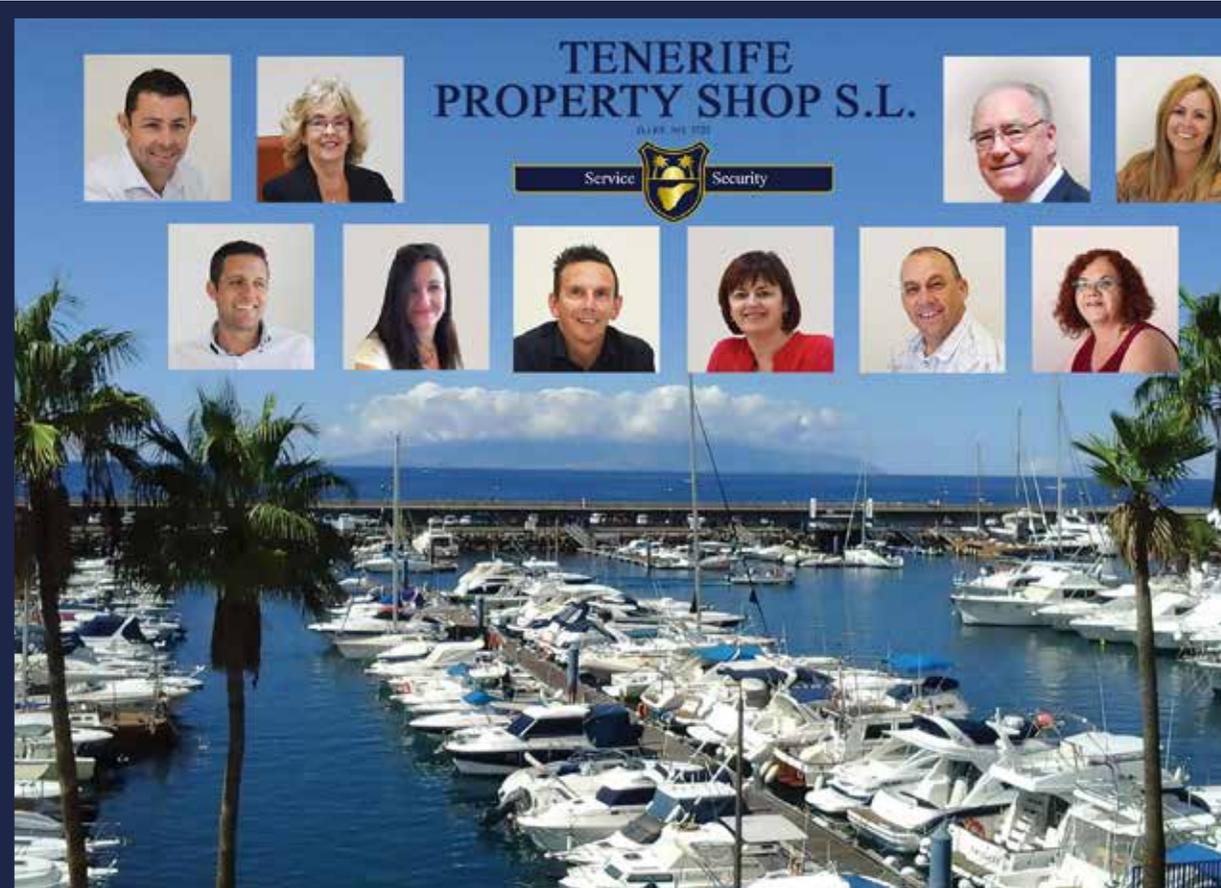
- UK state pensioners continue to have the right to access lifelong healthcare as long as they remain living in Spain. This also applies to residents who claim a UK state pension in the future, provided that they are legally Spanish residents.

- British citizens living in Spain will continue to have the UK state pen-

sion updated, in line with the rest of the UK.

- British citizens living in Spain were able to exchange their driving licence until the end of 2020 without taking a driving test. What's more, this Spanish driving licence will be accepted in the UK when they visit.

Note: It is important to note that you were only be eligible for these rights under the Withdrawal Agreement if you were registered as a Spanish resident by the end of 2020.



## Tenerife Property Shop S.L. honoured with two International Property Awards!

est, most prestigious, and widely recognised awards, which are judged by an independent panel of over 80 industry experts, chaired by Lord Caithness, Lord Best and Lord Waverley, members of the House of Lords in the UK Parliament. The importance of these awards cannot be underestimated, as they are a testament to how everybody working in the company has strived to be the best they can to give service and security to their clients, resulting in Tenerife Property Shop S.L. receiving these awards.

staff of this company have been working for the company for very many years, creating an excellent foundation of knowledge, strength and continuity of service. They are dedicated and incredibly talented individuals who have worked tirelessly over decades for their clients, keeping this company at the forefront of everything that is best in their industry."

Not only is this good for Tenerife Property Shop S.L., but it is also good for Tenerife, in showing that there is a high quality of professional business here, so this company is to be congratulated for their tremendous achievements.

Tenerife Property Shop S.L. has been honoured with two more International Property Awards in the categories of 'Best Canary Islands Estate Agent' and 'Best Estate

Agency Website' – 2020, to add to the already impressive awards that they have been presented with during the past 34 years of assisting their clients to purchase property here in

Tenerife. They have been recognised for the standard of service that they give to their clients and for the exceptional quality of their website, giving an

extraordinary amount of information for visitors to the site and the best portfolio of properties for sale in the south of Tenerife. The European Property Awards are the larg-



# TENERIFE PROPERTY SHOP S.L.

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## Two International Property Awards in 2020



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For more information about **The European Property Awards** visit [www.propertyawards.net](http://www.propertyawards.net)  
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OUR OFFICE LOCATIONS:  
 CC San Blas - Golf del Sur  
 Las Adelfas I - Golf del Sur  
 CC Puerto Colon - Playa de Las Américas



**EXCLUSIVE**

**1 BED APARTMENT - AMARILLA GOLF**

**SUNNY AFTERNOONS!**

A wonderful opportunity to become the proud new owner of an extremely well-appointed ground floor, one bedroom apartment. Boasting a peaceful location, golf course views and a West facing terrace, thus guaranteeing glorious sunny afternoons. The complex features three communal pools all of which are heated in the cooler months of the year and there is a good selection of amenities within walking distance.

Ref: AMG00552  
 Price: €129,000 (approx. £117,500)



**NEW! EXCLUSIVE**

**2 BED APARTMENT - CALLAO SALVAJE**

**SEAFRONT LOCATION!**

Well positioned in a front-line seafont location, this apartment has been converted from a one bedroom to a two bedroom apartment on the quiet residential complex of Mirador de la Gomera. If you are looking for that sea view property this must be on your list. The apartment is very spacious with open plan kitchen lounge/dining area with double patio doors leading onto the large south west facing terrace.

Ref: CS00166  
 Price: €225,000 (approx. £204,500)



**NEW!**

**2 BED BUNGALOW - GOLF DEL SUR**

**HOME FROM HOME!**

A wonderful opportunity to purchase a two bedroom, two bathroom bungalow with fantastic terraces that are immersed in the Tenerife sunshine all day every day due. Upon entering this beautifully maintained property, you can tell that this more than just a holiday home, it is a home from home. Originally a one bedroom, one bathroom the property has been converted to offer an extra bedroom and bathroom.

Ref: GOLF01639  
 Price: €225,000 (approx. £204,500)



**REDUCED!!!**

**2 BED APARTMENT - ROQUE DEL CONDE**

**SPECTACULAR VIEWS!**

When you see this fabulous two bedroom apartment, you will fall in love! Enjoying some of the most spectacular views in the area, with the town at your feet and the ocean spreading out before you! You can enjoy incredible sunsets from the massive terrace. The property is immaculate, and is based on a well run complex offering underground parking ... this has it all! Definitely one to view. *Previously €399,000*

Ref: LA01335  
 Price: €350,000 (approx. £318,000)



**NEW!**

**3 BED TOWNHOUSE - AMARILLA GOLF**

**FANTASTIC LOCATION!**

Frontline to the sea! This development of family homes is on the beautiful Amarilla Golf coast, just a few minutes walk from the bustling marina with its vast array of watersports. This three bedroom duplex townhouse must be viewed, spacious, well designed and of course, a fantastic location to live, with its own private pool, internal garage below, landscaped communal gardens and communal swimming pool.

Ref: AMG00558  
 Price: €350,000 (approx. £318,000)



**EXCLUSIVE**

**3 BED VILLA - CHAYOFA**

**MODERN RENOVATION!**

This immaculately presented independent villa has been completely renovated to a modern style throughout. Natural light fills the property inside and the beautiful terrace and private pool outside takes advantage of the wonderful Tenerife climate. There is a spacious lounge and dining area, a high quality open plan kitchen and three double bedrooms which all have ensuite bathrooms. Perfect!

Ref: OUT01135  
 Price: €640,000 (approx. £582,500)



**NEW!**

**3 BED VILLA - SAN MIGUEL**

**SEPERATE GUEST HOUSE!**

A stunning country home surrounded by 5,000m<sup>2</sup> of rustic land in beautiful countryside, only a few minutes away from San Miguel de Abona. Escape to a wonderfully comfortable home with modern features including new bathrooms, a bespoke kitchen and even a private gymnasium. The property has a separate guest house including a bodega! Panoramic views from on the veranda, alongside your private pool and gardens.

Ref: OUT01153  
 Price: €950,000 (approx. £863,500)



**NEW!**

**6 BED VILLA - GOLF COSTA ADEJE**

**STUNNING AND MODERN VILLA!**

An exceptional luxury detached property located in the most prestigious area. A private driveway sweeps past the tropical landscaped gardens and private pool area. An architecturally stunning and modern villa welcomes you with spacious living areas, bespoke kitchens, guest accommodation and outstanding views across Costa Adeje. Arguably one of the best properties in the South.

Ref: LA01883  
 Price: £3,900,000 (approx. £3,545,500)

★ ★ ★ 2021 CALENDARS NOW IN STOCK ★ ★ ★

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1 BEDROOM APARTMENT - GOLF DEL SUR



A very nicely presented one bedroom apartment, situated in a vibrant development with great views over the lagoon like swimming pool. The complex boasts lush tropical gardens, a cascading waterfall, pool bar/restaurant, satellite TV, heated pool, a children's park and is secure. The apartment occupies a 2nd floor position and is South facing and therefore offers sun all day.

Ref: GOLF01638

Price: €139,500 (approx. £127,000)

1 BEDROOM APARTMENT - LOS CRISTIANOS



Front line to the ocean in Los Cristianos, with everything in walking distance, this property must be viewed. Located on one of the higher floors this one bedroom, one bathroom apartment has fantastic views to the sea and coastline. The complex has wheelchair access, and the communal pool has recently been reformed. Fantastic location for the beach and all amenities in the Los Cristianos area.

Ref: LC00594

Price: €175,000 (approx. £159,000)



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Web: www.tenerifeprimeproperty.com

## LAS CHAFIRAS, EDF. FABIO



Spacious, fully refurbished and furnished 2 bed, 1 bath apartment. New floors throughout and new American- style kitchen. Includes garage and storeroom.

Ref: S-02 1422

€125,950

## PARQUE DE LA REINA, OLIVINA II



Large, fully furnished 3 bed, 3 bath (1 en suite) apartment on complex with pool. The property is nicely decorated with a spacious lounge and separate kitchen. There is a garage space included in the price, also a large roof terrace with Mt. Teide views.

Ref: S-03 1435

€195,000



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 Email: [info@tenerife-belfin-property.com](mailto:info@tenerife-belfin-property.com)

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**PALM MAR, PARAISO DEL PALM MAR**



Lovely, recently refurbished and tastefully decorated, 2 bed, 1 bath + WC duplex apartment in sought after community with lovely pool area. The property has a spacious and bright living/dining room, open plan fitted kitchen, two sunny terraces (one is 45sqm and has lovely sea views!), plus a 42sqm roof terrace with lovely views and a garage space (with direct access). Ideal for holiday or permanent home.

**€PRICE ON REQUEST TH204-AG**

**TORVICAS BAJO, PARQUE ROYALE**



Spacious fully furnished and equipped studio apartment in popular complex with lifts throughout and communal pool. The property has a lounge/dining area, open plan kitchen and large sunny terrace. Great rental potential. Close to beach.

**€149,000 ST105-HP**

**PALM MAR, 3 BED VILLA**



Lovely, spacious (120sqm on 260sqm plot), fully furnished 3 bed, 2 bath bungalow-style property in quiet residential location. The property has a lounge/dining area, open plan kitchen, gardens, sunny terrace plus roof terrace.

**€550,000 V413-BP**

**LAGOS DE FAÑABE**



Lovely, fully furnished 2 bed, 1 bath corner penthouse apartment in this popular resort with very nice pool area situated right on the beachfront. The apartment has a lounge/diner, American-style fitted kitchen and a large sunny terrace.

**€365,000 AP107-HP**

**SAN MIGUEL VILLAGE, BUILDING PLOT**



Great opportunity to build your dream home in the lovely village of San Miguel, only 10 minutes' drive from the TF1 motorway. Excellent views to the coast! Contact us for more information.

**€69,000 L101-BP**

**FANABE, SOL SUN BEACH**



Fully furnished and equipped studio apartment with sunny terrace and pool views in lovely beach-front complex with great community pool and sunbathing terraces. Top location! On-site cafeteria. Touristic complex.

**€179,000 ST113-HP**

**SAN EUGENIO BAJO, LOS GERANIOS**



Very nice, fully furnished, 1 bed, 1 bath apartment in great location on popular sea front complex with pool. The property has a lounge/dining area, open plan kitchen and a sunny terrace with sea views. Close to beach and all amenities.

**€240,000 AP102-HP**

**GOLF DEL SUR, GREEN PARK**



Lovely, spacious, refurbished and fully furnished studio apartment with nice sunny terrace and lovely views in popular complex with 3 pools and pool bar. Great for a holiday apartment or long term rentals. Close to all amenities.

**€95,000 ST111108-BP**

**LOS CRISTIANOS, MESETAS DEL MAR**



Large, unfurnished, 3 bed, 2 bath family home in sought after residential area. The property is constructed over 3 floors and has a large lounge/dining area, independent fitted kitchen, sunny terrace and garden with space for a pool. Close to amenities.

**€525,000 V419-BP**

**ADEJE, JARDIN BOTANICO**



Beautiful, spacious (130sqm + 30sqm garage and 10sqm terrace), recently renovated, semi-detached 3 bed, 2 bath townhouse in sought-after residential complex with two beautiful pools. Unfurnished.

**€294,000 TH304-HP**

**ROQUE DEL CONDE, 2 BED TOWNHOUSE**



Lovely, fully furnished, spacious, 2 bed, 2 bath (1 en suite) townhouse in residential complex with pool. The property has a lounge/dining area, open plan kitchen, two sunny terraces and a private closed garage. Sea views.

**€235,000 TH205-HP**

**LA MARETA (NEAR EL MEDANO), MARETASOL**



Luxurious, fully furnished 2 bed, 2 bath townhouse in small, sea front complex with pool (originally a 3 bed property, the 3rd bedroom has been converted into a walk-in wardrobe). The house enjoys sea views from both floors, and has a lounge-dining area, fully fitted kitchen, sunny terrace, jacuzzi and many extras!

**€299,000 TH305-AG**

# RESIDENTIAL PROPERTY SALES

## Adeje

OVER €350,000

### El Duque, Villa

€3,900,000

**6 bed** · An Exceptional luxury detached property located in the most prestigious area. A private driveway sweeps past the tropical landscaped gardens and private pool area. An architecturally stunning and modern villa welcomes you with spacious living areas, bespoke kitchens, multiple bedrooms and bathrooms, all decorated in a neutral scheme, flexible guest accomm... For full information see website or contact: **Ref: LA01883 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131**

### Golf Costa Adeje, Villa

€2,300,000

**5 bed** · Located in one of the prime locations in the south of Tenerife, this five bedroom villa is a fantastic property to own. Situated on the Adeje Golf course and just a ten minute walk to La Caleta, this property offers something for every member of the family. Whether you decide to read a book in the reading gallery, play a game of cards at the card table, w... For full information see website or contact: **Ref: LUX0254 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

### La Caleta, Penthouse

€995,000

**2 bed** · This fantastic penthouse of 104m<sup>2</sup> is located in OASIS LA CALETA. It offers a very spacious terrace (267m<sup>2</sup>) with an amazing, panoramic ocean view! This beautiful property counts with 2 well-sized bedrooms, 2 bathrooms (one is en suite), a fully equipped semi-separate kitchen and a large, luminous living/dining room. From the whole apartment you can enjoy t... For full information see website or contact: **Ref: 76-1120 | Tenerifehome.com | 922 783066**

### La Caleta, Apartment

€875,000

**3 bed** · Immaculate 3 bedroom apartment for sale in La Caleta, with modern design and close to the ocean. Distributed on 2 levels with a large outdoor entrance, corridor that leads to the office (or 3rd bedroom), guest toilet and living area with a luxury open plan kitchen, which has access to a patio on one side and a terrace on the other side. The living area is... For full information see website or contact: **Ref: RC3021 | 2nd Home Tenerife |**

### El Duque, Villa

€860,000

**3 bed** · Sybaris seafront contemporary style and light 55 Premium Villas. All the thrills of light and space stretching out onto the endless blue horizon that only the open sea can offer. Enjoy style and luxury every day, in every detail. - Large plot; - 3 bedrooms and 3 bathrooms; - Private pool; - Private garage; - Fully equipped kitchen; - Air conditioner. The ... For full information see website or contact: **Ref: VS7981KN | Vym Canarias | 922 787 210**

**Golf Costa Adeje, Linked House**  
€755,000

**3 bed** · This spacious property is located in the desirable Adeje Golf area. The house is distributed over 2 floors and boasts its own private pool, on the ground floor you will find an independent fitted and equipped kitchen, utility terrace, storage cupboard, double bedroom and guest bathroom plus a split level dining area with internal patio feature and a loung... For full information see website or contact: **Ref: 7853 | Clear Blue Skies SL | 922 714 772**

### El Duque, Apartment

€679,000

**2 bed** · Two bedroom apartment

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Web: www.tenerifeproperty.com

with modern design, high quality and the best location, in the very center of El Duque for sale. This apartment has two bedrooms, two bathrooms, one guest toilet, a patio, an open plan kitchen and a large terrace with pool offering splendid views to Costa Adeje and the ocean. The perfect holiday home and investment opportunity! Baobab... For full information see website or contact: **Ref: RD2081 Sharon | 2nd Home Tenerife |**

### Golf Costa Adeje, Bungalow

€650,000

**2 bed** · This delightful bungalow forms part of Sunset Golf Villas in the sought after Adeje Golf area. The property offers a bright and spacious living area all on one level and comprising of an entrance hall with internal patio feature, a separate fitted and equipped kitchen, large utility area, two double bedrooms, one of which with en-suite bathroom and a gues... For full information see website or contact: **Ref: 7854 | Clear Blue Skies SL | 922 714 772**

### La Caleta, Villa

€640,000

**2 bed** · A magnificent complex of 28 luxury Sunset Golf Villas located next to the famous Golf Costa Adeje. Just 3-5 minutes by car from here is the famous and very popular

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fishing village La Caleta with its restaurants, cafes and a pleasant promenade. The complex has a swimming pool, beautiful garden. And an underground garage with parking spaces for 2 cars for e... For full information see website or contact: **Ref: VS7337D | Vym**

### Canarias | 922 787 210

#### La Caleta, Villa

€620,000

**2 bed** · Sunset Golf Villas is located on the most famous golf course in Costa Adeje Golf. This is one of the most prestigious areas in the south of Tenerife. Adeje's municipal center is a 5-minute drive away and the fishing village of La Caleta is just 3 minutes away. The complex consists of 28 luxury villas, a swimming pool and beautiful gardens with a variety o... For full information see website or contact: **Ref: VS7336D | Vym Canarias | 922 787 210**

### Golf Costa Adeje, Bungalow

€620,000

**2 bed** · Enjoying a corner position this sizable bungalow is the perfect holiday home for golfers, ideally located close to the Colonial style Adeje Golf Club house and championship golf course. The property consists of an independent galley style fitted and equipped kitchen, utility area, split level lounge and dining area. Two double bedrooms both with fitted wa... For full information see website or contact: **Ref: 7855 | Clear Blue Skies SL | 922 714 772**

### El Duque, Apartment

€450,000

**1 bed** · One bedroom apartment for sale at Baobab. Situated on the top floor, modern apartment with large terrace and views to the ocean and also the skyline of Costa Adeje. The price includes high quality and modern furniture. In this apartment you will find state of the art materials and a very practical layout with an equipped kitchen with island, a bathroom w... For full information see website or contact: **Ref: RD1057 Sharon | 2nd Home Tenerife |**

### Armenime, Townhouse

€430,000

**2 bed** · REDUCED IN PRICE BY 30,000 EUROS We have been

full information see website or contact:

**Ref: 6003S | Tenerife Royale Estate Agents SL | 922 788305**

### El Galeon, Apartment

€415,000

**3 bed** · One bedroom apartment for sale at Baobab. Situated on the top floor, modern apartment with large terrace and views to the ocean and also the skyline of Costa Adeje. The price includes high quality and modern furniture. In this apartment you will find state of the art materials and a very practical layout with an equipped kitchen with island, a bathroom w... For full information see website or contact: **Ref: ROA3197 Sharon | 2nd Home Tenerife |**

### Playa Fanabe, Townhouse

€399,000

**4 bed** · A great opportunity to purchase a large townhouse in a desirable area. Oasis de Fanabe is a residential complex of houses in the El Madronal de Fanabe area. This spacious family home consists of 4 bedrooms, 3 bathrooms, guest toilet, independent kitchen with utility room, large dining area and lounge that has terrace access front and back. There is a priv... For full information see website or contact: **Ref: 7493 | Clear Blue Skies SL | 922 714 772**

€349,999 - €250,000

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### Playa Fanabe, Townhouse

€345,000

**4 bed** · Location: Close to town, Exclusive development, Gated community, Residential area, Central, Close to amenities. Views: Sea, Pool. Additional: Viewing recommended. Rooms: Office, Family bathroom, W. c., Fitted wardrobes, Additional store rooms, Hall/entrance, Basement, Independent kitchen, Bathroom, Lounge and dining area, Ensuite. Quality: Modern,... For full information see website or contact: **Ref: 595-TH4 | Island Estates | 922 790 767**

### El Madronal, Apartment

€345,000

**4 bed** · This top floor apartment is situated in the desirable El Madronal area, close to the park, shops and restaurants as well as the popular Costa Adeje private school. An ideal family home on a secure and well maintained complex with communal pool and lift to all floors. Furnished and comprising of a large living space all on one floor with fitted kitchen, u... For full information see website or contact: **Ref: 7839 | Clear Blue Skies SL | 922 714 772**

### El Madronal, Duplex

€299,999

**2 bed** · Spacious, fully furnished, 2 bed, 2 bath duplex apartment on

sought after, sea front complex with pool. The property, in good condition throughout, has a lounge/dining area, independent kitchen, utility room, and double patio doors leading onto a large South-facing sunny terrace with pool and partial sea views. The lower level (45sqm) was a double garage ... For full information see website or contact: **Ref: 1043 | Tenerife Prime Property | 922 703 725**

### La Caleta, Apartment

€299,000

**1 bed** · A lovely one bedroom apartment for sale on the sought after residential complex of Oasis la Caleta in La Caleta. The apartment comes has been totally refurbished and has a fully fitted kitchen, spacious lounge, bathroom, terrace and enclosed garage space. The views from the terrace are superb offering beautiful sea views. The complex has a stunning heated... For full information see website or contact: **Ref: 7847C | Clear Blue Skies SL | 922 714 772**

### Playa Fanabe, Apartment

€280,000

**1 bed** · 1 bedroom, 1 bathroom apartment in Yucca Park. **Ref: N1421 | Tenerife Properties | 630 372702**

### Playa Fanabe, Apartment

€278,000

**2 bed** · Spacious and very centrally situated 2 bedroom, 2 bathroom

The complex offers a swimming pool, sauna and gym.

**Ref: S1157 | FRINA Tenerife SL - Property Sales | 922 085 191**

### El Madronal, Bungalow

€262,500

**3 bed** · Lovely detached bungalow situated in the tranquil urbanization of Miraverde, only 5 minutes from the Costa Adeje. This property has a lovely little terrace at the front of the house and at the entrance there's a wintergarden. The kitchen is independent and has a utility room with washing facilities and a shower. The living room is very spacious and light an... For full information see website or contact: **Ref: 39670 | Crown Property Services | 922 176 883**

### Playa Fanabe, Apartment

€260,000

**3 bed** · Spacious 3 bedroom apartment situated on the popular residential complex "Oasis del Fanabe" Sold fully furnished with quality items and there is also a private garage included in the price COMPETITIVELY PRICED FOR QUICK SALE 260,000 EUROS. **Ref: 41555 | Crown Property Services | 922 176 883**

### Los Olivios, Townhouse

€255,000

**4 bed** · Location: Close to transport, Gated community, Central, Residential area, Close to amenities, Close to schools, Close to town. Views: Pool, Garden, Mountain. Additional: Viewing recommended. Rooms: Independent kitchen, Lounge and dining area, Additional store rooms, Bathroom, Family bathroom, Hall/entrance. Quality: Tastefully decorated, Well presented, B... For full information see website or contact: **Ref: 565-TH4 | Island Estates | 922 790 767**

### La Caleta, Apartment

€250,000

**1 bed** · This property is situated in one of the most desired places in Tenerife, namely "La Caleta" Close to the exclusive Adeje Golf course. Located on the Oasis La Caleta complex and surrounded by lush tropical gardens this one bedroom apartment is a great place to unwind and relax. With marble floors throughout, double bedroom with fitted wardrobes, bathroom f... For full information see website or contact: **Ref: 7846C | Clear Blue Skies SL | 922 714 772**

€249,999 - €150,000

### El Galeon, Apartment

€230,000

**2 bed** · Top floor apartment in the El Galeon area of Adeje. The property comprises of two double bedrooms, the master with ensuite bathroom, further bathroom, separate fitted kitchen with laundry room and a large living/dining room with patio doors to the balcony area with views over the park and towards the sea. On the complex there is a community swimming pool ... For full information see website or contact: **Ref: AP0450 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

### El Madronal, Apartment

€225,000

**2 bed** · Well positioned in a front-line seafront location, this apartment



C.C. El Trebol, Local 37,  
Avda. J. A. Tavio,  
COSTA DEL SILENCIO,  
38630, Tenerife.  
Est. 2007



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**Garañaña, Guayota**

Pleasant and perfectly maintained 2 bed, 1 bath apartment, just opposite the new park and near the tennis club. View of the gardens from the 18m<sup>2</sup> large east facing terrace. The apartment has been refreshed and is sold furnished. Community fees are 120€/month..

Ref: 82-1220 €135,000



**Costa del Silencio**

Fully furnished 2 bed, 1 bath apartment located on the sea front with a large private terrace which enjoys views to Montaña Roja. The property is in very good condition on complex with pool and parking. The community fees are +/- 85€/month.

Ref: 80-1220 €169,000



**Costa del Silencio, Parque don Jose**

Fully furnished and comfortable 1 bed, 1 bath apartment on complex with large pool. The property has been completely renovated and has a 10sqm terrace. Community fees are 96€/month.

Ref: 77-1120 €155,000



**Oasis La Caleta, La Caleta**

Fantastic 2 bed, 2 bath penthouse apartment on complex with heated pool, nice gardens, and lifts. The property has a very large terrace with stunning sea views, a fully-equipped kitchen, and garage space for 2 cars.

Ref: 76-1120 €995,000



**Palm Mar**

2 bed, 1 bath bungalow split across 3 plots with private terrace with sea views, large garden, and a garage and sauna/shower. The house has loads of potential with lots of space to enjoy the sun or the shade.

Ref: 59-0620 €569,000



**Costa del Silencio, San Miguel**

A beautiful villa with garage (165m<sup>2</sup> built), on 1426 m<sup>2</sup> of private land located in the San Miguel residential complex in Costa del Silencio. Access to the house is via a private path to the separate garage belonging to the house.

Ref: 52-0320 €595,000



**Costa del Silencio, Atlantic View**

Well maintained studio, located on the third floor, from the West-facing balcony you have an open view. The studio is very practically furnished, in a custom-made cupboard a very comfortable double bed, television on the wall, spacious kitchen and bathroom.

Ref: 29-1119 €98,000



**Costa del Silencio**

Fully furnished 1 bed apartment offers a West facing terrace of 10,64m<sup>2</sup> with view on the pool. Interior of 44,80m<sup>2</sup> with 1 bedroom (with fitted wardrobes), a semi-separate kitchen and a bathroom with shower. Easy parking in the street.

Ref: 1495-0619 €119,000



**Costa del Silencio, Parque Don Jose**

Fully furnished 1 bedroom apartment situated just in front of the swimming pool. The property has a built area of 44,80m<sup>2</sup> and a West facing terrace of 10,64m<sup>2</sup>. Community fees: +/- 95€/month.

Ref: 1494-0619 €119,000



**Atlantic View**

1 bed, good general condition, 48m<sup>2</sup> + 12m<sup>2</sup> covered terrace, sea front complex with pool.

Ref: 85-1220 €125,000

REDUCED

**Golf Property in La Caleta**



- **Mirador del Golf, La Caleta**
- **3 bedrooms, 3 bathrooms**
- **Golf and Sea Views**
- **Ref: D1221**
- **Price: 595,000€**

This beautifully appointed townhouse is located in the exclusive gated development Mirador del Golf just a few minutes away from La Caleta. The property offers three bedrooms all with fitted wardrobes, three bathrooms, a fully equipped kitchen that leads to a light and airy living space.

**Sea View Plot with Project in La Caleta**



- **Plot: 2.500 m2**
- **Building license**
- **No building obligation**
- **Ref: D1253**
- **Price: 1,500,000€**

This land in La Caleta is 2.500m<sup>2</sup> and has a building project of a villa of 375m<sup>2</sup> with a basement of 185m<sup>2</sup>. Nevertheless, the basement can be extended to up to 1.000m<sup>2</sup>. The current project is a modern villa however, there is no building obligation on the plot.

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CC Puerto Colón, 1<sup>st</sup> Floor, local 213, 38660 Adeje

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Business & Property Agency

has been converted from a one bedroom to a two bedroom apartment on the quiet residential complex of Mirador de la Gomera. If you are looking for that sea view property this must be on your list. The apartment is very spacious with open plan kitchen lounge/dining area with double patio door... For full information see website or contact:

**Ref: CS00166 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131**

#### Playa Fanabe, Apartment

**€190,000**

**1 bed** · Beautiful studio in the popular tourist area of Costa Adeje, just 10 minutes walk from Fanabe beach. The apartment is sold with furniture, consists of 1 bedroom, 1 bathroom and a living room with open plan kitchen and access to the terrace with views of the ocean and mountains. In the complex there are different swimming pools. Community fee €70 per month... For full information see website or contact:

**Ref: S1005 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### Fanabe, Apartment

**€170,000**

**1 bed** · 1 bedroom apartment in Fanabe Suites.

**Ref: N1413 | Tenerife Properties | 630 372702**

**€149,999 - €100,000**

#### El Galeon, Apartment

**€130,000**

**2 bed** · Nice two bedroom apartment in a central location of Adeje, double bedroom and single bedroom. Good size living room with American style kitchen, bathroom with shower unit and small Juliette balcony. There is lift access to the apartment and the El Galeon shopping centre is located within a five minute walk from the apartment. This is an excellent investment... For full information see website or contact:

**Ref: AP0604 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

## Callao Salvaje

**OVER €350,000**

#### Abama Golf Resort, Villa

**€1,395,000**

**3 bed** · A limited collection of 12 magnificent detached homes, each with private pool deck, Villas del Tennis offers the utmost in privacy and the most breathtaking views. Adjacent to the Annabel Croft Tennis Academy, encircled by the brilliant Dave Thomas golf course, Villas del Tennis will appeal to those who demand the best-of-the-best. Some villas comprise of t... For full information see website or contact:

**Ref: 7105 | Clear Blue Skies SL | 922 714 772**

#### Playa Paraiso, Villa

**€1,349,000**

**3 bed** · Magnificent villa with its own private pool and a large terrace overlooking the ocean. This villa has 3 double bedrooms with fitted wardrobes, 2 bathrooms, toilet. The main floor has the kitchen, living room, 2 bedrooms, 1 bathroom, 1 toilet and storage. On the first floor you will find the master ensuite bedroom with a beautiful terrace with spectacular... For full information see website or contact:

**Ref: 7699C | Clear Blue Skies SL | 922 714 772**

#### Playa Paraiso, Villa

**€1,200,000**

**4 bed** · Luxury 4 bedroom, 4

bathroom detached villa in Playa Paraiso.

**Ref: I1331 | Tenerife Properties | 630 372702**

#### Abama Golf Resort, Apartment

**€720,000**

**2 bed** · This gorgeous apartment is situated on the 3rd line of Abama Terraces, with panoramic views to the resort and the ocean. There are 2 spacious bedrooms, 2 bathrooms, built in wardrobes, an open plan modern kitchen and a large terrace which is partially covered. Buying in Abama Terraces you can enjoy all the facilities from the resort as: 24 hour reception... For full information see website or contact:

**Ref: ROA2212 Sharon | 2nd Home Tenerife |**

#### Callao Salvaje, Villa

**€378,000**

**3 bed** · Detached House in Callao SalvajeA fantastic spacious and detached villa in Callao Salvaje, in a very quiet area. With a total plot of 220 m2 and a living area of 87 m2. Well maintained villa, has 3 bedrooms and 2 bathrooms, all equipped (furnished and decorated), brand new and with good quality. The exterior has a spacious terrace that surrounds the house... For full information see website or contact:

**Ref: C6378V | Agata's Real Estate |**

#### Playa Paraiso, Apartment

**€367,500**

**3 bed** · We offer for sale this spacious 100m<sup>2</sup> apartment in the complex Ocean Garden in Playa Paraiso. The property is in very good condition and newly renovated (2019). The apartment has 85m<sup>2</sup> and is located on the fifth floor. It comprises three double bedrooms, two bathrooms, an open American style kitchen and a living room with direct access to the balcony of 1... For full information see website or contact:

**Ref: S1045 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### Callao Salvaje, Semi-Detached House

**€350,000**

**3 bed** · 3 bedroom bungalow in Sueño Azul, Callao Salvaje.

**Ref: I1332 | Tenerife Properties | 630 372702**

**€349,999 - €250,000**

#### Playa Paraiso, Apartment

**€320,000**

**2 bed** · Spacious apartment for sale with ocean views. It has two bedrooms with fitted wardrobes, two bathrooms, a kitchen with a living room and a terrace overlooking the pool, mountains and ocean. The apartment is located in the Ocean Garden complex, Playa Paraiso. The price includes a parking space. Nearby are shops, restaurants and the beach.

