

The Tenerife Property & Business Guide

June 2026
Issue 259

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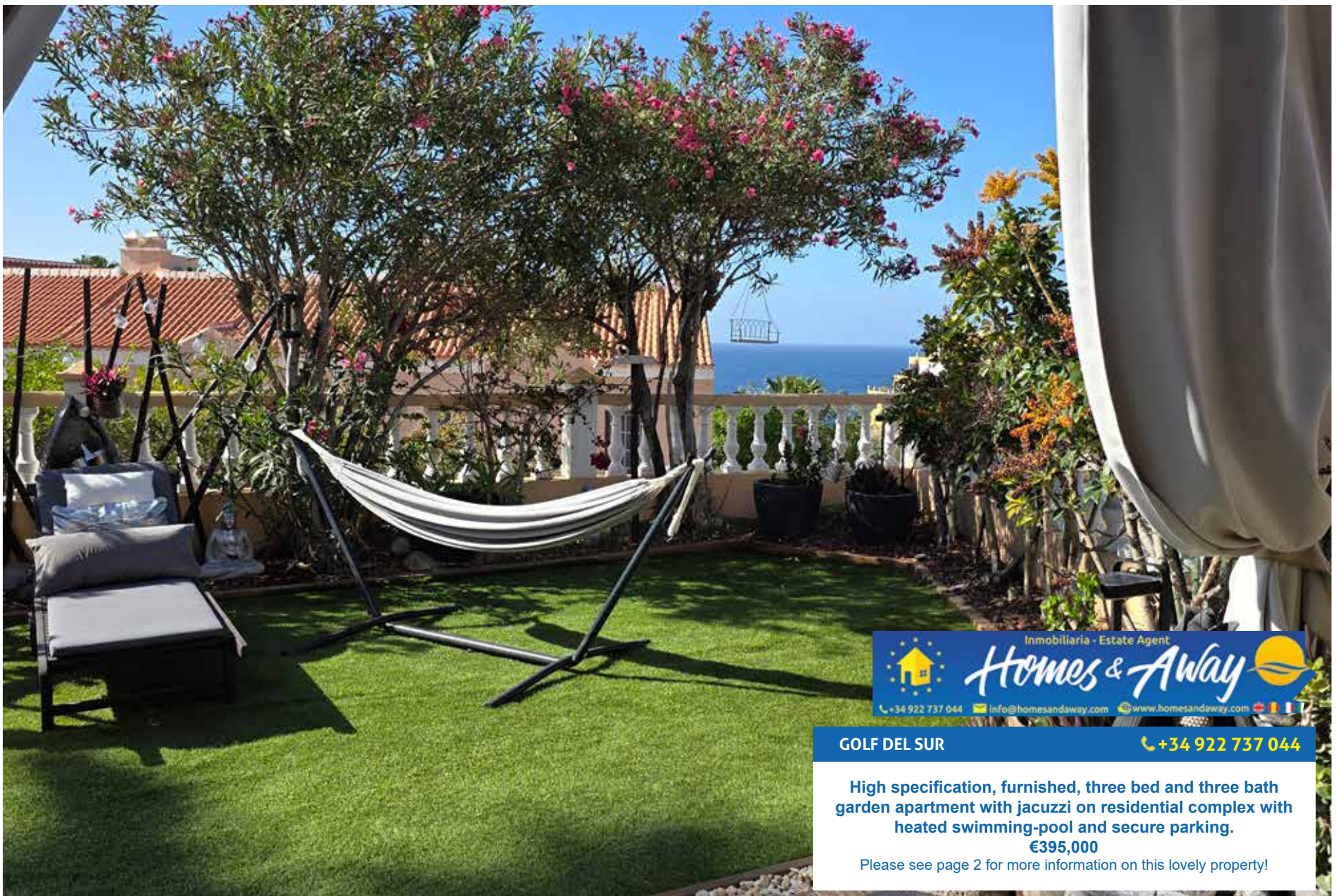
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GOLF DEL SUR ☎ +34 922 737 044

High specification, furnished, three bed and three bath garden apartment with jacuzzi on residential complex with heated swimming-pool and secure parking.
€395,000

Please see page 2 for more information on this lovely property!



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AMARILLA GOLF



Lovely fully furnished and equipped 3 bedroom, 2 bathroom garden apartment with a lovely patio area and 2 sunny terraces enjoying sea and mountain views, located on popular complex with pool and supermarket. Close to bars, restaurants, sea front, 2 golf courses, Medical Centre and many other local amenities. A lovely property, ideal as an investment for holiday rentals, or as a family home.
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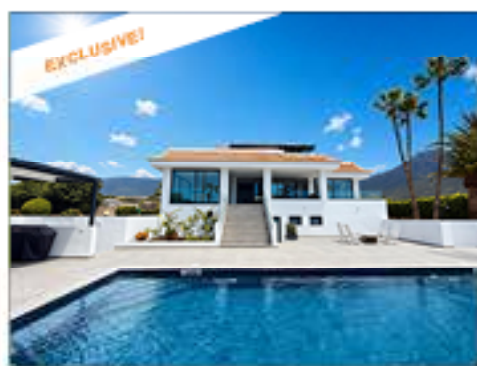
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LUXURY 8-BEDROOM VILLA IN LA CALETA



We are delighted to present this luxury villa in the lavish coastal resort of La Caleta with 2 separate apartments totalling 8 bedrooms and 7 bathrooms. The combined property is set on a plot of over 5,000m² and comprises: the villa itself, private pool, various terraces, the 2 separate apartments and an immense amount of land.

On the first floor there is a sleek entrance hall that sets the tone for the rest of this spectacular villa. A bright, open-plan living space seamlessly blends a stylish lounge with a lovely kitchen positioned towards the back, complemented by a contemporary dining table and framed by expansive floor-to-ceiling windows that flood the room with natural light. A separate dining room with panoramic views towards the pool and gardens with an office space situated round the corner. The first 2 bedrooms are located on this floor, both bright and well-appointed, each benefiting from its own private ensuite bathroom. Extending from the living room is a large terrace with refined outdoor seating that leads down to the impressive pool area, featuring an elegantly designed swimming pool, spacious patio and a fully appointed outdoor kitchen/lounge, ideal for sophisticated, outdoor entertaining.

On the second floor, you are greeted with a stylish hallway unfolding from the staircase with a glass balustrade, featuring a seating area and a refined desk space creating a sophisticated and welcoming setting. A beautifully designed master bedroom showcases a modern aesthetic, with a feature wall subtly dividing the built-in wardrobe, while expansive sliding glass doors open onto an immense private terrace that enjoys views over the pool and towards the sea!

This luxury property features a great amount of land: maintained gardens, a grand palm tree-lined driveway, a covered car port, additional outdoor storage, and a wealth of further external amenities. Located in La Caleta, a prestigious area in the heart of Tenerife-South with beautiful restaurants, black sand beaches and so much more.

€4,750,000

Ref: I1515

Windsor Park, Torviscas Alto

EXCLUSIVE!

Lovely bright and spacious studio with a sunny terrace enjoying sea views.

€215,000 Ref: A523

Los Geranios, San Eugenio Bajo

Large and bright 1 bed apartment with sunny terrace. Complex pool. Sea views.

€325,000 Ref: N1663

Paraiso del Sur, Playa Paraiso

EXCLUSIVE!

Bright studio apartment with fantastic sea views.

€220,000 Ref: A525

Roque del Conde, Torviscas Alto

PENTHOUSE

2 bed penthouse apartment with garage space.

€350,000 Ref: T1406

Los Geranios, Costa Adeje

Spacious studio apartment ideal for investment and/or holiday home

€220,000 Ref: A519

Villas del Duque

EXCLUSIVE!

4 bedroom, 3 bathroom luxury townhouse in El Duque.

875,000 Ref: I1516

Club Atlantis Bungalows, Costa Adeje

NEW INSTRUCTION

1 bed duplex apartment, Front line complex. Sea views.

€395,000 Ref: N1669

Parque Cristina, San Eugenio Alto

NEW INSTRUCTION

Spacious 1 bed apartment. Large terrace. Exclusive complex.

€339,000 Ref: N1666

Edificio Condado, Los Cristianos

EXCLUSIVE!

Lovely 2 bed apartment with a large, sunny terrace in residential complex.

€279,950 Ref: T1413

Santa Maria, Costa Adeje

Well-presented studio apartment. Sea and pool views.

€235,000 Ref: A521



Translators available for any other languages.



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Sales: Lynne: 699 250 870
Rachel: 608 573 443
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1 BEDROOM APARTMENT - AMARILLA GOLF



A comfortable one bedroom apartment on a well maintained complex, with direct access from the terrace to the pool area. Offering an open plan living area with American style kitchen, this stylish apartment is being sold furnished, and is ready for you to make it your own. The property is all on one level, so is ideal for those amongst us in their latter years who are finding steps a bit of a problem.

Ref: AMG00654

Price: **€225,000** (approx. £196,000)

1 BEDROOM APARTMENT - AMARILLA GOLF



Situated on a fabulous community, this charming & spacious, one bedroom apartment is beautifully furnished to a high standard, and ready to move in to. You can step out of your bed and into the pool for your morning swim, as the property is ideally located next to the complex pool, just a few steps from your sunny, south facing terrace. This ground floor apartment is set over one level, and is perfect for holidays or permanent living.

Ref: AMG00652

Previously: **€235,000** Price: **€225,000** (approx. £195,500)

1 BEDROOM APARTMENT - TORVISCAS BAJO



Located in the heart of the tourist area, this third floor, one bedroom apartment offers location, views and endless shopping & entertainment on your doorstep. A superb double balcony gives plenty of space for daytime sunbathing, or evening relaxation, while you enjoy the view of the tastefully designed pool area and out to sea. Offering rental potential through the onsite exploitation company, or it could just be kept as a bolthole for all year sunshine.

Ref: LA01985

Previously: **€289,000**Price: **€279,950** (approx. £243,500)

2 BEDROOM APARTMENT - SAN EUGENIO BAJO



A rare opportunity, this cleverly converted two bedroom apartment offers a sunny balcony overlooking the pool and sea views. Located on the complex Los Geranios in the area of San Eugenio, and situated within a well maintained, secure development, which is in a fantastic position in the middle of the tourist area of South Tenerife. With no car needed, as everything on your doorstep, this is one to view.

