

The Tenerife Property & Business Guide



FREE / GRATIS | March 2021
Every Month | Issue 197

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VYM Canarias
REAL ESTATE

VYM Canarias have opened a brand new Office in exclusive Plaza del Duque (see Page 2 overleaf). Visitors are welcome in this, and any of their other Offices (Golf del Sur, Callao Salvaje, Playa Paraiso, and Las Americas, where staff members will be delighted to show/discuss their range of beautiful properties for sale (see selection on Page 3)

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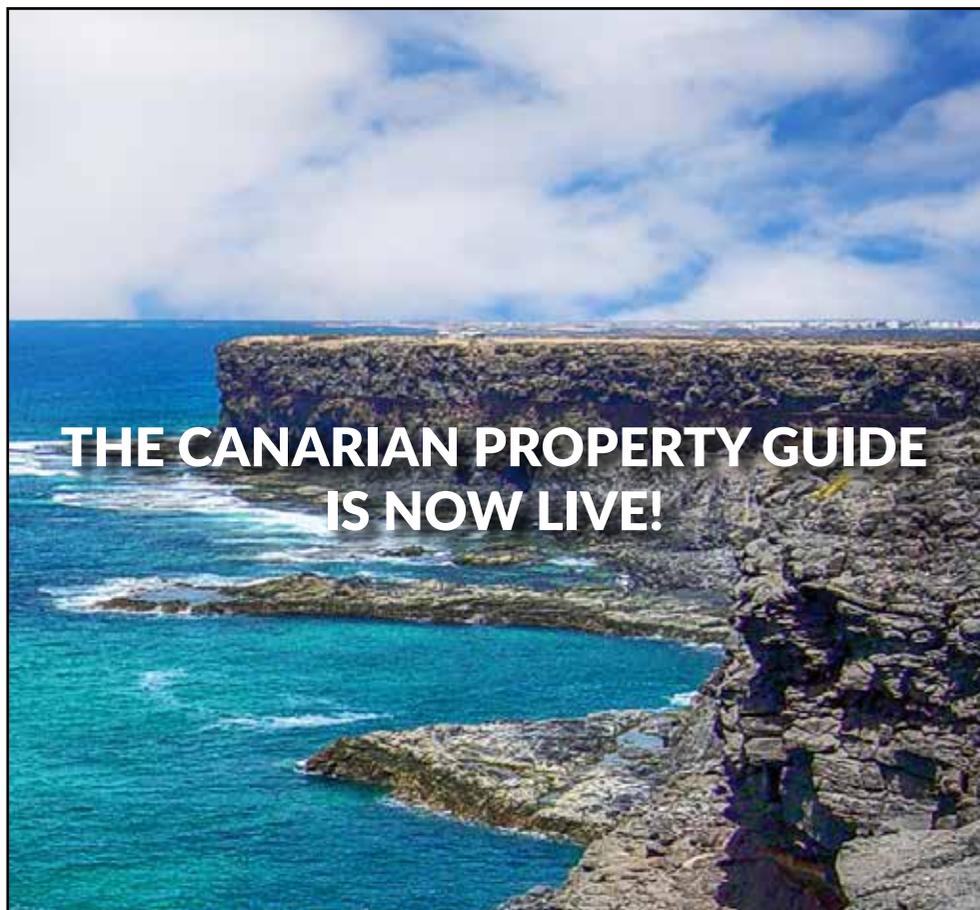
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Plaza del Duque, El Duque



VYM CANARIAS – March 21

Luxury Villa in Golf del Sur



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

€3,675,000

Ref: VS7115D

Callao Salvaje, Villa



The house on one level, very comfortable and spacious, has 3 bedrooms, 2 bathrooms, American kitchen. Private open parking. Plot of almost 300m2 and a living area of 100m2.

€950,000

Ref: VS7435D

Los Cristianos, Portonovo



Townhouse in the new complex with 3 bedrooms, 3 bathrooms, separate kitchen and living room, garage and 3 terraces. Pool in the complex.

€510,000

Ref: VS7371DE

Las Americas, Parque Santiago II



Frontal view to the ocean. The apartment has a 7m2 terrace, 2 bathrooms, open-plan kitchen with living room and 2 double bedrooms.

€365,000

Ref: VS7411D

Las Americas, Paraiso del Sol



Bungalow with 2 bedrooms 2 bathrooms, a large living room with open kitchen. There is a large terrace with the garden. Completely reformed. Pool in the complex.

€430,000

Ref: VS7372DE

Los Cristianos, Kanal

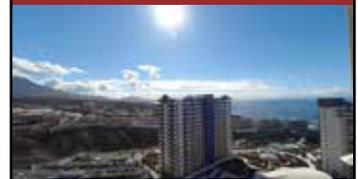


The property has a large terrace of approx. 61m2. It is located on the ground floor overlooking the mountains. There is 1 bedroom, living room, kitchen, bathroom and a terrace.

€175,000

Ref: VS7414D

Club Paraiso, Playa Paraiso



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

€138,000

Ref: VS7319D

Palm Mar, Cape Salema



The apartment of 53 m2, distributed in a living room with an equipped open kitchen, a living room with access to a 7 m2 balcony, a bathroom with a shower, 1 bright bedroom with a window and a built-in wardrobe.

€175,000

Ref: VS7540D

Las Americas, Bungamerica



The apartment is located on the first floor. It consists of a large bedroom, separate kitchen, bathroom, bright living room with an access to a cozy terrace. Pool in the complex.

€195,000

Ref: VS7382DN

Torviscas Bajo, Mareverde



Reformed apartment with mountain views consists of one double bedroom, a bathroom, an American-style kitchen with a living room and a terrace. Complex with swimming pool.

€157,500

Ref: VS7370D

Esmeralda, Callao Salvaje



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

€150,000

Ref: VS7285DE

Valdisole, Callao Salvaje



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

€220,000

Ref: VS7236D

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



Tel: 922 787 210 / 635 881 888

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

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

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

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

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

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Security

OUR OFFICE LOCATIONS:

CC San Blas - Golf del Sur

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CC Puerto Colon - Playa de Las Américas



REDUCED!!!

1 BED APARTMENT - AMARILLA GOLF

GOLFERS DREAM!

This one bedroom first floor apartment has been refurbished with a new kitchen and bathroom. The complex boasts the largest of the three pools available on Pebble Beach with a pool bar offering refreshments and light snacks. The marina is just a short walk away where you will also find a good selection of ocean side restaurants. With just a short walk to the club house, a golfers dream. *Previously €130,000*

Ref: AMG00555

Price: €123,000 (approx. £107,000)



NEW!
EXCLUSIVE

1 BED APARTMENT - GOLF DEL SUR

IDEAL HOLIDAY HOME!

This property is a spacious one bedroom apartment, comprising of a modern bathroom, lounge, open plan fully fitted kitchen and dining area. Located on a well maintained front line complex, the property enjoys views from the large terrace to the ocean and the marina. You will find water front restaurants just a few short steps from your apartment. An ideal holiday getaway, winter retreat or permanent home.

Ref: GOLF01645

Price: €129,000 (approx. £112,000)



REDUCED!!!

1 BED PENTHOUSE - GOLF DEL SUR

OCEAN VIEWS!

This excellent, top floor apartment is located in a popular development. Wake up to amazing sunrises and take in the views of the Ocean, Golf Course and to the mountains beyond. Spacious, light and bright with fitted kitchen and bathroom, double bedroom with fitted wardrobes, and a good size lounge and dining area leading to a terrace balcony. Furnished and with parking space included. *Previously €138,000*

Ref: GOLF01635

Price: €134,950 (approx. £117,500)



NEW!

3 BED LINKED HOUSE - GOLF DEL SUR

SPACIOUS FAMILY ROOM!

A great opportunity to purchase a spacious home, with room for all the family. This three bedroom property is in a well maintained development, featuring several communal pools. The property is set over two levels; on the lower level, you will find a bedroom, shower room, handy storeroom/games room/office. There is also a fully equipped kitchen, lounge and dining area and a sunny South facing terrace.

Ref: GOLF01649

Price: €225,000 (approx. £195,500)



EXCLUSIVE

2 BED DUPLEX - TORVICAS BAJO

RARE OPPORTUNITY!

A very rare opportunity to purchase an outstanding two bedroom duplex apartment just 150m from the beaches of Torviscas and Fañabe, with underground parking. Based on a well established development with two pools (one heated) and within walking distance of all local amenities. Perfect as a holiday home in a great convenient location. Properties like these rarely come for sale so don't hesitate to view!

Ref: LA01848

Price: €315,000 (approx. £274,000)



NEW!

3 BED LINKED HOUSE - GOLF DEL SUR

BLANK CANVAS!

This three bedroom bungalow style property comes unfurnished, creating a blank canvas to make your ideal home. Inside offers a spacious split level lounge and dining area, with open plan modern kitchen with plenty of natural light. Both the master suite, and guest bedroom, are spacious and light. The master bedroom is ensuite with a walk in shower (adapted for disabled access).

Ref: GOLF01646

Price: €320,000 (approx. £278,500)



EXCLUSIVE

5 BED VILLA - CALLAO SALVAJE

STUNNING VILLA!

An impressive detached villa with private heated pool and pretty garden located in a quiet area of Callao Salvaje on the West coast of the island which enjoys an excellent microclimate and is within easy reach of Costa Adeje. Relax by the pool and in the private garden, enjoy the spacious lounge and modern kitchen and take in the views from the panoramic roof terrace with 360 degree views.

Ref: CS00163

Price: €995,000 (approx. £865,000)



NEW!

2 BED DUPLEX - LA CALETA

MAGNIFICENT VIEWS!

This top floor duplex apartment enjoys magnificent views of the mountains, La Caleta and the sea. With an excellent 100m² and 46m² of exterior terraces. This apartment has two bedrooms, two bathrooms, a guest toilet as well as a huge living room with open kitchen and a fantastic electric sliding roof giving access to the private roof area. This apartment comes with a private parking space.

Ref: LA01888

Price: €1,095,000 (approx. £952,000)



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2 BED APARTMENT - GOLF DEL SUR



A great opportunity to purchase a two bedroom, one bathroom apartment on a popular, established development in the heart of Golf Del Sur. The apartment occupies a top floor, corner position of a two-storey building and faces south towards the sea and thus guarantees a sunny aspect, all the year round. The property is sold furnished and we would recommend you take a look before it is too late.

Ref: GOLF01648

Price: €179,000 (approx. £155,500)

3 BEDROOM PENTHOUSE - LOS CRISTIANOS



Looking for a property that is ready to move in to? Then look no further than this immaculate, top floor two bedroom, two bathroom apartment. Refurbished throughout, new kitchen with marble worktops, new floors, new double glazed windows and doors. Tastefully furnished. The apartment has comfortable living areas and plenty of outdoor space offering 360° views. Close to all amenities.

Ref: LC00596

Price: €350,000 (approx. £304,500)



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GOLF DEL SUR, FAIRWAYS CLUB



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

Ref: S-01 1405

€125,000

AMARILLA GOLF, AUGUSTA PARK



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

Ref: S-01 1426

€120,000

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



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

Fañabé



Recently painted and refurbished 1 bed, 1 bath ground floor apartment on complex with pool. The property is wheelchair friendly, has a fully equipped kitchen and lovely 30sqm terrace. Located 15 minutes' walk from the beach.

€135,000

Ref: F521-OD145

El Fraile



1 bed, 1 bath apartment located on the outskirts of El Fraile, just 5 minutes' walk from Las Galletas beach. The property has a refurbished open plan kitchen, living/dining area, and enjoys sea views from the main window. Good rental potential, no community fees.

€59,000

Ref: EF55-VTB71

Cabo Blanco



Spacious, fully furnished 4 bed, 2 bath first-floor apartment with private entrance. Located in the old town of Cabo Blanco, this is a fantastic stepping stone onto the property ladder, especially for families.

€130,000

Ref: CB521-SM130

Palm Mar



Spacious 3 bed, 2 bath detached villa with heated private pool and lots of outdoor living space, including a large and sunny roof terrace. The property has a spacious living room, independent kitchen with dining area, and is close to amenities and just 100 metres from the beach.

€380,000

Ref: PM863-CC380

Canarian house, Aldea Blanca



Stunning 5 bed, 2 bath "Canarian style" house in quiet location. This turnkey property was purchased a few years ago by the current owners, who have since refurbished and extended it to another level. The layout consists of a quirky and distinctive design, separate kitchen, dining room, and roof terrace.

€248,000

Ref: AN042-LL248

Las Rosas



2 bed, 2 bath apartment with balcony, parking space and roof storage included in the price. The property is located in a quiet building with lift access and is close to amenities. Las Galletas is a 10 minute walk away.