**Ref: VS7330D | Vym Canarias | 922 787 210**

#### Callao Salvaje, Penthouse

**€290,000**

**2 bed** · Situated in the quiet Sueño Azul area of Callao Salvaje this property enjoys a top floor position with spacious living area which includes; an open plan fitted kitchen, living room with dining area, two double bedrooms and two recently refurbished shower rooms. The south west facing terrace can be accessed via the lounge and master bedroom with an interna... For full information see website or contact:

**Ref: 7836C | Clear Blue Skies SL | 922 714 772**

#### Callao Salvaje, Apartment

**€264,000**

**2 bed** · Renovated two bedroom apartment located in the popular complex of Sueno Azul in Callao Salvaje. The property has been

upgraded including new plumbing and electrics and comprises of an entrance hall, quality fully fitted kitchen with modern electrical appliances, spacious lounge with dining area, master bedroom with ensuite bathroom, second double bedroom... For full information see website or contact:

**Ref: 7562C | Clear Blue Skies SL | 922 714 772**

#### Playa Paraiso, Apartment

**€261,000**

**2 bed** · We have an exclusive 60m<sup>2</sup> apartment for sale in the El Horno complex, Playa Paraiso. It is distributed in two bedrooms, a bathroom, a semi-independent kitchen and a terrace of 16 m<sup>2</sup> overlooking the sea and the pool. The complex has a communal pool (heated). It is sold furnished with parking space included. Community

separate fitted kitchen equipped with Teka appliances, lounge, balcony with sea and mountain views. Secure entrance, lift to all floors, parking space and store ro... For full information see website or contact:

**Ref: 7320 | Clear Blue Skies SL | 922 714 772**

#### Playa Paraiso, Penthouse

**€185,000**

**1 bed** · Excellent apartment for sale in the complex "El Horno", Playa Paraiso. This apartment is located on the top floor, has ocean views and consists of one bedroom with fitted wardrobe, bathroom, open plan kitchen with living room and terrace. The price includes a garage space and a storage room. A very well maintained complex with swimming pool, garden, playg... For full information see

## Tenerife Prime Property

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fees are € 73 per month. IBI is € 354.

**Ref: S1207 | FRINA Tenerife SL - Property Sales | 922 085 191**

**€249,999 - €150,000**

#### Callao Salvaje, Apartment

**€235,000**

**2 bed** · This apartment is located on the top floor and has a private terrace-solarium of 55m<sup>2</sup> surrounded by beautiful views of the ocean, the island of La Gomera, the Teide volcano and the mountains. The rest of the area is distributed as follows: In the lower part is the house, with a surface of 72m<sup>2</sup>. It consists of a spacious living room with a sea view balcony... For full information see website or contact:

**Ref: ROA2232 Sharon | 2nd Home Tenerife |**

#### Playa San Juan, Apartment

**€193,000**

**2 bed** · We offer apartments for sale in a new residential building just 200 meters from the ocean. The first apartment is located on the first floor. Comprising two bedrooms, an independent kitchen, living room and two bathrooms. Price € 193.000 The second apartment is on the top floor and has two bedrooms, 2 bathrooms, an independent kitchen, living room and a 2... For full information see website or contact:

**Ref: VS7288D | Vym Canarias | 922 787 210**

#### Playa Paraiso, Apartment

**€189,000**

**2 bed** · Spacious apartment in a modern complex Paraiso 2. There are 2 large bedrooms, 2 complete bathrooms, one with the shower and another one with the bath, living area with open kitchen and a terrace of 11m<sup>2</sup> with sea and mountain views. The complex has 3 swimming pools, one of them heated. Situated in few steps from the sea and the tourist center of Playa Para... For full information see website or contact:

**Ref: VS7256D | Vym Canarias | 922 787 210**

#### Tijoco Bajo, Apartment

**€189,000**

**2 bed** · Brand new development in the quiet area of Tijoco Bajo, the project is recently completed and offers 7 modern apartments consisting of either 2 or 3 bedrooms with fitted wardrobes, 2 bathrooms,

website or contact:

**Ref: VS7268D | Vym Canarias | 922 787 210**

#### Playa Paraiso, Apartment

**€164,500**

**1 bed** · Spacious fourteen floor apartment ideally situated 200 mtrs from sea and beach. This property has been recently completely renovated on a very high standard. Brand new modern kitchen fully fitted and equipped lounge/diner area which leads onto a terrace with delightful sea views, 1 double bedroom with brand new wardrobes. The complex itself has a very nice... For full information see website or contact:

**Ref: 7255 | Clear Blue Skies SL | 922 714 772**

#### Playa San Juan, Apartment

**€153,000**

**1 bed** · We offer apartments for sale in a new residential building just 200 meters from the ocean. 2 apartments are located on the ground floor. Comprising one bedroom, independent kitchen, living room, bathroom and patio. Prices 153.000 and 158.000 euros 1 apartment is on the top floor and has one bedroom, bathroom, independent kitchen with living room and a roo... For full information see website or contact:

**Ref: VS7287D | Vym Canarias | 922 787 210**

#### Callao Salvaje, Apartment

**€150,000**

**1 bed** · Spacious and renovated apartment in the complex Esmeralda, located next to the sea in Callao Salvaje. 1 Bedroom, 1 bathroom, kitchen and large living room, large terrace with sea views. Located on the main street with all shops next door, two steps from the beach. The complex has parking.

**Ref: VS7285DE | Vym Canarias | 922 787 210**

**€149,999 - €100,000**

#### Playa Paraiso, Apartment

**€139,900**

**1 bed** · Excellent apartment with ocean views in the complex "Paraiso del Sur", Playa Paraiso. The apartment has a double bedroom with a built-in wardrobe and access to the terrace, a bathroom with shower, an open plan kitchen with a living room and also with access to the terrace, which offers beautiful views of the ocean. The complex with beautiful

grounds and a... For full information see website or contact:

**Ref: VS7329D | Vym Canarias | 922 787 210**

#### Playa Paraiso, Apartment

**€138,000**

**1 bed** · We are pleased to offer you a bright, spacious apartment in the well-kept and beautiful complex of Club Paraiso. Excellent location close to the beach, bars and shops. The apartment has everything you need for living or renting out. The terrace offers a unique view of the ocean and mountains and Teide. The advantage of the apartment is its location on the... For full information see website or contact:

**Ref: VS7319D | Vym Canarias | 922 787 210**

**UNDER €50,000**

#### Callao Salvaje, Townhouse

**€800**

**3 bed** · Nice three bedroom two bathroom townhouse in Residencial Sonia, Callao Salvaje. This property has a good sized living room with access to the downstairs terrace area, separate kitchen, three good sized bedrooms, two bathrooms, WC and very large private roof terrace. Situated on a quiet complex. Community swimming pool. The rental price does not include bi... For full information see website or contact:

**Ref: PUE0608 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

## Costa del Silencio

**OVER €350,000**

#### Las Rosas, Villa

**€735,000**

**4 bed** · Fantastic three storey property located in a very peaceful area close to Las Galletas. On the ground floor of this property there is a large indoor barbecue area with kitchen, wash room and WC with access to the wrap around terrace. There is a small courtyard for outdoor dining that leads to a self contained apartment which can also be accessed from the m... For full information see website or contact:

**Ref: CHA0441 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

#### Palm Mar, Villa

**€550,000**

**3 bed** · Independen house of 120m<sup>2</sup> on the land plot of almost 300m<sup>2</sup>. There are 3 bedrooms, 2 bathrooms, dressing room, a spacious living room, a kitchen and solarium. Situated in Palm Mar, one of the most popular quiet places in the south coast with good climate all the year round. 400 meters from the coast, local beach and restaurants.

**Ref: VS7284 | Vym Canarias | 922 787 210**

#### Palm Mar, Duplex

**€550,000**

**3 bed** · Ready to occupy this top floor duplex is situated on the recently completed Colinas de Menceyes complex in Palm Mar. Build to a high standard the property is distributed over two floors: lower level includes a modern kitchen, lounge, guest wick, two double bedrooms with fitted wardrobes and end-suite bathrooms, each with access to a terrace. Upstairs you ... For full information see website or contact:

**Ref: 7703C | Clear Blue Skies SL | 922 714 772**

#### Guargacho, Villa

**€434,900**

**4 bed** · DETACHED VILLA! RD Properties are pleased to present this wonderful family home only ten minutes away from Las Galletas. A detached villa built on two levels. Ground floor consisting of a large living room, separate kitchen fully equipped and a toilet. Big front garden and garage accessible from the living room. A huge back garden which can be used as your... For full information see website or contact:

**Ref: GU314-434 | RD Properties | 922 732 862**

#### Palm Mar, Townhouse

**€408,000**

**3 bed** · We are happy to offer for sale a house in Corazones de Palm Mar, in a quiet urbanization near the sea and all the infrastructure with bars, restaurants, supermarkets, hairdressers and gym. It is close to La Rasca Natural Reserve with trails and natural pools. Ideal for lovers of nature and sports. House is very sunny with private pool facing south, parkin... For full information see website or contact:

**Ref: S1246 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### Palm Mar, Villa

**€399,000**

**2 bed** · Located close to the nature reserve, the sea, local restaurants, bars and shops and built to a very high standard and finished with quality materials this stunning modern semi detached villa is ready for its very first owner. Surrounded by lovely gardens, sunny terraces and a private pool, this beautiful home has an open plan kitchen lounge diner, two bed... For full information see website or contact:

**Ref: 7852C | Clear Blue Skies SL | 922 714 772**

#### Palm Mar, Penthouse

**€399,000**

**2 bed** · This lovely property is a spacious luxury penthouse with two bedrooms and two bathrooms, with two terraces on the first floor as well as a very large solarium on the second floor. A completely open kitchen and a spacious living room. an underground parking space and store room, included in the price. Las Olas" is a modern complex located right at t... For full information see website or contact:

**Ref: 7864C | Clear Blue Skies SL | 922 714 772**

**€349,999 - €250,000**

#### Palm Mar, Apartment

**€285,000**

**1 bed** · Unique opportunity to acquire a 1-bedroom apartment on the second floor in Colinas de los Menceyes, project of affordable luxury apartments. The south orientation combined with the beautiful sea view and views on the nature reserve make this apartment quite unique. This apartment is very spacious; in total there are more than 67m<sup>2</sup>. This area is divided ov... For full information see website or contact:

**Ref: 6014S | Tenerife Royale Estate Agents SL | 922 788305**

#### Palm Mar, Apartment

**€275,000**

**2 bed** · Spacious 2 bedroom, 2 bathroom apartment on the well run complex of Las Laderas del Palm Mar. The property benefits from a large, sunny roof terrace as well as a terrace leading from the lounge on the lower level. The apartment overlooks the attractive pool area and there is a partial sea view. Sold fully furnished.

**Ref: PMSR0076 | Palm Mar Sales and Rentals | 677-623713 | 671-129558**

#### Parque de la Reina, Semi-Detached House

**€273,000**

**3 bed** · 3 bedroom 2 bathroom detached house close to Parque de



# TENERIFE PROPERTIES



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**Tenerife Properties wishes you all a Happy New Year!**

**Villamar, San Eugenio**



Studio apartment on front line complex.  
**€205,000** Ref: A442

**Club Atlantis, San Eugenio**



Beautiful studio apartment situated in the front-line complex of Club Atlantis. This luxury apartment has been fully refurbished to a very high standard, in a modern design, with the sleeping area separated from the living area by a glass partition. There is a bathroom with a window and walk-in shower, a fully fitted L-shaped kitchen, fitted wardrobes and cupboards and a terrace with views to the communal gardens, heated swimming pool and sunbathing deck. This apartment is to be sold fully furnished and is an excellent investment opportunity.  
**€265,000** Ref: A449

**Mirador del Atlantico I, Chayofa**



2 bed, 2 bath apartment. Sea views, garage space and storeroom.  
**€325,000** Ref: T1191

**Torres de Yomely, Las Americas**



1 bedroom, 1 bathroom apartment with 2 terraces.  
**€199,000** Ref: N1422

**Sunset Bay, Torviscas**



2 bedroom, 2 bathroom apartment with sea views.  
**€340,000** Ref: T1171

**Chayofa Country Club, Chayofa**



1 bedroom, 1 bathroom apartment.  
**€159,000** Ref: N1379

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**La Piñeda, Torviscas Alto**



3 bed, 2 bath apartment with garage space and storeroom.  
**€215,000** Ref: I1318

**Los Geranios, San Eugenio**



1 bedroom, 1 bathroom apartment.  
**€199,000** Ref: N1400

**Andalucia, Torviscas Alto**



Fantastic 2 bedroom, 1 bathroom apartment in the complex of Andalucia in Torviscas Alto. This lovely apartment has been refurbished throughout and comprises 2 double bedrooms, 1 bathroom with shower, 1 guest wc, lounge, integrated kitchen and large terrace with panoramic sea views out over the coast. This apartment has easy access from the top road that runs along the top of the complex and there is a lift to take you down to the pool area. The complex has many facilities including a reception, heated swimming pool, supermarket, jacuzzi, mini golf and 2 x restaurants. The apartment is to be sold fully inclusive of furnishings and fittings.  
**€229,000** Ref: T1214

**Sueño Azul, Callao Salvaje**



3 bedroom, 2 bathroom detached bungalow.  
**€350,000** Ref: I1332

**Florida Park, San Eugenio Alto**



Various 1 bedroom apartments.  
**From €160,000** Ref: N1423

**Luxury Villa, Adeje Golf**



Luxury 3 bedroom, 3 bathroom villa with pool.  
**€1,100,000** Ref: I1327

 **Translators available for any other languages.**



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## YOUR CHANCE TO OWN AN INVESTMENT HOLIDAY HOME WITH PROVEN RENTAL RETURNS ON AN ESTABLISHED RESORT!



On the popular holiday island of Tenerife, these apartments are an **excellent investment opportunity**, providing a superbly located holiday home on a fully serviced resort with **attractive rental returns**.

Paradise is a CLC World **award winning resort** on Tenerife, an ever-popular holiday destination. Located just a short drive from the marina at Puerto Colon and the lively town of **Playa de las Americas**, there's a range of sandy beaches with water sport activities just minutes away. Join the resort's **established rental management programme** and enjoy both family holidays and generous rental returns from your very own Tenerife apartment. The apartments are **fully furnished and equipped** to the highest standards, with open-plan living area, kitchenette and enjoying views over the resort and

out to sea from the **spacious private balconies**. The on-site facilities at Paradise resort include a **kids' club**, range of sports, poolside restaurant and bar, mini-market and **swimming pools**. **Studio apartments** can sleep up to 2 in single room with double sofa bed. **1 bedroom apartments** can sleep up to 4 guests in a double bedroom and a double sofa bed. **2 bedroom apartments** can sleep up to 5 guests in two double bedrooms and a double sofa bed.



Contact  
**Tenerife Prime  
Property**  
for more information on  
**672 935 668**



# PARADISE

RESORT-BASED APARTMENTS

Ref: S1137 | FRINA Tenerife SL - Property Sales | 922 085 191

#### Amarilla Golf, Villa

€360,000

2 bed · Immaculate, open plan, two bed, two bath (one en-suite) villa with air conditioning, driveway, gardens front and rear, private swimming pool and large entertainment area. Close to the golf course.

Ref: 2059 | Homes & Away | 922 737 044

#### Amarilla Golf, Townhouse

€350,000

3 bed · Frontline to the sea! This development of family homes is on the beautiful Amarilla Golf coast, just a few minutes walk from the bustling marina with its vast array of watersports. This 3 bedroom duplex townhouse must be viewed, spacious, well designed and of course, a fantastic location to live, with its own private pool, internal garage below, landscape...

For full information see website or contact:  
Ref: AMG00558 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131

€349,999 - €250,000

#### Amarilla Golf, Apartment

€319,000

3 bed · Spacious three bed reverse plan duplex apartment with roof terrace and large garden backing the golf course. Panoramic views.

Ref: 2095 | Homes & Away | 922 737 044

#### Amarilla Golf, Penthouse

€295,000

2 bed · Location: Close to restaurants/bars/cafes, Gated community, Golf development, Quiet location, Residential area. Views: Garden, Mountain, Sea. Additional: Viewing recommended. Rooms: Fitted wardrobes, Independent kitchen, Lounge and dining area, Bathroom, Ensuite. Quality: Modern, Part furnished, Quality residence, Bright, Built to a high standard. Outside... For full information see website or contact:  
Ref: 578-A2 | Island Estates | 922 790 767

#### El Medano, Duplex

€265,000

2 bed · 265.000€Dúplex con terraza mas azotea privada y VISTAS AL MAR. Vivienda de 2 dormitorios dobles y 2 baños, se encuentra el residencial Los Martines que cuenta con con piscina, zona de juegos infantil y pistas de paddle. Se trata de un dúplex con azotea privada y vistas inmejorables. Frente a la playa del Cabezo y a 10 minutos caminando del centro de El Mé... For full information see website or contact:  
Ref: CP2081 | Crown Property Services | 922 176 883

#### Golf del Sur, Penthouse

€265,000

3 bed · Do you want to live in a south-facing penthouse? Have you always longed to live somewhere with sea views? Are you fond of golf? Do you fancy owning an apartment in a luxury complex? No need to look any further, you have found what you are looking for. Presenting a truly stunning 3 bedroom penthouse for sale in the superb complex Duquesa del Mar located in... For full information see website or contact:  
Ref: CGS152-DDM265 | RD Properties | 922 732 862

#### Amarilla Golf, Apartment

€265,000

3 bed · A beautifully presented apartment situated on the first floor with lift access. The property comes fully furnished and consists of an independent galley style kitchen with utility room, lounge, dining area, three bedrooms and two bathrooms plus two terraces, one overlooking the golf course and sea

and the other with pool and mountain views. Private lockab... For full information see website or contact:

Ref: 7077C | Clear Blue Skies SL | 922 714 772

#### Golf del Sur, Bungalow

€259,000

2 bed · Large, fully refurbished 2 bed, 2 bath bungalow-style villa on popular complex with community swimming pool. The property has a new modern kitchen with white goods, new floor tiling throughout, new bathrooms and electrics. There is a large lounge/dining room, American-style kitchen, a huge private back garden with large patio and a private roof terrace wi... For full information see website or contact:

Ref: S-02 1382 | Tenerife Prime Property | 922 703 725

€249,999 - €150,000

#### La Tejita, Apartment

€235,000

2 bed · New apartments in South TenerifeThe latest housing project in the Sotavento Tenerife complex is called La Tejita Residencial and it will enjoy a privileged location on one of the best plots in the complex, just a few meters from Playa de La Tejita beach and the new shopping center, La Tejita Street Market. As is the case with the other residential develop... For full information see website or contact:

Ref: C6235A | Agata's Real Estate |

#### La Tejita, Apartment

€230,000

2 bed · New apartments in South TenerifeThe latest housing project in the Sotavento Tenerife complex is called La Tejita Residencial and it will enjoy a privileged location on one of the best plots in the complex, just a few meters from Playa de La Tejita beach and the new shopping center, La Tejita Street Market. As is the case with the other residential develop... For full information see website or contact:

Ref: C6230A | Agata's Real Estate |

#### Golf del Sur, Bungalow

€225,000

2 bed · Well-appointed, home from home, converted two bed, two bath house on sought after residential complex, with front and rear garden. Room for further extension.

Ref: 2085 | Homes & Away | 922 737 044

#### Golf del Sur, Bungalow

€225,000

2 bed · A wonderful opportunity to purchase a 2 bedroom, 2 bathroom, bungalow with fantastic terraces that are immersed in the Tenerife sunshine all day every day due to the South facing orientation. Upon entering this beautifully maintained property, you can tell that this more than just a holiday home, it is a home from home and provides such an inviting enviro... For full information see website or contact:  
Ref: GOLF01639 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131

#### Llano del Camello, Townhouse

€215,000

3 bed · This townhouse has an independent entrance with a terrace and a private garage which allows direct access to the property. On the ground floor there is a living room, a guest bathroom and a bright American kitchen. The first floor consists of two large bedrooms and a full bathroom complete with a bathtub. On the second floor you will find another full bat... For full information see website or contact:  
Ref: LC002-MC215 | RD Properties | 922 732 862

#### Amarilla Golf, Apartment

€214,000

1 bed · Amarilla Golf Recidences

lies in the hart of Amarilla Golf in the South of Tenerife and comprises 62 luxury apartments, of which most south-facing terraces offer sea views. To make your stay as pleasant as possible, the complex provides a 24-hour reception, plus a large swimming pool to refresh you after enjoying some relaxation in the sun. There's also a ... For full information see website or contact:  
Ref: VS7326K | Vym Canarias | 922 787 210

#### Sotavento, Apartment

€210,000

1 bed · Pristine condition, ground floor, one bed apartment with study/second bedroom and large terrace on residential complex. Garage space and storage room.

Ref: 2033 | Homes & Away | 922 737 044

#### Los Abrigos, Penthouse

€199,000

2 bed · Absolutely stunning, completely refurbished to the highest finish, penthouse for sale in the wonderful village of Los Abrigos. This exquisite property consists of two bedrooms; one of which has endless sea views, a built-in wardrobe and its own en-suite and the second, which is extremely bright and spacious. There is a large entryway and hallway which con... For full information see website or contact:  
Ref: LA081-CLR199 | RD Properties | 922 732 862

#### Golf del Sur, Apartment

€169,950

3 bed · Spacious top floor three bed duplex apartment with private roof terrace and sea views.

Ref: 2126 | Homes & Away | 922 737 044

#### Amarilla Golf, Apartment

€165,000

2 bed · Location: Close to the coast, Exclusive development, Gated community, Central, Golf development, Close to amenities, Popular urbanisation, Close to restaurants/bars/cafes. Views: Golf, Mountain. Additional: Limited availability, Viewing recommended. Rooms: Bathroom, Ensuite, Fitted wardrobes, Lounge and dining area, American style kitchen. Quality: Spacio... For full information

is a sports harbor. One bedroom apartment with one bathroom. There is a spacious living room. Semi-independent kitchen and terrace with side ocean views. T... For full information see website or contact:

Ref: VS7312D | Vym Canarias | 922 787 210

#### Las Chafiras, Duplex

€155,000

4 bed · Fantastic four bedroom duplex apartment in Las Chafiras. Consisting of four good sized bedrooms, two bathrooms, living room and kitchen. The property also has a garage space and store room. Fantastic roof terrace to enjoy all day sunshine. The property is close to a large selection of supermarkets, shops, bars and restaurants. Viewing is highly recommended... For full information see website or contact:  
Ref: DUP0416 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

€149,999 - €100,000

#### Golf del Sur, Apartment

€149,000

2 bed · Fully furnished, bright and spacious, 2 bed, 1 bath apartment in sought-after complex with pool. Located close to sea front and all amenities. The property has a lounge/dining area, open plan kitchen, and sunny terrace with sea views.

Ref: S-02 1436-1 | Tenerife Prime Property | 922 703 725

#### Golf del Sur, Apartment

€149,000

1 bed · Refurbished to a high standard. This one bed, top floor corner apartment is in an ideal location with fabulous golf and sea views.

Ref: 2070 | Homes & Away | 922 737 044

#### Amarilla Golf, Apartment

€143,000

1 bed · Fully renovated, furnished and equipped 1 bed, 1 bath apartment on popular, sought after holiday complex with beautiful pool and pool bar area. The property has a lounge/dining area, American-style kitchen and a sunny terrace

area. Quality: Well presented, Built to a high standard, Modern, Refurbished, Renovated, Spacious, Bright. Outsid... For full information see website or contact:

Ref: 583-A1 | Island Estates | 922 790 767

#### Amarilla Golf, Apartment

€132,000

1 bed · Lovely, fully refurbished, unfurnished 1 bed, 1 bath 2nd floor apartment on popular complex in Amarilla Golf with pool and bar/restaurant, close to the San Miguel Marina and coast. The property, which enjoys views over the golf course to the sea, has a lounge/dining area, American-style fitted kitchen and a terrace which can be closed off to create additi... For full information see website or contact:  
Ref: AP0562 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

#### Las Chafiras, Apartment

€129,750

2 bed · Recently refurbished two bedroom one bathroom apartment in Las Chafiras. Two good sized bedrooms and a bathroom with walk in shower. Separate fitted kitchen. Communal roof terrace and garage space with trastero. Situated in a good location close to supermarkets, large shops and park areas. The property is being sold partly furnished.

Ref: AP0533 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

#### Golf del Sur, Apartment

€129,500

2 bed · Take a look at this wonderful one-bedroom apartment, that has been cleverly converted to now offer 2 bedrooms. This apartment boasts a fabulous terrace with sunshine galore from mid-afternoon, until it sets in the West and whilst doing so, illuminating the sky above the golf course and mountains, that make for a stunning view, all from your spacious patio... For full information see website or contact:

Ref: GOLF01637 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131

#### Golf del Sur, Apartment

€126,000

1 bed · We offer for sale this cozy apartment 50m2 in the residence complex Parque Albatros, Amarilla Golf. The apartment is on the third floor with beautiful views of the ocean! The flat consists of one bedroom, living room, kitchen, one bathroom and terrace of 10 m2. The complex is with community pool. And the community fees is 110€ per month.

Ref: S1112 | FRINA Tenerife SL - Property Sales | 922 085 191

#### Las Chafiras, Apartment

€125,950

2 bed · REDUCED! Very nice, spacious, (78sqm) fully refurbished and furnished, 2 bed, 1 bath apartment in block of 6 in this popular area. The property has a lounge/diner, new floors throughout, new American-style fitted kitchen, internal patio, shared roof terrace and a garage/storeroom. Close to all amenities, airport, golf courses etc.

Ref: S-02 1422 | Tenerife Prime Property | 922 703 725

#### Golf del Sur, Apartment

€115,000

1 bed · Recently refurbished and furnished 1 bed, 1 bath ground floor apartment overlooking the golf course. The property has a lounge/dining area, American-style fitted kitchen and a large sunny terrace. This popular complex has a lovely pool area with spectacular sea and coastal views, restaurant, Dive Shop and is situated very close to the San Blas Commercial ... For full information see website or contact:  
Ref: S-01 1413 | Tenerife Prime Property | 922 703 725

#### Amarilla Golf, Apartment

€112,000

1 bed · Location: Gated community, Close to amenities, Close to restaurants/bars/cafes, Close to the coast, Close to the harbour, Exclusive development, Central. Views: Golf, Mountain. Additional: Limited availability, Viewing recommended. Rooms: Bathroom, Fitted wardrobes, Lounge and dining area, American style kitchen. Quality: Quality construction, Well present... For full information see website or contact:  
Ref: 566-A1 | Island Estates | 922 790 767

#### Golf del Sur, Apartment

€111,500

1 bed · Spacious, newly refurbished and furnished one bed, one bath top floor apartment on popular complex with pool, close to all amenities. This property is one of the large 1 beds on the complex which has a large bedroom and an alcove, which many people make into a second bedroom. Lounge/diner and nice terrace with sea views. Air conditioned property with sea ... For full information see website or contact:

Ref: AP0557 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

#### Golf del Sur, Apartment

€110,000

1 bed · Large, west facing, first floor one bed apartment overlooking the pool on popular complex with lift.

Ref: 1981 | Homes & Away | 922 737 044

#### Los Abrigos, Apartment

€110,000

2 bed · Lovely Unfurnished 2 bed 1 bath, very large 87M2 apartment 3rd floor, security cameras in complex on street parking, low community fees, a real bargain for a place in the Sun  
Ref: LAP1677 | Los Abrigos Properties | 922 170021

€99,999 - €50,000

#### Los Abrigos, Apartment

€95,000

3 bed · 2/3 bed top floor apartment in central San Blas location.

Ref: 2056 | Homes & Away | 922 737 044

#### Golf del Sur, Apartment

€89,000

Large, second floor, corner, studio apartment, refurbished to a high standard on popular holiday complex with elevator and off street parking.

Ref: 2123 | Homes & Away | 922 737 044

## Las Americas

OVER €350,000

#### Roque del Conde, Villa

€1,950,000

7 bed · Belfin Property is proud to present for sale this fabulous 7 bedroom villa with fantastic views to the coast and the ocean! Finished in 2009, it was completely refurbished, fully furnished and decorated in 2017 for holiday rental with a proper AV holiday rental permit. This villa occupies a plot of 835 square meters situated in the popular urban... For full information see website or contact:

Ref: V431-BP | Tenerife Belfin Properties | 692 146808

#### Torviscas Alto, Villa

€1,550,000

5 bed · Brand new project! Serenity Luxury Villas is a complex of 27 detached villas with natural light

## Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeproperty.com

see website or contact:

Ref: 573-A2 | Island Estates | 922 790 767

#### Amarilla Golf, Duplex

€160,000

2 bed · Location: Exclusive development, Gated community, Central, Golf development, Close to amenities, Popular urbanisation, Close to restaurants/bars/cafes, Close to the coast. Views: Mountain, Golf. Additional: Limited availability, Viewing recommended. Rooms: Ensuite, Fitted wardrobes, Lounge and dining area, American style kitchen, Bathroom. Quality: Qualit... For full information see website or contact:  
Ref: 572-A2 | Island Estates | 922 790 767

#### Golf del Sur, Apartment

€157,000

1 bed · Residential building Aguamarina is located directly by the sea, in the Golf del Sur area. In the immediate vicinity of the house there are restaurants, cafes, shops, and what is most interesting, there

and is located close to all amenities, the sea front and Amarilla championship golf course. Holiday rental income (all legal) in 20... For full information see website or contact:

Ref: AP0556 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

#### Llano del Camello, Apartment

€139,000

2 bed · Well-presented, two bed, one bath ground floor apartment with terrace on residential complex with pool. Sold with garage and trastero.

Ref: 2067 | Homes & Away | 922 737 044

#### Golf del Sur, Apartment

€136,000

1 bed · Location: Close to amenities, Close to restaurants/bars/cafes, Close to transport, Popular urbanisation, Central. Views: Garden. Additional: Viewing recommended. Rooms: American style kitchen, Bathroom, Fitted wardrobes, Lounge and dining



**EXCLUSIVE**

TENERIFE PROPERTY SHOP S.L.  
G.I.P.E. NO. 3722

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Service



Security

**2021**



**REDUCED**

**3 BEDROOM PENTHOUSE - GOLF DEL SUR**



**TURNKEY PROPERTY**

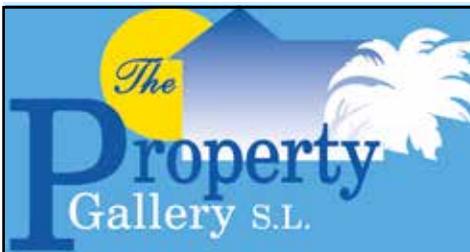
Reach for the stars from this stunning penthouse apartment which is situated in an extremely well-maintained development. On the lower level you will find an open plan fully equipped kitchen, a spacious lounge, dining area that leads onto the South facing terrace. The upstairs also boasts a fabulous roof terrace, which is arguably the most private of all the roof terraces in this development. **Reduced from 275,000€**

Ref: GOLF01561

Price: €269,000 (approx. £244,500)

[info@tenerifepropertyshop.com](mailto:info@tenerifepropertyshop.com)

 (0034) 922 714 700 / (0034) 922 715 064



Address: C/ Colon, C.C. Centro Playa, Local 9,  
Puerto Colon, Las Americas, Adeje 38660  
Phone: 922 719925  
E: [info@thepropertygallery.com](mailto:info@thepropertygallery.com)

[www.thepropertygallery.com](http://www.thepropertygallery.com)



**ACOJEJA**



Country house on 740 m2 plot, with 5 bedrooms, 3 bathrooms. Built over 3 floors and many options as to use.

Ref: D2000 €326,000

**EL BERIL, COSTA ADEJE**

**REDUCED!**



Townhouse by the seafont & beach. 2 bedrooms, 2 bathrooms, sunny terrace. Sold furnished. Communal pool.

Ref: C2047 €550,000

**MIRADOR DEL SUR, SAN EUGENIO ALTO**

**REDUCED!**



Lovely semi-detached 4 bed villa with private pool, terraces, garden, double garage, lovely coastal, sea and mountain views.

Ref: D1970 €410,000

**NEW DEVELOPMENT!**

**INSIGNE, ROKABELLA**  
\*\*\* LUXURY VILLA \*\*\*



**LAS AMERICAS, LAS PALMERAS**



2 Bedroom corner apt that enjoys spectacular panoramic & sea views. Heated swimming pool on the complex.

Ref: C1999 €700,000



**NEW CASHBACK CAMPAIGN FOR EXPATRIATE CUSTOMERS!**

**SAN EUGENIO ALTO**

**LUXURY VILLA**



Stunning detached villa with constructed area of 695 m2 situated in elevated position with amazing views. Must be seen!