Ref: LA01984

Price: **€359,500** (approx. £312,500)

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2 BEDROOM APARTMENT
- AMARILLA GOLF



A rare find, front line to the ocean where you can watch the sunrise over breakfast, or enjoy a cool glass of wine watching the sunset. Here you can relax with the sound of the Atlantic waves only a stone's throw from your South facing terrace. This two bedroom, two bathroom apartment has been tastefully refurbished throughout. Properties in this sought after location do not become available very often, you will need to be quick!

Ref: AMG00650 Price: €385,000 (approx. £334,500)

4 BEDROOM VILLA
- CALLAO SALVAJE



A stunning property just waiting to be someone's forever home. This luxurious private villa is set over two levels, and comes with a heated pool, jacuzzi/hot tub, fully equipped gymnasium & sauna, not to mention an external bar & barbecue area. With plentiful indoor living space, outdoor areas and terraces to enjoy the endless hours of sunshine and sea views. Allow yourself plenty of viewing time to enjoy this property to its full extent.

Ref: CS00175 Price: €995,000 (approx. £865,000)

★★★★★ SEE WHAT OUR CLIENTS SAY ABOUT US ★★★★★

Well-established professional agency, a particular thanks to Laurence & Silvia who took good care of the administrative-bureaucratic aspects of my sale procedure. Isabel L...

Well-established professional agency ...

Isabel L

★★★★★

Tenerife Property Shop have been a great agency to deal with! Especially Laurence, who I have had been in contact with most during the selling of my property. I would ...

.... a great agency to deal with!

Wilma M

★★★★★

We had an amazing experience with Tenerife Property Shop! From the very beginning, the team was professional, kind, and incredibly helpful with every step of our apartment purchase. They made what could have been a stressful process feel smooth and ...

We had an amazing experience with Tenerife Property Shop!

Bogdan D

★★★★★

We recently sold our apartment in Tenerife with the help of Tenerife Property Shop. The help, support and professionalism was outstanding from day one. They guided us through the whole process, kept us updated with enquiries and organised all the pre and post sale paperwork on our behalf. They even ...

I would have no hesitation in recommending them.

Pat C

★★★★★

If you are buying or selling a property in Tenerife I can highly recommend Tenerife Property shop and in particular "Laurence" their main Secretary who did the paper work and complicated calculations for me both on purchase and sale of my property 15 years later.

I can highly recommend Tenerife Property Shop ...

Jenny & David B

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Palm Mar, Club de Mar

REDUCED!



We are delighted to present this lovely, fully furnished, large townhouse comprising (on the ground floor) spacious lounge with double patio doors leading to the garden, a mezzanine floor dining area, kitchen, utility room and guest toilet. On the first floor is the master bedroom with ensuite bathroom and a small balcony; and on the second floor are a further two good sized bedrooms, plus bathroom and storage cupboard. All bedrooms have built in wardrobes. A staircase leads to the roof terraces, from where you have sea views and all day sunshine. Also included in the sale is an integral, very large garage accessed directly from the lounge.

€499,000

Palm Mar, Paraiso I

NEW INSTRUCTION!



New to the market, spacious and bright, 2 bedroom, 1 bathroom apartment with a very large terrace enjoying views out and over the sea to La Gomera. The property is situated all on one level with easy access to the beautiful pool area. There are also sea views from both front bedrooms.

€420,000

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

El Fraile, modern 2 bed apt

A cozy 2 bed.1 bath 2nd floor apartment in central location close to all amenities. The property has a spacious living room, modern kitchen, balcony and storeroom. Ideal as a permanent residence or investment.

€164,000

Ref: EL-F164



Costa del Silencio, Apartment

Cozy, fully furnished, 1 bed, 1 bath 1st floor apartment (originally a studio) on popular complex with swimming pool and close to all amenities. The property features a lounge/diner, American style open kitchen and nice sunny terrace with pleasant views. Ready to move into or use as an investment on an excellent location.

€184,000

Ref: CDS-P190



Palm Mar, Townhouse

Lovely, fully furnished 2 bed, 1 bath + WC townhouse in a development of eight similar spacious family homes. The property has a large lounge/dining area, open plan kitchen, substantial garden/terrace and an enclosed garage. Close to the sea front and all local amenities.

€449,000

Ref: PM-C450



Arico, La Listada

Amazing contemporary, fully furnished semi-detached house built in 2024, located in the quiet seafront village of La Listada, about 15 minutes east of El Médano. With just a few homes, a local shop, and the beach on your doorstep, it's a popular choice for buyers. The property features a heated pool, garden, and parking. Inside offers an open-plan fitted kitchen and living area, bathrooms on both floors, and 2 double bedrooms (one sea-facing, one mountain-facing). Enjoy a balcony with sea views. The property also holds a full holiday letting licence.

€575,000

Ref: LL-C575

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Ref: S-05 1380



Oroteanda Baja

Luxury 5 bedroom villa with pool and parking on huge plot. Suitable for subdivision. Included in the Sale Price is a Project to build two one bedroom apartments in and above the garage.

€P.O.A.



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

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



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GOLF DEL SUR



Spacious 2 bed, 2 bath villa with large family kitchen /diner. Good sized gardens front and rear and an additional terrace giving excellent golf and Montaña Roja views.

€399,995

GOLF DEL SUR



Spacious, ground floor 1 bed, 1 bath apartment with large terrace. Close to the pool.

€239,000

AMARILLA GOLF



First floor apartment with 2 spacious terraces giving all day sun, golf course and sea views located close to the San Miguel Marina.

€232,500

AMARILLA GOLF



Well-appointed 1 bed, 1 bath ground floor apartment on popular complex located close to all amenities.

€249,000

LLANO DEL CAMELLO



Beautifully presented, 3 bed, 3 bath townhouse on a residential complex. Large parking space and trastero.

€390,000



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El Medano, La Tejita Beach



Corner house facing La Tejita Beach, with sea and Red Mountain views. About 200 m²; fully renovated 20 years ago (new plumbing/electrics). Now 2 bedrooms (easily 3) plus independent studio. Terraces, veranda to living room, separate equipped kitchen. Solar hot water. Lower level: street-access room, storage, two-car garage.

€495,000

Ref: 337-0426

Costa del Silencio, Rocas del Mar



Charming 3rd floor, 2-bed apartment, with lift access, in sought after, sea front complex with pool. The property offers 73 m² of built area, plus an 18 m² sunny terrace with panoramic sea views. The terrace also features a practical storage cupboard.

€298,000

Ref: 336-0426

Costa del Silencio, 2nd floor apt



Spacious, fully furnished 2nd floor, 2 bed apartment with bright living-dining area, enclosed 15 m² terrace, sep. kitchen with pantry and a/c. The master suite includes en-suite bathroom and terrace access. The complex has a pool, with optional 32 m² private garage available at extra cost.

€370,000

Ref: 335-0426

Costa del Silencio, Maravilla



Cozy ground-floor apartment with southeast-facing terrace overlooking the heated communal pool. Originally a studio, it has been converted into a 1 bed apt with en-suite bathroom, and sep. guest bathroom. Ideal as a permanent residence, holiday home, or investment opportunity.

€265,000

Ref: 327-0226

DIRECT FROM OWNER

Los Cristianos, Port Royale



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

€195,000

Owner (UK)
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PARQUE SANTIAGO III, PLAYA DE LAS AMÉRICAS



APARTMENT IN PLAYA DE LAS AMERICAS
2 bedrooms, 1 bathroom
Ref: 83-684 €690,000.=

Property details

- Property Space: 128 m²
- Living Space: 66 m²
- Garden: 10 m²
- Terrace: 52 m²
- Level: Ground Floor
- Parking: On Street

Characteristics

- All-Day Sun: Yes
- Sea View: Yes
- Pool View: No
- Wheelchair-Friendly: Yes
- Community Fees: €312/month
- Rates to Town Hall: €342/year

Exploitation Contract current till end of 2026



VIEWING BY APPOINTMENT ONLY

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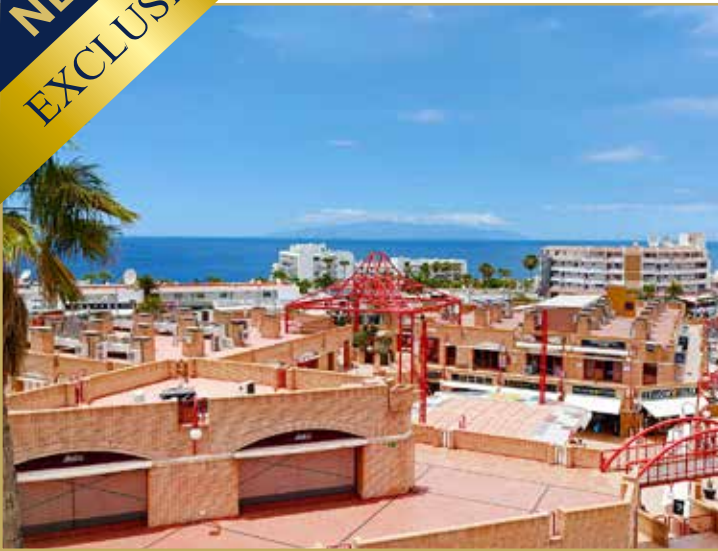
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EXCLUSIVE**

3 BEDROOM APARTMENT - SAN EUGENIO BAJO



MODERN & CENTRAL



Looking for something for the whole family, centrally located and near to the beaches with everything on your doorstep? This is a very rare find that will tick all your boxes. The apartment has recently been fully renovated throughout to an extremely high modern standard (in 2024). This is truly a turnkey property. An extra bonus is that the property comes complete with its own underground parking space and storeroom, hard to find in this popular area.

Ref: LA01986

Price: €519,000 (approx. £451,500)

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Large Urban Land



Exceptional 8,560 m² urban plot between Adeje and La Caleta, ideal for a luxury residential or hotel project with confirmed building parameters and panoramic coastal, golf, and mountain views. Prime, high-value location near beaches, schools, restaurants, and major roads.

Ref.: 2928

Price: 8,700,000€

Freehold Pool Bar for Sale



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

Ref.: 2905

Price: 180,000€

Freehold Club in Los Cristianos



Freehold opportunity in prime Los Cristianos location: a 250 m² licensed bar-discoteca with terrace and capacity for up to 400 guests. Fully licensed for late-night trade until 04:00, with strong local Spanish and Latin clientele and proven revenue during peak nights.

Ref.: 2936

Price: 2,500,000€

Freehold including Business



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

Ref.: 2895

Price: 150,000€

Freehold Pool Bar Investment



A freehold pool bar sold as investment in Los Cristianos, located within a complex of 175 apartments, currently rented with tenants in place, offering secure income, poolside visibility, exclusive on-site position, and strong long-term value with future redevelopment potential.