€126,000

Ref: LR021-CA126

RESIDENTIAL PROPERTY SALES

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El Duque, Villa

€3,900,000

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

Golf Costa Adeje, Villa

€2,300,000

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

La Caleta, Penthouse

€995,000

2 bed · This fantastic penthouse of 104m² is located in OASIS LA CALETA. It offers a very spacious terrace (267m²) with an amazing, panoramic ocean view! This beautiful property counts with 2 well-sized bedrooms, 2 bathrooms (one is en suite), a fully equipped semi-separate kitchen and a large, luminous living/dining room. From the whole apartment you can enjoy t... For full information see website or contact: **Ref: 76-1120 | Tenerifehome.com | 922 783066**

La Caleta, Apartment

€875,000

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

El Duque, Villa

€860,000

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

Golf Costa Adeje, Linked House
€755,000

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

El Duque, Apartment

€679,000

2 bed · Two bedroom apartment

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

Golf Costa Adeje, Bungalow

€650,000

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

La Caleta, Villa

€640,000

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

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

Canarias | 922 787 210

La Caleta, Villa

€620,000

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

Golf Costa Adeje, Bungalow

€620,000

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

El Duque, Apartment

€450,000

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

Armenime, Townhouse

€430,000

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

full information see website or contact:

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

El Galeon, Apartment

€415,000

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

Playa Fanabe, Townhouse

€399,000

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

€349,999 - €250,000

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Playa Fanabe, Townhouse

€345,000

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

El Madronal, Apartment

€345,000

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

El Madronal, Duplex

€299,999

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

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

La Caleta, Apartment

€299,000

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

Playa Fanabe, Apartment

€280,000

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

Playa Fanabe, Apartment

€278,000

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

The complex offers a swimming pool, sauna and gym.

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

El Madronal, Bungalow

€262,500

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

Playa Fanabe, Apartment

€260,000

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

Los Olivios, Townhouse

€255,000

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

La Caleta, Apartment

€250,000

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

€249,999 - €150,000

El Galeon, Apartment

€230,000

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

El Madronal, Apartment

€225,000

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



C.C. El Trebol, Local 37,
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Costa del Silencio, Balcon del Mar
Fully furnished 1 bed, 1 bath corner apartment in sought after sea front complex with lovely pool and sunbathing areas. The property has a lounge/dining area, 13.50sqm sunny terrace with nice views to Mount Teide. Easy street parking.
Ref: 94-0221 €139,900



Costa del Silencio, Eureka
Fully renovated and furnished 32sqm ground floor studio apartment in private location on popular, centrally-located complex with pool. Close to amenities and the nearby fishing village of Las Galletas. Community fees: € 75 per month.
Ref: 93-0221 €89,000



Costa del Silencio, Coral Mar
Part-renovated 2 bedroom, 1 bathroom penthouse apartment with balcony overlooking the pool on this popular complex with a nice variety of shops and bar/restaurants.
Ref: 92-0121 €125,000



Garañaña, Los Dragos
Lovely, fully furnished 1 bed, 1 bath ground floor apartment on complex with pool. The property has an east-facing balcony with a view of the park and the left of Mt Teide, open-plan kitchen and bathroom with walk-in shower. Com. fees: 45 €/month.
Ref: 88-0121 €119,900



Costa del Silencio, Tamahe
Beautiful 2 bed, 2 bath semi-detached house with lounge/dining area, 2 kitchens (1 with storeroom), a terrace (approx. 10sqm) off each bedroom and a garden/terrace with shed and plants. Extras incl. private garage and aircon. No Comm. Fees.
Ref: 86-1220 €295,000



Costa del Silencio, Balcon del Mar
Spacious (92sqm), 3 bed, 2 bath apartment with stunning sea views on sea-front complex with beautiful pool and sunbathing areas. The property has a lounge/dining area, 2 terraces (total 17+sqm), storeroom, and 2 private parking spaces. Close to all amenities.
Ref: 955-1213 €285,000



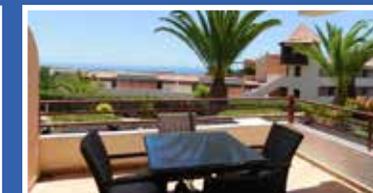
Costa del Silencio, Parque Don Jose
Completely renovated, fully furnished 2 bed, 1 bath ground floor apartment with beautiful 24+sqm south-east-facing sunny terrace on popular complex with beautiful pool area close to the sea front. The property has a lounge/diner and a lovely open plan kitchen.
Ref: 54-0320 €169,000



Costa del Silencio, Chasna C
Beautiful, refurbished and furnished, 1 bed, 1 bath 5th floor penthouse on well-maintained, sea front complex with lifts and heated pool, close to all amenities. The property has a lounge/diner and enjoys fantastic views over the Ocean and Yellow Mountain.
Ref: 51-0220 €134,000



Costa del Silencio, 2 bed duplex
Fully furnished, 42+sqm, 2 bed, 2 bath apartment with roof terrace on complex with beautiful pool area close to the sea front. The property has a lounge/dining area, sunny terrace with view of Mt Teide. Parking space incl. Comm. Fees €45/month.
Ref: 1499-0719 €175,000



Playa Fanabe, 2 bed apartment
Beautiful 2 bed, 1 bath apartment in well maintained and quiet complex with pool. The property (70sqm) has a lounge/diner, sep. kitchen, laundry room and a 10sqm south-west facing terrace with sea and pool views. Parking space and storeroom incl.
Ref: 1484-0519 €235,000

Apartment with large Terrace

NEW!



- Los Cristianos
- Built: 75 m2 / Terrace: 65 m2
- Bedroom: 1 / Bathroom: 1
- Ref: D1255
- Price: 284,500€

This magnificent apartment is located in the beautiful complex Parque Tropical. It has a nice living room with veranda, a neat kitchen and a large bedroom with built-in closets. And then it has a really big terrace where you can spend your days in the sun and enjoy the sea views. There is also a garage and storage.

Great House Close to the Sea

NEW!



- Costa del Silencio
- Built: 80 m2 / Terrace: 94 m2
- Bedroom: 2 / Bathroom: 1
- Ref: D1257
- Price: 284,500€

This spacious house in more plans offers a well-equipped kitchen and a living room from where you enter the large and lovely terrace. First floor has 2 large bedrooms with their own balcony and a bathroom. You also have a small toilet with sink and the washing machine. And a big garage.

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CC Puerto Colón, 1st Floor, local 213, 38660 Adeje

FRINA Tenerife S.L.
Business & Property Agency

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

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

Playa Fanabe, Apartment

€190,000

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

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

Fanabe, Apartment

€170,000

1 bed · 1 bedroom apartment in Fanabe Suites.

Ref: N1413 | Tenerife Properties | 630 372702

€149,999 - €100,000

El Galeon, Apartment

€130,000

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

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

Callao Salvaje

OVER €350,000

Abama Golf Resort, Villa

€1,395,000

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

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

Playa Paraiso, Villa

€1,349,000

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

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

Playa Paraiso, Villa

€1,200,000

4 bed · Luxury 4 bedroom, 4

bathroom detached villa in Playa Paraiso.

Ref: I1331 | Tenerife Properties | 630 372702

Abama Golf Resort, Apartment

€720,000

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

Ref: ROA2212 Sharon | 2nd Home Tenerife |

Callao Salvaje, Villa

€378,000

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

Ref: C6378V | Agata's Real Estate |

Playa Paraiso, Apartment

€367,500

3 bed · We offer for sale this spacious 100m² apartment in the complex Ocean Garden in Playa Paraiso. The property is in very good condition and newly renovated (2019). The apartment has 85m² and is located on the fifth floor. It comprises three double bedrooms, two bathrooms, an open American style kitchen and a living room with direct access to the balcony of 1... For full information see website or contact:

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

Callao Salvaje, Semi-Detached House

€350,000

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

Ref: I1332 | Tenerife Properties | 630 372702

€349,999 - €250,000

Playa Paraiso, Apartment

€320,000

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

Ref: VS7330D | Vym Canarias | 922 787 210

Callao Salvaje, Penthouse

€290,000

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

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

Callao Salvaje, Apartment

€264,000

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

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

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

Playa Paraiso, Apartment

€261,000

2 bed · We have an exclusive 60m² apartment for sale in the El Horno complex, Playa Paraiso. It is distributed in two bedrooms, a bathroom, a semi-independent kitchen and a terrace of 16 m² overlooking the sea and the pool. The complex has a communal pool (heated). It is sold furnished with parking space included. Community

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

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

Playa Paraiso, Penthouse

€185,000

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

Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeprimeproperty.com

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

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

€249,999 - €150,000

Callao Salvaje, Apartment

€235,000

2 bed · This apartment is located on the top floor and has a private terrace-solarium of 55m² surrounded by beautiful views of the ocean, the island of La Gomera, the Teide volcano and the mountains. The rest of the area is distributed as follows: In the lower part is the house, with a surface of 72m². It consists of a spacious living room with a sea view balcony... For full information see website or contact:

Ref: ROA2232 Sharon | 2nd Home Tenerife |

Playa San Juan, Apartment

€193,000

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

Ref: VS7288D | Vym Canarias | 922 787 210

Playa Paraiso, Apartment

€189,000

2 bed · Spacious apartment in a modern complex Paraiso 2. There are 2 large bedrooms, 2 complete bathrooms, one with the shower and another one with the bath, living area with open kitchen and a terrace of 11m² with sea and mountain views. The complex has 3 swimming pools, one of them heated. Situated in few steps from the sea and the tourist center of Playa Para... For full information see website or contact:

Ref: VS7256D | Vym Canarias | 922 787 210

Tijoco Bajo, Apartment

€189,000

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

website or contact:

Ref: VS7268D | Vym Canarias | 922 787 210

Playa Paraiso, Apartment

€164,500

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

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

Playa San Juan, Apartment

€153,000

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

Ref: VS7287D | Vym Canarias | 922 787 210

Callao Salvaje, Apartment

€150,000

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

Ref: VS7285DE | Vym Canarias | 922 787 210

€149,999 - €100,000

Playa Paraiso, Apartment

€139,900

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

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

Ref: VS7329D | Vym Canarias | 922 787 210

Playa Paraiso, Apartment

€138,000

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

Ref: VS7319D | Vym Canarias | 922 787 210

UNDER €50,000

Callao Salvaje, Townhouse

€800

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

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

Costa del Silencio

OVER €350,000

Las Rosas, Villa

€735,000

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

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

Palm Mar, Villa

€550,000

3 bed · Independen house of 120m² on the land plot of almost 300m². There are 3 bedrooms, 2 bathrooms, dressing room, a spacious living room, a kitchen and solarium. Situated in Palm Mar, one of the most popular quiet places in the south coast with good climate all the year round. 400 meters from the coast, local beach and restaurants.

Ref: VS7284 | Vym Canarias | 922 787 210

Palm Mar, Duplex

€550,000

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

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

Guargacho, Villa

€434,900

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

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

Palm Mar, Townhouse

€408,000

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

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

Palm Mar, Villa

€399,000

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

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

Palm Mar, Penthouse

€399,000

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

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

€349,999 - €250,000

Palm Mar, Apartment

€285,000

1 bed · Unique opportunity to acquire a 1-bedroom apartment on the second floor in Colinas de los Menceyes, project of affordable luxury apartments. The south orientation combined with the beautiful sea view and views on the nature reserve make this apartment quite unique. This apartment is very spacious; in total there are more than 67m². This area is divided ov... For full information see website or contact:

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

Palm Mar, Apartment

€275,000

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

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

Parque de la Reina, Semi-Detached House

€273,000

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



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March offers!

Santa María, Torviscas

Studio apartment, sold furnished.

€135,000 Ref: A448

Pueblo Torviscas, Torviscas

Studio apartment with sea views.

€185,000 Ref: A435

Club Atlantis, San Eugenio

Luxury studio converted to a 1 bed apt.

€265,000 Ref: A449

Balcon del Atlantico II, Torviscas Alto

1 bedroom, 1 bathroom apartment with sea views.

€175,000 Ref: N1419

Windsor Park, Torviscas Alto

1 bedroom, 1 bathroom apartment with sea views.

€158,000 Ref: N1359

Tegueste, Torviscas Bajo

NEW INSTRUCTION!

Fantastic opportunity to acquire this 3 bedroom, 3 bathroom townhouse in the well-established and beautifully maintained complex of Tegueste in Torviscas Bajo. This good-sized property is set back from the road with its own private entrance. The house is set out over 3 levels and is divided up into 3 double bedrooms, 3 bathrooms, a separate, fully fitted kitchen with utility, a large lounge / dining room and various terraces including one very large, south-west facing terrace leading out from the lounge, from which there is access via a gate to the interior of the complex and the pool area. The complex is situated in a very central location

€450,000 Ref: I1334

PROPERTIES ARE IN DEMAND! WE OFFER A FREE VALUATION!

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Jardin Botanico, Los Olivos

NEW INSTRUCTION!