Ref: D1876 €1,950,000

- Single family villas with private pool
- 3 bedrooms all with en suite bathrooms
- Open plan kitchen and dining area
- Private entrance and lift
- Private garage
- Air conditioned

Ref: D1842 from €849,000

and ocean views. These luxury villas are located in the prestigious Siam area and are designed by the architect Jorge Guix Requejo with meticulous attention to detail and a personal touch to each villa. During construction, only high quality materials, finishes... For full information see website or contact:  
**Ref: VS7280DN | Vym Canarias | 922 787 210**

#### San Eugenio Alto, Villa

**3 bed** · The View is a luxury project of high-class villas. This intimate development of only 6 villas, each with private swimming pool, offers the perfect opportunity to own a brand new property in prestigious Costa Adeje area of southern Tenerife famed for its exceptional weather. Just a stones throw from this development you will find all the high end amenities... For full information see website or contact:  
**Ref: 7865 | Clear Blue Skies SL | 922 714 772**

#### Torviscas Alto, Villa

**4 bed** · A spacious family home located in the popular Torviscas Alto area. The property is constructed over four levels and offers wonderful panoramic views and fantastic sunsets over the neighbouring island of la Gomera. The ground floor comprises of an entrance hall, newly refurbished breakfast kitchen, double bedroom with en-suite shower room, guest w.c./utili... For full information see website or contact:  
**Ref: 7842 | Clear Blue Skies SL | 922 714 772**

**Ref: 7842 | Clear Blue Skies SL | 922 714 772**

#### San Eugenio Bajo, Villa

**5 bed** · Detached villa in San Eugenio: 5 double bedrooms 4 bathrooms of which 2 en suite, entrance hall, kitchen, laundry, private pool of 12 square meters. 3 terraces one of them 96 square meters with 360 degree view. The house overlooks the sea and is a 7-minute walk from Bobo Beach and the Casino. It has a jacuzzi for 6 people and parking for 2 cars with autom... For full information see website or contact:  
**Ref: V403-HP | Tenerife Belfin Properties | 692 146808**

#### San Eugenio Alto, Townhouse

**4 bed** · Magnificent semi-detached townhouse for sale in Adeje, in the area of San Eugenio Alto. Located in one of the most prestigious areas of Adeje, the house has a living area of 203m2 and 100m2 of garden. On the main floor we find the open plan kitchen, a full bathroom, a large bedroom, the living room with two accesses to the garden part. In the 100m2 outside... For full information see website or contact:  
**Ref: S1168 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### San Eugenio Alto, Townhouse

**2 bed** · If you are looking for fantastic, panoramic, coastal, sea and mountain views from your huge wrap around terraces, then come and take a look at this superb detached villa. Completely renovated to a very high standard this charming house has a master suite enjoying stunning views from the terrace, a family bathroom and a guest bedroom, the ground floor is a... For full information see website or contact:  
**Ref: 7858 | Clear Blue Skies SL | 922 714 772**

#### Roque del Conde, Townhouse

**4 bed** · Lovely, spacious, fully furnished and equipped 4 bed, 4 bath (2 en suite) semi-detached townhouse with own swimming pool in quiet, sought after complex situated close to amenities. The property, which enjoys lovely sea

and La Gomera views, has a lounge/diner, independent fully fitted kitchen, terrace/garden, and double garage. A very nice family home.  
**Ref: S-04 1395 | Tenerife Prime Property | 922 703 725**

#### Torviscas Bajo, Apartment

**2 bed** · A well-presented two-bedroom, two-bathroom ground floor apartment situated within this sought-after community. Briefly comprising lounge with dining area and an archway to a fully fitted and equipped modern kitchen. Two double bedrooms with fitted wardrobes. Two equipped bathrooms. There is a private courtyard (which could easily be enclosed to create mor... For full information see website or contact:  
**Ref: 6018S | Tenerife Royale Estate Agents SL | 922 788305**

#### Puerto Colon, Bungalow

**2 bed** · 2 bedroom duplex bungalow on Club Atlantis Bungalows.  
**Ref: T1203 | Tenerife Properties | 630 372702**

#### Torviscas Bajo, Apartment

**2 bed** · 2 bedroom apartment in Santa Maria.  
**Ref: T1213 | Tenerife Properties | 630 372702**

#### Torviscas Alto, Duplex

**1 bed** · Beautiful modern duplex for sale with ocean views in the complex "Club Atlantis", which is located on the first line from the ocean. One-bedroom duplex with access to the covered terrace and garden, bathroom, open-plan kitchen and living room with access to the terrace overlooking the ocean. A very well-kept complex with a beautiful territory, a solarium ... For full information see website or contact:  
**Ref: VS7132DE | Vym Canarias | 922 787 210**

#### Las Americas, Duplex Penthouse

**1 bed** · Situated in the 'Golden Mile' in a front line to the promenade and sea community in the popular resort of Compostela Beach (Family Garden Resort); a fully furnished one bedroom duplex penthouse apartment with open plan living accommodation to include lounge/dining area, fitted kitchen, upstairs a double bedroom, a mezzanine level for children, storage room... For full information see website or contact:  
**Ref: 5795S | Tenerife Royale Estate Agents SL | 922 788305**

#### Puerto Colon, Bungalow

**1 bed** · Opportunity to purchase an attractive bungalow in the front line resort of Club Atlantis. This one bedroom, 2 bathroom duplex style property that has been completely reformed throughout. The bedroom is on the ground floor with bathroom and private terrace whilst the first floor has a brand new modern kitchen, bathroom & lounge area from where you can step... For full information see website or contact:  
**Ref: 7582C | Clear Blue Skies**

#### SL | 922 714 772

#### Torviscas Bajo, Apartment

**2 bed** · This apartment, situated in one of the most popular holiday complexes in the Torviscas area, has recently come onto the market.  
**Ref: 30296 | Crown Property Services | 922 176 883**

#### Las Americas, Apartment

**3 bed** · Beautifully refurbished, three bed, one bath apartment in central location, close to the beach. Large terrace offering good ocean and La Gomera views.  
**Ref: 2086 | Homes & Away | 922 737 044**

#### Torviscas Alto, Apartment

**3 bed** · Fully furnished 3 bedroom apartment overlooking the communal pool.  
**Ref: 11214 | Tenerife Properties | 630 372702**

#### San Eugenio Bajo, Bungalow

**2 bed** · Very well presented 2 bedroom, 2 bathroom duplex bungalow on the sought after complex of Parque San Eugenio.  
**Ref: T1182 | Tenerife Properties | 630 372702**

#### Las Americas, Apartment

**2 bed** · Fabulously located spacious 2 bedroom apartment on Parque Santiago II in Playa las Americas. Situated just 50m away from one of the best beaches on the South coast of Tenerife. Internally this spacious apartment consists of 65m2 of living accommodation being distributed as, large lounge with semi independent modernised kitchen off, 2 bright and airy double ... For full information see website or contact:  
**Ref: 41957 | Crown Property Services | 922 176 883**

#### Puerto Colon, Studio

**Studio** for sale in Club Atlantis.  
**Ref: A449 | Tenerife Properties | 630 372702**

#### Roque del Conde, Duplex

**2 bed** · We offer for sale that penthouse of 75m2 in Roque del Conde, Troviscas Alto. The apartment consists of two bedrooms, two bathrooms, an open kitchen and a living room that reaches the terrace of 35m2 with incredible views of the Ocean. There is a parking space and storage. The community fee is 100€ per month (excl. water and electricity).  
**Ref: S1146 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### San Eugenio Bajo, Apartment

**2 bed** · We are happy to offer for sale a very nice two bedroom apartment on the popular complex of Island Village in San Eugenio. Consisting of 2 double bedrooms, 1 bathroom, open plan kitchen, spacious lounge and front terrace that benefit from all day sunshine. There are bars, shops, restaurants and local water park close by.  
**Ref: 7507C | Clear Blue Skies SL | 922 714 772**

€249,999 - €150,000

#### San Eugenio Bajo, Bungalow

**2 bed** · Charming 2 bedroom, 1 bathroom bungalow located on the sought-after and very centrally situated complex of Parque San Eugenio. This gated, residential complex benefits from having 2 x entrances, one on Avenida de Los Pueblos and the other that leads out onto the walkway that takes you directly down into Torviscas and through to the beach. This is a quiet... For full information see website or contact:  
**Ref: T1124 | Tenerife Properties | 630 372702**

#### Torviscas Bajo, Apartment

**1 bed** · Lovely, fully renovated and furnished 1 bed, 1 bath 4th floor apartment on popular holiday complex with pool, located close to the sea front and all amenities. The property, which enjoys sea views, has a lounge/diner, an open plan kitchen and a large, sunny, south west-facing terrace. The complex has a 24-hour reception, pool bar and restaurant.  
**Ref: S-01 1397 | Tenerife Prime Property | 922 703 725**

#### Torviscas Bajo, Apartment

**1 bed** · Location: Touristic area, Close to shops, Close to the beach, Close to the harbour, Central, Close to town, Close to amenities, Close to transport, Close to restaurants/bars/cafes. Views: Pool, Sea. Additional: Viewing recommended. Rooms: Fitted wardrobes, Lounge and dining area, American style kitchen, Bathroom. Features: Air conditioning. Outside: Sunny... For full information see website or contact:  
**Ref: 557-A1 | Island Estates | 922 790 767**

#### Las Americas, Studio

**1 bed** · We are pleased to offer for sale this reformed studio in the complex Parque Santiago II. Living area is 33m2 plus 7m2 terrace, facing south east, with sunshine from early morning. The complex has a heated pool and a great location on the front sea line in the heart of Playa de la America.  
**Ref: VS7300DE | Vym Canarias | 922 787 210**

#### Golf Las Americas, Apartment

**1 bed** · A top floor one-bedroom apartment of a two storey building situated in the prestigious Green Golf Resort in Playa de Las Americas. This stylish property is offered fully furnished to a high specification and features a fully fitted and equipped kitchenette, double bedroom with private balcony and fitted wardrobes, fully tiled modern bathroom with vanity ... For full information see website or contact:  
**Ref: 6019 | Tenerife Royale Estate Agents SL | 922 788305**

#### Las Americas, Apartment

**1 bed** · 1 bedroom apartment in Torres de Yomley, Playa de Las Americas.  
**Ref: N1422 | Tenerife Properties | 630 372702**

#### Las Americas, Duplex

**1 bed** · We offer for sale this duplex apartment 55m2 in the complex Cortijo, Las Americas. The apartment has two floors on the top floor is a bedroom and a bathroom. The ground floor consists of a kitchenette, a living room and a terrace. The furniture is included. The community has a swimming pool and the parking is communal, too. The apartment is only a walk of... For full information see website or contact:  
**Ref: S1088 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### Las Americas, Apartment

**Ref: S1028 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### Torviscas Alto, Apartment

**1 bed** · Location: Residential area, Close to town, Close to transport, Gated community, Popular urbanisation, Quiet location, Close to amenities. Views: Mountain, Sea. Additional: Viewing recommended. Rooms: Fitted wardrobes, Lounge and dining area, American style kitchen, Bathroom. Quality: Modern, Renovated, Spacious accommodation, Bright, Unfurnished, B... For full information see website or contact:  
**Ref: 594-A1 | Island Estates | 922 790 767**

#### Torviscas Bajo, Apartment

**1 bed** · Lovely, well maintained 1 bed, 1 bath apartment being sold fully furnished with lounge and American style fully fitted kitchen. There is a 10sqm terrace and community swimming pool.  
**Ref: S-01 1368 | Tenerife Prime Property | 922 703 725**

#### Torviscas Alto, Apartment

**1 bed** · For sale this 64m2 apartment in the Balcón del Atlantico complex, San Eugenio Alto. The apartment consists of one bedroom, a bathroom, an open kitchen with living room and a 12m2 balcony. The complex has a community pool. The community fee is 55€ per month.  
**Ref: S1139 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### San Eugenio Bajo, Apartment

**1 bed** · 1 bedroom bungalow with a large terrace for sale in San Eugenio Bajo. Excellent location near shops and restaurants and only a short walk from the Puerto Colon beach and marina.  
**Ref: BU102-HP | Tenerife Belfin Properties | 692 146808**

#### Las Americas, Apartment

**1 bed** · 1 bedroom apartment in Florida Park.  
**Ref: N1423 | Tenerife Properties | 630 372702**

#### Las Americas, Apartment

**1 bed** · Location: Gated community, Close to restaurants/bars/cafes, Popular urbanisation, Close to shops, Touristic area, Close to the beach, Central, Close to town, Close to amenities, Close to transport, Close to medical facilities. Views: Pool, Sea. Additional: Viewing recommended. Rooms: American style kitchen, Bathroom, Fitted wardrobes, Lounge and din... For full information see website or contact:  
**Ref: 585-A1 | Island Estates | 922 790 767**

#### Las Americas, Townhouse

**3 bed** · A superb small development of just five spacious townhouses located in the municipality of San Miguel de Abona in the town of El Roque in the south of Tenerife. Built with good quality materials and excellent attention to detail. Each townhouse is constructed over four level and comprise: three bedrooms, two bathrooms, a guest toilet, a semi-independent f... For full information see website or contact:  
**Ref: 5793S | Tenerife Royale Estate Agents SL | 922 788305**

#### San Eugenio Alto, Apartment

**1 bed** · Lovely apartment in the Malibu Park complex, San Eugenio Alto. It consists of a bedroom, kitchen, lounge, bathroom and a large terrace with stunning views of Mount Teide. The complex has a swimming pool, and a bar/restaurant.  
**Ref: S1028 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### Las Americas, Apartment

**Ref: S1028 | FRINA Tenerife SL - Property Sales | 922 085 191**

**1 bed** · 1 bedroom apartment in Florida Park, San Eugenio Alto for sale.  
**Ref: N1424 | Tenerife Properties | 630 372702**

#### Torviscas Bajo, Studio

**Studio** apartment in Santa Maria.  
**Ref: A441 | Tenerife Properties | 630 372702**

#### San Eugenio Alto, Studio

**FRINA Tenerife Properties** has this great studio apartment for sale in Torviscas Alto. The studio apartment is built 2000 but is kept in good condition and with modern furniture. It is located in Ocean View Apartments that is a lovely complex with a community pool.  
**Ref: S1251 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### San Eugenio Alto, Apartment

**1 bed** · 1 bedroom apartment in Island Village Heights.  
**Ref: N1420 | Tenerife Properties | 630 372702**

#### San Eugenio Bajo, Studio

**Studio** apartment on Garden City, San Eugenio.  
**Ref: A450 | Tenerife Properties | 630 372702**

€149,999 - €100,000

#### Puerto Colon, Studio

**This studio** is situated in a front line complex looking over the ocean and only 500 meters from the ever popular Port Colon. It is ideal as a rental investment or ideal for those who want to escape the cold winter months for relaxation on the terrace in the afternoon sun. The complex has a very popular communal pool and is easy access with lifts to all fl... For full information see website or contact:  
**Ref: 7848C | Clear Blue Skies SL | 922 714 772**

#### San Eugenio Bajo, Apartment

**Great studio** apartment for sale in the Olympia complex in Las Americas. Excellent location as near all services and only a short stroll from the beach. The apartment has been refurbished and has a lovely sunny balcony with views to the sea.  
**Ref: ST112-HP | Tenerife Belfin Properties | 692 146808**

#### San Eugenio Alto, Apartment

**1 bed** · 1 bedroom apartment in Island Village Heights.  
**Ref: N1407 | Tenerife Properties | 630 372702**

#### Las Americas, Studio

**Perfectly** situated in a central location for all the amenities of Central Playa de Las Americas including the sea front and promenade. Ideal location for public transport as the bus station is adjacent to the resort. This studio apartment has been fully renovated and refurbished and features an open living/sleeping area, fully fitted kitchenette and a full... For full information see website or contact:  
**Ref: 6023 | Tenerife Royale Estate Agents SL | 922 788305**

#### San Eugenio Alto, Studio

**Very nice, fully furnished** and equipped studio apartment on popular holiday complex with lovely heated pool and close to all amenities. The property has a lounge/sleeping area, American-style fitted kitchen and good-sized, sunny terrace with sea views. Community fees €75 per month.  
**Ref: S-00 1402 | Tenerife Prime Property | 922 703 725**

#### San Eugenio Alto, Studio

**Ref: S-00 1402 | Tenerife Prime Property | 922 703 725**

## Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeproperty.com

€349,999 - €250,000

#### Torviscas Bajo, Apartment

**2 bed** · 2 bedroom apartment in Santa Maria.  
**Ref: T1213 | Tenerife Properties | 630 372702**

#### Torviscas Alto, Duplex

**1 bed** · Beautiful modern duplex for sale with ocean views in the complex "Club Atlantis", which is located on the first line from the ocean. One-bedroom duplex with access to the covered terrace and garden, bathroom, open-plan kitchen and living room with access to the terrace overlooking the ocean. A very well-kept complex with a beautiful territory, a solarium ... For full information see website or contact:  
**Ref: VS7132DE | Vym Canarias | 922 787 210**

#### Las Americas, Duplex Penthouse

**1 bed** · Situated in the 'Golden Mile' in a front line to the promenade and sea community in the popular resort of Compostela Beach (Family Garden Resort); a fully furnished one bedroom duplex penthouse apartment with open plan living accommodation to include lounge/dining area, fitted kitchen, upstairs a double bedroom, a mezzanine level for children, storage room... For full information see website or contact:  
**Ref: 5795S | Tenerife Royale Estate Agents SL | 922 788305**

#### Puerto Colon, Bungalow

**1 bed** · Opportunity to purchase an attractive bungalow in the front line resort of Club Atlantis. This one bedroom, 2 bathroom duplex style property that has been completely reformed throughout. The bedroom is on the ground floor with bathroom and private terrace whilst the first floor has a brand new modern kitchen, bathroom & lounge area from where you can step... For full information see website or contact:  
**Ref: 7582C | Clear Blue Skies**



# VYM CANARIAS – January 21

## Luxury Villa in Golf del Sur



We are pleased to offer for sale a unique villa surrounded by gardens and on the first line from the ocean. Plot of land 3709m2. Contact us for more information

€3,675,000

Ref: VS7115D

## Villa in Roque del Conde



The villa was built in a modern style. The house consists of 2 floors plus a basement where there is a garage for 5 cars. Plot area 750m2, living area 270m2.

€1,295,000

Ref: VS7202

### Los Cristianos, Portonovo



Corner townhouse with 3 bedrooms, 3 bathrooms, large living room and open-plan kitchen. Pool, terraces, solarium with beautiful views. Garage of 62m2.

€749,000

Ref: VS7249DN

### Sunset Golf Villas, La Caleta Golf



Villa with 2 bedrooms, 2 bathrooms, separate kitchen and living room. Beautiful sun-filled terrace. Garage for 2 cars. Pool in the complex.

€620,000

Ref: VS7336D

### La Caleta, Magnolia Golf Resort



Luxury apartment with a large terrace and a garden with mountain and ocean view. 3 bedrooms, 2 bathrooms, open-plan kitchen with a living room. Fully furnished.

€650,000

Ref: VS6826D

### Los Cristianos



Apartment next to the beach. The apartment consists of 3 bedrooms, 2 bathrooms, open kitchen and balcony. It is fully furnished and renovated.

€279,000

Ref: VS7203DN

### Club Paraiso, Playa Paraiso



Bright and spacious 1 bedroom apartment with a terrace with ocean and mountains views. Pool in the complex.

€138,000

Ref: VS7319D

### El Rincon, Los Cristianos



Large 1-bedroom apartment in the prestigious complex. Internal area 70m2, terrace 24m2. Two pools (one heated) in the complex. Parking space and storage room.

€330,000

Ref: VS7308D

### Parque Santiago II, Las Americas



Reformed studio with living area 33m2 and 7m2 terrace, facing south east, with sunshine from early morning. The complex has a heated pool and a great location on the sea front.

€199,000

Ref: VS7300DE

### El Cortijo, Playa de las Americas



Investment! Apartment-duplex. 1 bedroom with wardrobe, bathroom, American-style kitchen with living room and spacious terrace. Parking and pool in the complex. Quiet area

€207,000

Ref: VS7024D

### Esmeralda, Callao Salvaje



Spacious and renovated apartment located next to the sea. 1 Bedroom, 1 bathroom, kitchen and large living room, large terrace with sea views. The complex has parking.

€150,000

Ref: VS7285DE

### Valdisole, Callao Salvaje



Corner townhouse with the garden in a very quiet area. There are 2 bedrooms, 2 bathrooms, private garden and solarium with panoramic view. Garage.

€220,000

Ref: VS7236D

Principal Office: C.C. Victoria Tenerife Sur, Local 1, C/ Republica de Panama, 1, LAS AMERICAS, 38660, Adeje



Tel: 922 787 210 / 635 881 888

Email: info@vymcanarias.com · Web: www.tenerifecenter.com

Playa Paraiso: 922 713 395, email: playaparaíso@vymcanarias.com

Golf del Sur: 922 455 874, email: golfdelsur@vymcanarias.com

Callao Salvaje: 922 717 663, email: callaosalvaje@vymcanarias.com

El Duque: 922 547 611, email: elduque@vymcanarias.com

€130,000

We offer for sale this studio 35m2 in the second floor in the complex Malibu Park, San Eugenio. The studio has one bathroom, a fully furnished and equipped kitchen, and the livingroom/sleeping area which lead to a terrace of 9m2. From the terrace you have sea views. The complex offers a communal swimming pool. The community fees is 80€ per month.  
**Ref: S1123 | FRINA Tenerife SL - Property Sales | 922 085 191**

**San Eugenio Alto, Apartment**

€130,000

**1 bed** · Good price 1 bedroom apartment for sale in the popular Laguna Park 2 complex. The apartment consists of 1 bedroom, bathroom, open plan kitchen and a lounge and a terrace. Great holiday complex with a large pool area, pool bar and tennis court. There is also a minimarket on site. Great holiday apartment.

**Ref: AP122-HP | Tenerife Belfin Properties | 692 146808**

**UNDER €50,000****Las Americas, Apartment**

€600

**1 bed** · AVAILABLE FOR SIX MONTHS ONLY. Ground floor one bedroom apartment in Bugamerica, Playa de la Americas. Double bedroom, living room with American style kitchen, bathroom and nice terrace with garden.

**Ref: AP0605 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

**Los Cristianos****OVER €350,000****Los Cristianos, Villa**

€1,180,000

**4 bed** · An immaculate, exclusive and top quality villa in a recently completed residential complex. The villa has been redesigned by its sole owner, converting one of the dining rooms into a separate apartment with its separate kitchen, living room, bedroom and separate bathroom. What makes this setup, perfect for guests or friends. The property is sold fully fur... For full information see website or contact:  
**Ref: 7487 | Clear Blue Skies SL | 922 714 772**

**Los Cristianos, Villa**

€525,000

**3 bed** · We offer for sale a large house with three floors in the complex "Mesetas del Mar", Los Cristianos. This oceanfront home has 2 main floors and a large underground floor of 136.95 m2. The lower floor has covered and open terraces and a garden. The house on the same floor has a separate kitchen with a utility room, a large bright living room with a fireplace... For full information see website or contact:  
**Ref: VS7304D | Vym Canarias | 922 787 210**

**€349,999 - €250,000****Los Cristianos, Apartment**

€330,000

**1 bed** · We are pleased to offer for sale a large 1 bedroom apartment in the prestigious complex El Rincon, located in the popular holiday resort of Los Cristianos. The apartment measures approximately 70m2 inside area and consists of entrance, double bedroom with fitted wardrobes, large bathroom with corner bath and shower, open plan living area with fitted kitch... For full information see website or contact:

**Ref: VS7308D | Vym Canarias | 922 787 210**

**Los Cristianos, Apartment**

€277,950

**2 bed** · Extremely rare opportunity to purchase a spacious 2 bedroom apartment on the residential complex Los Alamos in Los Cristianos just 150m from the golden Las Vistas beach. Internally the apartment has undergone more or less a complete refurbishment since the current owner purchased the property 18 years ago. New items include, ceiling fans, new double glazi... For full information see website or contact:  
**Ref: 42087 | Crown Property Services | 922 176 883**

**€249,999 - €150,000****Los Cristianos, Apartment**

€229,000

**2 bed** · 2 bedroom, 1 bathroom apartment in Andalucia.  
**Ref: T1214 | Tenerife Properties | 630 372702**

**Los Cristianos, Apartment**

€229,000

**1 bed** · Wonderful and spacious one bedroom apartment for sale in Los Cristianos. Residencial Playa Graciosa offers large terraces, high quality finishings and a tropical swimming pool. This apartment is very well situated, it has one bedroom, a bathroom, semi-open kitchen and living room with access to the terrace. There is also a parking space and a cellar inclu... For full information see website or contact:  
**Ref: ROA1129 Sharon | 2nd Home Tenerife |**

**Los Cristianos, Apartment**

€225,000

**2 bed** · Clear Blue Skies are pleased to offer a small selection of two bedroom apartments in Paradise, the award winning CLC World resort in Torviscas Alto. Located just a short drive from the marina at Puerto Colon and the lively town of Playa de las Americas, there's a range of sandy beaches with water sport activities just minutes away. Join the resort's estab... For full information see website or contact:  
**Ref: 7863 | Clear Blue Skies SL | 922 714 772**

**Los Cristianos, Apartment**

€218,000

**1 bed** · Spacious 1st floor apartment on the ever popular Paloma beach complex. Ideally located with easy access to the pool and wheelchair friendly, this property offers an American style fully fitted & equipped kitchen, lounge, shower room, bedroom with fitted wardrobes and walk in wardrobe. Sunny terrace with lateral sea views. Touristic complex with large swim... For full information see website or contact:  
**Ref: 7856 | Clear Blue Skies SL | 922 714 772**

**Los Cristianos, Apartment**

€215,000

**1 bed** · If you are looking for a holiday home with rental potential look no further! This immaculate top floor apartment has regular bookings and boasts a panoramic view of Los Cristianos. Comprising of a modern fully fitted open plan kitchen with granite worktops and appliances included, a spacious bedroom with twin beds & fitted wardrobes, bathroom, lounge with... For full information see website or contact:  
**Ref: 7843C | Clear Blue Skies SL | 922 714 772**

**Los Cristianos, Apartment**

€205,000

**1 bed** · A top floor apartment on a well-established touristic complex in Los Cristianos. This property forms part of the Royal Palm complex and would make a great

holiday home with the added bonus of a rental income, a friendly on-site management company will take care of everything for you. The bright open floor plan consists of an American style fitted kitchen,... For full information see website or contact:  
**Ref: 7845C | Clear Blue Skies SL | 922 714 772**

**Los Cristianos, Duplex Penthouse**

€195,950

**1 bed** · Fully refurbished, part furnished, 1 bed, 1 bath penthouse apartment on sought after complex. This spacious property (c50sqm) has an open plan lounge/kitchen/diner with feature breakfast bar with 13sqm sunny terrace with sea views off. Well-kept complex with 2 swimming pools and reception area.

**Ref: 965 | Tenerife Prime Property | 922 703 725**

**Los Cristianos, Apartment**

€189,950

**2 bed** · A fantastic 2 bedroom 2 bathroom apartment on the very popular holiday complex of Beverly Hills Suites in Los Cristianos. The apartment is on the top floor with stunning coastal and resort views from the double terrace. The property consists of 2 large double bedrooms master ensuite with a 2nd guest bathroom. Open plan American style kitchen, spacious lou... For full information see website or contact:  
**Ref: 7329 | Clear Blue Skies SL | 922 714 772**

**Los Cristianos, Duplex**

€180,000

**2 bed** · Duplex apartment with two bedrooms and two bathrooms in Castle Harbour. Good sized living room with kitchen area and nice balcony from the living room area. This is an ideal investment property or for a holiday home. There is a 24 hour reception, laundry, pool bar and large community swimming pool. There is also an on site management company allowing holi... For full information see website or contact:  
**Ref: DUP0512 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

**Los Cristianos, Apartment**

€175,000

**1 bed** · AN INCREDIBLE OPPORTUNITY! Front line to the ocean in Los Cristianos, with everything in walking distance this property must be viewed. Located on one of the higher floors this one bedroom, one bathroom apartment has fantastic views to the sea and coastline. The complex has wheelchair access, and the communal pool has recently been reformed. Fantastic loca... For full information see website or contact:  
**Ref: LC00594 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131**

**Los Cristianos, Apartment**

€174,500

**1 bed** · Clear Blue Skies are pleased to offer a selection of one bedroom apartments in Paradise, a CLC World award winning resort. Located in Torviscas Alto and just a short drive from the marina at Puerto Colon and the lively town of Playa de las Americas, there's a range of sandy beaches with water sport activities just minutes away. Join the resort's establish... For full information see website or contact:  
**Ref: 7859 | Clear Blue Skies SL | 922 714 772**

**Los Cristianos, Apartment**

€165,000

**1 bed** · We are pleased to offer this bright spacious apartment in the complex Rosamar, Los Cristianos. This is a one bedroom apartment with a living and terrace space of 47m2, comprising one double bedroom, bathroom, American style kitchen, living and dining room

leading to the terrace with lovely views.

**Ref: S1023 | FRINA Tenerife SL - Property Sales | 922 085 191**

**Los Cristianos, Apartment**

€165,000

**1 bed** · Castle Harbour is a well maintained touristic complex in a popular area of Los Cristianos, the apartment is fully furnished and offers a twin bedroom with fitted wardrobes, bathroom, open plan fitted kitchen and lounge. The sunny balcony enjoys a view over the pool & out to sea. Many on site facilities including reception, heated swimming pool, lift to al... For full information see website or contact:  
**Ref: 7654 | Clear Blue Skies SL | 922 714 772**

**Los Cristianos, Duplex Penthouse**

€160,000

**1 bed** · Bright and spacious one bedroom 60m2 duplex located on the top floor of the Castle Harbour complex, Los Cristianos. The apartment has two floors: on the ground floor there is a spacious living room with a glazed terrace overlooking the pool and the city, an equipped open kitchen (washing machine, dishwasher, built-in refrigerator) and a bathroom. On the s... For full information see website or contact:  
**Ref: S1079 | FRINA Tenerife SL - Property Sales | 922 085 191**

**€149,999 - €100,000****Los Cristianos, Studio**

€128,000

A fantastic opportunity to purchase on this well-established touristic complex. Royal Palm is ideally located with a great choice of bars, shops and restaurants on the doorstep and with three pools on site, one of which is heated during the winter months. This bright and airy apartment is sold fully furnished with equipped kitchenette, sleeping area incl... For full information see website or contact:  
**Ref: 7844C | Clear Blue Skies SL | 922 714 772**

**Los Cristianos, Apartment**

€117,000

**1 bed** · This is a very nice reformed one bedroom apartment in the complex Garajonay 2, Los Cristianos. With 47m2 of living space and a 5m2 balcony.  
**Ref: S873 | FRINA Tenerife SL - Property Sales | 922 085 191**

**UNDER €50,000****Los Cristianos, Apartment**

€750

**2 bed** · Two bed apartment available for long term rental. This complex is located near to the bus station and you can walk to the town centre in minutes. The apartment is situated on the 4th floor, there are two lifts in the complex to access all levels, the apartment has an independent fully fitted kitchen, both bedrooms are of double size with fitted wardrobes,... For full information see website or contact:  
**Ref: AP0237 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

**Los Cristianos, Apartment**

€650

**1 bed** · One bedroom apartment located on the first floor in this popular complex within walking distance to the shopping centres and to the beach front of Playa Las Vistas. This apartment seeks a mature/retired couple, it has a fully fitted American style kitchen, double size bedroom with fitted wardrobes, balcony from the lounge/bedroom which overlooking the gar... For full information see website or contact:  
**Ref: AP0359 | Tenerife Island**

**Rentals and Buy Tenerife | 922 797 438**

**Los Cristianos, Apartment**

E.P.O.A

**NEW INSTRUCTION.** This 3 bed ground floor apartment situated in the centre of Los Cristianos is an ideal family home with a terrace of 50m2. For more information please contact us on +34 922 894 938.

**Ref: 4408 | All Properties Tenerife | 922 89 4938**

**Los Gigantes****OVER €350,000****Puerto de Santiago, Townhouse**

€475,000

**3 bed** · A rare opportunity to acquire a three-bedroom property in a frontline community with excellent panoramic sea views. Briefly featuring: A spacious open plan living area with lounge with vaulted ceiling and bay window overlooking the gardens and with superb views of the sea and the Island of La Gomera. Dining area with direct access onto the ample terrac... For full information see website or contact:  
**Ref: 5787S | Tenerife Royale Estate Agents SL | 922 788305**

**€349,999 - €250,000****Alcala, Townhouse**

€255,000

**4 bed** · Surf Camp - Fully operational, business licence included, 4 bedrooms, 4 bathrooms, 3 floors, sleeps 12 people, big lounge area with a real oldschool surf style throughout the house.  
**Ref: I1281 | Tenerife Properties | 630 372702**

**€149,999 - €100,000****Los Gigantes, Apartment**

€120,000

**2 bed** · Offering excellent value for money this two bedroom apartment is well presented with an open plan lounge dining area, which leads onto the fully fitted equipped with all appliances. Two double bedrooms with the master having direct access onto a patio area in the communal courtyard, the master bedroom also has a guest w. c.. There is a family shower room... For full information see website or contact:  
**Ref: 5789S | Tenerife Royale Estate Agents SL | 922 788305**

**Tenerife East****€249,999 - €150,000****Malpais, Townhouse**

€225,000

**3 bed** · Location: Quiet location, Rural location. Views: Mountain, Sea. Additional: Development possibilities. Rooms: Dining room, Independent kitchen, Lounge and dining area, Bathroom. Quality: Rustic style, Spacious, Charming property, Furnished. Outside: Various gardens, Various terraces, Large roof terrace, Large terrace, Various balconies. Parking: Ample pri... For full information see website or contact:  
**Ref: 554-V3 | Island Estates | 922 790 767**

**Candelaria, Rural Property**

€225,000

**3 bed** · Lovingly restored, fully furnished and equipped 3 bedroom Canarian house (170sqm) with 2,700sqm of land (500sqm in gardens with fruit trees/vegetables and a hen coop/run with 15 laying hens). The house comprises a large lounge/dining room, separate kitchen, large bathroom, 50sqm East-facing sun terrace, an electrically-operated garage and a large roof ter... For full information see website or contact:  
**Ref: S-03 1155 | Tenerife Prime Property | 922 703 725**

**Poris de Abona, Apartment**

€194,000

**2 bed** · Clear Blue Skies are delighted to list for sale a fantastic top floor 2 bedroom 1 bathroom apartment enjoying unbelievable unobstructed ocean views over the in Poris de Abona. It is the perfect property for both residents and tourists alike. The property is an absolutely idyllic location on this residential complex, the apartment is all about outside livi... For full information see website or contact:  
**Ref: 7851 | Clear Blue Skies SL | 922 714 772**

**€149,999 - €100,000****Guimar, Finca**

€140,000

**3 bed** · This fantastic property is built on a plot of land measuring just over 6000m2 with outbuilding. The main house consists of three bedrooms, all with spectacular views, a small bathroom with shower unit, kitchen and living room. The property can be lived in but does need some modernising. There is also a very large storeroom underneath the house on the same... For full information see website or contact:  
**Ref: MAS0549 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

**Tenerife North****OVER €350,000****Puerto de La Cruz, Villa**

€670,000

**4 bed** · We offer for sale a magnificent villa in the central area of Puerto de La Cruz near the Taoro park. The house has 2 levels and is divided into three apartments and a large solarium on the roof. There is also a garden with various plants and a swimming pool. All levels, terraces and solarium offer breathtaking views of the coast and the Atlantic. The low... For full information see website or contact:  
**Ref: VS7160D | Vym Canarias | 922 787 210**

**Puerto de La Cruz, Villa**

€448,000

**4 bed** · This property is located very near to the touristic city center of Puerto de la Cruz. The main square "Plaza del Charco" can be reached in less than 10 minutes by foot. Everything can be found just around the corner, restaurants, bus stops, etc. The house has a total of 210 square meters of constructed area built on a 812 square meter plot and is divide... For full information see website or contact:  
**Ref: R1490V | Agata's Real Estate |**

**Los Realejos, Villa**

€420,000

**6 bed** · Villa with its own large plot of urban and rustic land in Zamora Los Realejos in the north of Tenerife. The property has a large house, an independent apartment, attic, wooden pool house, swimming pool, out buildings, large water tank

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

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

www.tenerifeislandrentals.com  
info@tenerifeislandrentals.com



# Tenerife Island Rentals & Buy Tenerife

## Sales

### CHIO, GUÍA DE ISORA



Beautiful property with stunning views to the neighbouring island of La Gomera and to Mount Teide. On entering the property you find a secluded courtyard with outdoor eating area. Leading from the terrace you enter a spacious dining room which then leads to a stunning living room with wooden vaulted ceiling and patio doors to the terrace. There is a separate fitted kitchen off the dining room. On the ground floor there is a large double bedroom and a bathroom with walk-in shower and a storeroom. On the upper floor there are two bedrooms, the master has a wooden vaulted ceiling. Both bedrooms have balconies and plenty of storage space. Lots of outdoor space with an additional plot of urban land of 200m<sup>2</sup> to be developed.

Ref: MAS0603

€299,000

### VALLE SAN LORENZO



This townhouse is located in a quiet area of Valle San Lorenzo and only five minutes to the main road of the town. Distributed over two floors. On the ground floor there is an integrated garage, a room with direct access to the garden, a bathroom and two walk in cupboards. Leaving the ground floor there is a patio with stairs to the upper floor. Upstairs there is a kitchen, living room, bedroom, bathroom and terrace with sea views. There is a roof terrace that covers the entire property with views of the sea and mountains. It has a large garden of approximately 200m<sup>2</sup> with a parking space. Impressive house with many possibilities.