Ref.: 2941

Price: 350,000€

Freehold Hair Salon



Freehold property with established hair salon in central Las Americas, just off the beachfront, surrounded by hotels, bars, and shops. 28 m² with storage, toilet, 2 washing stations, and 4 working stations, sold with the business included—ideal to run, rent out, or repurpose.

Ref.: 2909

Price: 80,000€

Freehold Dry-Cleaning



Great opportunity to acquire a long-established laundry and dry-cleaning business including the freehold premises, of 52m², in prime Costa Adeje, offering over 20 years' trading, loyal clientele, strong income, full licensing, professional equipment, and long-term security.

Ref.: 2961

Price: 260,000€

Freehold Disco Bar



Freehold in Playa la Arena: 339 m² premises and a terrace for 32 guests, unique DISCO & BC licenses to operate until 5 AM, stage, DJ booth, and ample storage. Previously generating over €1,000,000 annually, it can be rented for €5,000/month with traspaso. Closed today.

Ref.: 2804

Price: 690,000€

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What's the problem with 'literally'?

By Elizabeth East, Spectator Life



How does the word 'literally' make you feel? For a lot of language-lovers, the answer will be somewhere between mildly irritated and fist-gnawingly furious. It's the misuse of the word that most perturbs. It has a habit of lurking where it has no place to be, taking a perfectly acceptable (if conventional) metaphor and turning into nonsense. Met-

aphors are figurative, for heaven's sake, say its detractors.

If that's how you feel, you're far from alone. We all have our stylistic preferences, so I'm not going to try to convert you to the 'literally' cause. But I do wonder why this particular word used in this way gets so many people so angry.

It can't be because it's new. The OED gives examples of the non-literal 'literally' going back to 1769. My personal favourite comes from 1801, where some unfortunate man is described as 'literally... made up of marechal pow-

der, cravat, and bootees' (marechal powder being a sort of eighteenth-century hair powder). Although newer instances abound (Jamie Redknapp describing Wayne Rooney as 'literally on fire' springs happily to mind, as does Prince Edward talking about George VI being 'literally catapulted onto the throne'), there's no shortage of older examples.

Well, you might reply, even Georgians got things wrong sometimes. A long-standing mistake is still a mistake.

A fair point. In fact, the meaning of 'literally' has been in flux for centuries,

following the same path as words like 'really' and 'very'. These all began as ways to attest to the truth of something. 'Really' comes to us from the Anglo-Norman '*real*', meaning actual or concrete (as in 'reality' - what's actually there). 'Very' comes from Anglo-Norman '*verrai*' - 'true' (think of modern French '*vrai*'). We occasionally still use it in this sense in expressions such as 'the very likeness' or 'the very same'. Yet both 'really' and 'very' are now often used as intensifiers which emphasise the extent of something, not its veracity: Land's End is not just a long way from John O'Groats, it's a *very* long way. If I describe the coronavirus pandemic as *really* serious, do I mean it's genuinely serious or that it's extremely serious? It could be either.

But, you might reply, 'literally' is a special case. If it were just an intensifier like 'really' or 'very', we'd find people using it to emphasise all sorts of things: 'This book is literally interesting'. We don't. The misuse occurs when people say things which *aren't* literally true: 'This book will literally blow your mind' (metaphor) or 'If I've told you once, I've told you literally a thousand times' (hyperbole). It's self-contradictory. (Of course, we can also use 'literally' literally, where something is true that might be unexpected or doubtful: 'This is literally the most interesting book I've ever

read' or 'I'm literally a Communist,' for example.)

Again, a fair point, and the OED recognises this. The first definition it gives for 'literally' is the one you'd expect:

Literally: In a literal, exact, or actual sense; not figuratively, allegorically, etc.

Then, in 2011, it added the following definition:

Literally: Used to indicate that some (frequently conventional or hyperbolic expression is to be taken in the strongest admissible sense: 'virtually, as good as'.

And then in a note it adds that this use 'reverses the original sense of literally'. Although it concedes, somewhat wryly, that this linguistic quirk is 'often considered irregular'. That's perhaps putting it mildly.

So, we have two definitions of 'literally' which are completely contradictory: one which is 'in a literal, exact or actual sense' (applied to things which are literally true) and another which is

'virtually, as good as' (applied to metaphor and hyperbole). The question is, does this matter? After all, plenty of words are their own antonym. There's even a term for this, a 'Janus word' (after the Roman god of beginnings and endings, transitions and gates). Like Janus, these words look in two directions at once. 'Cleave' can refer to things being split apart or joining together. Something sanctioned is either permitted or penalised, while when we 'overlook' something we either supervise it or forget it entirely. Does 'dusting' refer to removing dust from something or applying dust to it? It rather depends on whether you're dusting shelves or cakes.

Well, you might counter, exasperated, that sounds a bit confusing. But in practice it isn't. Even the most ardent 'literally'-stickler will struggle to come up with examples of genuine misunderstanding or confusion caused by the supposed misuse. Non-literal 'literally' has been with us for years, it's a useful intensifier and, despite being a Janus word, creates very little risk of confusion. That said, if we ever relax about it, I'll eat my hat. Literally.



Olivia Potts - The Vintage Chef, Spectator Magazine

There aren't many veggie stews that can lay claim to being immortalised in popular culture. Fewer still that could then complain about be-

ing grossly misrepresented. But then ratatouille is no ordinary vegetable stew.

Ratatouille is a Provençal dish, made by gently cooking aubergine, courgette, and red peppers, with a tomato sauce flavoured with

onion, garlic and herbs. It is, in many ways, extremely simple. But for all its simplicity, it remains the subject of confusion.

If you watch Pixar's *Ratatouille*, you will see the terrifying food critic, Anton Ego, reduced to a Proustian state of rapture when

Ratatouille: a Provençal one-pot that is nothing like the film

served what we are told is ratatouille, making him recall his childhood and his mother's cooking. However, that beautiful pile of perfectly sliced and layered vegetables that we see on screen is not the traditional ratatouille. It is instead confit byaldi, a variation on the more rustic ratatouille, created by French chef Michel Guérard, and made famous by Californian super-chef, Thomas Keller. Non-coincidentally, Keller served as a

food consultant on the film, and the producer Brad Lewis, spent time interning at Keller's *The French Laundry*. While Guérard and Keller's version is a dish in its own right, it is far closer to a tian, another variation on the original dish, which finely slices and layers the various vegetables, in a circular pattern.

This is probably because, whisper it, ratatouille is not that pretty. Using the traditionally rough-cut vegeta-

bles makes the whole thing look less Michelin-starred and more, well, like a stew. But it is delicious, significantly easier, and runs no risk of drying out. It's also a dish that you can make on the stove, rather than needing the oven.

Many will tell you that the vegetables need to be cooked individually, to preserve their character and flavour. I disagree: the joy of the dish is the meld

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About 200 years ago, the world started getting rich. Why?

By Dylan Matthews



Actors pretend to be in the Industrial Revolution as part of the opening ceremony for the London Olympics in 2012

You can crudely tell the story of our species in three stages.

In the first, which lasted for the vast majority of our time on Earth, from the emergence of Homo sapiens over 300,000 years ago to about 12,000 years ago, humans lived largely nomadic lifestyles, subsisting through hunting and foraging for food. In the second, lasting from about 10,000 BC to around 1750 AD, humans adopted agriculture, allowing for a more secure supply of food and leading to the establishment of towns, cities, even empires.

The third period, in which we all live, is characterized by an unprecedented phenomenon: sustained economic growth. Quality of life went from improving very gradually if at all for the vast majority of human history to improving very, very quickly. In the United Kingdom, whose Industrial Revolution kicked off this transformation, GDP per capita grew about 40 percent between 1700 and 1800. It more than doubled between 1800 and 1900. And between 1900 and 2000, it grew more than fourfold.

What today we'd characterize as extreme poverty was until a few centuries ago the condition of almost every human on Earth. In 1820, some 94 percent of humans lived on less than \$2 a day. Over the next two

centuries, extreme poverty fell dramatically; in 2018, the World Bank estimated that 8.6 percent of people lived on less than \$1.90 a day. And the gains were not solely economic. Before 1800, average lifespans didn't exceed 40 years anywhere in the world. Today, the average human life expectancy is more like 73. Deaths in childhood have plunged, and adult heights have surged as malnutrition decreased.

The big question is what drove this transformation. Historians, economists, and anthropologists have proposed a long list of explanations for why human life suddenly changed starting in 18th-century England, from geographic effects to forms of government to intellectual property rules to fluctuations in average wages.

For a long time, there was no one book that could explain, compare, and evaluate these theories for non-experts. That's changed: How the World Became Rich, by Chapman University's Jared Rubin and George Mason University's Mark Koyama, provides a comprehensive look at what, exactly, changed when sustained economic growth began, what factors help explain its beginning, and which theories do the best job of making sense of the new stage of life that humans have been experiencing for a couple brief centu-

ries.

I interviewed Rubin and Koyama via email; a transcript, lightly edited for length and clarity, follows.

Q - Dylan Matthews

What is economic growth? What is this phenomenon you're trying to explain?

A - Jared Rubin

Economic growth occurs when there is a sustained increase in economic prosperity, which we can measure by the total number of goods and services produced in the economy. The world we know today is a direct result of the economic growth that began in Britain in the 19th century, quickly spread to parts of Europe and North America, and has continued unabated since. It has since raised living standards in East Asia, Eastern Europe, and parts of Latin America. There is real hope to believe this will continue into South Asia, the Middle East, and sub-Saharan Africa in our lifetime.

We are trying to explain how this came about in the first place. Why didn't growth happen before the 19th century? What were the preconditions that Britain had that allowed it to take off first? Why did some countries follow Britain's lead and others did not? What can this history tell us about how wealth can spread to the rest of the

world in the 21st century?

Q - Dylan Matthews

Early in the book you write, "Most people who ever lived — at least, prior to the 20th century — lived in conditions very similar to those of the very poorest in the world today." This is a common starting point in economic history, but I find it's rather unintuitive to many laypeople; the people we read about from ancient Rome don't seem like the poorest people today. There's even been some claims recently that medieval peasants lived better than 21st-century American workers. How do we know humanity was so poorly off, for so long?

A - Mark Koyama

Certainly, when we look at the ruins of the Roman Coliseum or Pompeii or indeed read about Cicero's property investments, it looks like a sophisticated economy and one that generated considerable amounts of prosperity. And in some sense this impression is right. The work of scholars like Kyle Harper, Peter Temin, and Willem Jongman does indicate that the Roman economy was highly commercialized and urbanized (for preindustrial standards).