Corner 4 bedroom, 2 bathroom townhouse situated in the residential urbanisation of Jardin Botanico in Los Olivos, Adeje. This good-sized family house is close to schools, shops and many restaurants, cafes and bars. Los Olivos is situated on the West side of Adeje town and has excellent connections to the South motorway to public transport, buses etc. Jardin Botanico is a complex of townhouses and apartments with a central communal area featuring interlinking swimming pools and a large sun terrace. This corner house has 4 bedrooms, 2 bathrooms, lounge, separate, fully fitted kitchen, garage, upstairs balcony, downstairs terrace and garden. The property is to be sold part furnished.

€255,000 Ref: I1335

Torres de Yomely, Playa de Las Americas

1 bedroom apartment with 2 terraces.

€199,000 Ref: N1422

Andalucia, Torviscas Alto

2 bedroom, 1 bathroom apartment with sea views.

€229,000 Ref: T1214

Jardin Tropical, San Eugenio

LUXURY

2 bedroom, 2 bathroom luxury apartment.

€830,000 Ref: T1157

Sueño Azul, Callao Salvaje

3 bedroom, 2 bathroom bungalow with garden.

€350,000 Ref: I1332

Detached villa, Roque del Conde

4 bedroom, 4 bathroom detached villa.

€995,000 Ref: I1310



Translators available for any other languages.



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 www.tenerifeproperties.net • lynne@tenerifeproperties.net



La Reina.

Ref: 30823 | Crown Property Services | 922 176 883

Palm Mar, Townhouse

€260,000

2 bed · We offer for sale a bright and spacious townhouse with ocean views in the complex "Paraiso del Palm Mar", Palm Mar. The apartment has two bedrooms with fitted wardrobes and access to a terrace of 31 m²; American-style kitchen with living room and 13 m² balcony, guest toilet and full bathroom with spa bath. There is also a parking space in the underground ... For full information see website or contact:

Ref: VS7286K | Vym Canarias | 922 787 210

Costa del Silencio, Townhouse

€260,000

3 bed · Townhouse located in Costa Del Silencio in the complex La Barraca. It's distributed in 3 levels and comprising 3 bedrooms with fitted wardrobes and the master bedroom has a private terrace, 3 bathroom, private ground floor terrace with the parking space, garden, lounge, independent kitchen. La Barraca complex is well maintained with garden areas and comm... For full information see website or contact:

Ref: VSVS7245D | Vym Canarias | 922 787 210

€249,999 - €150,000

Palm Mar, Apartment

€245,000

2 bed · Lovely 2 bedroom apartment on this attractive and well run complex in Palm Mar. The terrace is protected from any wind by a wall which and overlooks the nature reserve and has an electrically operated sunblind. The bathroom was refurbished recently. Fast internet connection is installed. The property is sold unfinished apart from that in the guest bedroom... For full information see website or contact:

Ref: PMSR0085 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Palm Mar, Apartment

€220,000

2 bed · Comfortable apartment with a large terrace. Direct ocean view. The building is located on the street that ends with a descent to the promenade and the beach. Heated rooftop pool overlooking the Atlantic. In the building, on the ground floor, a gym and restaurant. Vis a vis a small shopping arcade and coffee shops. In the immediate vicinity of apartment built... For full information see website or contact:

Ref: ZA6215A | Agata's Real Estate |

Costa del Silencio, Apartment

€218,400

2 bed · Costa del Silencio (Coast of Silence). The name reflects the atmosphere of the place wonderfully. Calmness and harmony. The ocean at your fingertips. Apartment complex on the first line from the ocean. Private exit to the seaside promenade. Residential buildings - no hotels and mass tourists in the whole area. All apartments in the vicinity merge into a u... For full information see website or contact:

Ref: ZA6218A | Agata's Real Estate |

Palm Mar, Penthouse

€199,000

1 bed · A modern well-presented top floor one-bedroom apartment perfectly located, near the coastline of sunny Palm-Mar, in the South of Tenerife. Situated in this gated residential community featuring a large swimming pool, children's pool and paddle courts all for the exclusive use of the owners of the community. The apartment is well presented and features... For full

information see website or contact:

Ref: 6021 | Tenerife Royale Estate Agents SL | 922 788305

Palm Mar, Apartment

€185,000

1 bed · Spacious one bedroom, one bathroom overlooking the pool on this well run complex in Palm Mar. Just a short stroll to the sea front and all of the amenities that this lovely coastal village has to offer. There is the advantage that the owners have secured a Vivienda Vacacional licence so the property is ready for seasonal lettings. Sold fully furnish... For full information see website or contact:

Ref: PMSR0078 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Las Rosas, Apartment

€178,000

3 bed · We offer for sale this apartment of 102m² on the second

BAY, 1st sea line! The total private exterior area is 32m² and the apartment has a built surface of 57,60m². In very good condition; facing East. The main bedroom is comfortable and with fitted wardrobes. The second bedroom is smaller and situated in the back part of the pr... For full information see website or contact:

Ref: 80-1220 | Tenerifehome.com | 922 783066

Las Rosas, Apartment

€155,000

2 bed · RD Property presents a 2 bedroom apartment for sale in Las Rosas. This property comprises of two bright bedrooms, one bathroom complete with bath, an independent kitchen, living-dining room and terrace. Included in the price there is a parking space and storage room. Situated in a very calm building with low community fees and very close to supermarkets, ...

family bathroom. Palm Mar is a 10 minute drive to Los Cristianos and has a good selection of bars, restaurants and supermarkets in the ... For full information see website or contact:

Ref: AP0552 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

Costa del Silencio, Apartment

€142,000

1 bed · We offer for sale this apartment of 52m² in the Balcon del Mar complex, Costa del Silencio. The apartment is distributed in one bedroom, one bathroom, an American kitchen, a living room and a terrace. There are views of the community swimming pool. The community fees are 72€ per month.

Ref: S1176 | FRINA Tenerife SL - Property Sales | 922 085 191

Garanana, Apartment

€140,000

2 bed · This two bedroom apartment, which is sold fully furnished, has one bathroom, open plan kitchen, living room and terrace with a pleasant outlook of mountain and the local park. Residencial Perlas del Caribe is a nice small complex with childrens playground and sports area within walking distance. It is ideal either for residents or perhaps someone looking t... For full information see website or contact:

Ref: 7480 | Clear Blue Skies SL | 922 714 772

Costa del Silencio, Apartment

€139,500

1 bed · A very nicely presented 1-bedroom apartment, situated in a vibrant development with great views over the lagoon like swimming pool. The complex boasts, lush tropical gardens, cascading waterfall, pool bar/restaurant, satellite TV, heated

For full information see website or contact:

Ref: LR741-AN155 | RD Properties | 922 732 862

Parque de la Reina, Apartment

€152,000

2 bed · Two bedroom apartment located on the first floor with garden views. Large living dining room with enclosed balcony for an additional sitting area, independent fitted kitchen and washing room, two double bedrooms the master with ensuite and further family bathroom, both bedrooms have fitted wardrobes. The property also comes with a parking space and large ... For full information see website or contact:

Ref: AP0521 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

€149,999 - €100,000

Palm Mar, Apartment

€149,995

1 bed · Spacious 1 Bedroom apartment with views over Palm Mar and the complex swimming pool. The property is immaculate and furnished to a good standard. There is the additional benefit of a private storeroom. The complex is situated in the heart of Palm Mar, close to all of the amenities on offer and just a short stroll to the seafont.

Ref: PMSR0075 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Studio 4 Decor

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IN LOS ABRIGOS

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pool, a children's park and is secure. The apartment occupies a 2nd floor position and is South facing and therefore of... For full information see website or contact:

Ref: GOLFO1638 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131

Costa del Silencio, Apartment

€139,000

1 bed · Apartment in Costa del Silencio, on the seafont, in the Rocas del Mar residence. If you want to live in the south of Tenerife, near the beach and the airport, this is the apartment you are looking for. Comfortable, cozy and central, this one bedroom apartment is ideal for holidays or for living. It consists of a bedroom, a kitchen, a living room, a bathr... For full information see website or contact:

Ref: CDS031-RDM139 | RD Properties | 922 732 862

Costa del Silencio, Apartment

€135,000

2 bed · Pleasant and perfectly maintained apartment located in the small-scale complex Guayota 1 in Garañaña, just opposite the new park and near the tennis club. View of the gardens from the 18m² large east facing terrace. The apartment has been refreshed and is sold furnished. It has 2 bedrooms and a bathroom with shower. Communal pool. The community fees are 1... For full information see website or

contact:

Ref: 82-1220 | Tenerifehome.com | 922 783066

Costa del Silencio, Apartment

€119,950

Belfin Property offers for sale this charming little apartment in Costa del Silencio. The apartment has been refurbished to have two sleeping areas, with the terrace been also closed in. Sold fully furnished and equipped. Lovely little holiday apartment! Centrally located closed to all amenities.

Ref: ST103-BP | Tenerife Belfin Properties | 692 146808

€99,999 - €50,000

Costa del Silencio, Studio

€95,000

1 bed · A well presented one bedroom apartment ready for living or perhaps a rental investment within a Residential Community convenient for all amenities including shopping, cafes, restaurants and the sea front. Comprising: lounge area, fitted kitchen and bathroom. The community features two communal swimming pool and communal gardens. Costa del Silencio was... For full information see website or contact:

Ref: 5550 | Tenerife Royale Estate Agents SL | 922 788305

Costa del Silencio, Apartment

€95,000

1 bed · Apartment in the Palia don Pedro complex, Costa del Silencio. It consists of a bedroom, kitchen, living room, bathroom and terrace overlooking the garden. The apartment is on the first floor and the complex is well maintained and has a pool.

Ref: S988 | FRINA Tenerife SL - Property Sales | 922 085 191

El Fraile, Apartment

floor of a well-maintained and calm building. The property consists of a lounge and American kitchen which is very bright due to the light streaming in from the terrace, there is a bathroom complete with a bath and a large bedroom featuring a double bed, a wardrobe and bedsid... For full information see website or contact:

Ref: EF25-CT68 | RD Properties | 922 732 862

Golf del Sur

OVER €350,000

Los Abrigos, Villa

€520,000

3 bed · The brand new development of San Blas Ocean View is located in an enviable position just few meters away from the ocean, close to the golf courses of Golf del Sur and Amarilla Golf, and within walking distance both of the commercial and tourist amenities of Golf del Sur and of the traditional Canarian fishing town of Los Abrigos which is famed for its gre... For full information see website or contact:

Ref: 7837 | Clear Blue Skies SL | 922 714 772

Los Abrigos, Townhouse

€520,000

SAN BLAS Ocean View- is a new development of 13 semi-detached houses with excellent finishes and a modern and neat aesthetic. SAN BLAS Ocean View is surrounded by nature such as the Montaña Roja Nature Reserve and the Environmental Reserve San Blas. Besides, all the necessary services for daily life are close by, such as parks, commercial, entertainment, ... For full information see website or contact:

Ref: 79-1120 | Tenerifehome.com | 922 783066

Amarilla Golf, Villa

€460,000

4 bed · Green South Villas 9 exclusive detached villas in Amarilla Golf on sale! Green South Villas residential project, comprising 9 exclusive detached villas in Amarilla Golf course in south Tenerife, is one of the most beautiful settings for playing golf on the shores of the Atlantic Ocean while enjoying breathtaking views of the Teide mountains. Situated just... For full information see website or contact:

Ref: C6395V | Agata's Real Estate |

Amarilla Golf, Villa

€450,000

4 bed · Green South Villas 9 exclusive detached villas in Amarilla Golf on sale! Green South Villas residential project, comprising 9 exclusive detached villas in Amarilla Golf course in south Tenerife, is one of the most beautiful settings for playing golf on the shores of the Atlantic Ocean while enjoying breathtaking views of the Teide mountains. Situated just... For full information see website or contact:

Ref: C6405V | Agata's Real Estate |

Amarilla Golf, Villa

€430,000

4 bed · For sale this spectacular, independent villa of 490m² in Amarilla Golf. The plot built is 350m² and divided into four bedrooms, one with en suite bathroom and dressing room, plus three bathrooms. There is an open kitchen, a dining room and a spacious living room. The villa has balconies with sea view and a large terrace with swimming pool and private gard... For full information see website or contact:

Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeproperty.com

floor in the complex Las Rosas, Las Rosas/Arona. The apartment consists of three bedrooms, two bathrooms (one en-suite), living room, a separate kitchen and two balconies of total 6m². It is sold fully furnished. There is a closed garage included of 12m². The community fee is 57€ per month.