Ref: ADO0592

€179,995

### EDIFICIO AMANECER, ADEJE



Nice two bedroom apartment in a central location of Adeje, double bedroom and single bedroom. Good size living room with American style kitchen, bathroom with shower unit and small Juliette balcony. There is lift access to the apartment and the El Galeon shopping centre is located within a five minute walk from the apartment. This is an excellent investment opportunity or starter home.

Ref: APO604

€130,000

### PARAISO DEL SOL, PLAYA PARAISO



Nice ground floor apartment overlooking the communal pool and garden. It consists of two spacious bedrooms, a bathroom with a jacuzzi bathtub, an independent equipped kitchen and a living-dining room with access to the 10m<sup>2</sup> terrace. Close to the CC Rosa de Playa Paraíso with shops, supermarket and restaurants and about a five minute walk to the beach. Residents' parking.

Ref: AP0595

€152,250

### EL RINCON, LOS CRISTIANOS



Fantastic ground floor garden apartment in sought after complex in Los Cristianos. Very large bedroom with patio doors to the terrace and fitted wardrobes, large living dining room and American style kitchen. Large bathroom with twin sinks, walk in shower unit and separate bath tub. Garden area of 79m<sup>2</sup> with automatic watering system. International TV channels, community swimming pool, garage and storeroom. Electric sunblinds, outdoor eating area. Sold fully furnished.

Ref: AP0588

€279,995

### PARADISE CLUB, TORVISCAS ALTO



Beautifully presented apartment in the very popular complex. This property has a very large living room with American style kitchen with patio doors leading to a good sized balcony with views to the swimming pool and sea. There are two good sized double bedrooms and a further smaller room leading from the second bedroom, ideal for families with small children. The master bedroom has an ensuite bathroom and there is a second bathroom beside the second bedroom. Fitted wardrobes in each room with plenty of storage. It can be rented for holiday rentals and already has bookings making this a fantastic investment property. Sold fully furnished and in immaculate condition. There is a large pool on the complex and is close to amenities.

Ref: AP0590

€245,000

and 7,500 m2 of land (2,000 m2 is building land if required) wooden ceilings throughout. There is a large kitchen dining ... For full information see website or contact: **Ref: J2450CV | Agata's Real Estate |**

#### **Puerto de La Cruz, Apartment** **€409,000**

**2 bed** · For sale: residential development of design apartments in the heart of Puerto de la Cruz, surrounded by all kinds of services and close to the sea. The complex, after its development, will be surrounded by a public free urban park. All the apartments have large windows with large terraces, kitchens furnished with appliances and a private closed garage. Bo... For full information see website or contact:

**Ref: R1490A-BH | Agata's Real Estate |**

#### **Icod de Los Vinos, Villa** **€395,000**

**6 bed** · This property is located in a very quiet area of Icod de los Vinos, Northern Tenerife. It could be ideal for holiday rental as there are numerous sleeping accommodations and three separate apartments. The main house has 3 bedrooms, two bathrooms and a spacious living room. All bedrooms have fitted wardrobes and bright light through the large windows. A... For full information see website or contact:

**Ref: R3450V | Agata's Real Estate |**

#### **Los Realejos, Finca** **€389,000**

**3 bed** · Price reduced! House with a lot of potential with almost 10,000m of a rustic land. Can be rented out to be cultivated as a plantation. House has lovely sea views and is very well connected to the highway. Call me for details or more pictures please. Please contact Agata's Real Estate team for any details. The offer is subject to errors, price changes, omi... For full information see website or contact:

**Ref: A2450C | Agata's Real Estate |**

#### **La Orotava, Villa** **€370,000**

**4 bed** · This property is located in a quiet and peaceful area in La Orotava at 10 minutes from Puerto de la Cruz by car. The house has amazing sea views from many rooms of the villa. On the 506 square meter plot, the 124sqm house is located and a 40sqm independent apartment. The house itself has 3 bedrooms and 1 bathroom. The apartment has a living/bedroom and ba... For full information see website or contact:

**Ref: R2390V | Agata's Real Estate |**

**€349,999 - €250,000**

#### **Arafo, Semi-Detached House** **€262,995**

**4 bed** · Modern 4 bedroom house for sale in Arafo Tenerife. This property is a totally reformed finca that was originally a home and stables for the animals. now lovingly re-developed by the current owners into a modern family home or weekend retreat. The property comprises 4 separate bedrooms and one family bathroom, a massive kitchen which includes a dining area... For full information see website or contact:

**Ref: 33095 | Crown Property Services | 922 176 883**

#### **Santa Ursula, Villa** **€250,000**

**2 bed** · Reduced price! This attached house is located in one of the most exclusive areas of Santa Ursula; La Quinta. Puerto de la Cruz can be reached in less than 10 minutes by car from here. The property has 2 bedrooms, a garage,

a large communal swimming area and beautiful sea views and views on the Mount Teide. The community costs are only €36. Please contact ... For full information see website or contact:

**Ref: R4250V | Agata's Real Estate |**

**€249,999 - €150,000**

#### **Icod de Los Vinos, Villa** **€220,000**

**4 bed** · Large semi detached house with urban land in Icod de los Vinos in the north of Tenerife. The property is extremely well maintained and sold completely furnished. It is accessed from ground floor street level offering four bedrooms 2 bathrooms, lounge dining room spacious kitchen leading onto a huge terrace with glorious views. Below this floor there is c... For full information see website or contact:

**Ref: J3225V | Agata's Real Estate |**

#### **Puerto de La Cruz, Apartment** **€218,000**

**2 bed** · For sale: residential development of design apartments in the heart of Puerto de la Cruz, surrounded by all kinds of services and close to the sea. The complex, after its development, will be surrounded by a public free urban park. All the apartments have large windows with large terraces, kitchens furnished with appliances and a private closed garage. Bo... For full information see website or contact:

**Ref: R1218A-BH | Agata's Real Estate |**

**€149,999 - €100,000**

#### **La Orotava, Apartment** **€140,000**

**2 bed** · Super offer! Two bedroom apartment in the "Nuevo Saucó" complex, Llano del Camello. The complex has a good location on the main avenue close to shops, pharmacy, school and more. The apartment has two bedrooms with fitted wardrobes, two bathrooms, separate kitchen and living room with access to a terrace overlooking the pool (temporarily closed). The price... For full information see website or contact:

**Ref: VS7278D | Vym Canarias | 922 787 210**

## Tenerife South

**OVER €350,000**

#### **San Miguel, Villa** **€950,000**

**3 bed** · A stunning country home surrounded by 5000m2 of rustic land in beautiful countryside. Secluded, peaceful yet only a few minutes away from the pretty town of San Miguel de Abona. Escape to a wonderfully comfortable home with a blend of traditional and modern, including new bathrooms, a bespoke fitted kitchen, 3 large double bedrooms, a cosy lounge with fi... For full information see website or contact:

**Ref: OUT01153 | Tenerife Property Shop | 922 714700 | UK: 0871 871 6131**

#### **Aguilas del Teide, Semi-Detached House** **€520,000**

**3 bed** · 3 bedroom, 3 bathroom semi detached villa in Chayofa. **Ref: I1322 | Tenerife Properties | 630 372702**

#### **Buzanada, Villa** **€502,950**

**5 bed** · We offer for sale this luxurious villa on two floors located in Buzanada, the house of about 400 m2 built on a plot of 1000 m2. The first floor comprises two bedrooms, a living room combined with kitchen, a bathroom and a large garage for two to three cars. The second floor consists of three bedrooms with two bathrooms, a living room with access to a larg... For full information see website or contact:

**Ref: S1070 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### **Vilaflor, Villa** **€495,000**

**5 bed** · Rustic villa in La Martela, in the highest town in Spain Vilaflor. It is inside the forest crown and the pine forests with great views of the landscape that combine sea and mountains, it has an area of 448 m2 distributed on two floors renovated several times, in addition to an annex apartment consists of a room with bathroom en suite and living room, ki... For full information see website or contact:

**Ref: S1192 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### **Charco del Pino, Finca** **€495,000**

**5 bed** · Three independent dwellings currently run as a rural B&B. Huge potential for further developments. Sun terrace, parking and panoramic views. **Ref: 1905 | Homes & Away | 922 737 044**

#### **Chayofa, Villa** **€469,950**

**3 bed** · Location: Quiet location, Central, Close to amenities, Close to restaurants/bars/cafes, Exclusive development, Gated community. Views: Mountain, Sea. Additional: Viewing recommended. Rooms: Ensuite, Family bathroom, Fitted wardrobes, Independent kitchen, Lounge and dining area, Bathroom. Quality: Well presented, Built to a high standard, Furnished, Modern... For full information see website or contact:

**Ref: 544-V3 | Island Estates | 922 790 767**

#### **Chayofa, Villa** **€469,950**

**3 bed** · Chayofa Country Club offers a number of private villas. They all have views of the southern Tenerife mountains and the sea beyond. The accommodation provides all the luxuries and benefits you would expect from a private villa, but with the added bonus of all the facilities of an apartment complex. All the villas have three en-suite bedrooms; they are very... For full information see website or contact:

**Ref: LUX0492 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

#### **La Florida, Villa** **€399,000**

**3 bed** · A villa for sale in one of the most sought-after residential areas in the south, La Florida, offering the best of both worlds being close to the countryside yet with easy access to the local principle towns and the bustling coastal resorts. Briefly comprising: spacious accommodation (270m2) with lounge, dining room, three bedrooms, two bathrooms, outside a... For full information see website or contact:

**Ref: 5780S | Tenerife Royale Estate Agents SL | 922 788305**

#### **Chio, Townhouse** **€390,000**

**7 bed** · We have a wonderful investment opportunity for someone dreaming of owning a rural property in the south of Tenerife. Located in the charming village of Chio, Guia de Isora sits this seven bedroom property divided into two buildings, in the main house there are six spacious bedrooms, two bathrooms, kitchen and a large living, dining area. The smaller

indep... For full information see website or contact:

**Ref: S1054 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### **Vilaflor, Finca** **€370,000**

Estate in Vilaflor (near the trevejos area) of 50,000m2 with production + subsidy and project approved by the council for the construction of more than 1500m2 of warehouse, visitor center, Bodega or restaurant. The grape subsidy is over 3500€ per year. The grapevines are not yet producing 100% (usually given at 3 or 4 years) the vines are currently 3 year... For full information see website or contact:

**Ref: D1175 | FRINA Tenerife SL - Property Sales | 922 085 191**

**€349,999 - €250,000**

#### **Vilaflor, Rural Property** **€299,000**

**3 bed** · Reduced by 35,000€! This beautifully restored Canarian house is situated in the village of Vilaflor which is on the edge of the pine forest leading to Mount Teide and approximately 30 minutes drive to the coast. The property is over 350 years old and has been tastefully restored to a high standard but in keeping with the rustic style. It has three bedroom... For full information see website or contact:

**Ref: MAS0082 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

#### **Chayofa, Semi-Detached House** **€295,000**

**2 bed** · 2 bedroom, 1 bathroom rustic style bungalow in Chayofa. **Ref: T1196 | Tenerife Properties | 630 372702**

#### **Charco del Valle, Townhouse** **€270,000**

**3 bed** · 3 bedroom townhouse in Charco del Valle. **Ref: I1312 | Tenerife Properties | 630 372702**

#### **Chayofa, Townhouse** **€265,000**

**2 bed** · We offer for sale this house of 212m2 in Chayofa. The house has three bedrooms converted into two, one bathroom, a kitchen, living room and a 66m2 terrace with large garden and sea view. There are two private garage spaces with access to the house. The house is sold partially furnished. Community fees are 28€ per month. **Ref: S1153 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### **Granadilla, Canarian House** **€262,500**

**3 bed** · Belfin Property offers for sale this village house built on a 330 m2 urban plot, but also has another 2500 m2 of rustic land. The house has on the main floor open plan kitchen and lounge, 1 bedroom, bathroom and another room with terrace. This room is currently used as an office. Upstairs there is a large 40 m2 bedroom with it's bathroom and a large terra... For full information see website or contact:

**Ref: VH104-BP | Tenerife Belfin Properties | 692 146808**

#### **El Roque, Townhouse** **€259,995**

**2 bed** · Lovely character property in El Roque near San Miguel de Abona Tenerife. **Ref: 34270 | Crown Property Services | 922 176 883**

**€249,999 - €150,000**

#### **Chayofa, Duplex** **€230,000**

**2 bed** · Location: Exclusive development, Popular urbanisation, Central, Quiet location, Close to amenities, Touristic area, Close to restaurants/bars/cafes, Close to transport. Views: Pool. Additional: Viewing recommended. Rooms:

American style kitchen, Bathroom, Ensuite, Fitted wardrobes, Lounge and dining area. Quality: Built to a high standard, Furnished, Good... For full information see website or contact:

**Ref: 543-A2 | Island Estates | 922 790 767**

#### **Charco del Valle, Townhouse** **€195,000**

**3 bed** · A well presented townhouse in the quiet residential area of Charco de Valle in the area of Adeje. The house comprises of 3 double bedrooms, 2 bathrooms, spacious lounge, independent kitchen, guest toilet and a small office area. There is ample outside space with a private terrace on the ground level and a large open terrace on the top floor. The views of ... For full information see website or contact:

**Ref: 7834 | Clear Blue Skies SL | 922 714 772**

**€149,999 - €100,000**

#### **Guia de Isora, Apartment** **€148,000**

**2 bed** · We are pleased to offer for sale this two bedroom apartment in the lovely Canarian village of Alcala, here you will want for nothing as the village has everything from supermarkets to hairdressers and everything in between as well as a selection of charming local bars and restaurants. The apartment offers 55m2 of living space comprising two bedrooms, one w... For full information see website or contact:

**Ref: S1233 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### **Chayofa, Apartment** **€145,000**

**1 bed** · The one-bedroom apartments at Chayofa Country Club are also some of the biggest in Tenerife and well furnished. They have an open plan lounge with dining area. The large kitchen area is fully fitted with appliances. Adjacent to the lounge is a large balcony offering generous views. The apartments also include a double bedroom, which has large wardrobe spa... For full information see website or contact:

**Ref: AP0491 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

#### **La Camella, Apartment** **€140,000**

**2 bed** · Lovely apartment in La Camella, tastefully decorated. The apartment comprises of two bedrooms with fitted wardrobes, lounge, bathroom, fully fitted independent kitchen. La Camella is a typical Canarian village and despite its small size it has all the services just a few meters away on foot, such as restaurants, bars, supermarket etc, moreover Los Cristia... For full information see website or contact:

**Ref: 7849C | Clear Blue Skies SL | 922 714 772**

#### **Chayofa, Apartment** **€138,000**

**1 bed** · We offer for sale this 73m2 apartment in the complex Chayofa Country Club, Chayofa. This apartment comprises one bedroom, one bathroom, an American style open kitchen with dining area and living room, leading to a terrace of 13m2 with a view to the swimming pool. There is a communal swimming pool and an off street parking. The Chayofa Country Club is loca... For full information see website or contact:

**Ref: S1042 | FRINA Tenerife SL - Property Sales | 922 085 191**

#### **Buzanada, Apartment** **€129,000**

**3 bed** · A spacious (125 m2) and well-presented apartment situated in a small residential community. Comprising of open plan lounge/

diner and fully fitted modern kitchen, three bedrooms and two bathrooms. Included in the asking price are the furnishings and an underground parking space. The community fees are low at circa € 35 per month. Buzanada is situated b... For full information see website or contact:

**Ref: 5792S | Tenerife Royale Estate Agents SL | 922 788305**

**€99,999 - €50,000**

#### **Chayofa, Studio** **€99,950**

Location: Exclusive development, Quiet location, Close to restaurants/bars/cafes, Close to shops. Views: Pool. Additional: Viewing recommended. Rooms: Lounge and dining area, Bathroom, Fitted wardrobes. Quality: Modern, Spacious, Well presented. Outside: Sunny terrace. Community facilities: Satellite television, 24 hour security, Sun terrace, Gardens, Swi... For full information see website or contact:

**Ref: 541-S | Island Estates | 922 790 767**

#### **Chayofa, Studio** **€99,950**

Selection of studio apartments available in Chayofa Country Club. Chayofa Country Club has some of the biggest studio apartments in Tenerife, with a combined living and sleeping area and separate bathroom. The main room has twin beds, a separate dining table and sofas. Within the spacious kitchenette are a four-ring cooker, a fridge, microwave and essenti... For full information see website or contact:

**Ref: EST0490 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

#### **Valle de San Lorenzo, Apartment** **€84,900**

**1 bed** · Beautiful 1 bedroom apartment in a good and well kept residential complex in the town of Valle San Lorenzo. The apartment consists of an independent and fully fitted kitchen with a utility room, a spacious lounge/dining room, a good sized bedroom with fitted wardrobes and a bathroom. There is a balcony that gets afternoon sun. Very tranquil location ... For full information see website or contact:

**Ref: AP123-BP | Tenerife Belfin Properties | 692 146808**

#### **Arona, Bungalow** **€54,000**

**2 bed** · Cosy bungalow located in CAMPING NAUTA, 5-10 minutes driving from the village of Las Galletas. The main home consists of a double bedroom + a single bedroom. There's a bathroom with a shower and another bathroom with toilet, lavabo and washing machine. The living room is luminous and the window doors that give onto the terrace can be opened completely. Se... For full information see website or contact:

**Ref: 84-1220 | Tenerifehome.com | 922 783066**

**UNDER €50,000**

#### **Chayofa, Villa** **€1,200**

**3 bed** · AVAILABLE FOR LONG TERM RENTAL FROM MID AUGUST 2018. This is a detached house in the quiet village of Chayofa, situated on a corner plot, there is a double gated entrance on the corner which you can drive inside to park 2 cars and has an enclosed garage for parking also. The property has an entrance around the corner which leads to a large terrace area, o... For full information see website or contact: **Ref: CHA0194 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

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



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

**Los Abrigos, 2 bed, 2 bath Penthouse**



Stunning, fully refurbished, unfurnished, 79sqm 2 bed, 2 bath (master en suite) apartment on sea front, with lounge/diner, American-style kitchen and large sunny terrace. Close to all amenities.

€199,000 Ref: LA081-CLR199

**Golf del Sur, Duquesa del Mar**



Beautiful, fully furnished and equipped, 3 bed, 2 bath (master en suite) penthouse apartment on luxury complex with pool, close to all amenities. Large lounge, dining room, American-style fitted kitchen/dining area, sunny terrace, underground parking space and storeroom.

€265,000 Ref: CGS152-DDM265

**Golf del Sur, San Andrés**



Lovely, spacious (90sqm), fully furnished, 2 bed, 2 bath bungalow on prestigious holiday complex with Reception, 2 pools and own restaurant. The property has a lounge/dining area, fully fitted kitchen, large sunny terrace with sea views and a parking space. Close to all amenities.

€255,000 Ref: GDS242-SA255

**Costa del Silencio, Costa Sol**



Fantastic, spacious (70sqm), fully furnished, 2 bed, 1 bath apartment on sought after sea front complex with lovely pool area. The property has a lounge/dining area, American-style kitchen and a large sunny terrace. Close to all amenities.

€158,000 Ref: CDS851-CS165

**Las Galletas, 3 bed apartment**



Spacious (96sqm + 5 sqm terrace), part-furnished, 3 bed, 2 bath (master en suite) apartment in central location close to all amenities and the sea front. The property has a lounge/diner, open plan kitchen, terrace and underground parking space with storeroom.

€169,000 Ref: LG061-CI183

**Las Galletas, Hotel Annapurna**



Lovely, bright, fully furnished 1 bed, 1 bath apartment ideal for holiday rentals or own occupation in sea-front, holiday complex with pool. The property has a lounge/dining area, American-style kitchen and private terrace. Close to all amenities.

€118,000 Ref: CDS011-A118

# Tenerife Prime Property

## Golf del Sur, Las Adelfas I



Large, fully refurbished, unfurnished, 2 bed, 2 bath (master en suite) bungalow-style property on touristic complex with heated pool and restaurant. Huge rear garden and roof terrace with sea views.

S-02 1382

€255,000



### PROPERTIES IN ALL AREAS REQUIRED FOR LONG TERM RENTAL - CLIENTS WAITING!

#### Amarilla Golf, Pinehurst 1 bed



Fully refurbished 1 bed, 1 bath apartment on 2nd floor with golf and sea views. There is a community pool and bar/restaurant.

S-01 1400

€132,000

#### Amarilla Golf, Fairways Club



Lovely, fully renovated, furnished and equipped 1 bed, 1 bath apartment on popular, sought after holiday complex with beautiful pool and pool bar area.

S-01 1405

€125,000

#### Golf del Sur, Pueblo Primavera



Fully furnished 2 bed, 2 bath end-of-terrace duplex apartment with lovely sea and mountain views. The property has a lounge/dining area, American-style fitted kitchen and two sunny terraces. Great rental potential.

S-02 1416

€199,000

#### Amarilla Golf, Augusta Park

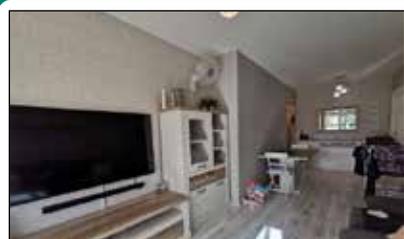


Beautiful, fully refurbished and furnished 1 bed, 1 bath, ground floor apartment on popular complex with pool. Extras include air con and electric shutters.

S-01 1354

€145,000

#### Llano del Camello, La Concepcion



Fully furnished 2 bed, 2 bath (1 en suite) 1st floor apartment with separate kitchen and sunny terrace overlooking the community pool. Easy off-street parking.

S-02 1430

€159,995

#### Los Cristianos, Parque Tropical II



2 bed, 2 bath duplex apartment in need of refurbishment on sought after complex with pool near Los Cristianos sea front. Small front garden, 2 terraces.

S-02 1150

€250,000

#### Golf del Sur, Terrazas de Paz



Fully refurbished ground floor 1 bed, 1 bath apartment with good sized terrace on sought after complex with pool. Close to all amenities.

S-01 1413

€115,000

#### Golf del Sur, Sand Club



Beautifully presented, fully furnished and refurbished, 2 bed, 1 bath apartment on complex with community pool. Close to amenities.

S-02 1421

€185,000

**Tel: 922 703 725 / 627 230 360**

carolhale.tpp@gmail.com • tenerifeproperty.com

# Tenerife Prime Property

## Amarilla Golf, Augusta Park

**€120,000**  
**NEGOTIABLE**



Part-furnished 1 bed, 1 bath ground floor apartment on sought after complex with lovely pool area. The property has a lounge/diner, American-style fitted kitchen, interior patio and sunny front terrace with views to the pool.

**REF: S-01 1426**

**PROPERTIES IN ALL AREAS REQUIRED FOR LONG TERM RENTAL - CLIENTS WAITING!**

### Golf del Sur, The Palms



Beautiful 2 bed, 2 bath apartment with 2 terraces, one with sea view on popular complex with pool and bar/restaurant.

S-02 1423

€283,500

### Amarilla Golf, Mirador del Golf



Large, unfurnished 3 bed, 3 bath (1 en suite) townhouse with private pool, garden and car port. Large lounge/dining area and separate kitchen.

S-03 1410

€275,000

### Valle San Lorenzo, 3 bed apt



Lovely, brand new, fully furnished 3 bed, 2 bath (1 en suite) apartment with separate laundry and storeroom.

S-03 1420

€130,000

### Amarilla Golf, Sun Bay Villas



Beautiful, fully furnished, 3 bed, 3 bath (1 en suite) linked villa in a great location close to the sea front. There is a large terrace and private plunge pool at the rear enjoying all day sun.

S-03 1434

€350,000

### Sotavento, Las Terrazas de Sotavento



Brand new, spacious, part-furnished, 2 bed, 2 bath apartment in sought after complex with pool. Close to all amenities and the sea front.

S-02 1431

€219,000

### Golf del Sur, Edf. Cañadas



A selection of brand new, unfurnished 1 bed, 1 bath apartments in complex with pool and parking.

S-01 1417

PRICES FROM €125,000

### Tenbel, Primavera



Ground floor 1 bed, 1 bath apartment in popular complex with pool. Extras include security grilles.

S-01 1414

€90,000

### San Eugenio, Bellavista



Luxurious, completely renovated, 6 bed, 5 bath (3 en suite) villa with private pool. Extras include marble floors, designer kitchen, security blinds, games room and aircon throughout. The large roof terrace enjoys stunning sea views.

S-06 1432

€725,000

**Tel: 922 703 725 / 627 230 360**  
carolhale.tpp@gmail.com • tenerifeproperty.com



Nonviolent protests are twice as likely to succeed as armed conflicts – and those engaging a threshold of 3.5% of the population have never failed to bring about change.

David Robson, Senior Journalist, BBC Future.

## The '3.5% rule': How a small minority can change the world

In 1986, millions of Filipinos took to the streets of Manila in peaceful protest and prayer in the People Power movement. The Marcos regime folded on the fourth day.

In 2003, the people of Georgia ousted Eduard Shevardnadze through the bloodless Rose Revolution, in which protestors stormed the parliament building holding the flowers in their hands. While in 2019, the presidents of Sudan and Algeria both announced they would step aside after decades in office, thanks to peaceful campaigns of resistance.

In each case, civil resistance by ordinary members of the public trumped the political elite to achieve radical change. There are, of course, many ethical reasons to use nonviolent strategies. But compelling research by Erica Chenoweth, a political scientist at Harvard University, confirms that civil disobedience is not only the moral choice; it is also the most powerful way of shaping

world politics – by a long way.

Looking at hundreds of campaigns over the last century, Chenoweth found that nonviolent campaigns are twice as likely to achieve their goals as violent campaigns. And although the exact dynamics will depend on many factors, she has shown it takes around 3.5% of the population actively participating in the protests to ensure serious political change. Chenoweth's influence can be seen in the recent Extinction Rebellion protests, whose founders say they have been directly inspired by her findings. So just how did she come to these conclusions?

Needless to say, Chenoweth's research builds on the philosophies of many influential figures throughout history. The African-American abolitionist Sojourner Truth, the suffrage campaigner Susan B Anthony, the Indian independence activist Mahatma Gandhi and the US civil rights campaigner Martin

Luther King have all convincingly argued for the power of peaceful protest.

Yet Chenoweth admits that when she first began her research in the mid-2000s, she was initially rather cynical of the idea that nonviolent actions could be more powerful than armed conflict in most situations. As a PhD student at the University of Colorado, she had spent years studying the factors contributing to the rise of terrorism when she was asked to attend an academic workshop organised by the International Center of Nonviolent Conflict (ICNC), a non-profit organisation based in Washington DC. The workshop presented many compelling examples of peaceful protests bringing about lasting political change – including, for instance, the People Power protests in the Philippines.

But Chenoweth was surprised to find that no-one had comprehensively compared the success rates of nonviolent versus vio-

lent protests; perhaps the case studies were simply chosen through some kind of confirmation bias. "I was really motivated by some scepticism that nonviolent resistance could be an effective method for achieving major transformations in society," she says

Working with Maria Stephan, a researcher at the ICNC, Chenoweth performed an extensive review of the literature on civil resistance and social movements from 1900 to 2006 – a data set then corroborated with other experts in the field. They primarily considered attempts to bring about regime change. A movement was considered a success if it fully achieved its goals both within a year of its peak engagement and as a direct result of its activities. A regime change resulting from foreign military intervention would not be considered a success, for instance. A campaign was considered violent, meanwhile, if it involved bombings, kidnap-

paigns were twice as likely to succeed as violent campaigns: they led to political change 53% of the time compared to 26% for the violent protests.

This was partly the result of strength in numbers. Chenoweth argues that nonviolent campaigns are more likely to succeed because they can recruit many more participants from a much broader demographic, which can cause severe disruption that paralyses normal urban life and the functioning of society.

In fact, of the 25 largest campaigns that they studied, 20 were nonviolent, and 14 of these were outright successes. Overall, the nonviolent campaigns attracted around four times as many participants (200,000) as the average violent campaign (50,000).

The People Power campaign against the Marcos regime in the Philippines, for instance, attracted two million participants at its height, while the Brazil-

called the "3.5% rule". Besides the People Power movement, that included the Singing Revolution in Estonia in the late 1980s and the Rose Revolution in Georgia in the early 2003.

Chenoweth admits that she was initially surprised by her results. But she now cites many reasons that nonviolent protests can garner such high levels of support. Perhaps most obviously, violent protests necessarily exclude people who abhor and fear bloodshed, whereas peaceful protesters maintain the moral high ground.

Chenoweth points out that nonviolent protests also have fewer physical barriers to participation. You do not need to be fit and healthy to engage in a strike, whereas violent campaigns tend to lean on the support of physically fit young men. And while many forms of nonviolent protests also carry serious risks – just think of China's response in Tiananmen Square in 1989



The organisers of Extinction Rebellion have stated that Chenoweth's work inspired their campaign.

lings, the destruction of infrastructure – or any other physical harm to people or property.

"We were trying to apply a pretty hard test to nonviolent resistance as a strategy," Chenoweth says. (The criteria were so strict that India's independence movement was not considered as evidence in favour of nonviolent protest in Chenoweth and Stephan's analysis – since Britain's dwindling military resources were considered to have been a deciding factor, even if the protests themselves were also a huge influence.)

By the end of this process, they had collected data from 323 violent and nonviolent campaigns. And their results were striking!

Overall, nonviolent cam-

panian uprising in 1984 and 1985 attracted one million, and the Velvet Revolution in Czechoslovakia in 1989 attracted 500,000 participants.

"Numbers really matter for building power in ways that can really pose a serious challenge or threat to entrenched authorities or occupations," Chenoweth says – and nonviolent protest seems to be the best way to get that widespread support.

Once around 3.5% of the whole population has begun to participate actively, success appears to be inevitable.

"There weren't any campaigns that had failed after they had achieved 3.5% participation during a peak event," says Chenoweth – a phenomenon she has

– Chenoweth argues that nonviolent campaigns are generally easier to discuss openly, which means that news of their occurrence can reach a wider audience. Violent movements, on the other hand, require a supply of weapons, and tend to rely on more secretive underground operations that might struggle to reach the general population.

By engaging broad support across the population, nonviolent campaigns are also more likely to win support among the police and the military – the very groups that the government should be leaning on to bring about order.

During a peaceful street



Having attracted millions of supporters, the People Power demonstrations removed the Marcos regime in the Philippines

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Cont. from Page 24

protest of millions of people, the members of the security forces may also be more likely to fear that their

place people in as much physical danger, particularly as the numbers grow, compared to armed activity," Chenoweth says. "And the techniques of nonviolent resistance are often

times because they never really gained enough support or momentum to "erode the power base of the adversary and maintain resilience in the face of repression". But some relatively large nonviolent protests also failed, such as the protests against the communist party in East Germany in the 1950s, which attracted 400,000 members (around 2%

An elderly woman talks to the Algerian security forces during the recent protests



family members or friends are in the crowd – meaning that they fail to crack down on the movement. "Or when they're looking at the [sheer] numbers of people involved, they may just come to the conclusion the ship has sailed, and they don't want to go down with the ship," Chenoweth says.

In terms of the specific strategies that are used, general strikes "are probably one of the most powerful, if not the most powerful, single method of nonviolent resistance", Chenoweth says. But they do come at a personal cost, whereas other forms of protest can be completely anonymous. She points to the consumer boycotts in apartheid-era South Africa, in which many black citizens refused to buy products from companies with white owners. The result was an economic crisis among the country's white elite that contributed to the end of segregation in the early 1990s.

"There are more options for engaging and nonviolent resistance that don't

more visible, so that it's easier for people to find out how to participate directly, and how to coordinate their activities for maximum disruption."

**A magic number?**

These are very general patterns, of course, and despite being twice as successful as the violent conflicts, peaceful resistance still failed 47% of the time. As Chenoweth and Stephan pointed out in their book, that's some-

of the population) at their peak, but still failed to bring about change.

In Chenoweth's data set, it was only once the nonviolent protests had achieved that 3.5% threshold of active engagement that success seemed to be guaranteed – and raising even that level of support is no mean feat. In the UK it would amount to 2.3 million people actively engaging in a movement (roughly twice the size of Birmingham, the UK's second largest city);

A couple commemorate the Velvet Revolution of 1989, which helped bring down Communist rule in Czechoslovakia - another example of Chenoweth's "3.5% rule"



Nonviolent protests are more likely to attract support from across society. Here a pro-reform protestor faces security forces in Morocco in 2011

in the US, it would involve 11 million citizens – more than the total population of New York City. The fact remains, however, that nonviolent campaigns are the only reliable way of maintaining that kind of engagement.

Chenoweth and Stephan's initial study was first published in 2011 and their findings have attracted a lot of attention since. "It's hard to overstate how influential they have been to this body of research," says Matthew Chandler, who researches civil resistance at the University of Notre Dame in Indiana.

Isabel Bramsen, who studies international con-

flict at the University of Copenhagen agrees that Chenoweth and Stephan's results are compelling. "It's [now] an established truth within the field that the nonviolent approaches are much more likely to succeed than violent ones," she says.

Regarding the "3.5% rule", she points out that while 3.5% is a small minority, such a level of active participation probably means many more people tacitly agree with the cause.

These researchers are now looking to further untangle the factors that may lead to a movement's success or failure. Bramsen and Chandler, for instance, both emphasise the importance of unity among demonstrators.

As an example, Bramsen points to the failed uprising in Bahrain in 2011. The campaign initially engaged many protestors, but quickly split into competing factions. The resulting loss of cohesion, Bramsen thinks, ultimately prevented the movement from gaining enough momentum to bring about change.

Chenoweth's interest has recently focused on protests closer to home –

like the Black Lives Matter movement and the Women's March in 2017. She is also interested in Extinction Rebellion, recently popularised by the involvement of the Swedish activist Greta Thunberg. "They are up against a lot of inertia," she says. "But I think that they have an incredibly thoughtful and strategic core. And they seem to have all the right instincts about how to develop and teach through a nonviolent resistance campaigns."

Ultimately, she would like our history books to pay greater attention to nonviolent campaigns rather than concentrating so heavily on warfare. "So many of the histories that we tell one another focus on violence – and even if it is a total disaster, we still find a way to find victories within it," she says. Yet we tend to ignore the success of peaceful protest, she says.

"Ordinary people, all the time, are engaging in pretty heroic activities that are actually changing the way the world – and those deserve some notice and celebration as well."



From BBC News

# Will the EHIC still be valid after Brexit?

**If you are planning a holiday in a country in the European Union (EU) in 2021, you might be wondering whether your European Health Insurance Card (EHIC) will still be valid.**

**What is an EHIC?**

The EHIC entitles the

holders to state-provided medical treatment if they fall ill or have an accident in any EU country, or in Switzerland, Norway, Iceland and Liechtenstein, where the scheme also applies. Access to this scheme is being phased out for the UK but the government says it is setting up a re-

placement. The UK has issued 27 million EHIC cards. They cover pre-existing medical conditions and routine maternity care, as well as emergency care. Individuals with chronic illnesses, for example those who require dialysis, can travel knowing they will receive treatment on the same

terms as the citizens of the country they are visiting.