But this impression is also misleading. The Roman world was extremely unequal, so we can't infer much about average living standards from reading about the consumption patterns of senators. And as Kyle Harper summarizes in his book *The Fate of Rome*, commercial prosperity brought with it disease, and all the evidence suggests that ordinary Romans, perhaps living in the tenement flats or insulae, died young, had bad nutrition, and high levels of exposure to epidemic disease.

Now, the example of the medieval peasant is an interesting counterpoint. Unlike ancient Rome, the medieval economy (outside of places like Florence) wasn't especially commercialized or sophisticated. Levels of urbanization in, say, 15th-century England, were low. So, our impression would be one of widespread poverty.

But the research of economic historians suggests that this impression is wrong on at least some dimensions. Now, the claim that medieval peasants were better off than 21st-century

Americans is palpable nonsense. But as measured by proxies such as real wages, an English peasant in 1450 was in all likelihood better off than the median Roman. The English peasant would likely have consumed more meat and alcohol, enjoyed more leisure, and possessed more durable clothes.

One reason for this which we discuss in chapter five of our book was demographic. In a world governed largely by Malthusian forces, shocks like the Black Death — which killed between one-third and one-half of Europe's population — meant that the survivors had plentiful amounts of land per person.

A - Dylan Matthews

You try to explain two broad things about sustained economic growth: why it started when it did (in the mid-18th century) and why it started where it did (England). Let's start with the when. What took so long? Humans invented agriculture maybe 10,000 years ago. Why did it take 9,800 years or so for that to lead to real economic growth?

A - Jared Rubin

This is one of the key questions in all of economics. Its answer is central to why some countries grew rich while others have not. The simplest answer is that economic growth occurred only after the rate of technological innovation became highly sustained. Without sustained technological innovation, any one-off economic improvement will not lead to sustained growth. Incomes will rise in the short run, but over time people will have more babies and those babies will eat up all the economic surplus. This is known as the "Malthusian trap," after Thomas Malthus, a British clergyman of the late 18th century. This Malthusian logic explains the pre-industrial world pretty well.

Although there were ebbs and flows in pre-industrial economic growth, no society ever broke through and achieved sustained economic growth. This happened only after the overall rate of technological progress became high enough to more than offset the downward pressure imposed by population growth.

The question is why it took

so long for the rate of technological innovation to grow as it did. This is one of the central questions we attempt to answer in this book. And there is not one "silver bullet" answer. For one, sustained innovation requires institutions that limit confiscation by the government (and protect other property rights more generally). But most societies in world history were weak on this dimension.

Sustained innovation also requires cultural values that support innovation and encourage understanding of how the world works. Societies in which work is looked down upon are unlikely to experience sustained innovation.

Ultimately (and this matters for the acceleration in growth we observe from the late 19th to the 20th centuries), it also helps if families limit the number of children they have. This does not necessarily contribute to innovation, but it does mean that innovation will more quickly translate into growth.

Most societies in world history had none of these features, let alone all of them. It took a while for all of these preconditions to coalesce in one nation. But once it did, economic growth took off.

A - Dylan Matthews

As you note repeatedly, the Industrial Revolution in England happened after centuries of European colonization, and after England and other nations created the international slave trade. Many theories of the revolution give exploitation of New World resources and of enslaved African people a key role in explaining industrialization. You have a rather nuanced view of the matter in your book. How did those cycles of exploitation relate to the eventual development of economic growth?

A - Mark Koyama

The story of European economic development involved huge amounts of violence and exploitation. And telling that part of the story is important. It would be wrong to focus solely on the positive or benign aspects of economic growth.

The crux of recent controversies and disputes between economic historians and historians is really about the question of necessity and causation. [In our view],

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the decisive break responsible for industrialization rests on developments that seem to be only indirectly connected to the story of colonial exploitation. But future work might change my opinion on this subject.

Jared Rubin

There is little doubt that the colonizers benefited from colonial exploitation and the colonized suffered. In fact, a large literature has emerged showing just how persistent some of these effects have been on the colonized. The question here, however, is whether colonization was decisive for the onset of modern economic growth. On this, we are less sanguine.

On the one hand, the sugar economy boomed in the 17th and 18th centuries, and cotton was the major input into the textile factories at the center of Britain's industrialization. These crops were produced with slave and coerced labour.

On the other hand, the evidence is fairly weak of a connection between the products of exploited labour and the innovations that were central to the onset of modern economic growth.

This is not to deny a connection between the two, and reasonable people disagree over the relevant counterfactuals. Had there been no slave labour in the New World, would the Lancashire factories have been able to get enough cheap cotton to make innovation worthwhile? Would innovation have been possible with more expensive cotton of different quality from other parts of the world?

Our book leads to the conclusion that there is no silver bullet explanation for why the world became rich. Colonization likely played some role, and it likely played a much greater role in keeping large parts of the formerly colonized world poor. But there are many key features of the onset of growth that cannot really be accounted for by colonization. Most importantly, explaining how the world became rich requires an explanation for why the rate of technological change rose so rapidly. Colonization may have played an indirect role in this process, but there are many other causes we highlight that were much more direct and relevant.

I too would like to note, like Mark, that there is still much

work to be done and future work may change my opinion on this topic.

Q - Dylan Matthews

At first, you note, living standards in England did not actually improve much for average people due to the Industrial Revolution. That helps explain why critics like William Blake and Karl Marx were so fiercely critical of the industrialization process. But as of today, you write, the "long life, good health, literacy, education, female empowerment," and on and on that we enjoy today are "made possible by economic growth." How did growth go from something primarily benefiting capitalists to something that could broadly benefit humanity?

A - Jared Rubin

One reason is institutional: Groups like labour unions played a key role in redistributing income more broadly. Another is demographic. During Britain's early period of industrialization, its population grew rapidly enough to keep wages down. It was only as places went through a "demographic transition" (the movement from large families and high birth and

death rates to smaller families with lower birth and death rates) that productivity gains began to be translated into major increases in real wages.

A third has to do with education. Many of the innovations of the first Industrial Revolution were not science-based and thus did not require a highly skilled workforce. Beginning in the middle of the 19th century, science became more important, and a better-educated workforce was desired. States began spending more on education, leading to a better educated workforce. Higher education typically leads to greater income. None of these causes explain why income became more broadly distributed by themselves; it was a combination of these factors that mattered.

Mark Koyama

I agree with everything Jared says. I'd add two points. First, the Industrial Revolution occurred during the Napoleonic Wars. This really repressed living standards for ordinary Britons because it meant that taxes went up, and the price

of food soared.

Second, the Industrial Revolution was highly disruptive. It was characterized by the rapid rise of particular industries such as cotton textiles which were centred in the northwest of the country. Some of the most recent research suggests that in the early decades of the Industrial Revolution, wages for workers in the North of England did go up, but this was counterbalanced by economic decline in traditional sectors of the economy (for example, in East Anglia).

Q - Dylan Matthews

Several economists, like Robert Gordon and Thomas Philippon, have worried that the past couple hundred years might be an aberration, and growth might now slow down. Does your research give you hope with regard to those fears? Or does it make them seem more reasonable?

A - Jared Rubin

I do not agree with these fears, although I understand the logic behind them. I think this is a point on which reasonable people can disagree.

The world became rich be-

cause of a massive increase in the rate of technological innovation. I think one thing the history of technology has taught us is that as long as the incentives are there for innovators to innovate, we will continue to be surprised. The most important new innovations are often impossible to foresee. Today, AI offers the possibility of such surprises (with major moral caveats). Three decades ago, it was the internet. There have been many such transformations in the last two centuries due to inventions such as the telegraph, locomotive, automobile, telephone, electrification, steam engine, and much more.

Another way to think about it is like this: Prior to about two centuries ago, most children lived in a world that was technologically similar to the ones their parents inhabited as children. This has not been true for a little over two centuries, at least in the most technologically advanced nations. My children live in a world of very different technology than I did as a child, as did I relative to my parents. I see little reason why this will not be the case over ensuing generations.



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The Moorish invention that tamed Spain's mountains

By Jeff Fynn-Paul, associate professor in history, Leiden University, Leiden, The Netherlands



An ancient Moorish invention has been providing water to the Sierra Nevada mountains for more than 1,000 years, making life possible in one of Europe's driest regions.

In the warm air of an early-June morning, Jose Antonio Peña walks along a channel of gushing water in the Sierra Nevada of southern Spain. Traversing the rocky terrain and ducking beneath boughs of pine, he eventually reaches a grassy meadow on his left. The ancient artificial channel, known as an acequia, empties into the meadow, where its water branches into meandering streams that soak into the mountainside.

Throughout the spring thaw, Peña makes several trips a week from nearby Mecina-Bombarón – a whitewashed village on the southern slope of the mountain range – up a winding, potholed dirt road to monitor the acequia's level and flow, making adjustments as needed. The entire village depends on his actions – where the water flows now, in spring, determines where it will eventually end up when the summer comes.

For over a millennium, this acequia – from the Arabic *as-saqiya*, meaning "water conduit" or "water bearer" – has provided irrigation and drinking water to Mecina-Bombarón, enabling survival and agricultural prosperity in the semi-arid environment. The methods used by acequeros – people with expert skills in water catchment and allocation

– to tend the channels today differ little from those used in the Middle Ages.

The channel is part of a 3,000km (1,800 mile) irrigation network built by the Moors across the Sierra Nevada between the 8th and 10th centuries. The Islamic water management techniques introduced from the east transformed the landscape and agriculture in what was then Al-Andalus. Acequias made life possible for agrarian communities, conserving and distributing scant and seasonal water resources throughout the rugged mountains. In the newly fertile conditions, the abundance of crops introduced by the Moors thrived, among them almonds, artichokes, chickpeas, auber-



Jose Antonio Peña observes water as it's diverted from an acequia into a sima, part of a traditional system that provides water in the dry season

gine (eggplant), lemons, pomegranates, spinach, quince, walnuts and watermelon.

While this ancient system is needed now more than ever, it's threatened like never before

Though ancient, this traditional water management system is sustainable, efficient and resilient. As climate change worsens, the network will become even more important for helping

communities in the Sierra Nevada cope and equitably share an increasingly scarce and unpredictable resource.

While this ancient system is needed now more than ever, it's threatened like never before. As traditional irrigation systems struggle with a lack of profitability compared with intensive agriculture and the rural exodus continues, increasingly few people still hold the skills and knowledge required to maintain acequias.