Ref: D1209 | FRINA Tenerife SL - Property Sales | 922 085 191

Palm Mar, Duplex

€176,000

1 bed · We offer for sale an excellent penthouse apartment with a large solarium in the "Paraiso del Palm Mar" complex. The apartment has a double bedroom with fitted wardrobe, a bathroom, an open plan kitchen with a living room and a terrace from which a staircase leads to a roof solarium of 50.7 m². A beautiful view of the ocean opens up from here. Very well ma... For full information see website or contact:

Ref: VS7328D | Vym Canarias | 922 787 210

Costa del Silencio, Apartment

€169,000

2 bed · Lovely ground floor apartment in Garanana. This apartment has been recently renovated and comprises of two double bedrooms with fitted wardrobes, bathroom, open plan fully fitted kitchen, living room with dining area and two large terraces and a storage area. Easy access to the property, ideal for those with mobility issues. Located close to

Tel: 638 918 684

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- ✓ Bobath Method
- ✓ Perfetti Method

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- ✓ Dry Needling
- ✓ Neurodynamic Techniques
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Carretera General Guaza, No 9, GUAZA

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9am - 1pm, 3pm - 6pm

Costa del Sil... For full information see website or contact:

Ref: 6898 | Clear Blue Skies SL | 922 714 772

Costa del Silencio, Apartment

€169,000

2 bed · TOP LOCATION! This property is located on the ground floor in the complex AMARILLA

Palm Mar, Apartment

€145,000

1 bed · Fantastic one bedroom apartment in the area of El Palm Mar. This apartment consists of a spacious living room with American style kitchen and patio doors to the balcony. Good sized double bedroom with fitted wardrobes and



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 Email: info@tenerife-belfin-property.com

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PALM MAR, PARAISO DEL PALM MAR



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

€PRICE ON REQUEST TH204-AG

TORVISCAS BAJO, PARQUE ROYALE



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

€149,000 ST105-HP

PALM MAR, 3 BED VILLA



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

€550,000 V413-BP

LAGOS DE FAÑABE



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

€365,000 AP107-HP

SAN MIGUEL VILLAGE, BUILDING PLOT



REDUCED!

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

€69,000 L101-BP

FANABE, SOL SUN BEACH



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

€179,000 ST113-HP

SAN EUGENIO BAJO, LOS GERANIOS



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

€240,000 AP102-HP

GOLF DEL SUR, GREEN PARK



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

€95,000 ST111108-BP

LOS CRISTIANOS, MESETAS DEL MAR



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

€525,000 V419-BP

ADEJE, JARDIN BOTANICO



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

€294,000 TH304-HP

ROQUE DEL CONDE, 2 BED TOWNHOUSE



REDUCED!

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

€235,000 TH205-HP

LA MARETA (NEAR EL MEDANO), MARETASOL



REDUCED!

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

€299,000 TH305-AG

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

Amarilla Golf, Villa

€360,000

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

Ref: 2059 | Homes & Away | 922 737 044

Amarilla Golf, Townhouse

€350,000

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

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

€349,999 - €250,000

Amarilla Golf, Apartment

€319,000

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

Ref: 2095 | Homes & Away | 922 737 044

Amarilla Golf, Penthouse

€295,000

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

El Medano, Duplex

€265,000

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

Golf del Sur, Penthouse

€265,000

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

Amarilla Golf, Apartment

€265,000

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

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

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

Golf del Sur, Bungalow

€259,000

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

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

€249,999 - €150,000

La Tejita, Apartment

€235,000

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

Ref: C6235A | Agata's Real Estate |

La Tejita, Apartment

€230,000

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

Ref: C6230A | Agata's Real Estate |

Golf del Sur, Bungalow

€225,000

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

Ref: 2085 | Homes & Away | 922 737 044

Golf del Sur, Bungalow

€225,000

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

Llano del Camello, Townhouse

€215,000

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

Amarilla Golf, Apartment

€214,000

1 bed · Amarilla Golf Recidences

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

Sotavento, Apartment

€210,000

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

Ref: 2033 | Homes & Away | 922 737 044

Los Abrigos, Penthouse

€199,000

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

Ref: LA081-CLR199 | RD Properties | 922 732 862

Golf del Sur, Apartment

€169,950

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

Ref: 2126 | Homes & Away | 922 737 044

Amarilla Golf, Apartment

€165,000

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

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

Ref: VS7312D | Vym Canarias | 922 787 210

Las Chafiras, Duplex

€155,000

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

Ref: DUP0416 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

€149,999 - €100,000

Golf del Sur, Apartment

€149,000

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

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

Golf del Sur, Apartment

€149,000

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

Ref: 2070 | Homes & Away | 922 737 044

Amarilla Golf, Apartment

€143,000

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

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

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

Amarilla Golf, Apartment

€132,000

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

Ref: AP0562 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

Las Chafiras, Apartment

€129,750

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

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

Golf del Sur, Apartment

€129,500

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

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

Golf del Sur, Apartment

€126,000

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

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

Las Chafiras, Apartment

€125,950

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

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

Golf del Sur, Apartment

€115,000

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

Amarilla Golf, Apartment

€112,000

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

Ref: 566-A1 | Island Estates | 922 790 767

Golf del Sur, Apartment

€111,500

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

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

Golf del Sur, Apartment

€110,000

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

Ref: 1981 | Homes & Away | 922 737 044

Los Abrigos, Apartment

€110,000

2 bed · Lovely Unfurnished 2 bed 1 bath, very large 87M2 apartment 3rd floor, security cameras in complex on street parking, low community fees, a real bargain for a place in the Sun

Ref: LAP1677 | Los Abrigos Properties | 922 170021

€99,999 - €50,000

Los Abrigos, Apartment

€95,000

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

Ref: 2056 | Homes & Away | 922 737 044

Golf del Sur, Apartment

€89,000

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

Ref: 2123 | Homes & Away | 922 737 044

Las Americas

OVER €350,000

Roque del Conde, Villa

€1,950,000

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

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

Torviscas Alto, Villa

€1,550,000

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

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Email: carolhale.tpp@gmail.com

Web: www.tenerifeproperty.com

see website or contact:

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

Amarilla Golf, Duplex

€160,000

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

Ref: 572-A2 | Island Estates | 922 790 767

Golf del Sur, Apartment

€157,000

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

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

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

Llano del Camello, Apartment

€139,000

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

Ref: 2067 | Homes & Away | 922 737 044

Golf del Sur, Apartment

€136,000

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

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! NEW !

3 BED TOWNHOUSE - TORVISCAS BAJO



CENTRAL LOCATION



This charming property is located on a tranquil complex in the heart of Torviscas Bajo and is within an short stroll to beaches, restaurants, shops and Puerto Colon Marina. The property has two floors and a basement, consisting of hallway, split level lounge/dining room, independent kitchen, a total of 3 bathrooms/shower rooms with two double bedrooms and a further guest bedroom below.

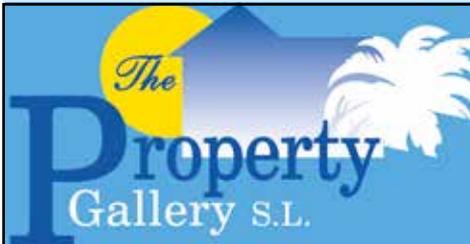
Ref: LA01889

Price: €450,000 (approx. £391,500)

info@tenerifepropertyshop.com



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ACOJEJA



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

Ref: D2000

€326,000

EL BERIL, COSTA ADEJE



REDUCED!

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

Ref: C2047

€550,000

MIRADOR DEL SUR, SAN EUGENIO ALTO



REDUCED!

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

Ref: D1970

€410,000

NEW DEVELOPMENT!

INSIGNE, ROKABELLA *** LUXURY VILLA ***



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

Ref: D1842

from €849,000

LAS AMERICAS, LAS PALMERAS



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

Ref: C1999

€700,000



**NEW CASHBACK
CAMPAIGN FOR
EXPATRIATE
CUSTOMERS!**

SAN EUGENIO ALTO



LUXURY VILLA

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

Ref: D1876

€1,950,000

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

San Eugenio Alto, Villa

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

Torviscas Alto, Villa

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

San Eugenio Bajo, Villa

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

San Eugenio Alto, Townhouse

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

San Eugenio Alto, Townhouse

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

Roque del Conde, Townhouse

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

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

Torviscas Bajo, Apartment

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

Puerto Colon, Bungalow

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

Tenerife Prime Property

Tel: 922 703 725 / 627 230 360
Email: carolhale.tpp@gmail.com
Web: www.tenerifeproperty.com

€349,999 - €250,000

Torviscas Bajo, Apartment

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

Torviscas Alto, Duplex

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

Las Americas, Duplex Penthouse

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

Puerto Colon, Bungalow

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

SL | 922 714 772

Torviscas Bajo, Apartment

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

Las Americas, Apartment

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

Torviscas Alto, Apartment

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

San Eugenio Bajo, Bungalow

2 bed · Very well presented 2 bedroom, 2 bathroom duplex bungalow on the sought after

complex of Parque San Eugenio.
Ref: T1182 | Tenerife Properties | 630 372702

Las Americas, Apartment

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

Puerto Colon, Studio

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

Roque del Conde, Duplex

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

San Eugenio Bajo, Apartment

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

€249,999 - €150,000

San Eugenio Bajo, Bungalow

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

Torviscas Bajo, Apartment

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

Torviscas Bajo, Apartment

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

Las Americas, Studio

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

Golf Las Americas, Apartment

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

Las Americas, Apartment

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

Las Americas, Duplex

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

Torviscas Alto, Apartment

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

Torviscas Bajo, Apartment

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

Torviscas Alto, Apartment

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

San Eugenio Bajo, Apartment

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

Las Americas, Apartment

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

Las Americas, Apartment

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

Las Americas, Townhouse

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

San Eugenio Alto, Apartment

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

Las Americas, Apartment

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

Torviscas Bajo, Studio

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

San Eugenio Alto, Studio

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

San Eugenio Alto, Apartment

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

San Eugenio Bajo, Studio

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

€149,999 - €100,000

Puerto Colon, Studio

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

San Eugenio Bajo, Apartment

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

San Eugenio Alto, Apartment

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

Las Americas, Studio

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

San Eugenio Alto, Studio

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

San Eugenio Alto, Studio

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

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

www.tenerifeislandrentals.com
info@tenerifeislandrentals.com



Tenerife Island Rentals & Buy Tenerife

Sales

PARQUE MARGARITA, LOS CRISTIANOS



**1 bedroom • 1 bathroom • Communal roof terrace
• Part-furnished**

One bedroom apartment situated on the fourth floor with lift access consisting of a good sized double bedroom, bathroom with walk in shower and large living room with American style kitchen and balcony. The apartment is being sold fully furnished and would make an ideal holiday home or investment property being located in a fantastic location in the centre of Los Cristianos and just a five minute walk to the beach. On site there are two swimming pools and pool bar.

Ref: AP0613

€175,000

PARQUE TROPICAL, LOS CRISTIANOS



**1 bedroom • 1 bathroom • Third floor • Sea views
• Secure, popular complex**

Beautifully presented one bedroom apartment situated on the third floor with lovely sea and mountain views. On entering the property there is a small hallway with doors leading to the bedroom, bathroom, living room and kitchen. The large double bedroom has a full wall of fitted wardrobes giving this apartment plenty of storage space and doors leading to the balcony. Fully fitted kitchen and bathroom. This is a very well maintained, popular complex with community pools and sun terraces and lift access.

Ref: AP0612

€210,000

MIRADOR DEL SUR, SAN EUGENIO ALTO



**4 bedrooms • Three floors
• Panoramic views**

Stunning detached corner villa built over three floors boasting panoramic views to the Atlantic and Mount Teide. On the ground floor there is a large living dining room with patio doors leading to the terrace and garden area with private pool and fully fitted kitchen and laundry area. On the upper level there are three double bedrooms, the master bedroom has a balcony, en suite bathroom and dressing area. There is also a further shower room on this level.

Ref: CHA0611

€695,000

LA PERLA VILLAS, LOS CRISTIANOS



**2 bedrooms • 2 bathrooms • Fully furnished
• Beautiful garden**

Beautiful, fully furnished and refurbished bungalow with two very good sized bedrooms, two bathrooms, large living room and fully equipped kitchen built with natural wood and top of the range appliances. There is also a laundry room and storage space in a self contained unit at the back of the house. The garden has beautiful fruit trees and wraps around the property. The property comes with many added extras including state of the art air conditioning, sensor video surveillance and underfloor heating in the bathrooms.

Ref: LUX0610

€518,000

EDIFICIO AMANECER, ADEJE PUEBLO



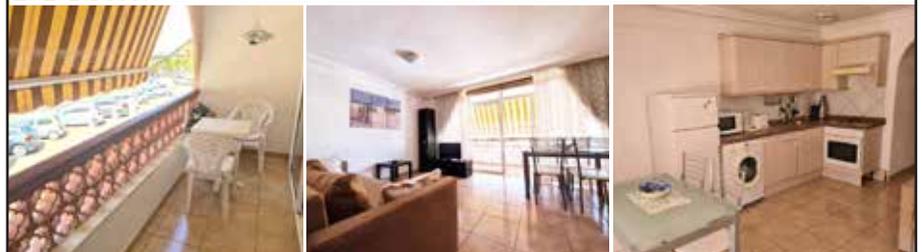
**2 bedrooms • 1 bathroom
• Central location • Lift access**

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

Ref: AP0604

€130,000

FLAMINGO, PALM MAR



**1 bedroom • 1 bathroom • First floor
• Ten minute walk to beach • Fantastic investment!**

Nice one bedroom apartment in Flamingo, Palm Mar. Located on the first floor this property has a double bedroom, bathroom and living dining room with American style kitchen. There is a nice balcony area with sun blinds. Located on the main thoroughfare of El Palm Mar with a good selection of restaurants and shops. Just a ten minute walk to the beach. Fantastic investment opportunity or home in the sun.