**What will happen from 2021?**

The deal on the future relationship between the EU and the UK was announced on 24 December. It says that all EHIC cards issued before the end of 2020 will be valid until their expiry date. After that, the UK will issue a replacement which the UK government says will be called the UK Global Health In-

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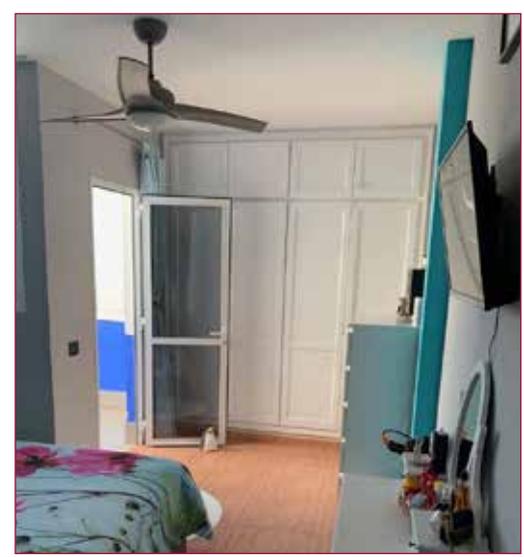


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## Brexit deal helps the pound close 2020 on a positive note

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

### Latest currency news

The biggest story over the past couple of weeks was the announcement of a last-minute Brexit deal, which helped to lift the Pound.

During this time, we've seen GBP/EUR fluctuate between 1.09 and 1.12 whilst EUR/GBP slipped back to 0.90.

Meanwhile, GBP/USD climbed from 1.35 to 1.36, at the same time that EUR/USD jumped from \$1.21 to \$1.23.

### What's been happening?

The pound received a shot in the arm in the final couple weeks of 2020 as an eleventh-hour Brexit trade deal between the UK and EU prompted a notable relief rally in Sterling.

However, a large portion of these gains were erased at the start of 2021 following the news that most parts of the UK would be going back into a strict lockdown.

Meanwhile the US dollar selling bias remained firmly entrenched, with the safe-haven currency crumbling to a new 32-month low amid a prevailing risk-on mood.

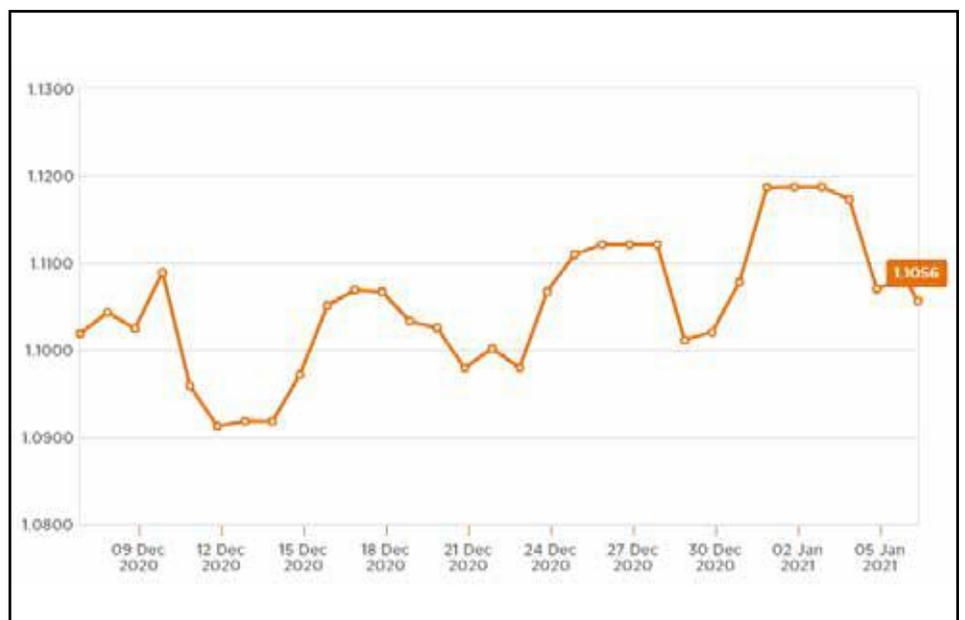
At the same time, the euro has largely maintained its bullish run through the end of 2020 and into 2021,

with the single currency's negative correlation with the US dollar offsetting concerns over tougher coronavirus restrictions.

### What do you need to look out for?

Looking ahead, any upside in the pound is likely to remain limited through the first half of January as the new lockdown measures will undoubtedly stoke fears of a double-dip recession in the UK.

The euro could also face some hurdles in the coming weeks, amid the spread of a more infectious strain of



Covid across the continent and concerns over the slow pace of vaccine rollouts in the EU.

For USD investors the focus looks to be on the incoming Biden administration, with hopes for more stimulus

measures likely to help prop up market sentiment and weaken the US dollar.

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insurance Card (GHIC), but there are no further details yet on how to obtain it.

Like EHIC, the new card will cover chronic or existing illnesses and routine maternity care as well as emergencies. The Brexit agreement says any specialised treatment, such as dialysis or cancer treatment, "must be subject to a prior agreement between the insured person and the

unit providing the treatment," to ensure the treatment is available.

However, the UK government still advises that you should buy travel insurance with healthcare cover before you go on holiday.

**What about health cover for EU citizens living in the UK?**

EU nationals who were living in the UK before the end of 2020 will be able to continue using the NHS for their healthcare while res-

ident here. They will also be able to continue using their EHIC when they travel to another EU country, and will be entitled to apply for a new UK card in due course. An estimated 3.7 million EU nationals lived in the UK in 2019, making up 5.6% of the UK population. Their rights are guaranteed by the UK-EU withdrawal agreement, which is written into UK law.

**Healthcare deals with non-EU countries**

The UK has reciprocal health deals with a few non-EU countries, including Australia and New Zealand, under which visitors can receive urgent treatment at a reduced cost or for free. In other words, visitors are treated as if they are resident of the country in question. But unlike the EHIC, the agreements do not cover pre-existing conditions.



By Izzie Deibe, Daily Express



# Baking soda tips: 10 household uses for baking soda

**BAKING SODA** doesn't just make cakes rise, it's the perfect cleaning product for all sorts of household items. Here are 10 household uses for baking soda.

You don't have to spend a fortune on cleaning products. In fact, most of the things you need will already be in your kitchen cupboard. Cleaning experts such as Mrs Hinch will sometimes use food items like white vinegar or lemon to clean their homes. Baking soda is another example of an ingredient which can be used for recipes and chores. Express.co.uk reveals 10 household uses

for baking soda.

**Is baking powder the same as baking soda?**

Baking powder and baking soda are different things. Both are leavening agents that look exactly the same, but they are slightly different.

Baking soda needs an acid AND a liquid to activate and help baked goods rise, but baking powder only needs a liquid to become activated.

Baking powder, therefore, isn't as strong as baking soda. If you were substituting baking powder for baking soda, you'd need to use three times more baking powder than baking

soda. On the other hand, baking soda and bicarbonate of soda are the same thing. They are both formally known as NaHCO<sub>3</sub> or sodium bicarbonate. People in the UK and Australia tend to call it bicarbonate of soda but Americans usually say baking soda.

**Carpet and mattress**

Baking soda is great for removing stains and bad odours, so it's the perfect tool for cleaning mattresses and carpets. Of course, you may want to do a deep clean which involves getting these surfaces wet and using a cleaner, but baking soda will freshen them up and get rid of nasty bacteria lurking in the material.

Smear a solution of baking soda and water on any stains and sprinkle the rest of the tub all over the mattress or carpet. Leave it to sit overnight or for as long as possible and then Hoover up the remains or wipe away the pasty solution with a damp cloth.

You can clean the inside of shoes in the same way.

**Plug holes or drains**

If your drain is clogged or smelly, baking soda can sort this out. Simply pour 200g of baking soda (about half a cup) down the drain of the sink or bath and then pour half a cup of vinegar after it. Cover the hole with a wet cloth and leave the mixture to fizz for five minutes. Flush the drain with hot water to get rid of the remnants and you should have a clean drain.

**Walls**

Walls get pretty dirty too with mucky handprints and accidental splashes of food and other unfortunate accidents. Use a damp sponge to apply baking soda to the stains on the wall. Gen-



Baking soda tips: Sprinkle baking soda on the carpet and then Hoover it up

tly work the stain away with the rough side of the sponge.

**Oven and microwave**

Ovens and microwaves collect stubborn grime all the time, so they can be

after they start to foam and clean away the grime with a sponge and water.

**Fridge**

Fridges can often become smelly and baking soda is the perfect remedy.



Baking soda tips: Pour some down the drain and vinegar after it

a real pain to clean. Take the racks and trays out of the oven and the turntable from the microwave. Mix up a bowl of baking soda with water or white vinegar to make a paste. Spread the paste on the walls of the oven and microwave making sure to avoid the heating elements, then leave it overnight.

Wipe the walls with a damp cloth to get rid of the bicarbonate of soda and then spray white vinegar on them. You'll notice the mixture start to foam and fizz and then you can wipe it away with a damp cloth.

Sprinkle the racks with bicarbonate of soda and then spray again with vinegar.

Soak them in hot water

Leave an open box of baking soda in the back of your fridge overnight or for even longer. Baking soda will absorb and neutralize any odours in the fridge.

**Dishes and pans**

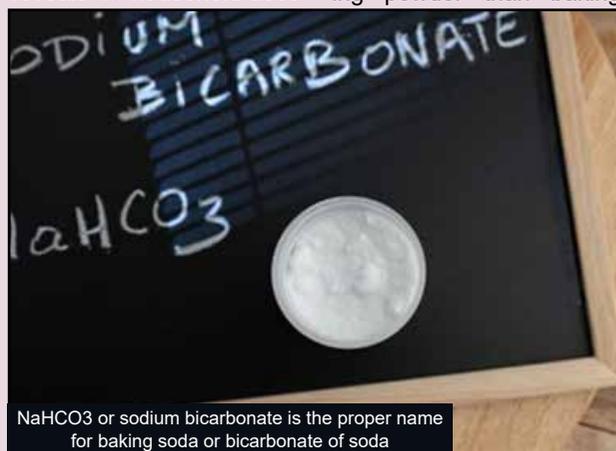
Sometimes dishes and pans are too difficult to clean and you can never really get them perfectly gunk-free. Add a couple of tablespoons of baking soda and washing up liquid to the pan in question and fill it with warm water. Leave it to soak for a little while and then scrub the pan with a damp sponge coated in baking soda.

We use sponges to clean things all over our houses, so it's no wonder they absolutely stink sometimes. Instead of constantly throwing away and buying new sponges, you can clean your existing ones with baking soda.

Soak the sponge in a sink or bucket full of about a litre of water and at least four tablespoons of baking soda. Leave it to sit for a while and then let it dry naturally- it should no longer smell.



Baking soda tips: Sprinkle baking soda on the carpet and then Hoover it up



NaHCO<sub>3</sub> or sodium bicarbonate is the proper name for baking soda or bicarbonate of soda

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

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

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

## Physiotherapist

Probably the most well-known of the three job titles, it is worth starting off by drawing a distinction between a physiotherapist

and the similar-but-distinct title of physical therapist. While both can be legitimate careers, it is important to know that only physiotherapists require a university degree, while physical therapists receive a narrower range of training over a shorter period of time.

In comparison to osteopaths and chiropractors, one of the primary distinctions of physiotherapy is its use of an all-encompassing approach that looks beyond the purely physical elements of an issue, also taking both psychological and social factors into account when treating patients. This means that if a patient were to present themselves to a physiotherapist complaining of

back pain, rather than simply identifying the problem area and treating the symptoms, a physiotherapist will attempt to identify why the problem manifested in the first place, and prevent it from recurring in the future. This means looking at the physical side of things, such as posture and movement patterns, as well as psychological aspects such as stress or anxiety, and social factors such as work habits and hobbies.

## Chiropractor

Of the three job titles, chiropractors are definitely the most commonly associated with back problems, although some claim it can help with issues such as asthma or sexual dysfunction. But at the same

time, chiropractors are also among the most controversial in medical circles. The main feature of chiropractic treatment that sets it apart from physiotherapy and osteopathy is its focus on manipulation, which is when joints are pushed and pulled to their farthest possible range of motion. The belief is that physical pain can be resolved by getting a chiropractor to manually put everything "back in the right place".

Chiropractors are some-

disrupting the nerves along the spine, but this has never been shown to actually exist, meaning their attempts to treat it for both back pain and organ problems is viewed by many as not only ineffective, but meaningless and irresponsible.

## Osteopath

Osteopaths are quite similar to chiropractors in that they also place a lot of importance on manual manipulation, although they

Many see it as harmless, or even beneficial when combined with other medical treatment. However, some studies have shown osteopathy to be ineffective in achieving its claims, while others show evidence to support it. The general consensus is that while osteopathy may have science to back up some of its claims, other claims are simply not true, and further research is needed to separate fact from fiction.

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

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

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what controversial for a number of reasons. Firstly, their techniques are seen as unnecessarily risky, with chiropractors having some of the highest instances of adverse patient reactions. They are also looked down upon from a scientific perspective, with one of their main theories having no evidence to even support its existence. "Chiropractic subluxation" is claimed to cause organ problems by

tend to be a lot more gentle. The prevailing theory of osteopathy is that the body is at its best when all of its tissues are moving how they are supposed to. Osteopaths therefore assess a patient's health by feeling their tissues, and attempting to stimulate movement where they believe it is lacking.

As osteopathic manipulation is so much more gentle than chiropractic manipula-



By Sophia Smith Galer

The oft-maligned, most downloaded app of the year changed comedy, music and activism – its success is a refreshing revolution for meritocratic self-expression, writes Sophia Smith-Galer.

## How TikTok changed the world in 2020

With stories about an algorithm that suppressed "ugly and poor creators" and President Donald Trump considering a US

ban, TikTok was at once the most beguiling and maligned app of the year. The first major social media app to be run beyond

the purview of Silicon Valley, the Chinese-owned platform joined the likes of WhatsApp, Instagram and Twitter in the social media diets of many, despite a multitude of controversies. It popularised short-form video and developed a recommendation algorithm that made it one of the world's strongest video competitors. But while the grown-ups were busy trying to work out the implications of national security threats from the Chinese Communist Party and a bifurcated US/China internet, teenagers were nurturing the most powerful tool they had ever seen. Now, at the end of 2020, TikTok is the most downloaded app of the year – and it's changed an awful lot more than just how we consume media online.

I am technically too old for TikTok, sitting just outside its core 13-24-year-old market. But spiritually, I am just right. Just as being a boomer isn't necessarily about belonging to an age demographic, but a

rather a mindset, there's no age threshold for TikTok; it's more a willingness to hurl yourself into the chaos of the internet. Encountering somebody online that you relate to before following them religiously, DM-ing them and inundating them with supportive comments and queries whenever they post is distinctly Zoomer (Gen Z) culture. Asking questions, supporting worthy initiatives and mass-protesting in an app space is something that comes naturally to these digital natives. Following on from the era of the YouTube wormhole, TikTok's algorithm recommends you the content you subconsciously crave – but unlike YouTube, these videos are under a minute long. That means that in one session, you could consume reams and reams of engaging videos – familiarising yourself with creators, trends and communities in the process. There is a space for everyone on there – the good, the bad and the plain

bizarre.

Having a substantial following on TikTok translates to a strange sort of celebrity in 2020; I only have 140,000 followers, which is pretty small in the grand scheme of the internet, yet I now can't go a fortnight without being recognised in the street. I'd love to be able to say that my scintillating journalism used to deliver me the same effect, but the fact that anyone knows my face is testament to how well TikTok has had people glued to their screens this year. It came from being myself – and that's consistently what other creators say too. The ordinary folk who have become known faces have hastened in a new era of content creator; gone are the pastel pink hyper-edits and Photoshopped goddesses of the Instagram yesteryear. TikTok may have managed to draft in celebrities like chef Gordon Ramsay, but users flood the app to see distinctly ordinary and relatable individuals. If Instagram gave us the IG model, Tik-

Tok's given us our talented next-door neighbour, and with the help of its algorithm, here is how these characters changed 2020 – and could well change the years to come.

## A new era of digital activism

History will probably come to remember TikTok as having a prominent role in Black Lives Matter, promoting it as a trend on its Discover page and winning the hashtag more than 23 billion views. Kareem Rahma posting scenes in Minneapolis to the tune of Post Malone's remix of Childish Gambino's This Is America became a key cultural moment for young users desperate for change in the US and beyond.

Few will remember that in the first few days following George Floyd's death, the #GeorgeFloyd and #BlackLivesMatter pages had 0 views due to a "technical glitch". A year

Cont. on Page 34



Probably the most common reason for a car breaking down - or its failure to start - is because of the battery. In the UK people normally associate this with cold, damp weather but the reverse is opposite here in Tenerife. Extreme heat and the dryness mean that a battery can "give up" without any notice - quite surprising to some people, although it is very common. Many people will happily head off to a shopping centre, visiting friends, or just

sightseeing and, on returning to their vehicle 15 mins, an hour or several hours later, the car will not start. Panic then sets in as people cannot understand this, as there has quite possibly been no indication of the battery's deterioration. It is also true that batteries in Spain don't seem to last as long as they would in colder conditions

If you have 'grua' cover with your Insurance, which most Motor Vehicle policies do these days, you simply have

to a Grua who will come out and quite often 'jump start' your vehicle.

You should then head immediately to your garage and ask them to check the battery for you. This involves a simple test to see what voltage the battery is showing. If the reading is bad a new battery is normally necessary and a correct replacement fitted. If you are unsure and have gone to a petrol station (where you will often pay far more there than at your local garage) the staff will help you to select the correct one, although it is always better to go to the garage or mechanic that you know and trust.

It is also a good idea to carry a set of jump leads which can be bought from any large car accesso-

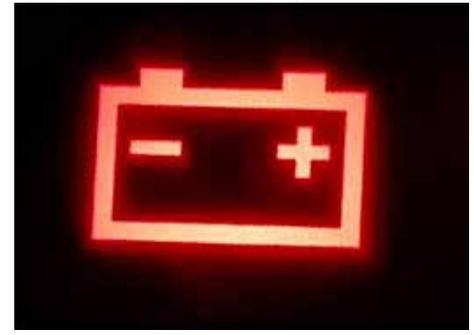
ry store or at Al Campo, Carrefour and in larger Hiperdino or Hipertrebol branches. If you are carrying a set of jump leads, you will often find a helpful motorist who will assist you in giving a jump start (especially true if you are a woman alone or have children in the car with you). Remember that when leaving your vehicle, you must put on your hi-vis jackets and wait in a safe place nearby. You should always place your warning triangles at the front and rear of the car to alert oncoming motorists (these triangles are soon going to be changed to require flashing lights to be placed on the roof of the vehicle).

Of course, a battery is by no means the only reason a car does not start but is by far



the most common. With many of more modern cars there is a battery warning light indicators which warn you when the battery is low - always take head of any warning lights that appear on your dash-

board and act accordingly. We wish you a safe and Happy 2021!



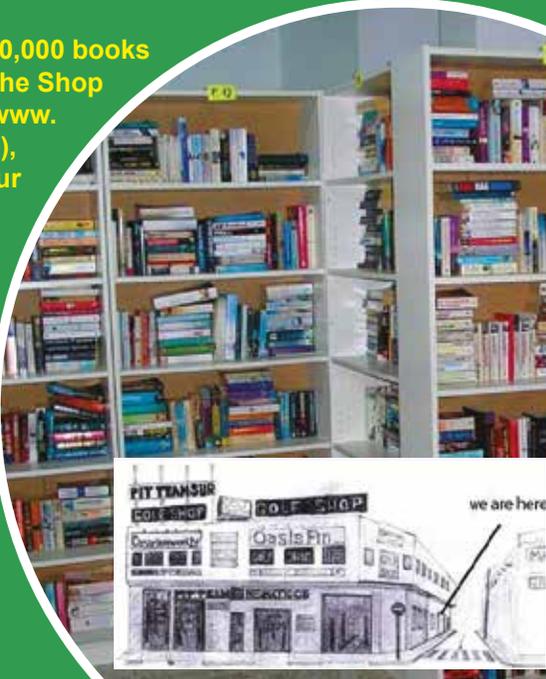
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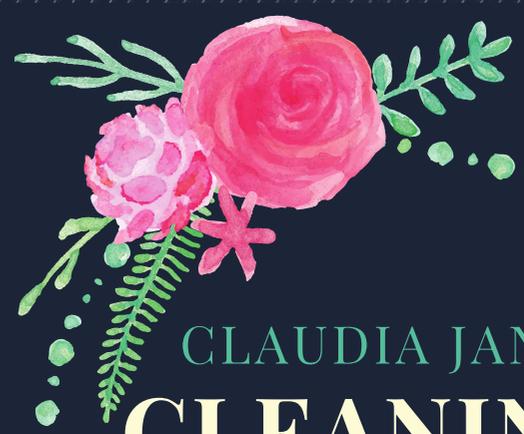
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Kareem Rahma's TikToks of scenes in Minneapolis were a key cultural moment for users around the world

before, The Intercept had found evidence that non-white, disabled and poor creators were possibly being suppressed on the algorithm by moderators. But for many, the platform has started to feel like a different place recently, with more diverse creators appearing on the For You Page and more initiatives promoting inclusivity.

It also became a promi-

also forced his campaign to reset the Trump app's rat-

ing after TikTokers trolled it with bad reviews. In the summer of this year, I made a film about how algorithmic activism – the way users comment, like, share and rewatch videos to boost it on the TikTok algorithm – has been an important way for locked down social activists to mobilise when they can't leave the house.

TikTok absurdism has

scroll straight past it. There are now common TikTok tropes that viewers instantly respond to; don a tea towel on your head for example and you're instantly a woman. Put on a blonde wig, sunglasses and a baseball cap and you're suddenly a "Karen".

"When it comes to comedy, TikTok essentially kills the punchline," says Baron Ryan, who has more than 700k followers from his TikTok sketches. "That's not a bad thing, it's just different." A lot of the comedy on there is absurdist which, though it performs well in mainstream media too, can take on a life of its own on a platform that delights in oddness. "Pacing is quicker now and details are becoming a bigger deal. You leave an Easter egg for half a second in one shot, and the audience will almost always catch it. This is because watching content in your hands, by yourself is an extremely intimate experience TV cannot replace."

For Ryan it isn't just about the quality of your content but your behaviour as an individual. He references @kallmekris, a creator who's created several loveable return characters including a taxing toddler: "While hilarious in her own right, [she] is incredibly likeable. She's gracious with her fans, she works clean, doesn't roast or criticise anybody with her comedy, and that is why she has over 10 million followers."

He sees TikTok as hav-

where there often isn't much to laugh about – and plenty of existential dread – it's of little surprise a Gen Z app has taken to artists like Ryan so readily.

**The year meme culture went 3D – for good**

We no longer live in a 2D meme world of Pepe the Frog, the boyfriend checking out another woman and that man with the weird crinkly face laughing at things. The realm of visual online artistry now not only demands PhotoShop, but video editing skills. Many argue that Vine did this first, but the caveat here is that Vine died while TikTok, which was the fastest app in the history of social media to reach a billion user downloads, isn't going anywhere. Creators like Robert Tolppi have sent eerie, bad 3D renderings viral on DeepTok [Deep TikTok], the TikTok community known for promulgating a number of bizarre videos, the comments sections of which users gather in to revel in their internet weirdness. This is the year that the internet got "deepfried": a phrase that refers to the use of deliberate glitches and creepy voice deepening effects that turned TikTok feeds into a sort of Orwellian doomscape. But for fun. Given how much the rest of the world felt like it was turning into an actual Orwellian doomscape, it makes sense that kids would want to create their own one, within their control, and within which they could connect. Many of the deep-fried videos failed to reach virality outside of the app unlike many other TikToks this year, suggesting that the odder niches of meme culture only work when partnered with TikTok's mysterious algorithm, much like how others only work in certain groups or subreddits.

A new way for independent musicians to go viral

The promotion of trends on TikTok has gone hand in hand with its creation of the audio meme; the mass reproduction of the same sound to all of these magical trends. Sometimes the sounds are from well-known artists, some of whom deliberately court marketing on the platform, which is exactly what Drake did with Toosie Slide. But what has been a distinct component of TikTok cul-



Baron Ryan is a comedian who has more than 700k followers from his TikTok sketches

ture this year has been the virality of unknown singers and artists who've been lifted from obscurity to views and listens in their millions.

One of the most moving examples of this came from Lyn Lapid, who made a TikTok about a disappointing experience she had with a producer when she was first trying to get her music out. "He said come here sweetie, I can make you a star/I just want to see you flourish and I know you'll make it far/What she couldn't see is that he was in it for the money" she sings as she taps her table percussively. It's been seen a mind-boggling 50 million times and now the 18-year-old has released it as a single – presumably free from said money-grabbing producer. A little like Birdy, who first got big on YouTube, the music that goes really viral from the lesser-known artists always tends to be deft, heartfelt and distinctly indie.

"Traditional media doesn't have the crazy global reach that TikTok creates," says Will Joseph Cook, who went viral on the platform lately with his song Be Around Me. He launched it independently and now enjoys a following of over 200k. "Now I'm finally reaching indie fans in South East Asia that would have a much harder time meeting me otherwise. On a more personal note I feel like it's a space where art-

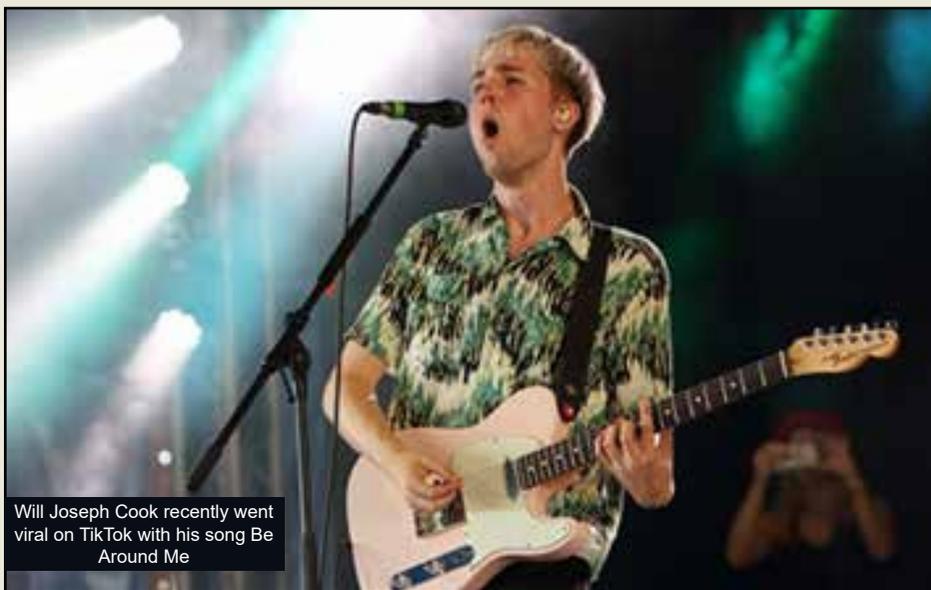
ists can show their other interests and sense of humour in a really fun way. I've enjoyed that part of it a lot."

Cook caveats that it's not for everyone. "There's quite a bold internet culture on TikTok; you kind of have to be a consumer of the content to be a good creator. It can feel really forced when an artist who doesn't use the app rocks up and tries to force a viral audio."

**A new age of collaborative art**

TikTokers have written a musical together based on Pixar's Ratatouille. This is not a joke, and this is also, unfathomably, not ridiculous – it's actually now been screened offline at a theatre event in Broadway. People with proper musical knowledge and training have written chorus numbers and moving solos, and TikTok's product design encourages duets, which has made it a perfect tool to harmonise and co-write music with complete strangers. This is a solo song written for Chef Skinner – I Knew I Smelled A Rat – and this moving montage video shows how many people have sent in dance routines, costume designs, artwork, actors, make up artwork and even a backstage crew in

Cont. on Page 36



Will Joseph Cook recently went viral on TikTok with his song Be Around Me

nent arena for anti-Trump protests that actually led to real-life results; TikTokers have been credited for having at least some role in the poor turnout at President Trump's Tulsa re-election rally in June and they

changed internet comedy The art of the TikTok comedy sketch is unique; you only have one minute for your skit and you have to hook the viewer in in the first few seconds, otherwise they're just going to

ing created a new comedy genre; a non-punchline-focused trend he calls "existential chuckle". "We are not in the business of belly laughs," he says, "we are in the business of, 'Huh, that's quite funny.'" In a world



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what's been a truly organic piece of collaborative musical work. In a pandemic where there have been so many initiatives that try to bring together performers on Zoom, the *Ratatouille* musical sits as something proudly internet-first. I'm sure that brands soon will try to overwhelm TikTok with similar ideas – but until that happens, Remy the rat will remain “the rat of all our dreams”.

#### We all became content creators

YouTube turned many people into content creators through their computers – and now TikTok is turning even more people into content creators via their phones. YouTubers have to shoot with editing for the platform in mind – but TikTokers whip their phone out often on-the-go

or in a spare moment at home, film and edit in app and then instantly upload. This is colour-by-numbers content creation – you're offered up trends either in the For You Page or the Discover page and you can start making videos straight away. The burden of making it look like a videographer shot it disappears – as does the pressure of having to come up with content ideas.

For so many internet lurkers, the pre-TikTok world was divided between influencers and normies; your Instagram brunch might have had the picture-perfect fried egg and smashed avo, but it was never going to reach the viral counts of a Kardashian. But with an app like TikTok, your funny video has as much chance of going around the world as the next person's, whether they have 0 followers or 100,000. The sheer internet chaos which that can bring isn't always posi-

tive, but there is something delightfully meritocratic about it.

The rise of TikTok this year made many of us consider two powerful things; the merits of joystrolling on the internet to escape from reality but crucially, also, the question of who really controls what we say and see online. Having a Chinese-owned app thrown into the melee of Silicon Valley social media may have prompted a great deal of politicised, anti-Chinese xenophobia, but it also kindled some much-needed awareness amongst internet users about who could have access to their data and who could be prioritising or suppressing the content that they see on their feeds. TikTok has, for now, not been found to be a data danger – and its increasing ubiquity in so many lives has already made it a mainstay. If the algorithm remains as it currently is, 2021 could

see an enormous wave of life-altering, mind-changing content coming your way. Self-expression will become synonymous with content creation, favouring those who know how to film themselves. Whether that's a good or bad thing for the world is up for debate – but for those who have long felt ostracised or disenfranchised by the traditional holders of power, the meritocratic video fame of the 2020s will define a new era of David beating Goliath. While platforms like Instagram increasingly become arenas where only the biggest brands with their marketing budgets get any screen time at the expense of newer, smaller talent, TikTokers with powerful messages – for now – are free to run amok, defiant in their power to take on the algorithm, the internet and the world beyond.



Ordinary people – like journalist Sophia Smith-Galer – have as much chance as the next person at going viral

## Why the ‘paradox mindset’ is the key to success

By Loizos Heracleous and David Robson,  
BBC Worklife

Although paradoxes often trip us up, embracing contradictory ideas may actually be the secret to creativity and leadership.

Working life often involves the push and pull of various contradictory demands. Doctors and nurses need to provide highest quality healthcare at the lowest cost; musicians want to maintain their artistic integrity while also making a sack full of cash. A teacher has to impose tough discipline for the good of the class – being “cruel to be kind”.

Being dragged in two different directions, simultaneously, should only create tension and stress. And yet some exciting and highly counter-intuitive research suggests that these conflicts can often work in our favour. Over a series

of studies, psychologists and organisational scientists have found that people who learn to embrace, rather than reject, opposing demands show greater creativity, flexibility and productivity. The dual constraints actually enhance their performance.

The researchers call this a “paradox mindset” – and there never be a better time to start cultivating it.

#### Think like Einstein

Although this concept may sound counter-intuitive, it is inspired by a long history of research showing that contemplation of apparent contradictions can

break down our assumptions, offering us wholly new ways of looking at the problem.

Harvard University psychiatrist Albert Rothenberg was among the first to investigate the idea formally, with a study in 1996 of acclaimed geniuses. Interviewing 22 Nobel laureates, and analysing historical accounts of deceased world-changing scientists, he noted that each revolutionary thinker had spent considerable time “actively conceiving multiple opposites or antitheses simultaneously”.

Einstein, for instance, contemplated how an object could be both at rest

and moving depending on the position of the observer, a consideration that ultimately led to his relativity theory. Danish physicist Niels Bohr tried to reconcile the ways that energy acted like both waves and particles: states that existed simultaneously, even though they could not be observed together. This train of thought ultimately inspired a startling new understanding of quantum mechanics.

Besides these scientists, Rothenberg has examined the biographies of many award-winning writers, showing that their creativity is also often sparked by the contemplation of irreconcilable ideas. Take the playwright Eugene O'Neill. Rothenberg points out that the drama of *The Iceman Cometh* grew from the character Hickey's contradictory desires for his wife to be both faithful and unfaithful to him – at the same time.

#### The power of conflict

Most of us do not have Einstein or O'Neill's genius, of course, but a series of studies have shown that “paradoxical cognition” can also help more average thinkers to solve everyday problems, and organisations to enhance their performance.

In one of the early studies, Ella Miron-Spektor, associate professor of or-

ganisational behaviour at INSEAD, and her research collaborators asked participants to write down three paradoxical statements. This, the participants were told, could be as banal as the idea that “sitting can be more tiring than walking”; they simply had to list any thoughts that were “seemingly contradictory but nonetheless possibly true”. She then gave them two of psychology's standard tests of creativity.

The first was the “remote association test”, which requires participants to find a common word that links three different alternatives. What links “sore, shoulder, sweat”, for example? The answer is cold – and if you get it right, you've been able to spot the hidden connections between diverse ideas, which is considered essential for many forms of creative thinking.

The second was the so-called “candle problem”. Participants were shown a picture containing several objects on a table: a candle, a pack of matches and a box of tacks, all of which were next to a cardboard wall. They were then given three minutes to work out how to attach the candle to the wall so that the candle burns properly but does not drip wax on the table or the floor – using only the materials provided. The accepted answer is to empty the

box, place the candle inside and then tack the box to the wall. But the majority of participants fail to consider that the box itself could be a useful material, leaving them completely stumped for a solution.

Miron-Spektor found that the participants who had been asked to consider the paradoxical statements tended to perform much better on both tasks, compared to a control group who had simply noted down three “interesting” statements. Thirty-five percent of the paradoxical thinkers found the correct solution to the candle problem, for example, compared with just 21% of the control group – a large difference after such a simple prime.

Although the participants' paradoxical statements were not directly related to the task itself, their contemplation of the contradictory ideas seemed to have freed their thinking from its usual constraints, meaning that they were better able to think “outside the box” (or, in this case, inside it).