Each year, when the warmth of spring returns to the Sierra Nevada and the thaw begins, snowmelt is diverted from the headwaters of rivers into earthen, porous channels dug into the mountainside. As water flows through the gently descending acequias, ranging in length from tens of metres to kilometres, it's diverted to areas along the upper valley known as *simas*, where the channel empties and seeps into the ground, a process known as "sowing water". As water percolates through the subsoil, it replenishes aquifers

and feeds springs and streams that emerge further down the mountain. The acequias of the Sierra Nevada are the oldest underground aquifer recharge system on the European continent, dating back more than 1,200 years. Based on knowledge transmitted from generation to generation, acequeros like Peña understand the subterranean routes water takes. Where water is sown high in the valley determines where it eventually surface

s downslope, where it can be "harvested" to irrigate orchards, crops and gardens throughout the thirsty summer months. Without this system, most snowmelt and rain would flow quickly off the steep slopes as runoff in rivers. Sowing water slows the flow of water from the mountains, extending its availability for when it's most needed during the dry season.

Through research on sowing water, "we've found the river...has fewer peak flows and contains a more constant flow throughout the year," says Sergio Martos-Rosillo, a hydrogeologist at the Spanish Geological Survey. Research has also demonstrated how sowing water doubles the recharge of water in aquifers. The system follows the principles of ecohydrology, which uses "the regulating effect of vegetation, soil and aquifers, imitating nature to regulate water, instead of building concrete structures that alter the flow of water upstream and downstream", he says. Water sowing and harvesting systems could be replicated in mountainous areas elsewhere in the world, where the geological and hydrological conditions are similar to those of the Sierra Nevada, Martos-Rosillo adds, noting there is interest in several Andean countries. In some areas, such systems already exist – one indigenous water management system developed independently in Peru around 1,400 years ago uses similar principles, which the government has been investing in to revive.

While the global potential of these water sowing techniques is perhaps underutilised, each area poses its own specific opportunities and challenges.

Standing in a *sima*, surrounded by rivulets of water, Peña, who became an acequero three years ago and works in construction when not tending acequias, says he learned how the system works by accompanying his grandfather and uncle to the waterways as a young boy. Dressed in rubber boots and with a wooden hoe-like tool known locally as a *leguna* in hand, he nudges rocks and clears away grass, ensuring water flows unobstructed as it enters the *sima*. The work is repetitive and can be physically demanding. At near-

ly 10km (6 miles), with 15 *simas* spanning its length, the acequia providing Mecina-Bombarón with water is the largest in the Sierra Nevada.

Without these ancestral water channels, life as it now exists here would not be possible. No one knows this better than those who depend on the water, which is why the acequia in Mecina-Bombarón has been kept in continuous use for over a thousand years, having weathered many social, cultural, political and envi-



Snowmelt and rainfall runoff from the peaks of the Sierra Nevada is diverted into acequias, which channel water towards infiltration zones called *simas*

ronmental changes. "The acequia is the life of the village. Without the acequias, all these villages would be a dryland, all these farms would be dry. It was very well planned," says Matilde Ruiz, who has lived her entire life in the village, standing in front of her garden planted with aubergine, lettuce, garlic and onions.

Water is normally sown until the end of June. But this year was far from normal. First, the snow came late, so it didn't freeze as solidly. Then, a heatwave arrived mid-May, accelerating the thaw. By early June, most snow had melted and water levels were low. And then another sweltering heatwave began mid-June. Peña says once-predictable weather patterns are gone: "Before, it snowed when it was supposed to snow, and the storms arrived when they were supposed to arrive." Now, neither snow nor rain behave as they used to, he says.

These shifts are a signal of what's to come in southern Spain, among Europe's driest and most climate-vulnerable regions. As summers become hotter and longer and winters milder and drier, learning how to cope with worsening water scarcity and prolonged droughts is taking on new urgency. Because acequias are resilient, efficient and a cost-effective way to pro-

vide water for communities and small-scale agriculture during the dry season, they're considered a vital tool to adapt to the region's changing climate.

When water sowing systems flow they provide numerous ecological benefits, too. Where such systems are used in Ecuador, biodiversity is higher than in areas where they haven't been implemented. In New Mexico, the channels function as ecological corridors, enhancing plant cover and diversity, which reduces soil

erosion, and supporting wildlife habitat. In the Sierra Nevada, which also experiences the above benefits, irrigation made possible by acequias maintains pastures for grazing and supports crop diversity, bolstering local food security.

With the acequia, the life we have here is very different. They're magnificent – Maria José Estévez Villalba

In Spain as in Latin America, sowing water is a system of communal governance dependent on principles of equity, cooperation and trust. Water users share responsibility for maintaining and cleaning acequias, which favours social cohesion. Ensuring water is distributed fairly is just one of many challenges Peña must navigate in his role, which is as much about managing people as it is about managing water. "An acequero has to be impartial, like a referee," he says.

In some villages, like Mecina-Bombarón, acequias have flowed continuously since the Middle Ages. Others were less fortunate. From the 1960s onwards, people began leaving the countryside in droves for cities across Spain and Europe in search of better lives. Widespread rural de-

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population caused villages to fall into a state of decline, and many acequias – an estimated 15-20% of the Sierra Nevada's total – were abandoned and fell into disuse. When people left, with them went knowledge accrued over centuries.

To reverse this trend, a project established in 2014 by the Laboratory of Biocultural Archaeology at the University of Granada has been working to re-

munity, to empower the community, to promote the dynamisation of the community and the recovery of knowledge and practices," he says.

The restoration projects are a way to provoke debate about agrarian and environmental policies, cultural heritage and values and address local tensions, says Civantos. "When there's an acequia that was abandoned 20, 30 or 40 years ago, you need to restore social distribution of water.



The practice of sowing water ensures its availability for irrigating crops, orchards and gardens throughout the dry season

drought, which we don't have. With the acequia, the life we have here is very different," she says. "They're magnificent. Whoever sees them, they understand."

With over 24,000km (15,000 miles) of acequias and 550 irrigation communities across the Andalusian provinces of Granada and Almería, wider restoration could bring climate, environmental and social benefits to many. Yet despite their potential, acequias remain undervalued and getting support for further restoration is not easy, says Civantos.

The lack of support is related to the growth of high-tech, industrialised agriculture, Civantos says, as well as a lack of understanding of the acequias or their benefits. When efficiency is considered in terms of productivity, traditional agrarian systems, with their lower output, cannot compete with industrial agriculture. "But if we consider efficiency from a multifunctional perspective, traditional sys-

tems should be considered extremely efficient because they provide us with so many ecosystem services."

According to Civantos, at the heart of the issue is how the rural world, and those who inhabit it, are often perceived. Lack of acknowledgement for agrarian activities and those who work the land, rooted in long-standing marginalisation and prejudice, pushes people towards other types of work that are better-regarded, he explains. Add in the low profitability of small-scale agriculture, making it near impossible to compete with the industrial model, and people, especially younger generations, have had enough. So they continue to leave.

Peña, who at 61 thinks he has only a few years left in him as an acequero, is concerned the village's acequias will be abandoned. "That's why I'm here, because there aren't any young people. All these customs are being lost and young people don't want

to know about it," he says. "They just put the glass under the tap, they don't know where the water comes from."

Carmen Aguilo, a fourth-year archaeology student at the University of Granada who has assisted several restoration and cleaning projects, thinks more awareness about acequias is needed if they are to survive. Starting in schools, she sees a need "to teach the values and the importance of water in general, as well as working with local people so that they understand this is also a heritage that has been bequeathed to them".

Ultimately, much of the acequias' fate rests with communities themselves.

community gets involved. And in other places, if there's no involvement, they'll probably end up being lost. It's a shame."

Peña is pinning his hopes on children; reckoning that like him, exposure early on will help foster an appreciation for acequias that will translate into their preservation. In late May, he made a proposal to the municipal council to take children on excursions to see acequias and learn where their water comes from – a rich legacy they all share a stake in, but which they otherwise might not learn about. The mayor responded favourably, but the proposal has not yet moved forward.

Without sufficient people committed to preserving



The practice of sowing and harvesting water can help communities adapt to climate change



Since the channels were built over 1,000 years ago, acequias have sustained settlements like village of Mecina-Bombarón

store abandoned acequias and recover the flow of water, and traditional ecological knowledge, to villages across the Sierra Nevada. To date, the Memolab project has restored 14 acequias and cleaned 30 others. While the project's primary objective is to revive acequias, it's also a social intervention, says project coordinator José María Martín Civantos, an archaeology professor at the university. "We try to improve the governance of the com-

That means you have to recover part of the knowledge and practices, and that also means conflict," he says. "But those conflicts are positive because that means the community is alive."

On the other side of the Sierra Nevada, in the village of Jérez del Marquesado, the benefits of restoration are tangible, says María José Estévez Villalba, secretary of the local irrigation community. "We compare villages next door [without acequias] that have

The biggest myths of the teenage brain

By Rob Haywood, BBC sport



Our brain changes hugely during adolescence. New research shows how we can use this transformation to help teens

achieve their potential.

Terri Apter, a psychologist, still remembers the time she explained to an 18-year-old how the teenage brain works: "So that's why I feel like my head's

exploding!" the teen replied, with pleasure.

Parents and teachers of teens may recognise that sensation of dealing with a highly combustible mind. The teenage years can feel like a shocking transformation – a turning inside out of the mind and soul that renders the person unrecognisable from the child they once were. There's the hard-to-control mood swings, identity crises and the hunger for social approval, a newfound taste for risk and adventure, and a seemingly complete inability to think about the future repercussions of their

actions.

In the midst of this confusion, adolescents are consistently assessed for their academic potential – with ramifications that can last a lifetime. No one's fate is sealed at 18 – but an impeccable school record will certainly make it far easier to find a place at a prestigious university, which will in turn widen your options for employment. Yet the emotional rollercoaster of those years can make it extremely difficult for teens to reach their intellectual potential.

It is only within the past two decades or so that scientists have been able to chart the neural changes across this core period of development, and decode the mysteries of the teenage brain.

These exciting new insights not only help explain why teens feel and act the way they do. They

also show that some of the traits that adults tend to find difficult or baffling in teenagers can be turned into a strength, and used to acquire skills and insights at a time when the brain is still malleable.

After all, adolescence is also a time of various cognitive leaps. Teens are building on the basics they had learnt as young children to develop sophisticated and mature ways of thinking, including more abstract reasoning and a more nuanced "theory of mind". "Fifty years ago, in schools, it would not have been seen as necessary for students to know about puberty," John Coleman, a clinical psychologist and author of *The Teacher and the Teenage Brain*. "And I think in 20 or 30 years, we'll be asking why we weren't helping students to understand what's going on in

their brains. It can make a real difference."