Ref: AP0589

€125,000

€130,000

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

San Eugenio Alto, Apartment**€130,000**

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

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

UNDER €50,000**Las Americas, Apartment****€600**

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

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

Los Cristianos**OVER €350,000****Los Cristianos, Villa****€1,180,000**

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

Los Cristianos, Villa**€525,000**

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

€349,999 - €250,000**Los Cristianos, Apartment****€330,000**

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

Ref: VS7308D | Vym Canarias | 922 787 210

Los Cristianos, Apartment**€277,950**

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

€249,999 - €150,000**Los Cristianos, Apartment****€229,000**

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

Los Cristianos, Apartment**€229,000**

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

Los Cristianos, Apartment**€225,000**

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

Los Cristianos, Apartment**€218,000**

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

Los Cristianos, Apartment**€215,000**

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

Los Cristianos, Apartment**€205,000**

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

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

Los Cristianos, Duplex Penthouse**€195,950**

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

Ref: 965 | Tenerife Prime Property | 922 703 725

Los Cristianos, Apartment**€189,950**

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

Los Cristianos, Duplex**€180,000**

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

Los Cristianos, Apartment**€175,000**

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

Los Cristianos, Apartment**€174,500**

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

Los Cristianos, Apartment**€165,000**

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

leading to the terrace with lovely views.

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

Los Cristianos, Apartment**€165,000**

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

Los Cristianos, Duplex Penthouse**€160,000**

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

€149,999 - €100,000**Los Cristianos, Studio****€128,000**

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

Los Cristianos, Apartment**€117,000**

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

UNDER €50,000**Los Cristianos, Apartment****€750**

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

Los Cristianos, Apartment**€650**

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

Rentals and Buy Tenerife | 922 797 438**Los Cristianos, Apartment****E.P.O.A**

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

Ref: 4408 | All Properties Tenerife | 922 89 4938

Los Gigantes**OVER €350,000****Puerto de Santiago, Townhouse****€475,000**

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

€349,999 - €250,000**Alcala, Townhouse****€255,000**

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

€149,999 - €100,000**Los Gigantes, Apartment****€120,000**

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

Tenerife East**€249,999 - €150,000****Malpais, Townhouse****€225,000**

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

Candelaria, Rural Property**€225,000**

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

Poris de Abona, Apartment**€194,000**

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

€149,999 - €100,000**Guimar, Finca****€140,000**

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

Tenerife North**OVER €350,000****Puerto de La Cruz, Villa****€670,000**

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

Puerto de La Cruz, Villa**€448,000**

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

Los Realejos, Villa**€420,000**

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

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GREEN PARK, Golf del Sur

BARGAIN!



Ref: 429-A1

2 bed apartment on the top floor of this holiday community with 3 pools. Large double bedroom and additional bedroom area, lounge and kitchenette, bathroom and private terrace with pool views.

2 bed, 1 bath 112.000€

PARAISO DEL SUR, Playa Paraiso

NEW LISTING!



Ref: 580-S

Furnished and refurbished top floor studio with terrace and stunning sea views. This is a really amazing opportunity to own a coast property in Tenerife. The property is well located in a resort with swimming pool. Great local amenities. An ideal bolt hole in the sun. Viewing highly recommended.

0 bed, 1 bath 115.000€

LOS DIAMANTES, LOS CRISTIANOS

NEW LISTING



Ref: 549-A1

Well presented, fully furnished 1 bed, 1 bath ground floor apartment with pool views. The property has a double bedroom, refurbished bathroom, new kitchen and lounge, sunny terrace and heated community with pool. Viewing highly recommended.

1 bed, 1 bath 137.000€

LAS FLORITAS, Las Americas

NEW LISTING!



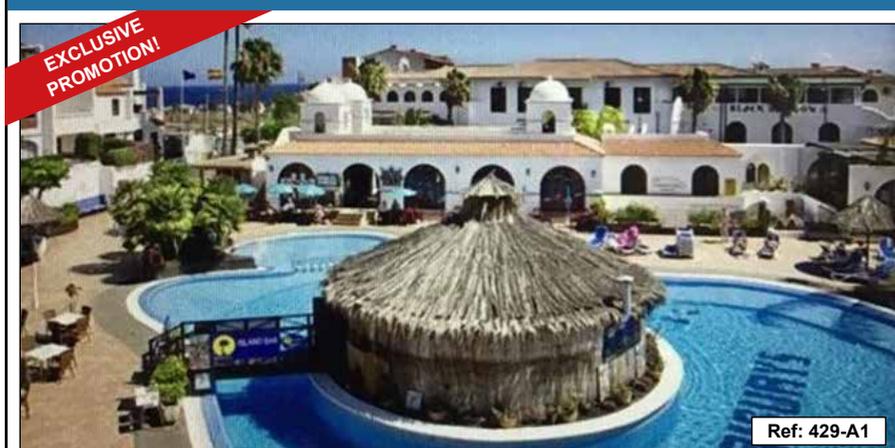
Ref: 562-A2

Fully furnished, 1 bed, 1 bath part-refurbished apartment with sunny terraces, and pool views. Well located, close to amenities and the coast. Fitted and equipped kitchen, fitted wardrobes. Excellent community with pools, and gardens.

1 bed, 1 bath 175.000€

FAIRWAYS CLUB, Amarilla Golf

EXCLUSIVE PROMOTION!



Ref: 429-A1

Available now, and priced to sell, a selection of spacious 1- and 2-bedroom properties available for sale in this popular and well-run community bordering Amarilla Golf course. All properties have great outside space and enjoy beautiful tropical gardens round the recently-renovated heated pool. Each property has an exceptional outlook with garden, golf or mountain views. Contact us today for a viewing. info@islandestates.es, (0034) 922 790 767 or (0034) 677 030 033.

FROM JUST 112.000€

SAND CLUB, GOLF DEL SUR

NEW LISTING



Ref: 583-A1

Fully refurbished one bedroom apartment well located in Sand Club, close to the San Blas area of Golf del Sur. Modern, and brand new throughout this spacious property offers double bedroom, American style kitchen, bathroom, and terrace / garden. Viewing recommended.

1 bed, 1 bath 136.000€

BELLAMAR, Bahia del Duque

NEW LISTING!



Ref: 574- A2

Amazing offer: 2 bed, 2 bath apartment with large lounge, independent fitted kitchen and front and back terraces totalling 65sqm. Car port and communal facilities including pool and gardens. Viewing recommended.

2 bed, 2 bath 280.000€

SAN RAFAEL, Playa de las Americas

BARGAIN!



Ref: 455-TH3

Investment opportunity. 3 bed, 2 bath double unit well located in this central resort close to the beach. With many other properties undergoing upgrades as well as in the community, the time is right for this great opportunity. Viewing recommended.

3 bed, 3 bath 180.000€

PALM GARDENS, Amarilla Golf

NEW LISTING!



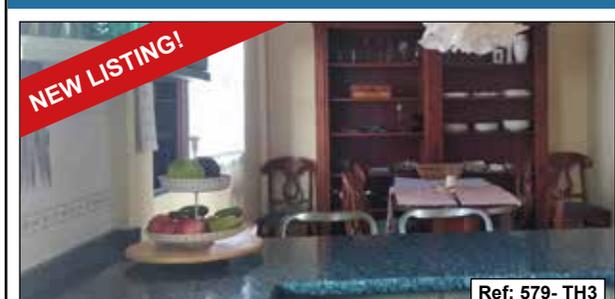
Ref: 578-A2

Large 2 bed, 2 bath penthouse apartment with sea, mountain and golf views. Offered unfurnished and comprising semi-independent fitted and equipped kitchen, lounge with terrace and large private roof terrace. Garage space. Community with pool.

2 bed, 2 bath 295.000€

PIEDRA HINCADA, Guia de Isora

NEW LISTING!



Ref: 579- TH3

Very well presented 3 bed, 2 bath townhouse in an excellent location in popular village close to Abama Golf Resort in the south of Tenerife. This large property has a kitchen/diner and lounge, and basement with garage. Viewing is highly recommended. Price negotiable.

3 bed, 2 bath 265.000€

EUCALYPTUS, Los Cristianos

SPACIOUS!



Ref: 560-A2

Recently refurbished 2 bed, 1 bath apartment with stunning views over the village to the sea. Offering 2 double bedrooms, bathroom, American style kitchen and lounge dining room. Large private sunny terrace.

2 bed, 1 bath 239.400€

YOU'LL FIND OUR OFFICE ACROSS FROM THE FOOTBALL STADIUM IN PLAYA DE LAS AMERICAS

ADVERTISE YOUR PROPERTY WITH US AND SEE YOUR PROPERTY PROMOTED WITH RIGHTMOVE AND ZOOPLA IN THE UK AND KYERO ACROSS EUROPE.

Local 1, Las Floritas, , Avenida Arquitecto Gomez Cuesta 16, Playa de las Americas, Arona 38660, Santa Cruz de Tenerife



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

Puerto de La Cruz, Apartment

€409,000

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

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

Icod de Los Vinos, Villa

€395,000

6 bed · This property is located in a very quiet area of Icod de los Vinos, Northern Tenerife. It could be ideal for holiday rental as there are numerous sleeping accommodations and three separate apartments. The main house has 3 bedrooms, two bathrooms and a spacious living room. All bedrooms have fitted wardrobes and bright light through the large windows. A... For full information see website or contact: **Ref: R3450V | Agata's Real Estate |**

Los Realejos, Finca

€389,000

3 bed · Price reduced! House with a lot of potential with almost 10,000m of a rustic land. Can be rented out to be cultivated as a plantation. House has lovely sea views and is very well connected to the highway. Call me for details or more pictures please. Please contact Agata's Real Estate team for any details. The offer is subject to errors, price changes, omi... For full information see website or contact: **Ref: A2450C | Agata's Real Estate |**

La Orotava, Villa

€370,000

4 bed · This property is located in a quiet and peaceful area in La Orotava at 10 minutes from Puerto de la Cruz by car. The house has amazing sea views from many rooms of the villa. On the 506 square meter plot, the 124sqm house is located and a 40sqm independent apartment. The house itself has 3 bedrooms and 1 bathroom. The apartment has a living/bedroom and ba... For full information see website or contact: **Ref: R2390V | Agata's Real Estate |**

€349,999 - €250,000

Arafo, Semi-Detached House

€262,995

4 bed · Modern 4 bedroom house for sale in Arafo Tenerife. This property is a totally reformed finca that was originally a home and stables for the animals. now lovingly re-developed by the current owners into a modern family home or weekend retreat. The property comprises 4 separate bedrooms and one family bathroom, a massive kitchen which includes a dining area... For full information see website or contact: **Ref: 33095 | Crown Property Services | 922 176 883**

Santa Ursula, Villa

€250,000

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

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

Ref: R4250V | Agata's Real Estate |

€249,999 - €150,000

Icod de Los Vinos, Villa

€220,000

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

Ref: J3225V | Agata's Real Estate |

Puerto de La Cruz, Apartment

€218,000

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

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

€149,999 - €100,000

La Orotava, Apartment

€140,000

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

Ref: VS7278D | Vym Canarias | 922 787 210

Tenerife South

OVER €350,000

San Miguel, Villa

€950,000

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

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

Aguilas del Teide, Semi-Detached House

€520,000

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

Buzanada, Villa

€502,950

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

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

Vilaflor, Villa

€495,000

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

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

Charco del Pino, Finca

€495,000

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

Chayofa, Villa

€469,950

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

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

Chayofa, Villa

€469,950

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

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

La Florida, Villa

€399,000

3 bed · A villa for sale in one of the most sought-after residential areas in the south, La Florida, offering the best of both worlds being close to the countryside yet with easy access to the local principle towns and the bustling coastal resorts. Briefly comprising: spacious accommodation (270m2) with lounge, dining room, three bedrooms, two bathrooms, outside a... For full information see website or contact: **Ref: 5780S | Tenerife Royale Estate Agents SL | 922 788305**

Chio, Townhouse

€390,000

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

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

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

Vilaflor, Finca

€370,000

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

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

€349,999 - €250,000

Vilaflor, Rural Property

€299,000

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

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

Chayofa, Semi-Detached House

€295,000

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

Charco del Valle, Townhouse

€270,000

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

Chayofa, Townhouse

€265,000

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

Granadilla, Canarian House

€262,500

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

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

El Roque, Townhouse

€259,995

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

€249,999 - €150,000

Chayofa, Duplex

€230,000

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

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

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

Charco del Valle, Townhouse

€195,000

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

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

€149,999 - €100,000

Guia de Isora, Apartment

€148,000

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

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

Chayofa, Apartment

€145,000

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

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

La Camella, Apartment

€140,000

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

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

Chayofa, Apartment

€138,000

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

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

Buzanada, Apartment

€129,000

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

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

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

€99,999 - €50,000

Chayofa, Studio

€99,950

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

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

Chayofa, Studio

€99,950

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

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

Valle de San Lorenzo, Apartment

€84,900

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

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

Arona, Bungalow

€54,000

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

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

UNDER €50,000

Chayofa, Villa

€1,200

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

Tel: 922 719 643
 Fax: 922 781523
 Mobile: 607 933 052
 Mobile: 625 950 517



Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE



GUIA DE ISORA



REDUCED - GREAT OPPORTUNITY!