In the same paper, Miron-Spektor demonstrated that this also occurs when we consider the apparently paradoxical goals found in many jobs. People who were asked to reflect on the dual (and apparently

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# ENERGY PERFORMANCE CERTIFICATES IN SPAIN

## JANUARY 2021 UPDATE

Leaving behind 2020 and a full 7 years and 7 months since the legal requirement was put in place for Energy Performance Certificates to be carried out, the Canarian Government's official register shows that approximately 249,516 certificates have now been registered. Thus, 1,751 more residential and commercial properties have been inspected and

issued their certificate in the month of December. With the average number of certificates registered each month running at 1,729 the year of 2020 has seen a decline of 24% since 2019 and 28% since 2018. Of course, these figures hide the fact that some properties being sold or rented again already have a valid certificate. Now all there is to do is to see what 2021 has in

store! For those of you who are not aware of Energy Performance Certificates (EPCs), they were introduced in Spain and its dependencies by 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 July 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

Either you or your agent, must obtain an EPC. An agent will not be legally allowed to offer or advertise your property for long term letting without one. Where a property has already been let prior to 1st July 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.

### The EPC contains:

Information about a property's energy use and typical energy costs, and recommendations as to how you may be able to reduce energy use and save money. An EPC allocates an Energy Efficiency Rating, ranging from 'A' (most efficient) to 'G' (least efficient). The

Certificate, registered with the Canarian Government is valid for 10 years.

### How to arrange an EPC:

If you are selling or renting out property, you will need to engage an Accredited Assessor, who will visit your property to inspect and then produce and register your properties Energy Performance Certificate.

*If you have any questions, or wish to arrange for me, Philip Wright, to carry out your energy Performance Certificate please call me on 667 757 323.*

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opposing) requirements of minimising costs and maximising innovation were subsequently more creative than those who only

manufacturer. The research team suspected that the answer would depend on an employee's abilities and attitudes, and so they first designed a questionnaire to measure the "paradox

be true. The participants were also asked to describe how often they experienced "resource scarcity" at work (the need to perform highly under limited time or financial resources). Their su-

performance actually increased under the tension, so that they came up with new and better solutions to the problems within their role. Those without the paradox mindset, in contrast, tended to crumble, and struggled to maintain their performance when resources were scarce.

sign innovation and quality, but few are aware of the extreme efficiency of its operations. These combined goals have enabled Apple to be the most valuable company in the world at a market capitalisation of nearly US\$2tn (£1.54tn).

er than seeing the potential conflicts as something to avoid, you can begin to view the competing demands as an opportunity for growth and a source of motivation. (And if there aren't any external pressures, you could create your own – asking, for instance, how you could increase the efficiency and accuracy of your performance on a particular task, if only for an exercise in paradoxical thinking.) There may be no immediate solution, but the very act of thinking about the possibility of reconciling those issues could still lubricate your mind for great-

**Creative sparks**

How can we capitalise on this knowledge? One obvious step, inspired by Miron-Spektor's early study, would be to simply note down any paradoxes you encounter – and to make a point of contemplating them before you set about solving problems. If you are stuck for ideas, you could look further into

In a corporate environment, embracing paradoxes may spark creativity, efficiency and innovation, though it may seem counter-intuitive to do so



considered one goal or the other: somehow, the contradictory demands fuelled their thinking.

**The paradox mindset**

A more recent study, published by Miron-Spektor and colleagues in 2017, has examined the benefits of paradoxical cognition in the real workplace of a large consumer-products

mindset". The participants were first asked to rate statements about their willingness to embrace contradictions, such as:

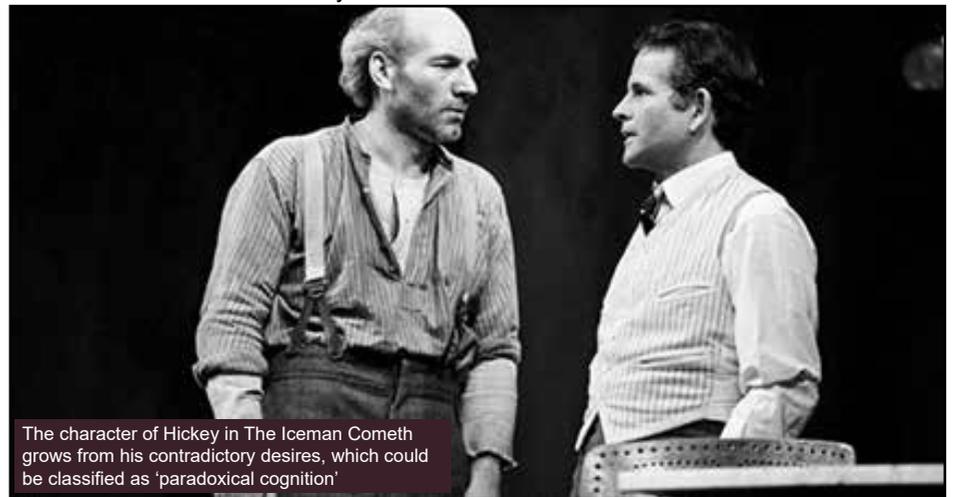
- When I consider conflicting perspectives, I gain a better understanding of an issue
- I am comfortable working on tasks that contradict each other
- I feel uplifted when I realise that two opposites can

pervisors, meanwhile, had to rate their performance and innovation within the role.

Sure enough, the study found that the employee's paradox mindset had a large influence on their ability to cope with the demands. For the people who scored highly, the challenge of dealing with limited resources was energising and inspiring, and their

These discoveries may be especially important for leaders, with evidence that a manager's paradox mindset influences the innovation of their whole team. Companies and institutions that embrace paradoxical strategies tend to outperform their competitors.

Studies of the Toyota Motor Corporation have



The character of Hickey in The Iceman Cometh grows from his contradictory desires, which could be classified as 'paradoxical cognition'

found that certain paradoxes are rife in its corporate culture, including the dual goals of maintaining stability while also encouraging constant reform. (As the former chairperson Hiroshi Okuda put it, "Reform business when business is good.") This has resulted in an extremely efficient, lean production system that others try to emulate. It is also consistently ranked as one of the most reliable brands, and has the highest revenues of any carmaker in the world. Apple, meanwhile, is well known for de-

the paradoxes that inspired scientists like Einstein and Bohr. Greek philosophy is also full of paradoxical ideas that might get your creative juices flowing.

Your own job may already contain many contradictory goals that could inspire paradoxical cognition. In the past, you might have assumed that you need to sacrifice one for the other – but if you want to cultivate the paradox mindset, you might spend a bit more time considering the ways you can pursue them both, simultaneously. Rath-

er innovation elsewhere.

The prospect of deliberately embracing competing demands may sound arduous, but Chinese researchers have recently shown that people with this mindset also get greater satisfaction from their role. There is an enjoyment, apparently, in reconciling two opposing goals – provided you have the right mindset.

Boosting your innovation and success, while also having more fun at work? There's a paradox that's certainly worth embracing.



Research has shown that people who take the time to consider paradoxical statements actually end up being better problem solvers

## 5 SIMPLE WAYS TO INCREASE YOUR WILLPOWER



from The Power of Positivity

While it may seem like a drag to go to the gym or eat healthy all the time, you can increase your willpower gradually with repetitive action. The body only does what the mind tells it to do, so if you feed your brain with positivity, willpower will come naturally. However, in our world of instant

gratification, our minds can quickly become hijacked by advertisements and enticing products around us.

To strengthen our willpower, we must learn to tune out these messages and look inside ourselves for answers instead. While we should give in to our desires, sparingly, indulging

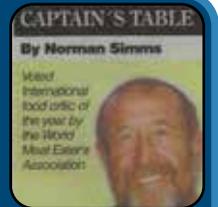
in them too often leads to weakened willpower. According to the American Psychological Association, willpower can become depleted from overuse or underuse, just like a muscle.

"Strength does not come from physical capacity. It

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# The Captain's Table

## JANUARY 2021



To my many past readers and fans, it is wonderful to write my Captain's Table restaurant review again. I feel, after many requests, and in these very difficult times, we should

try to appreciate and support the many restaurants and bars that have opened under the most severe restrictions. Of course, many of you might ask: Where is open?

Or, Do we have to go to Mars? Now, every month, you will just need to read this column in The TPG through which we can once again read about (and visit!) the many great

eateries of our Island of Eternal Spring! If you are a restaurant owner in the South (or the North) and are open for business in these difficult times, I would be

pleased to hear from you and pay you a visit to perhaps share a bottle of wine while I tell my hundreds of readers what they are missing! If you would care to

contact me, I will organize myself to renew or discover your fine establishment. I hope to read about you one day soon in my monthly Captain's Table!

## Restaurant Calma - Balkan Cuisine

Anbody who comes from Russia or Eastern Europe will no doubt tell you that some of the most beautiful and treasured items to come from that part of the world were created by Fabergé.

Well people, I am pleased to inform you that I had the great pleasure recently to enjoy a wonderful eastern

European experience.

A new restaurant that in my opinion has the best menu and greatest view in Tenerife. This newly created restaurant can be found at No 5 Calle Alemania, C.C. Patio Canario, in Torviscas. The restaurant enjoys, in my opinion, the finest view of any restaurant I have visited. On top of this, the

food is sublime, so, if you have never tasted Balkan food, you are in for a wonder-

ful treat!

Enjoy fantastic dishes like Thatziki and shop-ska; salads from kyo-polou, urnebes, meligiano, lyutenitsa; sarma from typical Balkan appetizers; chevapchichi, plescavita souvlaki from BBQ; or moussaka and macaronada from the wide variety of main courses. They also have a range of delicious Balkan desserts, like baklava, banitsa or a delicious chocolate spread with cream cheese.

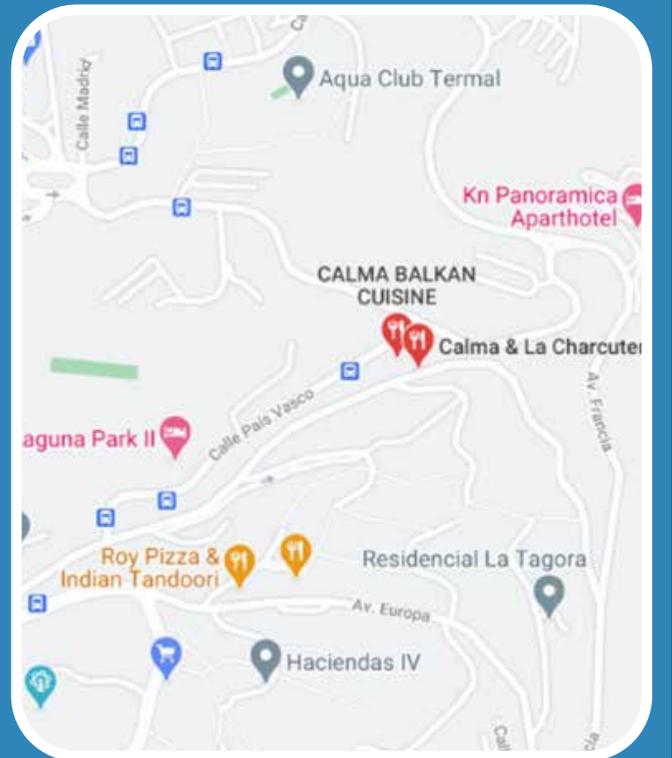
Restaurant Calma is run by a charming lady - and maître d' - who will explain each dish perfectly and will make sure the service you receive throughout will be just

fabulous! For any readers not familiar with the tastes of eastern Europe, I must tell you that my meal was one of the most enjoyable I have ever had - so, if you like great food, beautiful restaurants, and magnificent views - don't dare miss this one!

**The restaurant is open for lunch and evening meals against enchanting background music - to avoid disappointment, call 634 000 443 NOW!**

My personal thoughts after having such a wonderful experience I am going to become a Cos-sack!

Happy New Year!  
The Captain



Cont. from Page 38

comes from an indomitable will." – Mahatma Gandhi

### HERE ARE FIVE EASY WAYS TO INCREASE YOUR WILLPOWER:

#### 1 – MEDITATE

A lack of willpower means a lack of self-control. By giving in to all of our urges and desires, we don't get to practice delayed gratification. However, meditation helps us resist the ego's constant desires by helping us focus our attention and quiet our minds. A chaotic mind leads to a stressful, directionless life, but meditation can help you sift



through the chatter and access your potential.

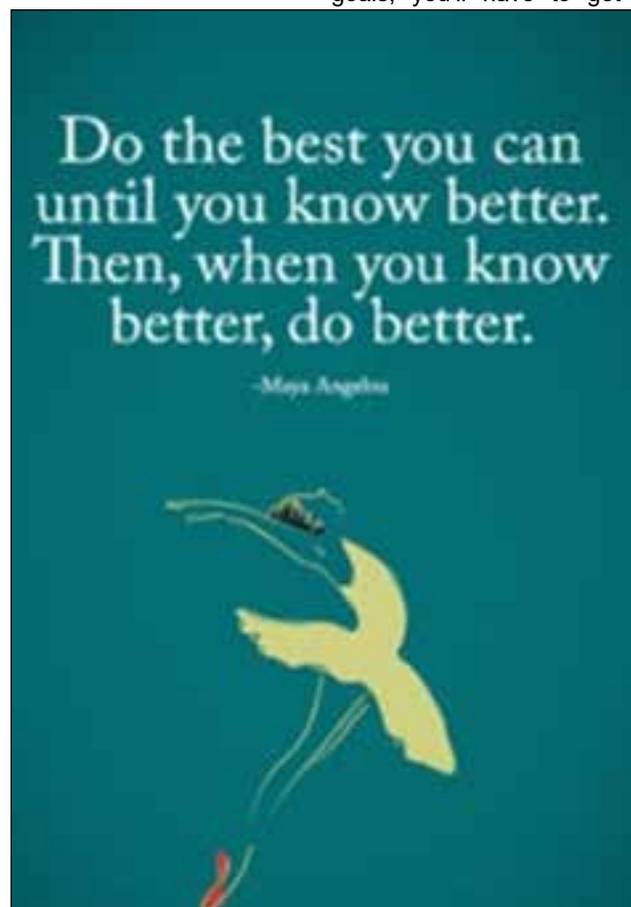
Studies show that regular long-term meditators have improved function in areas of the brain related to self-regulation and executive attention. In other words, they have bet-

ter control of their emotions and attention spans, both of which play a role in exercising willpower. If you have power over your feelings, you can more easily choose a healthy dinner over a fast-food meal, for example. Having a longer attention span means you can use your willpower to do complicated tasks, such as work out or stick to a business plan.

Meditation will seem unpleasant at first as your mind wanders, but just 10 minutes per day can make a huge difference. As you train your brain to focus for more extended periods, you will notice increased focus and more balanced emotions in your daily life.

#### 2 – GET OUT OF YOUR COMFORT ZONE BY CREATING GOALS

The comfort zone may seem cosy and safe, but nothing ever grows there. If you want to break the mould and achieve your goals, you'll have to get



comfortable with being uncomfortable. Pushing yourself every day in some type of way helps to increase your willpower. Remember – your mind will give out long before your body will. This truth applies to exercise, eating healthy, working on business plans, or anything else you desire.

This outcome doesn't mean you need to run a marathon or hike up Mount Everest, but you should set small goals for yourself, so you have something to work towards. This goal will help you exercise your willpower by utilizing self-control and delaying gratification.

Researchers found that by creating and meeting self-imposed deadlines, you can increase your willpower. To accomplish this, just pick a project that you've been putting off and set a deadline to complete it. In the study, the participants crossed some items off their to-do lists while also eating healthier, exercising more, and cutting back on cigarettes and alcohol.

#### 3 – KEEP TRACK OF YOUR FINANCES

Many of us have automatic deductions taken out for things we don't even remember we signed up for, such as credit monitoring programs or music subscriptions. While these may cost only a minimal amount each month, they can add up quickly. Researchers found that monitoring finances helped people improve their willpower.

By either writing down expenses or using budgeting apps to track spending, you can more easily see where your money goes each month. If you know that you spend \$500 a month on eating out, you may decide you want to cut back by buying more food from the grocery store, for example. If you're going to work on your willpower, your finances make a great place to start because many of us don't control our spending.

For example, after a long day of work, you might feel tempted to drive through McDonald's or order from a delivery service. However, doing this too often can drain your bank account and deplete willpower. No one feels like cooking after spending eight hours at work, but you will save money and have a health-

ier meal.

Tracking finances can also help you see how your emotions play a role in your spending. When you feel tired and stressed out, you may use food to cope, as we talked about in the example above. You might also go on shopping sprees when you feel sad or lonely, as many people use material items to deal with unpleasant emotions. By seeing your expenses in front of you, you'll get an idea of how you can cut back and utilize willpower to achieve financial goals.

#### 4 – KEEP SOMETHING TEMPTING WITH YOU

If you want to increase your willpower, carrying around something that tempts you will put you to the ultimate test. For example, if you're going to eat healthier, you could take a cookie or a couple of pieces of chocolate around with you at work or school. Researchers did a study where they gave participants a box of Cadbury's Milk Tray to carry with them for two days. They told them not to eat the chocolates and gave some of the participants instructions on coping strategies.

They found that the participants who successfully resisted temptations to eat the candy exercised better control in other areas of their lives as well.

After a few days of resisting, you could choose to eat the candy so that you don't deplete your willpower completely. This will help you to keep up your good habits while also remembering that everyone deserves a treat sometimes!

#### 5 – ANALYSE YOUR PATTERNS AND EMOTIONS

Many of us go through our lives on autopilot without really taking time to examine why we do the things we do. For example, if you get fast food several times a week after work, it starts to become a habit. Humans love routine and can get stuck in bad habits without even realising it. However, our choices have the power to either hurt or help us in the long run.

If you find yourself feeling generally unhappy and tired the majority of the time, you should analyse your habits. Do you eat healthy, exercise, maintain a regular sleep schedule,

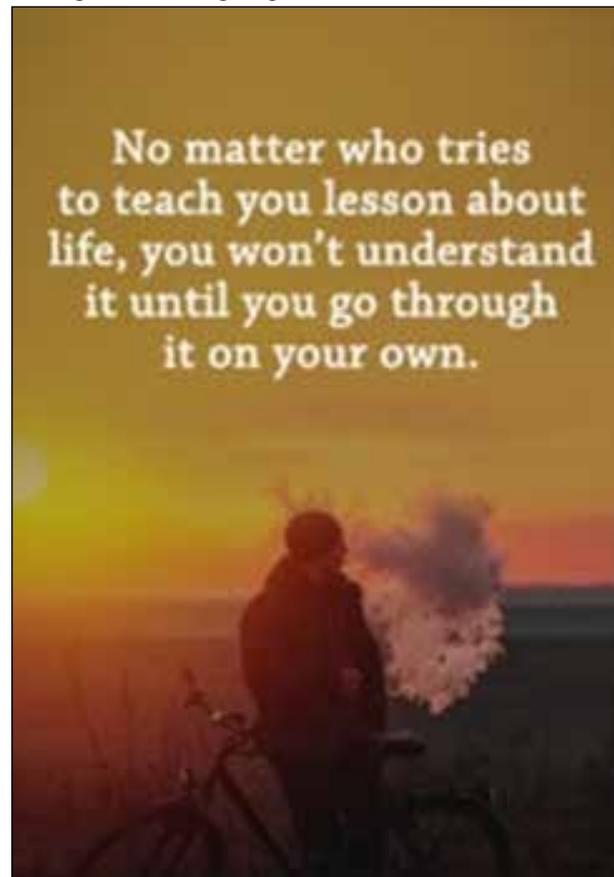
work on your goals, and engage in positive self-talk? If not, you can cultivate these habits over time. Many of us engage in self-destructive habits to quell negative emotions such as stress, loneliness, fatigue, boredom, or discontent.

However, the habits and choices we make to deal with our emotions can cause a lot of harm over time. If you want to increase your willpower, work on challenging your feelings instead of giving in

ing. Your body and mind will thank you for it.

### FINAL THOUGHTS ABOUT HOW TO INCREASE YOUR WILLPOWER

In our world of endless temptations, having willpower seems almost impossible sometimes. However, just remember that you don't need all the items and foods that companies want to sell you. You don't need to open your Face-



to them.

### HERE ARE SOME TIPS ON HOW TO DEAL WITH NEGATIVE EMOTIONS:

- Go for a nature walk. Spending time outdoors in the sunshine can boost our mood, help fight mental fatigue, and release feel-good hormones. Try to spend at least 20 minutes outside per day.

- Put down the technology. Speaking of willpower, using too much technology can destroy our self-control. We often reach for our phones or tablets in the morning without even realising it, and spend hours mindlessly scrolling through social media. Instead, meditate, do yoga, or stretch to begin your day.

- Nothing feels better than pushing yourself through that last quarter mile of your run or doing just one more deadlift in the gym. When you feel down or stressed out, increase your willpower by exercis-

book 80 times a day to check for updates. Watching that new show on Netflix could probably wait until you have crossed some items off your to-do list.

If you always give in to your desires, you won't give your willpower muscle a chance to exercise itself. Just like the muscles in your body, it takes work to maintain it. So, to increase your willpower, start small. Deny yourself treats when you want them, track your finances so you can see where you spend unnecessarily, and keep tabs on your emotions and behaviours. Many times, we act irrationally and don't even realize it.

Also, getting out of your comfort zone by setting realistic goals will help you boost your willpower. You'll feel empowered when you reach your goals and deny yourself cravings that only hinder your progress. Finally, meditate to increase your mental stamina and focus.



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By Rachel Mishael and Bryan, BBC - The Life Project

## HOW OUR VIEWS ON WORK HAVE CHANGED FOREVER

It's an understatement to say that the world of work as we knew it has been turned upside down. As we're physically working differently, we're changing where we sit down to do our jobs as well as making up new routines to get things done.

But the way we think about our jobs in general has also transformed.

Changes such as sitting around kitchen tables, sharing space with partners and children and being forced to focus in new environments have spurred novel discoveries about

the global workforce could work from home three-to-five days a week. It's unlikely that we're going back to the 'old' way of doing things any time soon.

Few things are clear in this pandemic, but if there's one thing that is: our relationship with our work lives will be permanently changed. BBC Worklife asked readers how these past months have changed their mindset toward their job or career. "The whole purpose of life changed. So [has] the purpose of work," says Bhagyesh Shah in Gujarat, India.



Long-haul remote working in 2020 has profoundly changed our day-to-day lives, with vanishing commutes and deserted city centres

our work lives. Many have found new success in unexpected places, expanded their skillset or improved productivity and wellbeing. Still, huge changes can also be challenging, like learning how to transition to unfamiliar technology, or questioning professional interests, values and career paths.

And, as new data shows that remote working will probably become the norm – researchers from McK-insey predict that 20% of

And some are thrilled to be in this new environment. "I have never been more happy and stress-free in my life," says Drake Bettis in Houston, Texas. "I have often said, 'It is insane for me to commute from one place with a computer to another place with a computer just for work,'" he adds.

Readers agree that remote work has enabled them to see their jobs as independent from their locations. "For me, [it] has

confirmed that many of the professions we have can be from anywhere," says Angela Lowe in Memphis, Tennessee. Some companies are beginning to agree; large employers such as Twitter and Facebook have announced 'forever' remote-work plans.

In Minnesota, US, the physical shift from being in office to working from home has been so enjoyable for Mariah L Sletten that it has made her realise how unfulfilling her job is. "At home, I feel more creative. I'm happier. I want to do great things. Try new ideas. Which makes my data-entry debt-collection job all the more heinous and intolerable, especially with everything else going on in the world at large... I'm not doing and getting paid for what I love, and it is absolutely dreadful."

This may explain why so many workers we heard from are trying to learn new skills and infuse more passion into their work. Richard Omondi, a camera operator and video editor in Kenya, says, "This pandemic has made me venture or try [to] learn new skills in digital marketing... and graphic design as well." In New Jersey, US, Amtul Syed is "absolutely loving the learning that is coming with this new work environment". Syed, a religious-studies teacher, has taken this time as an opportunity to think creatively for fun and interactive lessons. "I ended up learning so many new strategies from apps, online articles and YouTube."

It may also be the reason why some people are looking for new jobs altogether. Joseph Roberts, a CV analyst in Manchester, says his company's clients are using this time to reassess their jobs and values. "The thought of returning to the regular commute, continuing in the same monotonous position or sacrificing one's values and beliefs for the sake of money, are all common reasons for looking for new opportunities, or even a career change," he says.

And although it may seem that it's the wrong time to look for a new position, many sectors are still hiring. In the UK, the number of listings is still 70% of last year's average, according to a November report from the Office of National Statistics.

Paula Grady, a sales di-

rector from England, has experienced this first-hand, and has chosen to re-skill and start a new business. In Manchester, Conor Seager also changed paths by starting at a new company while working from home. "It was an unorthodox start, but the company showed faith in me by honouring the contract of employment, and were really supportive via Skype, phone calls, emails."

Of course, the new face of work doesn't come without its wrinkles. "Working from teams during the pandemic for the past nine months has been a learning

actually, can we do that? This is one of the most pressing questions for working parents of young children. Parents can be interrupted by their kids up to 15 times an hour. Of course, this can affect productivity – but also mental health and happiness.

"Working at home full-time with two young children, my main challenge has been in setting boundaries," says Anjeli Narine in Trinidad and Tobago. "Turns out neither four-year-olds nor clients are good at respecting boundaries. I am learning to move past 'mom guilt' and work-

wards work tremendously. I am now more aware of being agile, adaptable and pivoting into different skill sets and talents I was unaware ever existed for me," says Maya L Kellman in Barbados. "I am more challenged to ensure I have a healthy work/life balance by setting and respecting boundaries. More importantly, I have time [to] develop all my creative ideas, entrepreneurial ventures and further my education to diversify my personal brand."

As we all continue to adapt our working mindset



Many readers say balancing remote working with remote learning and caring for small children is a serious challenge that companies should address

curve," says Liana Dean-Wright in Alberta, Canada. "Pandemic fatigue' has set in, and folks seem less willing to engage in meaningful work and conversations, things have gone to feeling a bit hopeless at times."

Many have found themselves face-to-face with questions they didn't even know they had to ask. How will they bond with colleagues, especially young workers looking to network and build a solid foundation for a career? How will remote work deepen existing inequalities, especially for workers who can't work from home? And what of its effect on our mental health, and the people who might not thrive in a remote setting as much as others?

There's also the question of finding balance – in the new work world, how, ex-

aholism to unapologetically spend my time balancing these conflicting demands."

Kavita Ramnanan in Ontario echoes this. "I still find it very hard to find a 'cut off' time for work as it seems like I never really 'log off' when I am working from home. As far as my four-year-old is concerned, mom's workday is over once he gets home from school. He is right as it is outside business hours, but I'm still trying to find that balance of mom time and work time."

The challenges are major – but, on the other side, the rewards also may be. Many have found that learning to adapt and knowing when to reassess values and goals has led to more fulfilment – and even more balance.

"[The] pandemic has changed my mindset to-

to a quickly changing present and uncertain future, one thing is for sure: a lot is still unknown. But if we keep having discussions about all the changes, our brave new world of work could be easier to navigate than we think.

"The pandemic has made it crystal clear that we can't control our lives, yet there's a lot that we can do to make the most of it," says Loria Di Landri, a teacher in Lombardy, Italy. "Be open to change, don't be afraid of stepping out of your comfort zone, take up new challenges and give yourself a pep talk. To me working together and sharing knowledge, experience and doubts with my fellow teachers has helped me to grow, drive the change and look ahead."



Some companies, especially large tech firms like Microsoft, Twitter and Facebook, are offering remote working permanently to staff, even after the pandemic

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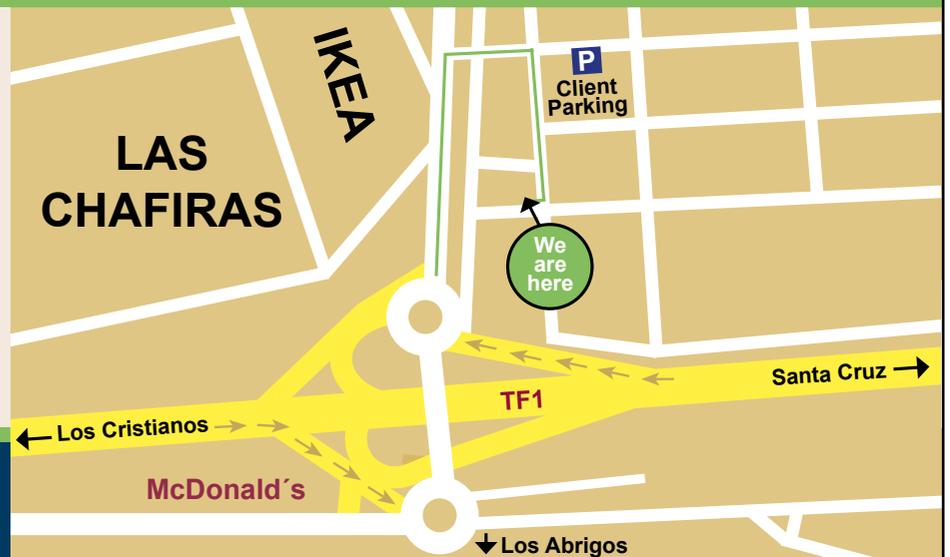
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# THE FOUR KEYS THAT COULD UNLOCK PROCRASTINATION

Imagine that you could become healthier, wealthier and less stressed through a few daily steps. It would require no great sacrifice on your part, but over the years, your personal and professional life would improve immeasurably in numerous ways.

For many people, procrastination is the major barrier that prevents positive change. Chronic procrastinators are less likely to be in permanent employment, and those with jobs have a vastly reduced income, earning at least \$14,000 less than their more proactive colleagues. Procrastinators also struggle to find time to exercise, since they will always put off physical activity for another day. And, thanks to the general chaos that arises from the constant dodging of important tasks, they tend to feel high levels of anxiety. The result is an elevated risk of chronic illnesses, including cardiovascular disease.

But it needn't be this way, according to cutting-edge research by Jason Wessel. As part of his PhD at Griffith University in Queensland, Australia, Wessel developed a system comprising four simple "reflection points" that target the psychological roots of the problem. Ask yourself these questions on a regular basis, and you'll find it far easier to resist tempting distractions, allowing you to focus on the things that

really matter in your life.

## Temporal Motivation Theory

Wessel's technique is inspired by Temporal Motivation Theory, which proposes four interlinked causes of procrastination.

The first is 'expectancy': we underestimate our chances of doing well at the task, which reduces our overall motivation. The second is our 'sensitivity to delay': many of us fail to properly recognise how badly our current delaying tactics will affect the chances of completing on time. Thirdly, we fail to appreciate the 'value' of the task and the benefits of getting it done on time, which means that we favour our immediate pleasure over long-term consequences. Finally, Wessel argues that we lack the basic 'metacognition' – the self-awareness and capacity to think analytically about our own thinking – which would allow us to identify the ways we might resist these behaviours and put ourselves back on track.

Studies of chronic procrastinators have provided some good evidence for Temporal Motivation Theory but potential antidotes to these problems have so far been woefully under-researched. "There just aren't many studies yet," says Wendelien van Eerde at the University of Amsterdam, who conducted a me-

ta-analysis of the available interventions in 2018.

In her study, van Eerde found that Cognitive Behavioural Therapy was the only existing method with reliable benefits. During CBT sessions, a professional therapist will help the client to talk through the thoughts, emotions and actions that are limiting their productivity. "You try to recognise what you are doing wrong, and adapt your behaviours to more functional ways of dealing with things," says van Eerde.

As effective as it may be, though, in-person CBT is relatively time consuming and expensive to deliver, making it hard to roll out en masse. This led Wessel to wonder whether it would be possible to offer a quicker and cheaper alternative. After careful consideration, he decided to distil the principles of Temporal Motivation Theory to four simple prompts that ask people to consider:

- How would someone successful complete the goal?
- How would you feel if you don't do the required task?
- What is the next immediate step you need to do?
- If you could do one thing to achieve the goal on time, what would it be?

The university environment provided the perfect environment to test the method. Wessel first recruited more than 100 undergraduates who were

Procrastination gets the best of all of us, to the detriment of our work, happiness and health. But a new theory could provide us with the easiest way to kick the habit.



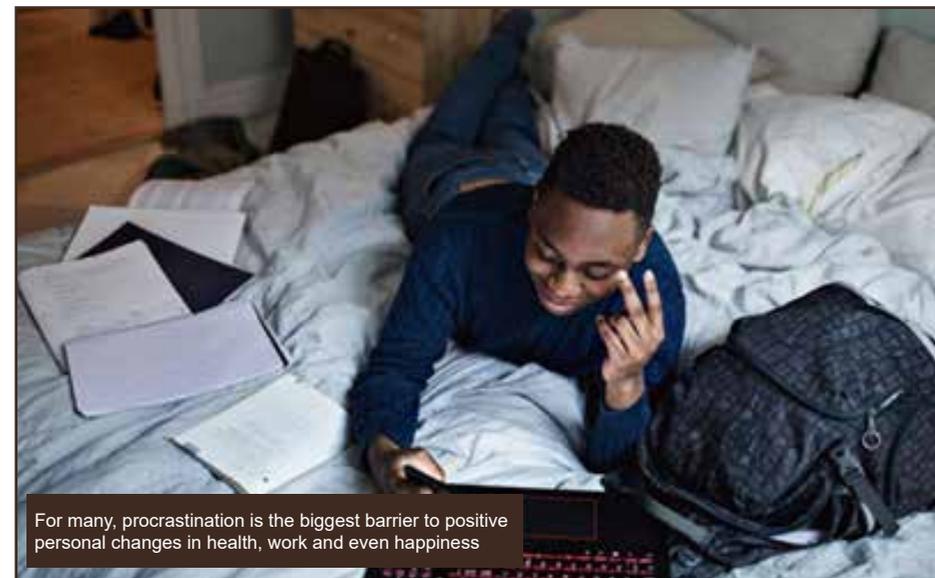
By David Robson, BBC WorkLife

due to deliver a written assignment, worth a third of their final grade. To measure their progress, the students were all sent regu-

tions.

The benefits were not immediate; Wessel says the students needed to consider the different reflec-

er putting a couple of daily reminders in your online calendar to ensure that you actually take the time to look at the prompts. "If you



For many, procrastination is the biggest barrier to positive personal changes in health, work and even happiness

lar text messages, asking them to estimate their overall progress in completing the assignment (from 0% to 100%). Those taking part in the intervention were also asked to reflect on the points listed above at various points over the course of the two weeks. Wessel hoped that contemplating these prompts could bring about the same changes in thinking usually achieved during in-person therapy, but in much shorter bursts. "It's replicating some of the elements that you would get in a coaching or counselling or therapeutic session," he says, "but it's like a 'micro-dose'."