Understanding the teenage brain

It is no wonder that many teens, throughout history, have complained of feeling misunderstood. Our traditional explanations for adolescent behaviour have been frustratingly crude. Their risk-taking, rebelliousness, impulsivity and general irritability can be so easily blamed on things like ignorance and immaturity, or their "raging" hormones and increased sex drive.

Often their complaints of emotional anguish simply invite ridicule. As the neuroscientist Sarah-Jayne Blakemore, author of *Inventing Ourselves: The Secret Life of the Teenage Brain*, recently put it: "It is not socially acceptable to

Continued on page 22

DOG OF THE MONTH



Rebeca

Rebeca is a podenco cross and is around 9 years old. We know it is always a bit harder for older dogs to find a home, but we would so love for Rebeca to get a chance. She is great with other dogs and used to living with a group of others, walks well on a lead and is a little bit shy with new people but if you have treats and patience, she will soon start to trust you. We think that Rebeca really deserves a chance at getting a loving home. **Would YOU like to come and meet her?** If you are interested, with the view to maybe giving her a new life, please contact the Tierra Blanca Refuge, located near the Fasnía turn off from the TF1, just above the motorway. Call 606 500 171 or email cpa.tierrablanca@tragsa.es. For English, please call Rachel on 629 031 273.

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POST-PURCHASE EXTRAS

I'm sure that everyone finds, sometimes, after finding the car of our dreams there just 'something' missing?

This could be reversing beepers, a camera to assist us when parking, parking sensors, or perhaps a better radio that has Bluetooth the list really is endless.

Often, we hesitate asking the garage if any of these things are possible, or maybe we just think they would be too expensive?

Here we are going to look at what options are available here in Tenerife, which will not be as

comprehensive a list as it would be in the UK, but, nonetheless, they are available.

Parking sensors

With these fitted a car 'senses' its surroundings and makes them the most widely used of the new car technologies. The sensors are mounted on the bumpers, and they detect the distance of obstacles (e.g. posts, other vehicles, even shopping trolleys!) from the extremities of the car, and deliver an audible beep which gradually becomes louder the closer you get. Some systems are now combined with an in-car screen showing which part of the car is closest to the object, al-

lowing for a safer, more accurate manoeuvre. It's generally possible to fit these sensors to most cars/vans helping avoid unnecessary bumps and scratches to your vehicle.

Reversing/360° cameras

These are a step-up from parking sensors, with some vehicles now featuring a rear-facing camera - mounted high and pointing slightly downward, showing obstacles far more clearly than the rear-view mirror can. These gadgets use a wide-angle lens to give you a broad field-of-view to the rear of the car, with images relayed to the driver, usu-

ally by a screen mounted in the dashboard, and often feature guidelines which show the direction of the car based on the current steering angle and its proximity to obstacles. This is especially useful for those who have difficulty in reversing into tighter spaces or parallel-parking. 360° cameras are generally fitted as standard on new high-end vehicles such as BMWs, Porsches and Range Rovers but it is also possible to fit one on more modest models. This particular accessory allows you to view more accurately the space available and the position of the wheels, and often will avoid any risk of doing serious damage



to your lovely car!

Car Stereos

I doubt that there are many drivers who are not happier than when they are driving along singing to their favourite song (albeit out of tune!). However, many cars offer a pretty basic stereo, as well as small speakers, so the quality of the sound is often mediocre. Many people like to lis-

ten to music from their phones/iPods or similar via Bluetooth but clearly the stereo must be compatible.

So, to make your driving experience less stressful, more enjoyable and therefore you a happier driver, why don't you consider installing one of the above?

For more information contact Emma at Motorworld.

Continued from page 24

mock and demonise other sectors of society... But it is, strangely, acceptable to mock and demonise teenagers."



The teenage years can be a time of huge intellectual growth, but also, intense academic pressure

Even the more scientific theories had painted a rather unsympathetic picture of teenage life that will have only added to their sense of alienation. In the 50s, for example, the psychoanalyst Anna Freud proposed that teens are attempting to "divorce" their parents, cutting their ties to the family so that they can move on with their lives. The idea was that "the teen was working to oust the parent from their internal furniture," says Apter, the psychologist and author of *The Teen Interpreter: A Guide to the Challenges and Joys of Raising Adolescents*.

Adolescents may seem rebellious – but they often crave their parents' approval

While these previous explanations may have a grain of truth, they fail to consider the nuances of most teens' experiences. Apter's interviews with teens and their parents suggest that adolescents often desperately crave the approval and acceptance of their par-

ents. So while they certainly do want independence, it is not at any cost. Such observations aren't very compatible with the divorce theory.

If we are to help teens, Apter argues that we need to pay closer attention to the subtleties of what adolescents are actually going through – including the enormous social challenges that they are navigating. That necessarily includes a recognition of the embarrassment that may arise from the physical changes to the body, and the shifting social expectations placed on them. In such cases, they can start to feel alien to themselves.

At the same time, we need to acknowledge the anatomical changes that are occurring within the brain. With the invention of functional MRI scans, scientists can now peek inside this "black box" throughout the lifespan.

HOW DO TEENAGERS' BRAINS CHANGE?

As we mature from children to adults, our brain undergoes massive changes. Here are some of the most important ones:

- The frontal cortex builds and then prunes networks throughout adolescence, which helps the brain become more effi-

cient. This allows for a huge expansion in skills.

- In the frontal and parietal lobes, the brain similarly reinforces the most important connections. This shows up in brain scans as a noticeable increase in "white matter".

- As these changes happen, some brain areas develop more quickly than others, which may affect behaviour. For example, areas associated with reward tend to develop faster than those linked to self-control, which may encourage impulsive decisions.

Early childhood, is, of course, the period of greatest change. In the first few months of life, the brain builds many connections between neurons, before pruning back the redundant neural pathways, which allows for more efficient networks. This innate "plasticity" means the young child's brain is particularly malleable, allowing them to go from a bawling baby to a walking, talking toddler.

In many areas of the brain – such as those involved in sensory processing – these networks tend to stabilise long before adolescence, which makes it harder to learn certain perceptual or motor skills, such as language or music, after the early "sensitive period".

The frontal cortex shows a different trajectory, however, and it continues to build and then prune networks throughout puberty and adolescence and into early adulthood. In the frontal and parietal lobes, the brain also reinforces the most important connections by adding a fatty insulating sheath – known as myelin – which improves the transmission of signals. In brain scans, this shows up as a noticeable increase in "white matter" over adolescence. These developing areas are important for a host of skills, including emotional regulation, maintaining attention, problem solving and abstract reasoning.

While teen brains may have already lost some of the malleability of early childhood, this continued development means that they are still very sensitive to intellectual stimulation with a huge capacity for learning. This allows them to build on the academic skills and knowledge that they had started to develop in childhood and develop

more sophisticated ways of experiencing the world.

Unfortunately, the neurological and psychological changes taking place may sometimes feel overwhelming, a fact that can go a long way to explaining some of the behaviours that cause so much disruption at school and at home.

Rebels with a cause

Consider teens' famous risk-taking, rule-breaking and general rebelliousness.

Brain imaging studies show that the regions of the brain associated with reward generally develop more quickly than those associated with inhibition and self-control. On average, they have greater activity in their dopamine signalling – a neurotransmitter associated with pleasure and curiosity – compared to both adults and younger children, with bigger spikes when they experience something that is novel or exciting. In this light, it's little wonder that teens are more likely to be tempt-



Teenagers often want warmth and approval, even as they strive for independence

ity – can even help to fuel technological, social and political change. "You have a new generation that's going to explore boundaries – you have a great deal of inventiveness and adventurousness and creativity," says Apter.

For parents and teachers who would prefer that the teens in their care spend more time studying, this may be frustrating. But when channelled towards meaningful causes, this fearless energy can

Coleman.

Teens are also experiencing increased activity in the medial prefrontal cortex, which is involved in processing and responding to other people. Research shows that activity in brain areas related to self-evaluation tends to peak during mid-adolescence, especially for information related to status. This ability to understand social interactions and networks is incredibly important in the formation of teens' friendships, but it may mean that they are especially sensitive to slights and signs of hostility, increasing their susceptibility to social anxiety.

When teens appear to be over-dramatic, they're simply learning to navigate the complexities of their emotional world

Parents of teens may be surprised at how long they can spend pondering their own feelings. This is partly because they haven't yet learnt how to interpret them and respond constructively. It's so much harder to process a disappointment over an exam result, say, if you've never faced a serious failure before.

When teens appear to be "over-dramatic", they're simply learning to navigate the complexities of their emotional world by themselves – skills that will be essential in later life.

Sleepy heads

Last, but not least, there's teens' famous lethargy. This is often mistaken for laziness or apathy, or

Continued on page 24



Adolescence can be difficult, but also, a time of creativity, joy and freedom

ed to try new experiences. One consequence may be impulsive and risky decision making, but this curiosity might bring advantages too: teens can test lots of different experiences which may be useful to guide their personal decisions as an adult. (Rushing into an unsuitable romance might help them to learn what kind of partner would suit them better, for example.)

Interestingly, data suggests that teens today may not be so easily tempted by the sex, drugs and rock 'n' roll of years before, but their generally more open-minded attitude will still be evident in many other areas of their lives, such as their fascination with new technology. Teens' dogged pursuit of their own interests – and their disregard for author-

help invigorate the rest of society, for example when it comes to tackling climate change or other global issues. Teenagers and young adults have even bravely fought dictatorships, while older generations acquiesced.

Mood swings

Teens' mood swings can be similarly explained by the interplay of physiological and psychological processes associated with maturation. For one thing, many teens have greater fluctuations in neurotransmitters and hormones such as serotonin, GABA and cortisol – all of which can modify their mood. "If you take serotonin, it's the 'feel-good hormone' – and when it's down you're going to get a very low mood," says



Teenagers are famous for their love of risk – but this can also make them open to positive new experiences

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Continued from page 26

a stubborn refusal to go to bed at a "reasonable time" (another example of their famous rebelliousness). In truth it is beyond their control; their body clocks are programmed in a way that is simply out of sync with adults' rhythms.

We feel sleepy when levels of melatonin rise in the brain at night – and, in the morning, we will wake up feeling alert once it has dropped below a certain level. For teens, melatonin simply rises and falls later in the day than adults – meaning that they will feel alert and active when their parents are ready to hit the hay, and tired and drowsy in the early morning, when their parents may have already been up for hours.