Beautiful 4 bedroom, 2 bathroom house with kitchen, garden, terrace and barbecue area with wonderful views, located in a very quiet area. For a Rent to Buy arrangement, please call us!

Ref: 316

€275,000

PLAYA SAN JUAN



BEAUTIFUL HOUSE!

Fantastic 300sqm house on 500sqm plot with amazing sea views. The property has 3 bedrooms, 3 bathrooms, private pool, lots of outdoor space, incl. terraces and a BBQ area. Views include La Gomera, mountains, and, from the terrace, you can even see Mount Teide.

Ref: 1144

€385,000

EL ROQUE DE SAN MIGUEL



REDUCED - BEAUTIFUL HOUSE!

Lovely 86sqm independent house on 213sqm plot. This spacious and bright property is tastefully decorated and has 2 bedrooms, 1 large bathroom, fully equipped open kitchen, garden, terrace, parking, and a roof terrace with good views. There is enough room to extend, whether a second floor, or additional rooms, pool etc. Quiet area near all services.

Ref: 1127

€238,000

WE COVER THE WHOLE OF THE SOUTH OF TENERIFE – CALL TODAY FOR INFORMATION ON OUR WIDE RANGE OF RURAL PROPERTIES (INCLUDING WORKING/ NON-WORKING FINCAS AND RURAL PROPERTIES (FOR REFURBISHMENT OR READY-TO-MOVE-INTO!).

PROPERTIES WANTED FOR RENT CLIENTS WAITING!

LOS GIGANTES



Great 10,000sqm with fruit trees in Santiago del Teide council. It has an 80sqm house with beautiful views.

Ref: 723

€360,000

GUIA DE ISORA



Spectacular 4 bed villa (elevation 450metres plot size 2,000sqm) with own pool, lounge/dining area with open fire, American-style kitchen plus 2 bed, 1 bath guest apartment.

Ref: 1069

€545,000

PLAYA PARAISO



Wonderful 2 bed, 2 bath (1 en suite) duplex in exclusive complex with pools, park, and other amenities. The property is in a very good condition and has terrace with beautiful sea views.

Ref: 1139

€325,000

LAS AMERICAS



Beautiful fully furnished and equipped bungalow in the sought-after complex of Las Flores, with several pools. This property has lovely sea views and has its own parking space.

Ref: 1137

€380,000

GUIA DE ISORA



Ideal farm for cultivation. 25,000sqm with greenhouses, a large water tank, 120sqm warehouse, and small habitable space (40sqm). Fantastic views.

Ref: 1156

€370,000

SOUTH TENERIFE



We have a wide variety of fantastic fincas/plantations, arable land, greenhouses, water tanks etc., many ideal for living in or working as a business, and with wonderful views.

Ref: xx

From €370,000

ADEJE



REDUCED!

Fully furnished and equipped 2 bed, 1 bath duplex apartment in Adeje on 2 floors with living room, kitchen, balcony and garage. Great location close to schools, supermarkets and leisure areas.

Ref: 1094

€158,000

ADEJE



REDUCED!

Lovely 1 bed apartment with large terrace and nice views in very central complex (Jardin Botanico) with community pool.

Ref: 1122

€138,000

TAUCHO



Beautiful 3 bed, 3 bath (+WC) country house with pretty décor. The property has an isn interior patio and enjoys awesome sea views.

Ref: 317

€255,000

GUIA DE ISORA



Finca with 2 houses. Avocado trees in production. Lots of potential. 5,000sqm plot. Quiet area surrounded by fruit trees.

Ref: 1147

€270,000

GRANADILLA, EL DESIERTO



Beautiful, fully furnished detached country house (70sqm) on plot of 440sqm. The house comes with a special water filter providing drinking water as well as solar panels providing all electricity required. It is surrounded by gardens and has beautiful views.

Ref: 1152

€245,000

ARICO



REDUCED!

Finca with house to reform. Fruit trees. Lovely views. 9,000sqm plot.

Ref: 1005

€98,000

Tenerife Prime Property

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

Golf del Sur, Winter Gardens



Lovely 3 bedroom, 2 bathroom (1 en suite) apartment on a popular complex. This property is very tastefully furnished and has a separate, fully equipped kitchen with a small utility room, large lounge leading off to a good size terrace and community swimming pool.

S-03 1352

€235,000

Costa del Silencio, Balcon del Mar



Spacious 1 bed, 1 bath ground floor, fully furnished, wheelchair-friendly apartment with partial sea views on lovely, sought after complex with community pools. The property has a lounge/dining area, American-style kitchen and large sunny terrace.

S-01 1442

€139,000

Golf del Sur, Pueblo Primavera



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

S-02 1416

€199,000

Los Cristianos, Cristimar

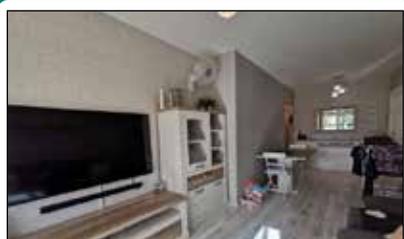


Spacious (86sqm), fully furnished, 3 bed, 2 bath 2nd floor apartment with lifts throughout. The property has a lounge/dining area, separate kitchen, utility room and sunny 10sqm terrace with lateral sea and mountain views, and a private parking space.

S-03 1438

€260,000

Llano del Camello, La Concepcion



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

S-02 1430

€159,995

Los Cristianos, Parque Tropical II

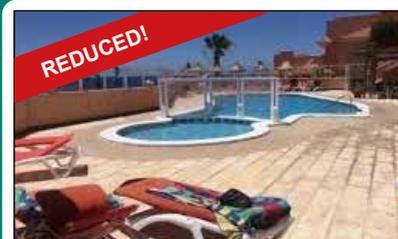


2 bed, 2 bath duplex apartment in need of refurbishment on sought after complex with pool near Los Cristianos sea front. Small front garden, 2 terraces.

S-02 1150

€250,000

Golf del Sur, Terrazas de Paz



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

S-01 1413

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S-02 1421

€185,000

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Tenerife Prime Property

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S-01 1440

€155,000

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Las Chafiras, Edf. Fabio



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€130,000

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€350,000

Sotavento, Las Terrazas de Sotavento

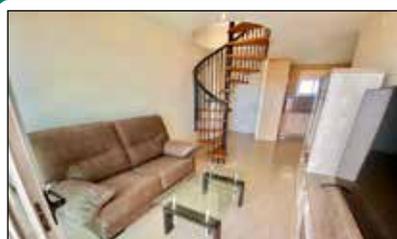


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By Marta Zaraska, author of *Growing Young: How Friendship, Optimism and Kindness Can Help You Live to 100*

WHY BEING KIND TO OTHERS IS GOOD FOR YOUR HEALTH

While we might all enjoy the warm glow of helping out others or giving up a little of our time for charity, it could be doing us some physical good too.

Newspapers started writing about Betty Lowe when she was 96 years old. Despite being long past retirement age, she was still volunteering at a cafe at Salford Royal Hospital in Greater Manchester, UK, serving coffee, washing dishes and chatting to patients. Then Lowe turned 100. “Still volunteers at hospital”, the headlines ran. Then she reached 102 and the headlines declared: “Still volunteering”. The same again when she turned 104. Even at 106, Lowe would work at the cafe once a week, despite her failing eyesight.

Lowe told the reporters who interviewed her that the reason she kept working at the cafe long after most people would have chosen to put their feet up was because she believed volunteering kept her healthy. And she was probably right. Science reveals that altruistic behaviours, from formal volunteering and monetary donations to random acts of everyday kindness, promote wellbeing and longevity.

Studies show, for instance, that volunteering correlates with a 24% lower risk of early death – about the same as eating six or more servings of fruits and vegetables each day, according to some studies. What’s more, volunteers have a lower risk of high blood glucose, and a lower risk of the inflammation levels connected to heart disease. They also spend

38% fewer nights in hospitals than people who shy from involvement in charities.

And these health-boosting impacts of volunteering appear to be found in all corners of the world, from Spain and Egypt to Uganda and Jamaica, according to one study based on the data from the Gallup World Poll.

Of course, it could be that people who are in better health to begin with are simply more likely to be in a position to pick up volun-



Random acts of kindness can do a lot more than simply bring a smile to someone’s face

teering. If you are suffering from severe arthritis, for example, the chances are you won’t be keen to sign up to work at a soup kitchen.

“There is research suggesting that people who are in better health are more likely to volunteer, but because scientists are very well aware of that, in our studies we statistically control for that,” says Sara Konrath, a psychologist and philanthropy researcher at Indiana University.

Even when scientists remove the effects of pre-existing health, the impacts of volunteering on wellbeing still remain strong. What’s more, several randomised lab experiments shed light on the biological mechanisms through which help-

ing others can boost our health.

In one such experiment, high school students in Canada were either assigned to tutor elementary school children for two months, or put on a waitlist. Four months later, after the tutoring was well over, the differences between the two groups of teenagers were clearly visible in their blood. Compared to those on the waitlist, high-schoolers who were actively tutoring the younger children had lower levels of cholesterol, as well as lower inflammatory markers such as interleukin 6 in their blood – which apart of being a powerful predictor of cardiovascular health, also plays an important role in viral infections.

Participants assigned to conduct simple acts of kindness, such as buying coffee for a stranger, had lower activity of leukocyte genes that are related to inflammation

Of course, in pandemic times, volunteering may be more of a challenge. However, Konrath believes that doing so online could also bring health benefits, if our motivation is to really help other people. She also rec-

ommends virtual volunteering with friends, since research shows that the social component of volunteering is important for wellbeing.

But it’s not just the effects of formal volunteering that show up in the blood either – random acts of kindness do as well. In one study in California, participants who were assigned to conduct simple acts of kindness, such as buying coffee for a stranger, had lower activity of leukocyte genes that are related to inflammation. That’s a good thing, since chronic inflammation has been linked to conditions such as rheumatoid arthritis, cancer, heart disease, and diabetes.

And if you put people into a functional magnetic

resonance imaging (fMRI) scanner, and tell them to act altruistically, you may see changes in how their brains react to pain. In one recent experiment, volunteers had to make various decisions, including whether to donate money, while their hands were subjected to mild electric shocks. The results were clear – the brains of those who made a donation lit up less in response to pain. And the more they considered their actions as helpful, the more pain-resistant they became.

Similarly, donating blood appears to hurt less than having your blood drawn for a test, even though in the first scenario the needle may be twice as thick.

There are countless other examples of the positive health effects of both kindness and monetary donations. For instance, grandparents who regularly babysit their grandchildren have a mortality risk that is up to 37% lower than those who don’t provide such childcare. That’s a larger effect than may be achieved from regular exercise, according to one meta-analysis of studies.

This assumes the grandparents are not stepping into the parents’ shoes completely (although, admittedly, caring for grandkids often does involve a lot of physical activity, especially when we are talking about toddlers).

On the other hand, spending money on others rather than for your own pleasure can lead to better hearing, improved sleep and lower blood pressure, with the effects as large as those of starting new hypertension medication.

Meanwhile, writing a cheque for a charity can be a good strategy for boosting your muscle power. In one experiment that tested handgrip strength, participants who made a donation to Unicef could squeeze a hand exerciser for 20 seconds longer than those who had not given away their money. So, the next time you want to try yourself at arm wrestling, for example, reach for your chequebook first.

Humans are extremely social, we have better

health when we are interconnected, and part of being interconnected is giving – Tristen Inagaki

For Tristen Inagaki, neuroscientist at San Diego State University, there is nothing surprising in the fact that kindness and altruism should impact our physical wellbeing. “Humans are extremely social, we have better health when we are interconnected, and part of being interconnected is giving,” she says.

Inagaki studies our caregiving system – a network of brain regions tied to both helping behaviours and health. This system likely evolved to facilitate parenting of our infants, unusually helpless by mammalian standards, and later proba-



During the pandemic, many people have volunteered to help those who have been worst hit by lockdowns

bly got co-opted to helping other people, too. Part of the system is made up from the reward regions of the brain, such as the septal area and ventral striatum – the very same ones that light up when you get three cherries in a row on a slot machine. By wiring parenting to the reward system, nature has tried to assure we don’t run away from our screaming, needy babies. Neuroimaging studies by Inagaki and her colleagues show that these brain areas also light up when we give support to other loved ones.