When he compared the progress updates of the participants over the course of the two weeks, Wessel found that those contemplating the four reflection points were significantly more likely to get on top of the work early, rather than putting off the assignment until the end of the fortnight. It had, in other words, significantly reduced their procrastina-

tion points a few times before they started taking action – a phenomenon he describes as a "sleeper effect". "There are only so many times that you can tell the app that you know exactly what you need to do, but then not do it," he says. You might expect the students to have been irritated by the reminders, but most reported that they had learnt a lot from the experience. "They said that we should do this for every course they have."

## A 'promising approach'

Van Eerde is impressed by the results, and optimistic about the practicality of the intervention. "I think it's one of the more promising approaches," she says.

Wessel has already designed an app to help encourage people to improve their diet that follows similar principles, and he speculates that, no matter our goals, we might all benefit from regularly considering these reflection points. If you want to apply this yourself, you might consid-

notice that you are always putting stuff off, they could be a good way of checking your behaviour."

The important thing, he says, is to regularly question what goals you actually value, and to check whether you're prioritising them enough. You should then work out ways to chunk your task into smaller parts, before taking action on the first possible step. This can create a kind of momentum, he says, which will make procrastination less likely as you go along.

Wessel's work joins a growing body of research showing how short moments of self-reflection can pay great dividends. A little focused thinking, it seems, can go a long way to increasing your perseverance, organisation and efficiency, so that you have more time to spend on the things that really matter. Those few prompts may just be the secret to a happier and healthier new year.

To make sure you're regularly considering the four reflection points, you can set up reminders to ensure you actually take the time to reflect

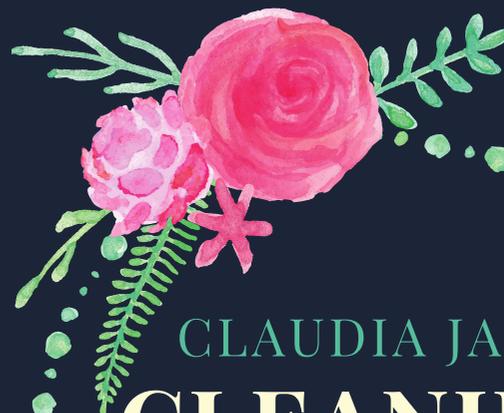


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## HIGH BLOOD PRESSURE WARNING: FRUITY YOGHURT COULD BE RAISING YOUR BLOOD PRESSURE READING

By Adam Chapman, Daily Express

**HIGH blood pressure is easily reversed by making healthy dietary decisions and sticking to them. While some dietary items are clearly off-limits, some ostensibly healthy items can raise your risk.**

High blood pressure can seem innocuous at first because it rarely produces symptoms, but it can lead to more serious conditions. That's because it causes your blood vessels to harden and narrow, which can choke the supply of blood

and oxygen to the heart. Fortunately, you can reverse the conditions by making healthy dietary decisions, although some are easier to make than others.

This is particularly true when it comes to choosing what to eat for breakfast in the morning.

As David Wiener, training specialist at AI-based fitness and lifestyle coaching app Freeletics explains to the Express.co.uk, there are patently obvious breakfast foods or drinks that should be avoided when

trying to control your blood pressure levels.

Obvious culprits include bacon and white toast with butter, to name only a few, he says. "However, there are some sneakily unhealthy foods that you may be reaching for when trying to opt for a healthy alternative which could be raising your blood pressure reading," says Wiener.

One deceptive dietary decision is opting for fruity yoghurt. "Fruity yogurts are often packed full of carbohydrates and sugar which can wreak havoc on your blood pressure levels," warns Wiener.

### Why is sugar so risky?

Research shows that sugar contributes to weight gain in adults and children. Studies indicate that being overweight and obesity predispose people to high blood pressure. What's more, added sugar, which often finds its way into yoghurts, may also have a direct effect on increasing blood pressure, according to a review.

As Wiener points out, plain yoghurt is a much safer bet and has been shown

Breakfast items: Processed cereals can also raise your blood pressure



to have a positive effect on high blood pressure. Greek yogurt in a particular is a nutrient-dense dairy product that's packed with minerals that help regulate blood pressure, including potassium and calcium. A review of 28 studies found that consuming 3 servings of dairy per day was associated with a 13 percent lower risk of high blood pressure, as well as that a seven-ounce (200-gram) increase in dairy intake per day was associated with a five percent reduction in hypertension risk.

### What other ostensibly healthy items should you be weary of?

"Eating processed cereals can be the worst way

to start your day if you are prone to getting high blood pressure," warns Wiener.

As Wiener explains, even cereals that claim to be 'healthy' or packed full of protein can cause an increase in blood pressure. "Most of them are still highly processed and contain far more carbohydrates and hidden sugars than you may realise which can contribute to a higher blood pressure reading," he says.

Any breakfast food item that is full of salt or sodium

is also guaranteed to raise your blood pressure reading, says Wiener.

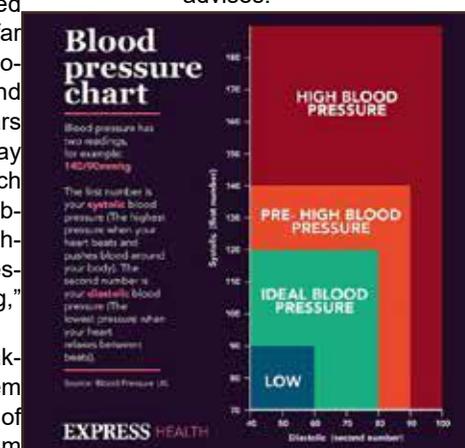
"Eating too much salt causes your body to hold in extra water in order to rid the excess salt from your body- this can cause your blood pressure to rise," he explains. "In addition, the added water puts stress on your heart and blood vessels," adds Wiener.

According to the NHS, you should aim to eat less than six grams (0.2oz) of salt a day, which is about a teaspoonful.

"Remember, whether you're eating at home, cooking or eating out, don't add salt to your food automatically – taste it first," it advises.



High blood pressure warning: Fruity yoghurts may contain added sugars



BBC website

## TRAVEL AFTER BREXIT: HOW WILL IT AFFECT MY HOLIDAYS TO THE EU?

**Rules on travelling to and from European Union countries changed on 1 January 2021.**

Can I go on holiday to the EU? As it stands, no. Because of Covid, travellers from most non-EU countries can't visit except for essential reasons. After 31 December, the UK is no longer treated like a member of the EU, so has become subject to these rules.

The only non-EU countries exempted are those with very low infection rates, such as New Zealand. The EU could choose to exempt the UK from these rules, or individual EU countries could create a "travel corridor"

with the UK, allowing restriction-free travel.

### Will I need a new passport?

No. Your current passport will be valid as long as:

- It is less than 10 years old
- And has six months left before it runs out
- (Both of the above must be true)
- The six-month rule won't apply for visits to Ireland, because it is part of the Common Travel Area.

If you need a new passport – which will be a different colour - the government

says you should apply in plenty of time.

### How long can I go for and will I need a visa?

If you're a tourist, you'll be able to travel to most EU countries - plus Switzerland, Norway, Iceland and Liechtenstein - without a visa. You'll be able to stay for up to 90 days in any rolling 180-day period. So, an Easter weekend in Spain, followed by a June fortnight in Italy, would both count towards your 90-day limit.

The rules for Bulgaria, Croatia, Cyprus and Romania are different. You could make a 90-day trip to any of them and still not use up your 90-day allowance for other EU countries.

You may need a visa or permit to stay for longer, to work or study, or for business travel. From 2022, UK nationals will have to pay for a visa-waiver scheme in order to visit many European countries.

### What queue can I use at passport control?

You'll no longer be able to use EU fast-track passport control and customs lanes. When you arrive in an EU country (except Ire-

land) be prepared to show your return ticket. You could be asked to show you have enough money for your stay. It could also take longer to cross the UK border..

### Will I face mobile phone roaming charges?

The guarantee of free roaming throughout the EU, Iceland, Liechtenstein and Norway ends on 1 Janu-



ary 2021. You should check with your mobile provider to see if you're likely to face extra charges when you travel. The four main UK operators have said they have no plans to reintroduce roaming fees.

### The government has passed laws to protect customers, including:

- £45-a-month cap on using mobile data abroad (then you must opt-in to use more)
- Requirements for cus-

tomers to be informed when they've reached 80% and 100% of their data allowance.

### Are pet passports still valid?

Pet passports issued in Great Britain will not be valid for travel to the EU from 1 January 2021. A new system will apply from that date. From 1 January 2021

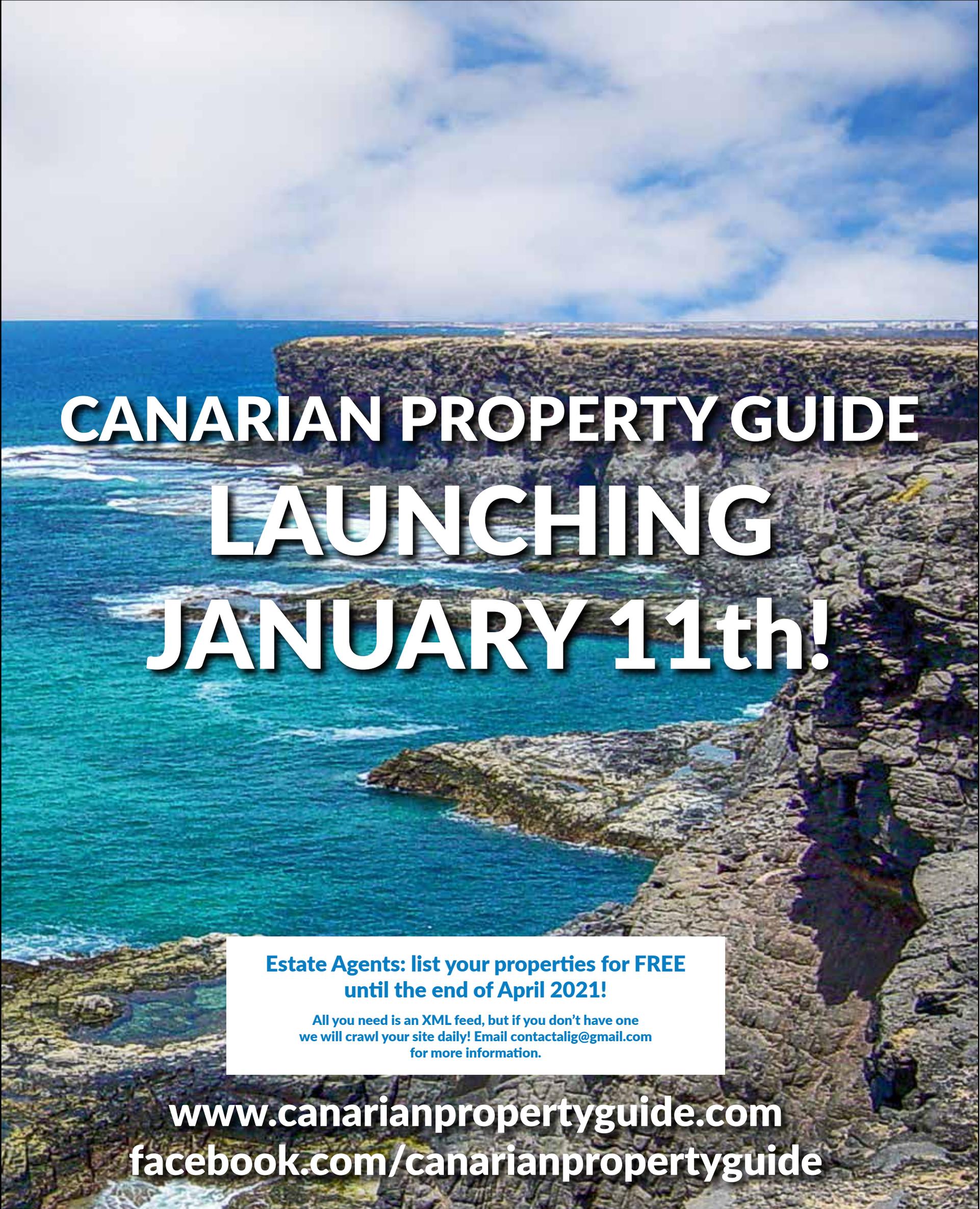
gle trip into the EU, onward travel within the EU and re-entry to Great Britain. Your pet must have been microchipped and have had a rabies vaccination. It will also have to have a treatment against echinococcus multilocularis (a type of tapeworm) for entry into Finland, Republic of Ireland, Northern Ireland, Norway or Malta.

### Can I buy duty free?

Passengers from Great Britain (England, Scotland and Wales) travelling to EU countries can take advantage of duty-free shopping from January 2021. Current duty-free limits on tobacco and alcohol, which apply only to non-EU countries at the moment, will also increase in the new year. But there'll no longer be tax-free airport sales of goods like electronics and clothing.



In 2002, this dog was the first to travel to the UK using a pet passport



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# Long Term Rentals

**€1,999 - €1,000 p/m**  
Los Cristianos, Townhouse

€1,650

**3 bed** · Three bed, three bath town house with large lock-up garage and trastero, overlooking the ocean. Water and electricity bills not included. Available mid August 2020.

Ref: 1984 | Homes & Away | 922 737 044

Costa Adeje, Townhouse

€1,600

**2 bed** · SE ALQUILA/FOR RENT – COSTA ADEJE GOLF. This great 2 bed apartment situated in the quiet residential area of Costa Adeje Golf is for long term rental with a minimum of 6 months. Close to La Caleta where you have a choice of good eateries a 5 minutes drive from the elegant Plaza del Duque shopping center and innumerable gourmet restaurants.

Ref: 7024 | All Properties Tenerife | 922 89 4938

Puerto de La Cruz, Villa

€1,250

**4 bed** · This beautiful villa built in 1991 is located in one of the best developments in the quiet area of Puerto de la Cruz, El Durazno. The house is distributed on three floors. The ground floor consists of a terrace with a garden at the entrance of the house, a spacious living room, a bathroom, a bedroom and the kitchen with access to the

garden. The upper flo... For full information see website or contact:

Ref: IR1500V | Agata's Real Estate |

Golf del Sur, Linked House

€1,200

**3 bed** · Spacious and well furnished three bedroom, two bathroom linked villa on the small Phase one section of Residencial San Blas. There is a garden and large integral garage with room for two cars. The property is available for long term rent now. Monthly rent is 1200 euros with water and electric bills on top. A deposit of 1800 euros is required to secure the... For full information see website or contact: Ref: PMSR015R | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Puerto de La Cruz, Apartment

€1,200

**1 bed** · We offer this modern luxury

apartment in Parque Lotos, La Paz in Puerto de la Cruz. It consists of a living room connected to the kitchen, a bathroom with a shower, a bedroom and a spacious terrace with views. The apartment is on the 3rd floor of the building that has the community pool and a lift. The luxury apartment building with its unique architectur... For full information see website or contact: Ref: IR1200A | Agata's Real Estate |

Golf del Sur, Apartment

€1,100

**1 bed** · Large fourth floor, one bed apartment with sea views on prestigious complex. Available for a minimum of six months. Ref: 1749 | Homes & Away | 922 737 044

Los Cristianos, Apartment

€1,000

**3 bed** · Duplex apartment in the

complex Nirvana, Los Cristianos. It consists of 3 bedrooms, 1 bathroom, 1 toilet, american kitchen with living room and dining room, 2 terraces. Surface 84m2. Apartment is renovated and fully furnished. The complex is located in the center of Los Cristianos close to shops, bars, restaurants, cultural center.

Ref: VR5165D | Vym Canarias | 922 787 210

Playa Paraiso, Apartment

€1,000

**2 bed** · We are pleased to offer this fantastic apartment for sale, in the brand new complex Ocean Garden, Playa Paraiso! Comprising two bedrooms, two bathrooms, open plan kitchen and living room leading to a terrace overlooking the town of Playa Paraiso and the ocean. The apartment has an air conditioning and garage space in the underground parking. It is situate... For full information see website or contact:

Ref: VR5571D | Vym Canarias | 922 787 210

Playa Paraiso, Apartment

€1,000

**2 bed** · Beautiful apartment in the newly built Ocean Garden building. The complex has communal swimming pools and green areas. The 80m2 apartment is distributed in 2 bedrooms, 2 bathrooms, living room, kitchen, terrace. With views of La Gomera. € 1000 per month with water and

electricity separately.

Ref: VR3959D | Vym Canarias | 922 787 210

€999 - €650 p/m

Playa Paraiso, Apartment

€950

**2 bed** · Beautiful apartment in the newly built Ocean Garden building. The complex has communal swimming pools and green areas. The 80m2 apartment is distributed in 2 bedrooms, 2 bathrooms, living room, kitchen, terrace. With views of La Gomera. The apartment is fully furnished and equipped with everything necessary for a comfortable stay. Installed Internet. € 12... For full information see website or contact:

Ref: VR5322D | Vym Canarias | 922 787 210

Palm Mar, Apartment

€950

**2 bed** · DISPONIBLE DESDE 13/12/2019 SE ALQUILA, EL PALM-MAR · Edf. El Mocan · 2 x Dormitorios · 1,5 x Baños · Cocina – Totalmente equipada · Piscinas comunitarias · Concha de Padel · Mascotas (por solicitud) 950€/POR MES + GASTOS Servicios Locales: Supermercado, Banco, Playa, Chringito, Bahia Club de Lujó, Cerca del campo de golf de Los Palos, Farmacia, Transport... For full information see website or contact:

Ref: 8069 | All Properties

Tenerife | 922 89 4938

Palm Mar, Apartment

€900

**1 bed** · VIVIENDA VACACIONAL LEGAL/LEGAL HOLIDAY LET EL PALM-MAR, 38632 ARONA.

Ref: 7409 | All Properties Tenerife | 922 89 4938

Callao Salvaje, Apartment

€800

**2 bed** · Duplex for rent with two bedrooms in Callao Salvaje. It is a furnished duplex and has 103 m2 including 2 terraces. The ground floor has independent kitchen, living room, toilet and large terrace with surface 16m2. The first floor has two bedrooms (one bedroom with sea view) and the bathroom. The third floor has terrace with surface 12m2 with sea view. T... For full information see website or contact:

Ref: ONR6800A | Agata's Real Estate |

Callao Salvaje, Apartment

€800

**2 bed** · Apartment with 2 bedrooms and 2 bathrooms situated in the complex Sueño Azul, a quiet residential area in 10 minutes walk from the beach and the shops. Pets are not admitted.

Ref: VR6514D | Vym Canarias | 922 787 210

Callao Salvaje, Townhouse

€800

**2 bed** · For rent bright townhouse in

## Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeproperty.com

Avda Londres 1, Sur y Sol, Local 1  
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Callao Salvaje. It is distributed on two floors. On the ground floor there is a kitchen, living room, large terrace and toilet. On the first floor there are two large bedrooms and a bathroom. There is a terrace on the roof. Quiet residential complex with community pool. Do not hesitate to contact for more information.

Ref: VR7138D | Vym  
Canarias | 922 787 210

#### Las Americas, Apartment

€750

1 bed · Nice 1 bedroom apartment in the touristic complex Las Floritas situated on the first floor with the terrace overlooking the swimming pool. Centric area close to all touristic services and the beach. Good option for rent or for personal use for holidays.

Ref: VR7002D | Vym  
Canarias | 922 787 210

#### Costa del Silencio, Apartment

€750

1 bed · \*Available for March/April/May\* One bed, one bath apartment on a popular complex. Close to all amenities. Weekly clean, linen and towels change included.

Ref: 1775 | Homes & Away | 922 737 044

#### Golf del Sur, Apartment

€750

1 bed · Lovely fully furnished modern 1 bed 1 bath apartment on the 4th floor on street level, American kitchen, 2 community heated pools, CCTV cameras, close to transport shops and 15 mins South airport, beach 5 mins, close to marina. Water and electricity included. Small pets allowed.

Ref: LAPR1090 | Los Abrigos  
Properties | 922 170021

#### Palm Mar, Apartment

€700

1 bed · SE ALQUILA LARGO PLAZO/LONG TERM RENTAL EI Palm-Mar, 38632 Arona.

Ref: 7432 | All Properties  
Tenerife | 922 89 4938

#### Puerto de Santiago, Apartment

€700

1 bed · We offer an apartment for long term rent in the "Playa de la Arena" complex, Puerto de Santiago. Very well maintained with a spacious terrace with partial views of the ocean and La Gomera island. The apartment has a corridor with a fitted wardrobe, a full bathroom, an open plan kitchen with a living room and a double bedroom with a fitted wardrobe. Also i... For full information see website or contact:

Ref: VR7100D | Vym  
Canarias | 922 787 210

#### Playa Paraiso, Apartment

€700

1 bed · Long term rental. Bright apartment with a large terrace in the complex "Vista Nautica", Playa Paraiso. The apartment is rented unfurnished, but the kitchen is furnished and equipped with the necessary electrical equipment, there is also an air conditioner and a washing machine. The apartment consists of one bedroom with built-in wardrobe and access to the... For full information see website or contact:

Ref: VR7210D | Vym  
Canarias | 922 787 210

#### Playa Paraiso, Apartment

€700

2 bed · Long term rental. Fully furnished two-bedroom apartment in the residential complex "Paraiso del Sur", Playa Paraiso. The apartment has an entrance hall, an American-style kitchen with a living room, two bedrooms with fitted wardrobes, a bathroom with shower and a terrace with open views of the surroundings and the mountains. The complex has an elevator, s... For full information see website or contact:

Ref: VR6182D | Vym

#### Canarias | 922 787 210

#### Golf del Sur, Apartment

€700

Lovely, modern and bright one bed apartment, in residential complex with heated pool, lift and Wifi access. Situated on the 6th floor, the apartment has a large terrace with side views to the sea. 1 double bedroom with built-in wardrobe, one bathroom, living room with American kitchen, fully equipped and furnished. No pets. Bills extra. Available Sept to ... For full information see website or contact:

Ref: KV0176 | Tenerife Alizes  
Properties | 922 738653 / 626 274040

#### Golf del Sur, Apartment

€700

1 bed · \*Available from 25th November\* Nicely presented, one bed apartment on popular complex with heated swimming-pool. Wi-Fi included. Water and electricity on top.

Ref: 1961 | Homes & Away | 922 737 044

#### Puerto de La Cruz, Apartment

€700

We offer a 50 m2 studio for long term rental in Casa Ikarus, in the area of La Paz. The studio is furnished and equipped, has a large terrace overlooking the Atlantic and the city. The building has an elevator, a room with a coin-operated washer and dryer, and an acclimatized pool with solarium area. The costs of water, electricity and WiFi are include... For full information see website or contact:

Ref: IR700S | Agata's Real  
Estate |

#### Taicho, Finca

€700

2 bed · For rent nice 2 bedroom rustic house in Taicho village. The house additional has summer kitchen with the barbecue. Nice and quiet area. Only 10 minutes drive to the motorway or Adeje.

Ref: VR7325 | Vym Canarias | 922 787 210

#### Amarilla Golf, Apartment

€695

1 bed · Fully refurbished, one bed apartment on popular complex with Golf course and Teide views. Wi-Fi included.

Ref: 2040 | Homes & Away | 922 737 044

#### Callao Salvaje, Studio

€680

Studio on the seafront in Sueño Azul complex. Renovated and equipped. Price 680 eur per month with all expenses included (including wi-fi).

Ref: VR7243D | Vym  
Canarias | 922 787 210

#### Amarilla Golf, Apartment

€675

1 bed · Spacious, ground floor, one bed apartment on popular complex with communal pool. Water and electricity bills included up to 40€ per month.

Ref: 2026 | Homes & Away | 922 737 044

#### Amarilla Golf, Apartment

€675

1 bed · Ground floor one bed, one bath apartment in stunning location with Marina and ocean views. Utilities included.

Ref: 2009 | Homes & Away | 922

#### 737 044

#### Amarilla Golf, Apartment

€675

1 bed · Nicely presented, top floor apartment with sunny terrace on popular complex.

Ref: 2065 | Homes & Away | 922 737 044

#### San Isidro, Apartment

€670

1 bed · Cosy 1 bed 2nd floor apt with a ocean views, open kitchen. Private roof terrace of 5m2 with lockup washroom. Lift. Close to shops and transport, just a 5 min drive to the sunny El Medano beach, and only a 5 min drive to the south airport. Bills excluded

Ref: LAPR1081 | Los Abrigos  
Properties | 922 170021

#### Los Cristianos, Apartment

€650

2 bed · AVAILABLE TO RENT FROM 22 MARCH 2020 FOR SIX MONTHS ONLY. Two bed apartment located on the first floor to this complex, you have stairs leading up to the front door of the property, inside you have an American style fully fitted kitchen, both bedrooms are double size, balcony from the lounge area which has sea views overlooking the pool area and you have ... For full information see website or contact:

Ref: AP0351 | Tenerife Island  
Rentals and Buy Tenerife | 922 797 438

#### Playa Paraiso, Apartment

€650

1 bed · Long term rental apartment on the first line of the ocean in the residential complex "Mirador del Sur", Playa Paraiso. Nice fully furnished apartment with a double bedroom with built-in wardrobe, a full bathroom, a fully equipped kitchenette with a living room and a terrace overlooking the ocean. Living area of 45 m2. 8 m2 terrace. Well maintained complex... For full information see website or contact:

Ref: VR0025 | Vym Canarias | 922 787 210

#### Playa Paraiso, Apartment

€650

1 bed · Ideal for your second residence, situated in few minutes walk from the beach and the sea, in the complex with big swimming pool. The apartment has 1 bedroom, 1 bathroom, a spacious living room with open kitchen, a terrace overlooking the sea and the resort. There is a new commercial center just in front of the complex. Excellent opportunity to buy an apar... For full information see website or contact:

Ref: VR5020D | Vym  
Canarias | 922 787 210

#### Playa Paraiso, Apartment

€650

2 bed · Long term rent. Bright fully equipped apartment in the complex "Sol Paraiso", Playa Paraiso. With two double bedrooms with fitted wardrobes, full bathroom, American style kitchen with living room and terrace. Also included in the price is a garage space and monthly expenses. The complex with a lift and swimming pools is located near restaurants, a superma... For full information see website or contact:

Ref: VR7064D | Vym  
Canarias | 922 787 210

#### Playa Paraiso, Apartment

€650

1 bed · One bedroom apartment for rent on the 2d floor in the complex Paraiso del Sur. Completely fitted and equipped. Balcony overlooking the ocean and La Gomera. Complex is situated on the first line and has community pool, close to all the amenities.

Ref: VR7087D | Vym  
Canarias | 922 787 210

#### Callao Salvaje, Apartment

€650

2 bed · 2 bedroom apartment situated in the complex Sunviev View in Callao Salvaje, close to the promenade. Parking space in the garage is included.

Ref: VR7199D | Vym  
Canarias | 922 787 210

#### UNDER €650 p/m

#### Torviscas Alto, Studio

€600

Long term rent (from 6 months). Studio apartment with ocean view in the tourist complex "Laguna Park II", San Eugenio Alto. The bright apartment consists of a bathroom, a room with a kitchen and a terrace overlooking the ocean. Nice complex with lifts, playground, reception, swimming pools, solarium, mini market and parking. Nearby there is a supermarket... For full information see website or contact:

Ref: VR7266D | Vym  
Canarias | 922 787 210

#### Torviscas Alto, Studio

€600

Beautiful studio in the Island Village Heights complex in San Eugenio. Fully equipped Bills included up to 50€ per month Very well located Available from June 1.

Ref: VR5973D | Vym  
Canarias | 922 787 210

#### Los Abrigos, Apartment

€600

2 bed · Modern 2 bed 1 bath Apartment in Los Abrigos , American kitchen, Balcony, close to shops transport school and beach, Airport south 15 min. No pets or Children

Ref: LAPR1084 | Los Abrigos  
Properties | 922 170021

#### Playa Paraiso, Studio

€550

Bright studio for rent on the seventh floor of the Paraiso del Sur complex. Fully furnished and equipped. Balcony overlooking the ocean and La Gomera. Complex with communal pool, located close to all services.

Ref: VR7089D | Vym  
Canarias | 922 787 210

#### Los Abrigos, Apartment

€550

2 bed · 2 bed apartment for rent, in the centre of Los Abrigos, unfurnished, living with american fitted kitchen, bathroom. First floor w/balcony, private roof terrace and garage. Bills extra. Available from mid. of June 2017.

Ref: LAPR1020 | Los Abrigos  
Properties | 922 170021

#### Puerto de La Cruz, Apartment

€550

1 bed · This furnished apartment is located in one of the most beautiful areas of Puerto de la Cruz, in the famous attraction and beautiful park "Taoro Parque". From this property you can walk to the city center of Puerto de la Cruz in less than 5 minutes crossing this park. Waterfalls, bars and restaurants can be found in this park. The apartment has a bedroo... For full information see website or contact:

Ref: IR550A | Agata's Real  
Estate |

#### Las Americas, Studio

€490

Long term rental. Complex "Borinquen", Las Americas. 2nd

floor. Studio apartment with a kitchen, a bathroom and a terrace with pool and ocean views. Complex with a bar, pool and parking. Located very close to the beach.

Ref: VR6970D | Vym  
Canarias | 922 787 210

#### Las Rosas, Apartment

€480

Very cosy rustic style studio in grounds of a large house but with its own entrance. Comprises of lounge, kitchen, bathroom and some outside space. Ideal for someone looking for complete peace and tranquility. Available from beginning of June 2020.

Ref: 00 1173 | Tenerife Prime  
Property | 922 703 725

#### Torviscas Alto, Apartment

€450

1 bed · Long term rent (from 6 months). One bedroom apartment in the tourist complex "Laguna Park II", San Eugenio Alto. The apartment includes a double bedroom with built in wardrobe, bathroom, American style kitchen with living room and terrace. There is also a patio. Nice complex with lifts, playground, reception, swimming pools, solarium, mini market and park... For full information see website or contact:

Ref: VR7267D | Vym  
Canarias | 922 787 210

#### Garanana, Apartment

€370

Ground floor studio apartment in quiet cul-de-sac, with good size terrace in small block of 6 apartments with NO community pool. This studio is furnished but owner does not provide bed linen, towels or kitchen items. Water included, electric and gas to be paid by the tenant. NO ANIMALS ALLOWED IN THIS PROPERTY.

Ref: 00 1098 | Tenerife Prime  
Property | 922 703 725



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# Business Section

## OVER €350,000

### Callao Salvaje, Commercial Property

€2,490,000

If you are looking to relocate to Tenerife and open a non-catering business, this Commercial Property & Private Villa for sale is an Amazing opportunity. Besides from the large villa including office and reception area the plot also offers a private guest house. It is the perfect combination of a stunning villa on a large plot and commercial space, which ... For full information see website or contact:

Ref: 2147 | FRINA Tenerife SL - Business Sales | 922 085 191

### Tenerife South, Ostrich farm

€2,000,000

Are you looking for something very special? Here is your opportunity to buy a unique Ostrich Farm & Restaurant in Tenerife - the only one of its kind in the whole Canary Islands! Built from scratch in 1995 this farm was a pioneer in its field and still remains as one and only to cover the whole cycle of growing and breeding ostriches and offering ostr... For full information see website or contact:

Ref: 1485 | FRINA Tenerife SL - Business Sales | 922 085 191

### Tenerife South, Commercial Property

€1,680,000

Opportunity to invest in a substantial commercial property and an established restaurant business located in a small picturesque village in the south of Tenerife with spectacular views over the ocean and the neighboring islands of La Gomera, La Palma and El Hierro. The property built in 2003 measures 500 m2 and spreads over 2 floors. The main floor is ... For full information see website or contact:

Ref: 1292 | FRINA Tenerife SL - Business Sales | 922 085 191

### Guaza, Apartment Block

€1,500,000

If you want to invest in this building, give it a face-lift, dedicate it to rentals, or re-sell this is the building for you, the options are endless. This building will revenue a high profit and a rapid return on your investment. The building itself is in perfect condition, it has been built in the beautiful "Canarian" style with elegant cornices, it has... For full information see website or contact:

Ref: GB3-G1X5 | RD Properties | 922 732 862

### Tenerife South, Restaurant

€1,500,000

For sale is this rare opportunity to get a freehold restaurant with a big function hall for birthdays, receptions, weddings and more. Furthermore, is a big indoor playground for kids and a big terrace with room for guests and receptions as well. The building itself is amazing throughout styled and placed on the top of a small hill where you cannot miss... For full information see website or contact:

Ref: 1830 | FRINA Tenerife SL - Business Sales | 922 085 191

### La Orotava, Apartment Block

€1,200,000

Investment opportunity in Tenerife North, a complex of farms and restaurants with an extension of 10,000 m2 with a constructed area of 1247 m2 that is located in the heart of the Orotava Valley, in the North of the Island of Tenerife. Only

5 minutes from Puerto de la Cruz with easy access from the highway. Incredible investment possibility, animal farm, o... For full information see website or contact:

Ref: I21200GV | Agata's Real Estate |

### Tenerife South, Furniture & Interior Decoration

€1,100,000

If you are a successful entrepreneur looking to relocate to Tenerife and run here your own serious and profitable business, this opportunity is definitely waiting for you! For sale freehold or leasehold a very successful and highly reputable furniture business with the established name which is widely recognized almost throughout the whole island. Estab... For full information see website or contact:

Ref: 1731 | FRINA Tenerife SL - Business Sales | 922 085 191

### Cabo Blanco, Hotel

€890,000

6 bed · Location: Central, Touristic area, Close to amenities, Close to shops, Exclusive development, Quiet location. Views: La gomera, Sea. Additional: Development possibilities, Viewing recommended. Rooms: American style kitchen, Bathroom, Hall/entrance, Lounge and dining area. Quality: Good condition, Tastefully decorated, Furn... For full information see website or contact:

Ref: 407-HT6 | Island Estates | 922 790 767

### Las Americas, Bar/Cafe

€580,000

You will be hard pushed to find a better business in Las Americas than this cafeteria. The owner has run the place for 30 years and the regular guests and proof of income speaks for itself. Also, the cafeteria has a licensed lottery booth, which also brings clients and a healthy income. If you are ready to take over a Spanish cafeteria this business wi... For full information see website or contact:

Ref: 1944 | FRINA Tenerife SL - Business Sales | 922 085 191

### Golf del Sur, Empty Local

€577,000

In need of TLC, large commercial property with separate apartment above the premises.