"Virtually no adults will have melatonin left in their brains at nine o'clock in the

morning," says Coleman, "but around half of teenagers do."

Tapping the brain's 'reward circuits'

All of these findings should be of serious interest for parents and teachers hoping to guide teens through life's challenges, including the demands of school – which plays such a central role in the adolescent years. These lessons may be particularly important now, as teens learn to adjust to their normal life after the stresses of the pandemic.

Consider discipline. It is natural to feel frustrated with teen rebelliousness – but their extreme emotional and social sensitivity means that they are unlikely to respond well to anger. "Even though it's very

tempting to shout, it's really counter-productive," says Apter. "They are so alert to the emotional message that they won't be able to hear any of the logic you're trying to impart."

For more effective discipline, Apter suggests asking the teen to make amends for their actions. If the teen has been neglecting their studies by partying too hard, parents might emphasise how they can earn their right to socialise by proving that their studies are now under control – rather than simply calling them lazy, or grounding them.

Given the increased dopamine activity in teens' reward circuits, praise and positive feedback should also help, especially if they are offered quickly. In many schools, students receive their grades weeks after

completing their tests or coursework – which, Coleman believes, reduces the excitement and satisfaction of a good result. "The faster you get feedback, the more impact it has," he says. Simply shortening that process, and offering more opportunities to praise students for their hard work, could therefore pay dividends, Coleman says.

Then there's the question of sleep. Ideally, schools would change their schedules so teens could start their lessons later, and they should avoid giving tests in the first half of the morning. "I feel very strongly that schools have to start thinking about this," says Coleman. At the very least, teachers and parents should give teens some slack when they seem drowsy in the morning. They are experienc-

ing something akin to jet-lag – and the last thing they need is more stress to add to their burden.

When it comes to the act of studying itself, Coleman believes that many students could benefit from better knowledge of successful learning techniques.

Rather than simply passively re-reading passages before an exam, attempts to actively re-generate the material from memory – by, say, summarising what they have just learnt or trying to answer fresh questions on the topic – tend to be more successful. This kind of meaningful engagement would make the most of teens' brains' malleability, and their capacity to soak up facts and process complex information – as long as they find it interesting.

If you do nothing else,

simply expressing a genuine interest in what teens are feeling, and helping them to understand the reasons for the challenges they are facing, may itself pay huge dividends.

When discussing her work with teens, Apter has had many positive encounters. She notes that teens are often particularly receptive to the idea that the changes in their brains can be shaped by their actions. The truth is that the more they practice skills like self-control and the regulation of their emotions, the better they will become – a fact that is empowering.

With the right support, that mental explosion may feel less like a shocking jolt, and more like a burst of fireworks: dramatic, yes, but also creative, awe-inspiring and beautiful.



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TENERIFE PROPERTY SNAPSHOT

South Tenerife Property Prices: What the Numbers Say Right Now

Asking prices across the south of Tenerife have continued to climb. Year on year, every area we track has seen increases somewhere between 5% and 8.6%. That's a consistent upward trend, and it's showing no signs of reversing.

Month on month, things are a little more nuanced. Arona saw a small dip of 1.4% in April, while Costa Adeje nudged up 0.7%. The rest held pretty much flat. Nothing dramatic either way.

What's actually for

sale right now

At the time of this snapshot, there were 9,340 properties listed for sale across Tenerife. Here's how the key areas break down:

Arona had 1,812 properties on the market, with an average asking price of €4,311 per square metre. Within that, Los Cristianos alone accounted for 585 of those listings at just over €5,000 per square metre.

Adeje had 2,244 properties for sale at an average of €5,115 per square metre. The Las Américas side of Adeje was notably higher, with 263 properties averaging €6,538 per square

metre. That's a significant premium, and it reflects what buyers are willing to pay for that particular stretch of coastline.

Costa Adeje as a whole showed 1,376 properties with an average asking price of €5,654 per square metre.

A quick note on asking prices

These are asking prices, not sales prices. There's always a gap between the two, and in some parts of the market that gap is wider than others. What these figures do tell you is the general direction of travel and how different areas stack up against each

other.

The spread between Arona and the higher-end parts of Adeje is significant. If you're buying purely on budget, Arona still offers more for your money. If you're buying with an eye on resale or rental yield in a premium location, Adeje commands the numbers to match.

Simon

The TPG would like to warmly welcome the first of a new monthly Feature from The T. P. Group - Tenerife Property Snapshot. The 'Snapshot' is not NEW, as such, as its Editor, Simon Sutton George, an old friend of The TPG, has been refining and publishing his monthly missive for many years and we have just persuaded him to share it with our readers. So, here it is! Enjoy!

MONTH on MONTH CHANGE € per M2 TENERIFE

AREA	Mar 2026	Apr 2026	% Change
Arona - Area	3.878€	3.825€	-1.4%
Los Cristianos	4.480€	4.483€	+0.1%
Adeje - Area	4.603€	4.610€	+0.2%
Costa Adeje	5.229€	5.265€	+0.7%



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Market Snapshot April 2026 ADEJE - AREA

Nº of Properties for Sale in TENERIFE	9,340
Nº of Properties for Sale in ADEJE	2,244
Average Asking Price Per M2 ADEJE	5,115€

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Market Snapshot April 2026 COSTA ADEJE

Nº of Properties for Sale in ADEJE	2,244
Nº of Properties for Sale in COSTA ADEJE	1,376
Average Asking Price Per M2 COSTA ADEJE	5,654€

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YEAR on YEAR CHANGE € per M2 TENERIFE

AREA	Apr 2025	Apr 2026	% Change
Arona - Area	3.640€	3.825€	+5.1%
Los Cristianos	4.129€	4.483€	+8.6%
Adeje - Area	4.308€	4.610€	+7.0%
Costa Adeje	4.960€	5.265€	+6.2%



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Market Snapshot April 2026 LAS AMÉRICAS

Nº of Properties for Sale in ADEJE	2,244
Nº of Properties for Sale in LAS AMÉRICAS	263
Average Asking Price Per M2 LAS AMÉRICAS	6.538€

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Market Snapshot April 2026 LOS CRISTIANOS

Nº of Properties for Sale in ARONA	1,812
Nº of Properties for Sale in LOS CRISTIANOS	585
Average Asking Price Per M2 LOS CRISTIANOS	5,022€

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Market Snapshot April 2026 ARONA - AREA

Nº of Properties for Sale in TENERIFE	9,340
Nº of Properties for Sale in ARONA	1,812
Average Asking Price Per M2 ARONA	4.311€

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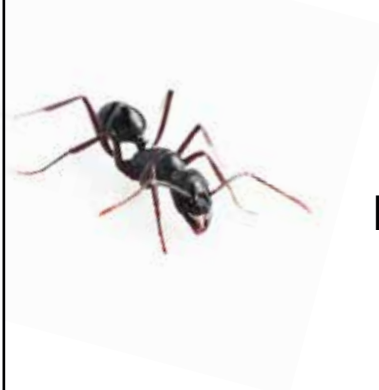
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Palm Mar, Bar/Restaurant

€700,000

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with potential for a number of pro... For full information see website or contact:

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

Tenerife South, Manufacturing business

€390,000

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

Ref: 2410 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Pizzeria

€380,000

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

Ref: 2576 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Sports Bar

€350,000

FRINA Tenerife offers for sale this Freehold Sports Bar in Puerto Colon. It is in a famous commercial centre visited by a lot of tourists and many locals. It's live Entertainment and great atmosphere attract people of different nationalities and ages to come and enjoy a fun night of Karaoke, live music, Sports and tasty food. This place always has some... For full information see website or contact:

Ref: 2591 | FRINA Tenerife SL - Business Sales | 922 085 191

€349,999 - €250,000

Golf del Sur, Investment Property

€329,175

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

San Eugenio Bajo, Bar/Cafe

€325,000

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

Los Cristianos, Freehold Pub

€320,000

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

Ref: 2422 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Olivos, Empty Local

€280,000

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

Playa San Juan, Restaurant

€250,000

This modern Restaurant for Sale in Playa San Juan is located centrally on the main street. It is known for its international menu offering brunch, burgers, and Spanish specialties. This business has fast become one of the most visited restaurants in

the area and the guests just keep coming back to enjoy the menu, lovely style, and amazing atmosphere. ... For full information see website or contact:

Ref: 2504 | FRINA Tenerife SL - Business Sales | 922 085 191

San Eugenio Bajo, Bar/Cafe

€250,000

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

Ref: 2505 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Excursion Business

€250,000

FRINA Tenerife is excited to offer this Unique Diving Business for Sale in Puerto Colon. If you dream about a great water sport business on the island of external spring, you cannot miss this! It has been established for many years and has no direct competition. The diving experience is offered on underwater scooters making it possible for everyone to par... For full information see website or contact:

Ref: 2409 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Restaurant

€250,000

FRINA Tenerife offers for sale this Large Front-Line Restaurant in Las Americas facing the beach promenade which is always busy and offers a lovely view. Moreover, the restaurant is located on a corner, so you have even more people passing and a large terrace! If you are looking for that amazing location to open a large restaurant or lounge bar you... For full information see website or contact: **Ref: 2459 | FRINA Tenerife SL - Business Sales | 922 085 191**

€249,999 - €150,000

Costa del Silencio, Bar/Cafe

€230,000

FRINA Tenerife is now offering this Belgian Bar/cafe for sale. Located in the Tenbel commercial centre. Tenbel is a well-known centre and attracts both tourists and residents. This bar is well-known with the Belgian residents on the island. also, this bar offers a wide range of Belgian beers. The premises are 100m2 of interior space with a 15m2 kitc... For full information see website or contact:

Ref: 2538 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Commercial Property

€220,000

FRINA Tenerife is now offering this investment property for sale, in Golf del Sur. This property has an established business and good tenants The premises of this freehold is a 66m2 interior and a terrace of 40 m2. If you wish to know more about this commercial property investment contact FRINA Tenerife. Para información en español llámenos: +34 ... For full information see website or contact: **Ref: 2523 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Gigantes, Freehold Property

€219,000

Clear Blue Skies Group SL are delighted to offer this freehold business premises to the open market, located in Los Gigantes on the sunny west coast of Tenerife. Los Gigantes is the biggest resort town on the west coast of Tenerife, situated just along the coast from the delightful towns of Puerto

Santiago and Playa de la Arena. Los Gigantes is named aft... For full information see website or contact: **Ref: 8344 | Clear Blue Skies SL | 922 714 772**