Besides making caregiving rewarding, evolution also linked it with reduced stress. When we act kindly, or even simply reflect on our past kindness, the activity of our brain’s fear centre, the amygdala, goes down. Again this could be linked to raising children.

It may seem counterintuitive that childcare might be stress-reducing – ask any new parent and they’ll likely tell you that caring for babies isn’t exactly a trip to the spa. But research shows that when animals hear the whimpers of infants of the same species,

the activity of their amygdalae tempers down, and the same thing happens to parents when they are shown the photo of their own child. Inagaki explains that the activity of the brain’s fear centre has to go down if we are to be truly useful to others. “If you were completely overwhelmed by their stress, you probably couldn’t even approach them to help them in the first place,” she says.

All this has direct consequences for health. The caregiving system – the amygdala and the reward areas – are networked with our sympathetic nervous system, which is involved in regulating our blood pressure and inflammatory responding, Inagaki explains. This is why turning your caregiving on can im-

prove your cardiovascular health, and help you live longer.

Adolescents who volunteer their time have been found to have lower levels of two markers of inflammation – interleukin 6 and C-reactive protein. Both of these have also been implicated in severe outcomes in patients infected with Covid-19. It raises the tantalising prospect that during the pandemic, helping others in need could be particularly powerful, not simply as a way of lifting our moods through lockdown gloom. Research actually testing whether volunteering could have a protective effect against Covid-19 has yet to be conducted, and anything that increases your contact with others who might carry the virus would potentially increase your risk.

What if, however, giving doesn’t come naturally to you?

Empathy, a quality that is strongly linked to volunteering and giving behaviours, is highly herita-

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Cont. from Page 24

ble – about a third of how empathetic we are is down to our genes. Yet, Konrath says it does not mean people born with low empathy are doomed.

“We are also born with different athletic potential, it’s easier for some of us to build muscles than for others, but all of us have muscles, and all of us if we do some exercises we will build our muscles,” she says. “No matter where we start, and research shows this, all of us can improve

in empathy.”

The research suggests such kindness not only warms our hearts, it can help them stay healthy for longer

Some interventions take no more than a few seconds at a time. For example, you can try looking at the world from another person’s perspective, really getting under their skin, for a moment or two each day. Or you can practice mindfulness and loving-kindness meditation. Taking care of pets and reading emotionally-charged books, a perfect lockdown

past-time, also works well to boost empathy.

During the first six months of 2020, Britons donated £800m (\$1.05bn) more to charity than for the same period in 2019, and similar stats pour in from other countries. Almost half of Americans have recently checked on their elderly or sick neighbours. In Germany, the coronavirus crisis has pulled people closer together – while in March 2020 as many as 41% said that people did not care about others, this figure was down to just 19% by early summer. And

then, there are the stories of pandemic kindness – Americans and Australians leaving teddy bears in their windows to cheer up children. A French florist, Murielle Marcenac, placed 400 bouquets on cars of hospi-

tal staff in Perpignan.

The research suggests such kindness not only warms our hearts, it can help them stay healthy for longer, too. “There is really something about just focusing on others some-

times that’s really good for you,” Inagaki says.

With that in mind, surely we could all spare a little time for a moment’s kindness in the months ahead?



WE ARE ALL CONSPIRACY THEORISTS



By Steven Novella

I have often said, we all have a little conspiracy theorist inside of us. By this I mean that we all have some common psychological features that can lend themselves to believing in conspiracies. Some, of course, more than others. Going down a conspiracy rabbit hole is a tendency we may have to fight against. There has to be a point where we say to ourselves, wait a minute, can this actually be true? What is the evidence? Am I just fooling myself, giving in to my prejudices, or going along with my tribe? We all have a little skeptic inside of us as well, and at some point one wins over the other.

Conspiracy researcher Asbjørn Dyrendal, a professor in NTNU’s Department of Philosophy and Religious Studies, agrees. He has found that if you ask subjects about enough conspiracies, everyone eventually endorses belief in some conspiracy. But there is, of course, a matter of degrees. Dyrendal thinks everyone believes in a conspiracy “a little”. Not everyone believes in a so-called grand conspiracy, or has made one or more grand conspiracies the center of their beliefs.

There is a general ten-

dency, however, to accept some beliefs not based upon rigid logic and evidence, but because it fits with our biases:

We are all more vulnerable to believing what we think is right, especially when our identity is at stake and emotions are strong. It can be a bit like the emotions associated with football.

By “football” he means soccer (for my American readers), but it doesn’t matter for the analogy. Any sports fan has experienced this – your team is better and more deserving. The other team is lucky, playing dirty, and the referees are unfairly calling things in their favor. It’s not absolute, but it is clearly a bias, and the more of a fan you are of your team, the more your identity and emotions are attached to their victory or loss, the more biased you are likely to be.

These are some of the same factors that contribute to conspiracy thinking – when your identity and emotions are involved, your thinking becomes progressively more biased. This can be because of pre-existing beliefs, or because you form a new identity tied up with a particular conspiracy theory or conspiracy theories in gener-

al. Then other factors come into play, such as confirmation bias, subjective validation, community reinforcement, the echo-chamber effect, and the specific effects of conspiracy thinking which insulates beliefs from refutation.

It is important to note that this can be a self-reinforcing spiral. There are many off-ramps, but if you don’t take them you can eventually be led to believe the most absurd and easily refuted claims. Take flat-earthers, for example. Some members of this conspiracy actually believe that there is no gravity, that the Earth is simply accelerating upward at 1G. There is an ice-wall surrounding the flat Earth, protected by NASA soldiers to keep anyone from learning the truth. All photos of the round Earth are faked. The entire airline industry has to be complicit with this conspiracy on some level, as well as most scientists for centuries, and anyone with a backyard telescope.

I used to think the flat-earth conspiracy was the pinnacle of absurd conspiracies, but then came alone Q-anon. They believe that the world is secretly run by a cabal of Satan-worshipping pedophiles, that Donald Trump is somehow onto

them and his presidency was largely about exposing them. This, of course, never happened, but Q persists – you just have to keep pushing the conspiracy deeper, extending the narrative. In a way you have to “jump the shark” like a tv plot that is being pushed into extra seasons to keep the profits coming in.

Grand conspiracies are also not just fringe. Fully 76% of Republicans in a recent survey expressed some level of belief that the 2020 election was stolen. Make no mistake – this is an absurd grand conspiracy, refuted by copious evidence. There would have had to be massive fraud, without any evidence, in order to pull this off. Some of the specific claims, such as the fact that Hugo Chavez was somehow involved in rigging voting machines, even though they matched the hand count in Georgia, are downright silly. Over 60 court cases failed to reveal any evidence of fraud, Trump’s own people (the attorney general and the Homeland Security appointee in charge of election security) said there was no massive fraud. Republicans at the state level in charge of certifying the results said they were accurate.

The survey also found features that are consistent with conspiracy research in general. Republicans, of course, were far more likely to think the election was rigged than Democrats (only 3% of Democrats endorsed conspiracy beliefs about the election). Among Republicans election fraud beliefs were more com-

mon in those with less education, who dislike Democrats, and who identify as White Nationalists. In other words – the more your emotions and identity were in line with the stolen-election fiction, the more likely you were to believe in it.

The education bit is interesting, both because it is a factor and because it is only a tiny factor. Dryendal lists the features of a conspiracy theorist:

- tend to have a little less education
- more often live in societies that have less successful democracies, which influences trust in others and in the authorities
- belong to groups that feel they should have more power and influence
- belong to special political organizations or religious groups a little more often
- more often use intuition – their “gut feeling” – when making decisions
- see connections more often than most people do, also where such connections do not exist, and they are more likely to see intention as the cause of events
- are a little more narcissistic and paranoid than others
- more often obtain their information from social media

Education is a factor, but not a big one. The other factors are more important, and anyone, regardless of education, can become a conspiracy theorist. But I admit it is really hard to shake the intuition that people who believe in certain conspiracies must be,

on some level, intellectually lacking. It may be just ignorance of facts, or a general scientific illiteracy. Think about what it must take to actually believe the world is flat. But really I think the biggest factor is metacognition – the ability to think critically about your own thinking.

Education in general may slightly increase our critical thinking skills. This may be one of the biggest bottom lines – education does help, but only a little. Perhaps we need to change education to make critical thinking far more central and important. Education should be a huge factor – we should be teaching people, above all, to think clearly, logically, and critically. We need to teach how to evaluate claims and information, and how to question our own beliefs the most.

Social media now makes this more acute. There have always been ridiculous grand conspiracy theories, but social media has been jet fuel for them. The rabbit holes and self-reinforcing belief systems are now automated into social media algorithms. People are clicking conspiracy videos like pulling the arms of slot machines, or rats hitting that button to give them a shot of dopamine. The social media infrastructure has organically developed to maximize echo chambers, polarization, conspiracy theories, and to elevate the fringe to mainstream. We need a critical thinking vaccine for this mental virus.

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Pound soars to multi-year highs on hopes of a strong UK economic rebound

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

Latest currency news

The pound has steadily advanced over the past couple of weeks, propelling GBP exchange rates to new highs. During this period, we've seen GBP/EUR climb from €1.13 to €1.15 whilst EUR/GBP has stumbled back to £0.86. Meanwhile, GBP/USD has surged over \$1.40 to close in on a new three-year high, while EUR/USD has traded around \$1.21.

What's been happening?

The pound has enjoyed considerable support throughout March, amidst growing hopes for a swift reopening and sharp economic recovery in the UK this year. This has been underpinned by the UK's enviable success in its vaccination rollout, as well as some encouraging coronavirus statistics pointing to a sharp drop-off in new cases and hospitalisations in recent weeks. The euro, meanwhile, continues to struggle to find any lasting gains as the EU's slow vaccine rollout has undermined recent positive EUR data releases.

At the same time, the US dollar has largely tracked the trajectory of US Treasury yields over the past couple of weeks, resulting in some volatility in the 'Greenback' as

bond yields fluctuated in response to some mixed US data.

What do you need to look out for?

Looking ahead, the pound is well-positioned to extend its bullish run, so long as the UK moves forward with plans to open back up, with GBP investors also keeping an eye out for Chancellor Rishi Sunak's March budget.

The euro could continue to face headwinds in the next couple of weeks, so long as the EU's vaccination drive continues to lag behind its peers. Meanwhile, for the US



dollar, much will depend on how much of President Biden's \$1.9bn stimulus package is actually passed into law, and whether it will be enough to convince USD investors that we can expect a strong US economic recovery in 2021.

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By Jim Mellon

A nugget made from lab-grown chicken, produced in Singapore



We need to talk about our food supply

We are on the brink of a New Agrarian Revolution that will transform the global food system. My new book, *Moo's Law: An Investor's Guide to the New Agrarian Revolution*, sets out why modern intensive farming needs to be overhauled, and how science is fortunately catching up to the problem.

The first major problem is pandemic risk. Covid-19 probably arose due to agricultural malpractice, just like the Spanish Flu, SARS and almost every other pandemic of the last century. A deadly coronavirus circulating among bats was brought to a wet market in

Wuhan, China, where it infected an intermediary species (perhaps pangolins) before jumping to humans. This risk is not necessary, but will persist for as long as we keep animals packed together in filthy conditions for our gastronomic pleasure.

The second issue is animal cruelty. I don't think most people are aware of just how much cruelty is involved in modern intensive farming. Animals often never see the sun before the day they are transported to the slaughterhouse. Chickens' legs buckle under their own weight, because they have been selectively bred to be four times heav-

ier today than they were in 1950 – not that that matters, when they only live to an average of six weeks.

Finally, animal agriculture is playing a big role in the environmental crisis. Agriculture is the single biggest anthropogenic source of greenhouse gases. The primary reason for deforestation in the Amazon is to grow soybeans for animal feed. Husbandry is a major factor in droughts, as one kilo of beef requires 15,000 litres of water. This problem is only going to get worse. The average American eats 21,000 entire animals in their lifetime – imagine the implications once devel-

oping nations such as China and India become rich enough to demand a similar level of animal protein.

Fortunately, scientists and entrepreneurs are riding to the rescue of our food supply, in what promises to be one of the most lucrative investment bonanzas of our times. The global meat industry is the same size as the entire Spanish economy, so the rewards will be enormous for the disruptors that can provide a sustainable alternative to traditional meat at a competitive price.

I call it 'The New Agrarian Revolution'. The first wave of this revolution is already here, in the form of plant-based meat analogues. Many people will have heard of Impossible Foods and Beyond Meat, which both manufacture animal-free burgers by mashing together various vegetables and extruding them into a mince-like mixture. Both companies are now worth many billions of dollars. Similar things can be done with nuggets, sausages and milk (using oat or pea protein instead of dairy).