Ref: 1948 | Homes & Away | 922 737 044

### Tenerife South, Bakery

€570,000

This Bakery & Pastry Company for Sale includes a large bakery and 2 cafes in Tenerife South. The bakery produces mouthwatering cakes, bread, and pastry to many cafes and restaurants in Tenerife and not only their own cafes, which is included in this sale. The bakery and 2 cafeterias are sold together as an SL Company and is an amazing investment oport... For full information see website or contact:

Ref: 2353 | FRINA Tenerife SL - Business Sales | 922 085 191

### Fanabe, Empty Local

€530,000

FRINA Tenerife offers this large freehold for sale, which is located in a complex in Fañabe. The local used to be a restaurant but is empty today and would need a refurbishment before it can reopen. The local could be great both as a restaurant, but also shop or office. Premises of the Fañabe Freehold

for Sale The premises are spacious 330 m2 and installe... For full information see website or contact:

Ref: 2294 | FRINA Tenerife SL - Business Sales | 922 085 191

### Puerto de La Cruz, Restaurant

€500,000

A famous well-run restaurant in Puerto de la Cruz, La Paz. It is situated in in a privileged location of La Paz, one of the best areas of the city with many tourists, as well as residents. The premises operates since 1980 and has a coming back clientele. It has a commercial space of 165 m2, a large terrace of 85 m2 with outdoor tables, kitchen, in the bas... For full information see website or contact:

Ref: I1570L | Agata's Real Estate |

### Puerto de La Cruz, Restaurant

€485,000

An established restaurant in the heart of Puerto de la Cruz, zone of plaza del Charco. The heart of the city with many tourists, as well as residents. The premises has a commercial space of 145 m2 and an outdoor space rented from the town hall. It is fully equipped and sold with all licences. The staff can be taken over. Great opportunity to overtake the ... For full information see website or contact:

Ref: I1485L | Agata's Real Estate |

### Fanabe, Restaurant

€480,000

FRINA Tenerife offers for sale this fun and inviting British bar in Puerto Colón. It has a prime location, as this harbor is one of the most touristic spots on the island. The bar is known for a menu of British pub specialties, and also some great live entertainment, such as karaoke, quizzes and music. The bar enjoys great footfall and has many regular c... For full information see website or contact:

Ref: 2336 | FRINA Tenerife SL - Business Sales | 922 085 191

### Las Americas, Bar/Cafe

€399,000

You will be hard pushed to find a better business in Las Americas than this cafeteria. The same owner has run this place for 30 years and the regular guests and proof of income speaks for itself. If you are ready to take over a Spanish cafeteria this business will make sure you earn money from day 1!

### Las Chafiras, Fully Equipped Local

€350,000

Additional: Viewing recommended. Rooms: Store rooms, Bar, Bathroom. Quality: Tastefully decorated, Traditional features, Bright, Well presented, Furnished, Good condition, Spacious. Features: Many special features. Outside: Large terrace. Parking: Parking nearby, Parking available.

Ref: 464-C | Island Estates | 922 790 767

€349,999 - €250,000

### Golf del Sur, Investment Property

€329,175

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

### Torviscas Bajo, Supermarket

€275,000

FRINA Tenerife offers for sale this busy supermarket in Torviscas Bajo. It has been running for 2 years and has a good reputation. The customer profile is both tourists and locals. The location secures a lot of footfall and there is not a lot of direct competition in the area. The supermarket is spacious 100m2 and well-equipped.

Ref: 2320 | FRINA Tenerife SL - Business Sales | 922 085 191

### Tenerife South, Excursion Business

€270,000

For sale with FRINA Tenerife is this long-established Tenerife jet ski excursion in the south. You will not find a jet ski business with a better reputation, newer jet skis, and less work than this. Moreover, this business comes with a unique opportunity/license allowing you to expand with another water sports business, which we can explain at a meeting. ... For full information see website or contact:

Ref: 2080 | FRINA Tenerife SL - Business Sales | 922 085 191

### Puerto de Santiago, Car Leasing/ Rental Business

€267,000

New on the market is this Car Rental for sale in Puerto Santiago, which is sold as a leasehold or a freehold. Furthermore, the business sells Tenerife excursions and the office has an ATM, which both

leasehold or freehold a very successful and highly reputable furniture business with the established name which is widely recognized almost throughout the whole island. Incl... For full information see website or contact:

Ref: 1732 | FRINA Tenerife SL - Business Sales | 922 085 191

### Playa Paraiso, Fully Equipped Local

€250,000

If you are looking for a well-established and easy-to-run business, you cannot miss this store for sale in a busy complex of Playa Paraiso. This store sells everyday products like snacks, drinks and sun lotion but also toys and quality suitcases and bags of brands like Valentino and Guess. The business shows a healthy income and especially the profit on b... For full information see website or contact:

Ref: 2237 | FRINA Tenerife SL - Business Sales | 922 085 191

### Costa Adeje, Dive school

€250,000

If you are looking for a successful excursion business in Tenerife, you cannot miss this Diving School for Sale. This school offers internships, diving licenses, instructor licenses, and diving & snorkeling excursions all over Tenerife. And every year since 2015 they earned the TripAdvisor Certificate of Excellence! The business has been established ... For full information see website or contact:

Ref: 2358 | FRINA Tenerife SL - Business Sales | 922 085 191

### Puerto Colon, Excursion Business

€250,000

This Excursion Boat & Shop for sale includes a Bavaria sailboat and a busy office selling excursions both directly and online. The business is run as an SL company and both the boat, shop and online shop is included in the sales price. The shop and website sell many different excursions in Tenerife and earns a healthy income. Nevertheless, the website and... For full information see website or contact:

Ref: 2262 | FRINA Tenerife SL - Business Sales | 922 085 191

### Las Galletas, Excursion Business

€250,000

This is a great opportunity to be the owner of a successful jet ski business in the South of Tenerife. The excursion trips are from 40 minutes to 3 hours with great fun and even the chance to see whales and dolphins. Included in the Jet Ski Business Included in the jet ski business are 10 Sea-Doo jet skis. 8 of the jet skis are from 2016, 1 jet ski ... For full information see website or contact:

Ref: 2050 | FRINA Tenerife SL - Business Sales | 922 085 191

### Los Cristianos, Bar/Cafe

€250,000

If you are looking for a cheap freehold bar and café for sale this business is a perfect opportunity. It is in amazing Los Cristianos placed between large hotels and less than a minute from the beach promenade. Moreover, it has been run by the same couple for 16 years. Premises of the Business Though the bar and café has been open for 16 years you find th... For full information see website or contact:

### Ref: 2001 | FRINA Tenerife SL - Business Sales | 922 085 191

€249,999 - €150,000

### Puerto Colon, Excursion Business

€249,000

For sale with FRINA Tenerife is this well-established sailboat excursion which includes 2 boats. The excursion business is located in Puerto Colon and the last 4 years this business has made unforgettable whale & dolphin excursion to the many tourists visiting Tenerife every year. Puerto Colon is without a doubt the busiest and most popular touristic harb... For full information see website or contact:

Ref: 2272 | FRINA Tenerife SL - Business Sales | 922 085 191

### Tenerife South, Distribution & Wholesale

€246,000

If you are looking for a unique investment you cannot miss this service business for sale, which offers luggage scales to hotels all over Spain. Today the owner cooperates with 140 hotels, which all use the luggage scales from this business. How to run the Service Business For Sale This is an easy to run business, where you install the scales at the hotels... For full information see website or contact:

Ref: 2125 | FRINA Tenerife SL - Business Sales | 922 085 191

### Tenerife South, Garage/ workshop

€234,000

FRINA Tenerife offers this garage & workshop for sale in Tenerife South. It has been established for 10 years and had a great location in an industrial area. And the clients are both Spanish- and English-speaking residents. Premises of the Garage & Workshop for Sale This garage & workshop is 1,160 m2 and has a parking area of 300 m2. The premises of... For full information see website or contact:

Ref: 2176 | FRINA Tenerife SL - Business Sales | 922 085 191

### Puerto Colon, Excursion Business

€230,000

We are now proud to offer for sale this jetski excursion business in Tenerife. The business has it's moorings in one of the busiest harbours on the island! Here you find many large hotels and popular beaches, which secures a lot of customers, especially tourists. This business will guarantee plenty of footfall and a healthy income all year around!

Ref: 2314 | FRINA Tenerife SL - Business Sales | 922 085 191

### Playa San Juan, Bar/Cafe

€225,000

This Traspaso Cafeteria for sale is located in Playa San Juan where it opened a year ago. It is known for an international menu offering brunch, burgers, Spanish specialties and a large variety of homemade bread and pastry. Moreover, it is popular due to its lovely location on the seafront. Premises of the Traspaso Cafeteria for Sale The inside pre... For full information see website or contact:

Ref: 2298 | FRINA Tenerife SL - Business Sales | 922 085 191

### Golf del Sur, Night Club

€220,000

This freehold night club in the Golf del Sur area is for sale as a

## FRINA Tenerife

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Premises of the Business The freehold premises ... For full information see website or contact:

Ref: 1943 | FRINA Tenerife SL - Business Sales | 922 085 191

### Golf del Sur, Supermarket

€395,000

FRINA Tenerife offers for sale a well-located and busy supermarket in Golf del Sur. It has been running for 6 years and serves both local residents and tourists. The store is around 180m2 and well-maintained and equipped.

Ref: 2339 | FRINA Tenerife SL - Business Sales | 922 085 191

provide to the healthy income. Premises of the Business for Sale You find the main office centrally in Puerto Santiago and a fully equipped workshop close by... For full information see website or contact:

Ref: 2233 | FRINA Tenerife SL - Business Sales | 922 085 191

### Tenerife South, Furniture & Interior Decoration

€250,000

If you are a successful entrepreneur looking to relocate to Tenerife and run here your own serious and profitable business, this opportunity is definitely waiting for you! For sale

freehold. 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 has a relaxed vibe and tasteful décor. It is o... For full information see website or contact:

**Ref: 1961 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Penthouse Studio

€220,000

FRINA Tenerife offers for sale this restaurant in Las Americas, which is located at the busy promenade enjoying plenty of footfall and wonderful sea views. You will be hard pushed to find a more popular location. Furthermore, the restaurant has been open for more than 7 years, hence it is very well-established and the owner shows a healthy income. Premise... For full information see website or contact:

**Ref: 2287 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Golf del Sur, Bistro

€199,950

Freehold cafe/bistro available with captive market in exclusive holiday complex. All fixtures and fittings included.

**Ref: 2051 | Homes & Away | 922 737 044**

#### Alcala, Bakery

€170,000

This bakery & bistro for sale in Alcala has a great location close to the marketplace and beach, and it is known for quality food. It is one of the preferred places whether you come for breakfast, lunch, coffee with cakes or dinner and drinks. And the business has great reviews on Google and TripAdvisor. Premises of the Bakery & Bistro For Sale The ... For full information see website or contact:

**Ref: 2300 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Golf del Sur, Pool Bar

€165,000

This Freehold Pool Bar Golf Del Sur is located in a great complex and enjoys many regular clients and a good reputation. Moreover, it has a good size and no competition from other bars in the complex. The pool area is popular and well-maintained, so the new owners are guaranteed guests every day. Premises Freehold Pool Bar Golf Del Sur The pool bar & café ... For full information see website or contact:

**Ref: 2239 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Palm Mar, Pizzeria

€160,000

FRINA Tenerife offers for sale this successful traspaso pizzeria for sale located in Palm Mar. It has been established for 7 years and has earned a very good reputation both locally and on TripAdvisor. The menu is delicious Italian pizzas and international dishes. This is indeed a very well-established business showing a very good income and the buyer... For full information see website or contact:

**Ref: 2345 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Tenerife South, Restaurant

€159,000

Here you get an opportunity to take over the leasehold of this 14 years old restaurant in the South of Tenerife. The restaurant is located in an amazing throughout building from 2003 with big terraces, big private parking and inside a big restaurant with an open kitchen. This restaurant is famous for its delicious barbecued meats and Canarian specialties... For full information see website or contact:

**Ref: 1828 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Torviscas Bajo, Bar/Cafe

€155,000

This freehold bar & restaurant for sale is located in a large resident

and hotel complex, which guarantees many new and returning guests. Moreover, the owner has a beneficial agreement with the complex reception that sends more guests to this bar and restaurant. Premises of the Freehold Bar & Restaurant The premises are in perfect condition with a new bar... For full information see website or contact:

**Ref: 2044 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### San Eugenio Alto, Excursion Business

€155,000

For sale with FRINA Tenerife is this well-established buggy business & excursion shop in the south of Tenerife. The buggy offer trips for the whole family from 1,5 hours on the South of the island to 4,5 hours trips to the mountains and Teide National Park. The excursion shop sells both buggy excursions and all other kinds of excursions in Tenerife. In... For full information see website or contact:

**Ref: 2036 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Tenerife South, Estate Agent

€152,000

For sale with FRINA Tenerife is this Real Estate Business established for more than 20 years in the south of Tenerife and registered as an SL. If you dream of entering the property market of Tenerife this is a safe way to a strong position. Today the business is run by the owners and 2 employees. Included In The Estate Business For Sale Besides from, a st... For full information see website or contact:

**Ref: 2112 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Tenerife South, Bakery

€150,000

FRINA Tenerife offers for sale these 2 bakeries sold together as an SL company. The bakeries are both established in good locations in the South of Tenerife. They have both locals and tourists as clients and are well-known businesses with a good reputation! Premises of the Bakeries The first bakery has premises of 156m2 and a kitchen of 20m2, while th... For full information see website or contact:

**Ref: 2319 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Tenerife South, 3D Laser show business

€140,000

This new and exciting business for sale offers impressive laser shows using water screens and 3D video mapping. The shows measure up to 20x8 meters to satisfy a large audience, and whether they are shown on a large building or on the special water screen they are impressively and very beautiful. The shows are interesting both for hotels as regular ente... For full information see website or contact:

**Ref: 2245 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Golf del Sur, Excursion Business

€139,000

FRINA offers for sale this Tenerife Jetski Business, which is located in Gold del Sur. Golf del Sur is a great location for a jetski business since you have plenty of tourists year-round however, you have less competition and much lower rent than in the bigger harbours in Tenerife South. The business includes 6 new Jetski of the brands Seadoo, Yamaha and ... For full information see website or contact:

**Ref: 2307 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Bar/Cafe

€139,000

If you are looking for a Las Americas bar you cannot miss this successful business, which is famous for its amazing atmosphere, showing

sports events and popular live entertainment several times a week. This bar has been open for more than 40 years and the current owner has only made this already well-established bar an even bigger success! Moreover, t... For full information see website or contact:

**Ref: 2197 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Lap Dance Bar

€139,000

For sale in Tenerife is this newly refurbished bar & club which has the license to run both as a Cabaret Bar (lap dance) and Bar Sexual (sex club). You can choose to buy the business as a traspaso (leasehold) or buy it with the full SL company. Premises of the Lap Dance Bar & Club The club is newly built, and you get 300 m3 which are fully furnished... For full information see website or contact:

**Ref: 2254 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Callao Salvaje, Restaurant

€135,000

FRINA Tenerife offers for sale this lovely restaurant in Callao Salvaje. It is in a good location, the terrace even offers sea view. The restaurant has a good reputation and many returning customers, it has been established for 3 years. The menu is international food and the customer profile is mainly touristic.

**Ref: 2321 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Torviscas Bajo, Pool Bar

€135,000

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

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

#### Las Galletas, Restaurant

€135,000

This attractive and busy restaurant is offered for sale leasehold in a great location in Las Galletas in the south of Tenerife. This restaurant is situated directly in the harbour of Las Galletas and benefits from many marine and diving excursions taking place from here. The terrace of the restaurant sits literally over the blue waters of the Ocean off... For full information see website or contact:

**Ref: 1576 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Torviscas Bajo, Pool Bar

€130,000

out to tourists for private charters. Each of the boats can be rented from 1 to 6 hours, depending on the clients wish. Moreover, the boats can be rented with or without a private captain. This is a fairly easy business to run since many clients prefer going out on their own. The Charter Boats for Sale There are ... For full information see website or contact:

**Ref: 2220 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Puerto Colon, Charter Yacht

€125,000

For sale exclusively with FRINA is this new Tenerife Charter Boat, which is known for private and shared charters of high standards. The captain and owner go beyond and above to satisfy the customers and provide unforgettable trips including drinks, tapas, whale watching and much more. Moreover, the charters include pick up and drop off service at the hot... For full information see website or contact:

**Ref: 2231 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Playa Paraiso, Supermarket

€125,000

If you are looking for a well-established and easy-to-run business, you cannot miss this minimarket store for sale in a busy complex of Playa Paraiso. This store sells everyday products like snacks, drinks and sun lotion but also lots of childrens toys. This store has two departments, one with bags and suitcases, and another with everyday products, snacks... For full information see website or contact:

**Ref: 2316 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Playa Paraiso, Clothes Shop

€125,000

If you are looking for a well-established and easy-to-run business, you cannot miss this store for sale in a busy complex of Playa Paraiso. The store sells quality suitcases and handbags from high fashion brands. The business shows a healthy income and a high profit on bags. The premises are spacious 170 m2 combining 2 locals, where 1 is for convenience... For full information see website or contact:

**Ref: 2315 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Los Cristianos, Restaurant

€125,000

FRINA Tenerife is happy to offer this lovely gourmet restaurant for sale, which is known for its popular degustation menu combining fine dining and local Canarian products. The restaurant has a reputation second to none and all guests must

like pasta, steaks, roast chicken, pizzas, and more. And moreover, the restaurant h... For full information see website or contact:

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

#### Fanabe, Bar/Cafe

€120,000

New on the market is this classic English Tea room, which is known for its delicious homemade cakes and a classic British tea table. And naturally, most clients are British residents and tourists. It is a smaller café which is perfect for a couple and it is great even if you have kids since it is only open during the daytime. Premises of the Tea Roo... For full information see website or contact:

**Ref: 2292 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Costa del Silencio, Commercial Property

€119,000

1 bed · Cozy apartment with 1 bedroom located in Annapurna, a sea front complex with amazing communal pool with sea water and gardens. The residence is located at the entrance of the charming village of Las Galletas. Sold furnished.

**Ref: 1376-0418 | Tenerifehome.com | 922 783066**

#### Golf del Sur, Restaurant

€110,000

FRINA Tenerife now offers for sale this much well-known and reputable restaurant in Golf del Sur. It is located inside a great shopping centre where lots of customers visit regularly. The customer profile is mainly British people, and the menu is a mix of international cuisine. The inside premises are 60m2, plus they have a large outdoor terrace of 120m2. ... For full information see website or contact:

**Ref: 2337 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Costa del Silencio, Commercial Property

€109,000

1 bed · This 1 bedroom apartment is located on the 1st floor in Palia don Pedro, an aparthotel with reception, swimming pool (heated in the winter!), animation etc. The apartment has an american style kitchen and is very luminous with direct access to the terrace from the living room. Parking space included! Community fess: 19€ month, ... For full information see website or contact:

**Ref: 08-0819 | Tenerifehome.com | 922 783066**

#### Las Americas, Bar/Cafe

€100,000

FRINA Tenerife offers for sale this long established, very popular bar in the middle of Playa de Las Americas. For more than 25 years this bar has been growing very famous in the area. It's live entertainment and great atmosphere continues to attract people of different nationalities and ages to come and enjoy a fun night of karaoke, live music, sports an... For full information see website or contact:

**Ref: 2310 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Tenerife South, Retail Business

€100,000

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

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

€99,999 - €50,000

#### San Eugenio Bajo, Restaurant

€96,000

You find this large restaurant in a great location next to large hotels and beaches. Today the menu is freshly made Asian food for both take away and dining in the Thai restaurant. Premises of the Business The premises are spacious and everything is newly built to a high standard. The inside measures 95 m2 and have a fitted bar and new toilets and ... For full information see website or contact:

**Ref: 1949 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Galletas, Charter Yacht

€96,000

For sale is this Charter Sail Boat - 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. Boat Details And Premises The sales price includes... For full information see website or contact:

**Ref: 1927 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Galletas, Charter Yacht

€91,000

If you love the ocean and are looking to change your life, then this can be your chance to start a successful charter business in Tenerife. The ocean around Tenerife is amazing to go fishing, whale watching, and diving all year round. Moreover, you are guaranteed breathtaking views and amazing adventures every day. Boat Details And Premises The sales ... For full information see website or contact:

**Ref: 1926 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Costa del Silencio, Bar/Cafe

€89,000

You find this freehold bar for sale in Costa del Silencio, where it has been open for 15 years. The bar is especially popular among British guests, has many regular clients and is especially known for a lovely Sunday Roast and Saturday Night Special. This bar will be a perfect option for a British couple who wishes to run their own business in Tenerife. P... For full information see website or contact:

**Ref: 2162 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Bar/Cafe

€85,000

FRINA Tenerife is happy to offer this large music bar for sale in Las Americas. If you wish to run a cabaret or dance club you cannot miss this opportunity, moreover, the premises also offer a large kitchen and plenty of storage, so you can serve a full menu. Premises/Included in the Music Bar for Sale This spacious bar measures around 275 m2, whereas abou... For full information see website or contact:

**Ref: 2229 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Los Cristianos, Commercial Property

€85,000

Commercial premises in the center of Las Americas. The total area is 66m. The office is located on the first floor of a commercial center City Center. The premise has a lot of natural light, it's ideal for the office, beauty center, dentist. Just 5 minutes walk to the beach and big commercial area.

**Ref: VS5855DE | Vym Canarias | 922 787 210**

#### El Duque, Fully Equipped Local

€80,000

1 bed · New commercial premises with a license "take away" on one of the central streets of the city Adeje. The inner area is 36 m2 and 36 m2

## FRINA Tenerife

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If you look for a business investment you cannot miss this pool bar for sale. Today the pool bar has a good and stable tenant on a 5-year contract. Premises of the Freehold The premises are 35 m2 with a well-equipment kitchen for snacks. The bar is on the terrace just next to the pool. There are no toilets inside the pool bar since you have pu... For full information see website or contact:

**Ref: 2355 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Puerto Colon, Charter Yacht

€129,500

These 3 charter boats for sale rent

book in advance to secure a table. So, if you are a looking for a quality business with a healthy income you canno... For full information see website or contact:

**Ref: 2184 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Bar/Restaurant

€120,000

FRINA Tenerife is happy to offer this popular and successful Las Americas restaurant for sale. This business has been established for more than 8 years and is known to serve great food for a fair price. The menu is a wide range of ever-popular meals for the whole family

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- external. Contact us for more information.

Ref: VS6407DN | Vym Canarias | 922 787 210

Adeje Town, Pizzeria

€80,000

FRINA Tenerife offers this Pizza Restaurant for Sale Adeje city. The menu is not only pizzas but also pasta and dishes of the day. Moreover, the restaurant opens in the morning and serves breakfast and lunches too. Premises of the Pizza Restaurant for Sale This restaurant is spacious 90 m2 and has a large covered terrace, and all together are tables... For full information see website or contact: Ref: 2173 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Pub

€75,000

This traspaso pub for sale with FRINA Tenerife is long-established and offers a lovely sea view from the terrace. The current owner had the business for 9 years and it is known for the good terrace and cozy evenings with live music and karaoke. Location & Premises of the Traspaso pub for Sale The business is located in San Eugenio Bajo and the pub measure... For full information see website or contact: Ref: 2267 | FRINA Tenerife SL - Business Sales | 922 085 191

Fañabe, Bar/Cafe

€68,500

FRINA Tenerife is happy to offer this Sandwich Café in Fañabe, which is part of a popular and well-known franchise. Hence, it is a great success already and easy to run. Also, this particular café of the franchise has very good reviews on Tripadvisor and Google. Since 2015 the café has been in this amazing location next to the beach, so it is well-established... For full information see website or contact: Ref: 2280 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Abrigos, Bar/Cafe

€68,000

This traspaso for sale in Los Abrigos is a very popular bar-café in an excellent location. The business has been established for years and has many regular clients. And it has been open for 6 years and is a well-established business in a good area, which keeps expanding. Premises of the Traspaso for Sale The bar-café is spacious 130 m2 with a good size ki... For full information see website or contact: Ref: 2266 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Restaurant

€65,000

New on the market is this Puerto Colon traspaso restaurant for sale with FRINA Tenerife. It is located on the ground floor of Puerto Colon commercial centre which secures plenty of footfall and harbour view. Moreover, the rent is more than fair for this size local and in this location! Premises of the Puerto Colon Traspaso RestaurantThe premises are spacious... For full information see website or contact: Ref: 2279 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Pizzeria

€65,000

FRINA Tenerife offers for sale this well-established leasehold pizzeria which is located in Golf del Sur and runs very well since the direct competition in this area is very low. It is a take away and delivery pizzeria which offers pasta dishes as well, but there is a proper extractor in the kitchen so you can expand the menu with other snacks like burger... For full information see website or contact: Ref: 2273 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Abrigos, Restaurant

€59,500

FRINA Tenerife offers for sale this cozy restaurant in Los Abrigos. It is known for international dishes and a lot of fish and seafood. It serves both locals and many tourists, and is located in the perfect spot, right next to the ocean in the little fishing village. The business has been running for 10 years, and 5 years with the current owner. The rest... For full information see website or contact: Ref: 2340 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Commercial Property

€53,000

Freehold commercial premises for sale as an investment in Golf del Sur in the south of Tenerife. This investment brings a fantastic gross return of over 9% annually! The premises are situated on the territory of a luxury time-share and private resort with 184 villas, located just in the middle of a championship golf course. This freehold locale is rented... For full information see website or contact: Ref: 1724 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Empty Local

€50,000

Commercial premises in the center of Las Americas. The total area is

33m. The place is located on the first floor of the City Center shopping center. Completely renovated, ideal for office, beauty center, hairdresser. Only 5 minutes walk from the "Golden Mile". Expenses not included. Ref: VS2531 | Vym Canarias | 922 787 210

UNDER €50,000

Roque del Conde, Supermarket

€35,000

Business for sale. Supermarket in Roque del Conde. Fully equipped reformed commercial premises with three air conditioners and video surveillance. With a license and all necessary documents. Monthly fee - 1800 euros with taxes. Good location in a residential area. It is also possible to buy this commercial premises. The total area of 133 m2. Ref: VS6750D | Vym Canarias | 922 787 210

Puerto Colon, Excursion Business

€32,000

This unique excursion boat for sale includes a battery-driven boat which is charged by the sun so, when you live on the island of eternal spring you will never run out of free power. Moreover, the boat is environmentally safe because no noise or pollution will disturb the animals and you can get very close to the animals here. The overheads are very low... For full information see website or contact: Ref: 2251 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Bar/Cafe

€30,000

This leasehold café for sale with FRINA Tenerife is located in the old charming city Adeje. It is run as a café-bar and serves breakfast, lunch, and snacks. The guests are a mix of tourists visiting Adeje and regulars who lives and works close by. Also, the menu is a mix of Spanish and English snacks. It is a smaller business, which of a great size for... For full information see website or contact: Ref: 2271 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Restaurant

€30,000

You cannot miss this Los Cristianos restaurant if you are looking for a modern and well-established catering business. The restaurant opened almost 5 years ago and thanks to the delicious homemade food and great service the owner

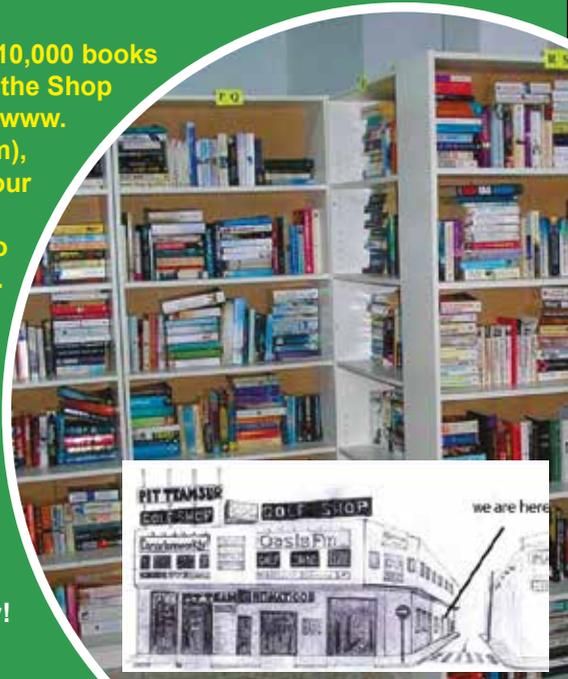
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Should you come to the shop and no one is in, just call us on either 609 714 276 or 627 230 360 - we're never very far away and will get back as fast as we can - while you have a coffee at one of the many cafés nearby!




has many returning guests. Premises of the Los Cristianos Restaurant The premises of the restaurant are spacious, modern and re... For full information see website or contact: Ref: 2291 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bike/scooter Rental Business

€30,000

FRINA Tenerife offers this bike & scooter rental for sale, which has been established for 3 years and is located in a super busy area of Las Americas. This shop offers rentals of bikes, e-bikes, mobility scooters and, wheelchairs. The clients are

both pedestrians passing by and clients who find the offers online. Included in the business for Sale Th... For full information see website or contact: Ref: 2185 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Pool Bar

€26,500

Looking for a great little business in Tenerife? Then you cannot miss this long-established Los Cristianos pool bar. It is located in a complex with 170 apartments that house both tourists and residents. And about 70% of the clients are English. The menu is a

variety of cold drinks and snacks like sandwiches, burgers, sangria, and cocktails. Premise... For full information see website or contact: Ref: 2357 | FRINA Tenerife SL - Business Sales | 922 085 191

Costa del Silencio, Pet wash

€25,000

The Self Service is open 6 days a week and the Groom Room is open Tuesday to Friday. Our Pet Services are available 7 days a week, 365 days a year. Good client base. Security system and medium sized store room at the side of the shop. Ref: 2080 | Homes & Away | 922 737 044



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## Las Americas Restaurant

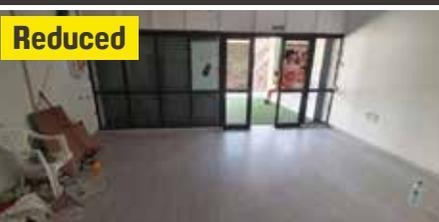


This restaurant has been established for more than 8 years and is located in one of the busiest areas in Las Americas. It is known as a great family restaurant with lovely service and good value for money. The owner would consider offers.

Ref.: 2387

Price: 120,000€

## Las Americas Freehold



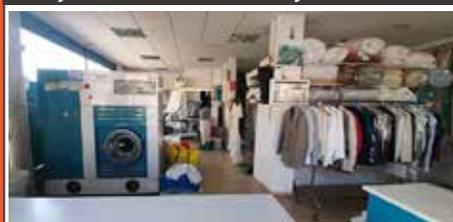
Reduced

This freehold is located centrally in Las Americas and whether you are looking to start a bar & cafe or an office this is a great spacious option. It has a terrace and is in great condition with new floors, paint, and toilets.

Ref.: 2394

Price: 75,000€

## Dry Clean & Laundry Business



This business offers dry clean, laundry and house cleaning services in Tenerife South. It has been established for 7 years and the clients counts both private persons and larger complexes and hotels.

Ref.: 2351

Price: 69,000€

## Successful Restaurant-Bar



This large and modern restaurant is located centrally in Los Cristianos and is very spacious with a lovely terrace. It has been established for more than 5 years and was fully refurbished before the reopening. It is perfect for all chef.

Ref.: 2333

Price: 99,000€

## Licensed Animal Farm



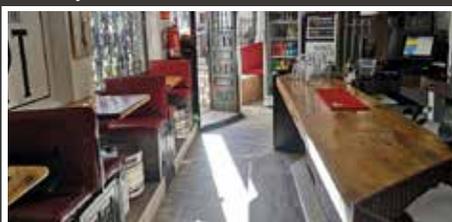
Reduced

This black pig farm is located in Adeje. This is a rare opportunity to get a fully renovated and licensed farm made in a collaboration agreement for the conservation of the Canary Islands black species. Rent only 300€ monthly!

Ref.: 2361

Price: 35,000€

## Cozy Las Americas Bar & Cafe



This bar & cafe is located in Las Americas among hotels and resident complexes, not far from the beach. It was recently refurbished and has a lovely big terrace with an outdoor bar and a cozy inside with booths and a small kitchen.

Ref.: 2393

Price: 47,000€

## Pool Bar in Large Complex



This pool bar has tables for 50 guests and is very well-established and placed in a large and popular holiday resort that has hundreds of tourists every month year-round. If you are looking for a solid business, you cannot miss this.

Ref.: 2385

Price: 135,000€

## Bakery & Pastry Company



This S.L. company includes a bakery and 2 cafes. The bakery produces mouthwatering bread and pastry to cafes and restaurants in Tenerife as well as their own 2 cafes. The bakery and the 2 cafes are sold as 1 S.L. company.

Ref.: 2353

Price: 395,000€

## Lovely Coffee Bar & Cafe



This modern coffee bar is in the old part of Los Cristianos and enjoys plenty of footfall days and evenings. It has been established since 2017, has great reviews on social media and is known for great service and quality coffees.

Ref.: 2368

Price: 50,000€

## Large Modern Restaurant



Reduced

REDUCED TO SELL! This large and well-established restaurant in Los Cristianos has been open for several years and has many fixed clients. It was built to high standards, has a large kitchen and is perfect for professional chef.

Ref.: 2291

Price: 30,000€

## Music Pub in Puerto Colon



Reduced

This music pub is long-established and offers a lovely sea view from the terrace. The current owner had the business for 10 years and it is known for the good terrace and cozy evenings with live music and karaoke.

Ref.: 2267

Price: 75,000€

## Popular Cabaret Bar



This popular cabaret bar has been established for many years. It is well visited among new and returning tourists and is known for amazing drag shows, singers, and bands. It has tables for 72 guests and the terrace is facing a busy street.

Ref.: 2382

Price: 80,000€

## Modern Music Studio



This modern music studio is located in Torviscas. It is 80 m2 and is fully equipped for recording and producing. It was built in 2017 and in excellent condition. Note if you wish to buy it unfurnished for a lower price this is an option too.

Ref.: 2383

Price: 43,000€

## First Line in Las Americas



This is a rare opportunity to buy a first line café in Las Americas facing the busy promenade. This café is well-established and has a fair rent for this location. It is 40m2 and great for a single person or a couple.

Ref.: 2183

Price: 69,000€

## Successful British Cafe



New

This large cafe is located in Fanabe where it has been one of the most popular British cafes for more than 18 years. It is known for lovely breakfast, cakes, Sunday Roasts and much more. It has many regulars and great reviews online.

Ref.: 2397

Price: 99,500€

## Luxury Boat Charters



This reputable charter business located in busy in Puerto Colon includes a sailing yacht and a motorboat, which both offers 3-hour excursions to see whales and dolphins but also private charters from 2 hours to full days.

Ref.: 2338

Price: 330,000€

## Cafe Leasehold or Freehold



This café is located in Costa del Silencio, has been established for more than 3 years and shows a healthy income. It is a British Café with an international clientele. And is for sale both as a leasehold and a freehold.

Ref.: 2324

Price: 69,000€ / 185,000€

## Freehold Bar Investment



The premises of the freehold are 59 m2 with extractions and toilets installed. It is located in Adeje and is a long-established business in a central location and with good tenants that pay 1,100€ monthly.

Ref.: 2378

Price: 150,000€

## Outlet Swimwear Store



New

This outlet store in Los Cristianos sells popular swimwear brands with up to 70% discounts due to good connections and agreements with the suppliers. The store is 60 m2 with showroom, a dressing room and a toilet for the staff.

Ref.: 2377

Price: 24,000€

## Minimarket & Souvenir Shop



Reduced

This bargain minimarket & souvenir shop is located in a commercial area in Las Americas. It has been running for 3 years and sells a variety of everyday goods, beverages, and souvenirs. Note, the stock is included in the bargain price!

Ref.: 2381

Price: 16,500€