Torviscas Bajo, Bar/Cafe

€210,000

FRINA Tenerife this Busy Cocktail Bar For Sale in Torviscas Bajo, which is known as one of the best cocktail bars in the area and has excellent reviews on TripAdvisor, Facebook and other social media. It has been established for years and you will take over a genuinely successful business. Moreover, the owner only works limited hours hence, this is a g... For full information see website or contact: **Ref: 2567 | FRINA Tenerife SL - Business Sales | 922 085 191**

La Caleta, Italian Restaurant

€190,000

A new business for sale is this Italian Food & Wine Restaurant in La Caleta. The business is known for a delicious Italian menu with pizzas, fresh shellfish, homemade desserts, and quality wines. This cozy restaurant is a must-see if you are looking for a wine-bar and restaurant with an ambitious menu. The premises are spacious 150 m2 with a large a... For full information see website or contact:

Ref: 2403 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Restaurant

€190,000

FRINA Tenerife now offers this Famous and Successful Asian Restaurant for Sale. This restaurant is located centrally in Los Cristianos and is very busy. An amazing reputation secures many guests every day and evening both new and returning. If you are looking for a successful business with a good and steady income you cannot miss this! The premises ... For full information see website or contact: **Ref: 2542 | FRINA Tenerife SL - Business Sales | 922 085 191**

San Eugenio Alto, Pool Bar

€175,000

FRINA Tenerife presents this new Freehold opportunity Poolbar in San Eugenio Alto. A perfect located Freehold Poolbar inside a complex which is approximately a twenty minutes driving from Reina Sofia airport in the south. Almost opposite the resort there is Aqualand, a water park more suited to younger family members. The Freehold Poolbar is nearby att... For full information see website or contact: **Ref: 2603 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Cristianos, Bar/Cafe

€170,000

FRINA Tenerife now offers this Sea View Bar for sale in Los Cristianos, it is a unique and perfect option for the demanding buyer! You find this Sea View Bar in San Telmo which is busy all year and both days and nights. The current owner has designed the Sea View Bar and decorated it to perfection. Furthermore, the bar overlooks the large a busy Playa ... For full information see website or contact: **Ref: 2584 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Cristianos, Bar/Cafe

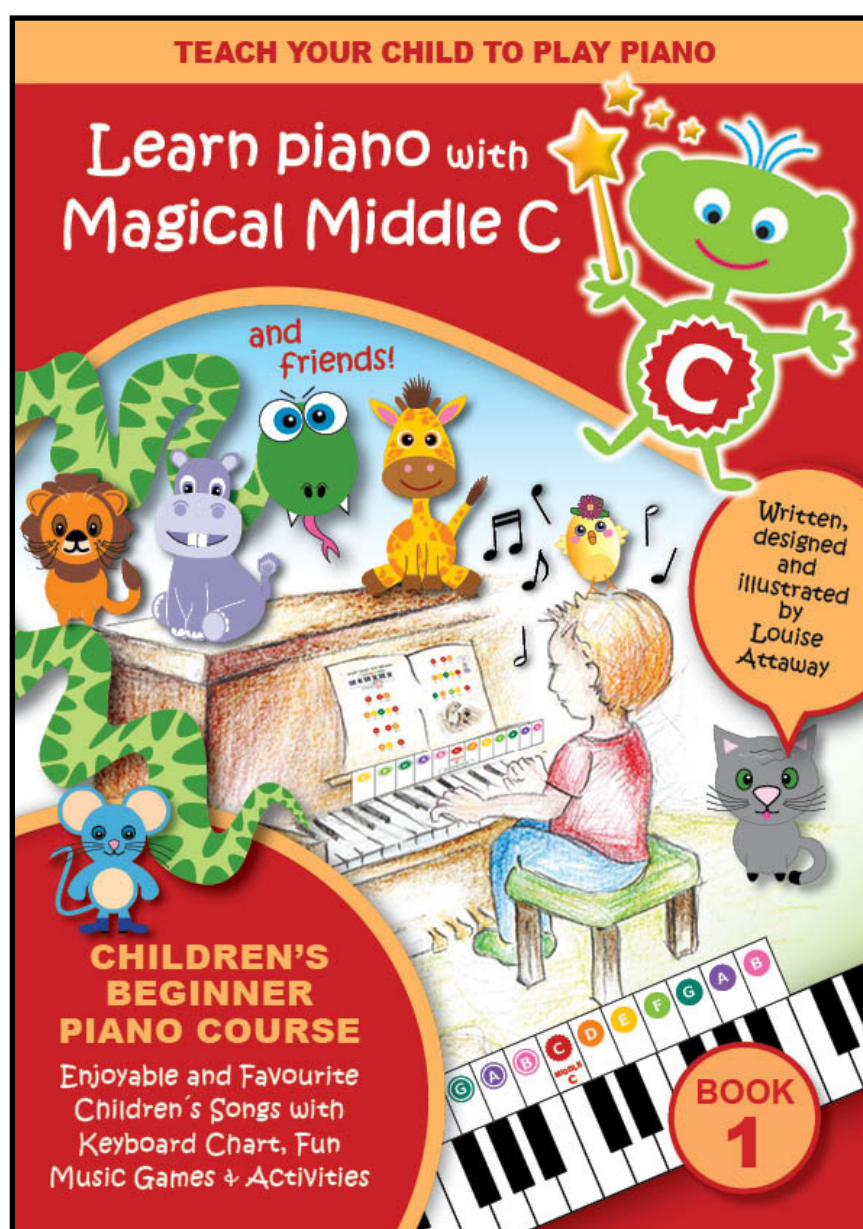
€169,000

FRINA Tenerife now offers this Well-Known British bar Los Cristianos. It is known for its high-quality food and entertainment. The bar is located in a busy area that attracts many tourists and residents. This bar has been for almost 10 years and has a great reputation and a high income. So if you are looking for a bar in Los Cristianos you can't miss this... For full information see website or contact:

Ref: 2550 | FRINA Tenerife SL - Business Sales | 922 085 191

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COMMERCIALS: www.tenerifebusinessforsale.com

Bakery & Cafe in Las Americas



NEW
Bakery & café in a prime location with exceptional year-round foot traffic. Fully equipped business with 130 m² premises, large kitchen, storage, and terrace serving quality coffee, pastries, and sandwiches. **Monthly rent: 12,000€**

Ref.: 2979 Price: 250,000€

Charming B&B for Sale



REDUCED
A beautiful 2-storey property that offers 440 m² of interior space and 600 m² outdoors, featuring a 53 m² swimming pool and a charming garden, 11 guest rooms, common areas, and a private owner's apartment. **Monthly rent: 2,575€**

Ref.: 2969 Price: 195,000€

Established Scooter Rental



NEW
Scooter & mobility rental business for sale in a busy Los Cristianos commercial centre with strong year-round tourist demand. Including sales booth, parking, and fleet of mobility scooters and motor scooters. **Monthly rent: 950€**

Ref.: 2985 Price: 80,000€

Jetski Excursion for Sale



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

Ref.: 2945 Price: 85,000€

Take Away Bar in El Medano



REDUCED
25 m² interior take-away unit with additional front waiting area, centrally located centrally in El Médano, fully refurbished end of 2025 and sold fully equipped as a salad bar with valid license. **Monthly rent: 850€**

Ref.: 2977 Price: 25,000€

Bar-Cafe in Puerto Colon



Popular bar-café for sale in Puerto Colón with stunning harbour sunsets, spacious 55-seat terrace, and loyal international clientele. Fully equipped with kitchen, toilets and a newly refurbished bar. **Monthly rent: 1,620€**

Ref.: 2904 Price: 60,000€

Large Cafe-Bar In Los Cristianos



Turnkey bar/café for sale in prime Los Cristianos location, fully refurbished with strong daily trade, 140m² including terrace, and an apartment area in the premises. Note: details shared only with qualified buyers. **Monthly rent only: 3,500€**

Ref.: 2975 Price: 320,000€

Large Diving Company



NEW
Exclusive fashion boutique in the prestigious El Duque area, located in a shopping centre with strong year-round foot traffic. Stylish 50 m² boutique with premium fashion brands. Stock worth approx. €60,000.. **Monthly rent: 6,300€**

Ref.: 2978 Price: 110,000€

Well Established Bakery



Established bakery café for sale in Costa del Silencio, combining bakery, café, and specialty retail with loyal clientele and easy daytime operation. Over 100 m² including a spacious terrace. **Monthly rent: 1,000€**

Ref.: 2976 Price: 250,000€

Commercial in Las Americas



REDUCED
Excellent opportunity to rent a 104 m² commercial unit with a 25 m² private terrace in Las Américas, located in a busy central area surrounded by hotels, nightlife, and tourist activity. Needs refurbishment. **Monthly rent only: 1,200€**

Ref.: 2974 Price: 2,000€

Business Package in Las Americas



NEW
Unique opportunity to acquire a package of three profitable businesses. No 1: Excursion Sales Point. No 2: Excursion & Currency Exchange Office. No 3: Excursion, Currency Exchange & Lottery Business. **Monthly rent: 4,530€**

Ref.: 2981 Price: 325,000€

Excursion Sales Kiosk



NEW
Established excursion sales kiosk for sale in a prime Las Américas location. Easy-to-run turnkey business with low overheads, renewable lease, existing staff structure, and excellent growth potential. **Monthly rent: 1,030€**

Ref.: 2982 Price: 45,000€

PROPERTIES: www.tenerife-property.com

1-bedroom in Torviscas Bajo



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

Ref.: D1399 Price: 235,000€

Undeveloped urban land



Undeveloped urban land at Barranco de las Torres, Adeje Golf with a total area of 8,560 m², ideal for a residential development of up to two stories or a hotel. A recent urban planning report on the plot is available.

Ref.: D1388 Price: 8,700,000€

Rustic Land in Arona



NEW
large rustic land plot of 14,684 m² in the highly sought-after area of Los Migueles, in the municipality of Arona. The land is situated in a privileged rural setting with easy access to the TF-1 motorway. combining tranquility, accessibility,

Ref.: D1416 Price: 235,000€

1-bedrooms in Parque Albatros



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

Ref.: D1396 Price: 270,000€

Modern 2-bedroom House



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

Ref.: D1380 Price: 320,000€

Plot of Land in Adeje



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

Ref.: D1387 Price: 260,000€

Modern 2-bedroom House



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

Ref.: D1395 Price: 430,000€

Large Finca in El Tanque



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

Ref.: D1397 Price: 650,000€

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

we are here too