But it's the second wave that I'm most excited about. It's cellular agriculture – also known as lab-grown meat, cell-based meat or cultured meat. The process, derived from biotech, involves taking a small biopsy from an otherwise unharmed animal, before proliferating and differentiating those stem cells in a biore-

actor. After around 40 days (much quicker than the time it takes to raise a cow), you have a gloopy batch of muscle or fat cells that are identical to traditional meat – except for the hormones, antibiotics, faecal contamination and environmental damage.

There are about 60 companies in the world producing cell-based prototypes, including meat, seafood and materials such as leather and cotton. (I'm even aware of an Australian company culturing kangaroo meat!) Last month, Singapore approved Eat Just's cell-based chicken nuggets in a world first. Having interviewed many leaders in this industry, I expect these products to enter high-end restaurants within two or three years, and the mass market within a decade.

The key to entering the mass market will be increasing the scale of production and reducing the price. It was the similarity between this idea and Moore's Law, the famous concept in the semiconductor industry, that inspired the title of my book, *'Moo's Law'*. Here, we should be very optimistic. The world's first lab-grown burger was unveiled to the world's press in London in 2013 at a cost of approximately \$250,000. Professor Mark Post, who led that 2013 project, is now Chief Scientific Officer of Mosa Meat, where they can produce a cell-based beef pat-

ty for only €10. It's not quite at price parity with traditional meat yet, but it's clearly heading in that direction.

As an investor, I couldn't be more enthusiastic about this sector. By reducing pollution, cruelty and human health risks, it ticks all the boxes for today's zeitgeist. At the same time, canny investors can achieve extraordinary returns by backing the right companies. The last chapter of my book is actually a compendium of every company in the field with my assessment of how likely they are to succeed commercially.

I think we need to see action at a governmental level too. Given that Britain has the ability to set its own food regulations after Brexit, it would be fantastic to foster a high-tech domestic cellular agriculture industry. Apart from the USA, the world leaders in this field tend to be countries such as Israel or Singapore with highly developed networks of scientists and venture capitalists, as well as an unwelcome reliance on food imports. Britain fits the bill on both counts.

The environmental and ethical imperatives of the New Agrarian Revolution are irresistible – cell-based meat is coming whether we like it or not. That being so, let's hope Britain seizes the opportunity to join the vanguard of this revolution and build a new, truly futuristic industry.

A solar installation north of the Saudi capital Riyadh



By Dr Majid Rafizadeh

CLEAN ENERGY OFFERS A PLATFORM FOR US-GULF COOPERATION

Gulf states are nervous about the new Biden administration. Noises around re-signing up to the JCPOA and the potential to be held at more of an arm's-length than under Trump have caused some unease. Leaders in the region, as well as the new president himself, will be keen to find

issues of common cause. As exemplified by the recent Abu Dhabi Sustainability Week, climate change is one obvious choice.

The world's oil hub might not be an obvious place to turn for green technology innovation, but the region is quietly coming to understand that avoiding climate

change action is no longer possible. The UAE for example has committed to a 24% reduction in emissions by 2030, while Saudi Arabia and Bahrain have both made relatively modest pledges to increase their use of renewables. Of course, we can't expect these countries to ditch hydrocarbons altogether. As the cornerstone of the Gulf economies, oil production will continue to provide significant, essential revenues to their respective governments. However, there appears to be greater understanding that technologies

such as carbon capture and storage need to be developed to keep the oil industry viable in the long term. And that extends well beyond keeping the oil dollars flowing.

That change is already taking shape. The chairman of renewable energy developer Masdar, Dr Sultan al Jaber, recently declared that the UAE could become a low-cost hydrogen producer, while Saudi Arabia have announced hugely ambitious plans to build NEOM, the world's first road-free city. Both states have a long way to go before either becomes a reality, but in the short term their plans send a clear message to the new US administration.

President Biden has made much of his green intentions. Re-signing up to the Paris Climate Accord was amongst the most prominent in a flurry of early executive orders. Through-

out the election campaign, he clearly saw putting climate change high on the agenda as a vote winner, especially among younger, more liberal voters. These same voters tend to have a negative view of the Gulf states. If Biden and the Gulf are looking for common cause, green issues could be just that.

Solar power, for example, is an area where cooperation is possible. The US is the world's second largest producer of solar energy, while the Middle East is an obvious candidate for the deployment of solar en masse as a green alternative energy. What's more, countries like the UAE have invested billions in developing high-tech, innovation hubs which could prove attractive to American companies looking to develop advanced clean technology.

The Abraham Accords afford another opportunity to use green issues to build

relations between America and the Gulf states. Masdar and EDF Israel recently announced an MoU for greater partnership on developing renewables. This public display of commercial cooperation is a direct result of the Accords, and something Biden welcomes. It is also telling that green energy is one of the first areas to see public agreement between an Israeli and Arabic entity. No doubt Israel and the Gulf will be keen for greater American involvement in such deals going forward.

What the relationship between the United States and the Gulf looks like probably won't be fully apparent for at least a year. However, if both sides want to show the potential for positive cooperation, they need not look much further than tackling climate change.

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Can decluttering your house really make you happier?



By Sarah Griffiths, BBC Future

Tidying up our homes and lives is often promoted as a life-changing step, but for some people throwing away their belongings can trigger the same brain activity as physical pain.

"Tidying can transform your life." This is the beguiling promise from Japanese decluttering evangelist Marie Kondo. Around 11 million people have bought her book, *The Life-Changing Magic of Tidying Up*, and millions more have tuned in to watch her in action on Netflix in the hope of learning how to emulate Kondo's brand of minimalistic bliss.

Her "KonMari" method of decluttering is straightforward – tidy your home by category instead of by room, pull everything out before sorting it out, take in the full horror of your materialism, and keep only things that are useful or "spark joy". Nothing is safe from her mission to reduce the amount of stuff in our lives – clothes, kitchen utensils, paperwork and most controversially, books, are sifted through, assessed and discarded.

Kondo is far from the only one advocating this simpler, tidier lifestyle. In the UK, Sophie Hinchliffe, better known as Mrs Hinch, has been demonstrating to her Instagram followers and TV viewers how having a cleaner, tidier home can lead to a better life, while in California, professional organiser Beth Penn has written a book and set up her own company to help peo-



Marie Kondo's approach to tidying has attracted millions of fans around the world

ple sort out their stuff. There are dozens of other books and decluttering services to be found with a quick search of the internet.

But for most of us, piles of clutter may not seem like a big deal. It might mean we struggle to find a clear sur-



Tidying can be a daunting task which is perhaps why professional "organisers" have gained popularity in recent years

face to put a glass down on occasionally or we end up stubbing a toe on a carelessly misplaced pile of sports equipment, but it doesn't make our life any worse. In fact, most of us quite like our stuff – it helps to turn the buildings we live in into homes and can give us a rush of satisfaction.

Throwing out objects activates a part of the brain that's also responsible for processing pain

"For hoarders, objects can represent comfort and security," says James Gregory, a clinical psychologist and expert on hoarding at the University of Bath. In the most extreme cases, hoarding is recognised as a medical disorder that can rob people of their quality of life. One study by researchers at Yale Universi-

ty used brain scans to show that for people with the disorder, throwing out objects activates a part of the brain that's also responsible for processing pain.

Most of us may not feel so strongly about our possessions, but things that are tied to emotionally significant memories can nevertheless represent a piece of your identity that is difficult to discard. When you struggle to part with that jersey you wore on the junior varsity basketball team, for example, you are not really clinging to the shirt itself. Instead, you're hanging onto

the memories represented by that now-tattered item of clothing you probably won't wear again. Its sentimental value may make giving the jersey away feel like giving up a piece of your own identity, says Gregory.

But can collecting all these belongings really be making our lives better? Or could we be better off with less stuff?

Certainly, it seems living



Marie Kondo's approach to organisation, such as discarding books and placing smaller boxes inside drawers, has been met with horror by some householders

in an untidy space can negatively affect many areas of our lives. Stephanie McMains and Sabine Kastner, psychologists at Princeton University, found for example that clutter can reduce our ability to focus on a task, which may explain why some people cannot stand to work at a messy desk.

Clutter can also make it harder to fall asleep

and can even make us more likely to reach for junk food

When our surroundings feel full, it can also make us feel more anxious and stressed, with one study by psychologists Rena Repetti and Darby Saxby at University of California, Los Angeles, finding mothers living in messy houses had higher levels of the stress hormone cortisol. Clutter can also make it harder to fall asleep and can even make us more likely to reach for junk food, according to one study, which found participants using a "chaotic kitchen" ate twice as many cookies as those in an organised kitchen.

Scientific research suggests Kondo is on to something and the effects of tidying can leave us feeling invigorated and satisfied. "One of the obvious advantages to a tidy house is that being able to easily locate things will cause you less stress," says Chris Stiff, a lecturer in psychology at Keele University. There is evidence that tidy environments help us think more clearly. For example, researchers at the University of Navarra found volunteers made more mistakes inputting data in a messy environment, than in a neat one. "The idea of tidying and being neater can give you a feeling that you're capable of achieving goals, which is one of our key drivers," adds Stiff. "If you can look at a new area of organisation, it's good for your self-esteem and can make you feel like you can master the next challenge too."

Stiff believes one advan-

that tidying up, whether that's colour-coordinating a bookshelf or overhauling a wardrobe, acts as a reward, which increases the release of the neurotransmitter dopamine, also known as the brain's "pleasure chemical" in the brain. "Part of what the reward system does is give a pleasurable sensation of getting what you want and if it's addictive, that's a shortcut to that outcome," Scott says. The current craze for decluttering and creating a strictly curated "capsule wardrobe" on vlogging channels also often involves buying fashionable essentials and throwing out passé pieces. Scott believes this provides a double boost for our reward system, the first from decluttering and the second from buying things. She warns, however, that while a good clean out can make us happy, it will only improve our mood if we set ourselves manageable goals. "The way that's guaranteed to make us unhappy is to set a goal you can't reach – like decluttering your house in a day," says Scott. "You're setting yourself up to fail and you will feel worse."

But should we eschew our worldly possessions altogether in pursuit of happier lives? Many religious figures have sought to live simple lives in the belief that they are not overburdened with possessions and feel free. But we should perhaps be cautious about shedding items we have a deep sentimental connection to.

Many religious figures have sought to live simple lives in the belief that they are not overburdened with possessions and feel free

"It could go either way," says Stiff. "It could be a very negative experience [if you throw away irreplacea-



Some belongings have such sentimental value that we cannot part with them and they can still bring us happiness after decades locked in a box

ble sentimental objects] but it's possible you could feel cleansed – you might feel free of your past." An artist named Michael Landy

from London took this concept to its extreme. In 2001, he destroyed every one of his 7,227 possessions in public for an artwork called *Break Down*, including clothes, love letters, his car and his father's sheepskin coat. Celebrating a retrospective of his work, he told BBC Culture: "It was the happiest two weeks of my life... At moments, admittedly, I felt like I was witnessing my own death, because people I hadn't seen for years would turn up, and I thought, 'Well, they'd only turn up for my funeral.' But often I did feel real elation. No one had ever destroyed all their worldly belongings before." However, he said onlookers were at times appalled, especially when seeing the destruction of personal mementoes.

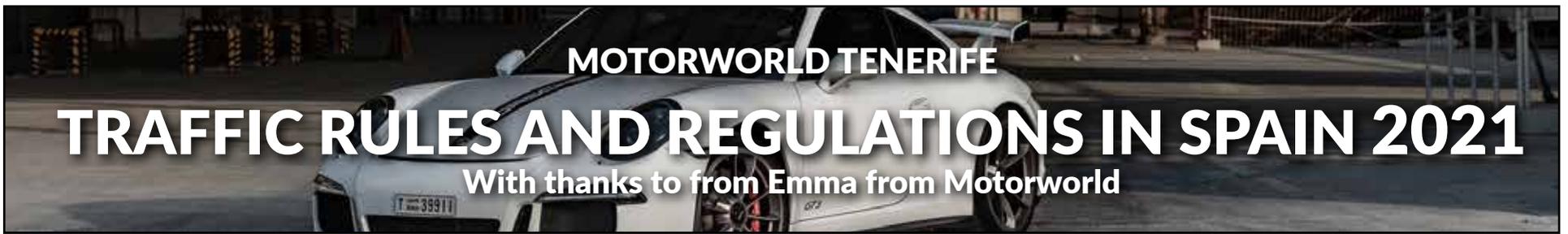
Scott says we shouldn't rush to get rid of all of our belongings as they too can bring us happiness. She kept a cache of photos from her teenage years and didn't look at them for a long time, but didn't want to let them go either. "Last year I got them out and I'm so glad I kept them," she says. "They have brought me joy and others too."

There is some evidence that clutter might affect our relationships – one study found people were less able to interpret emotions from faces if there was a lot of background clutter

As well as regret, there is a risk that someone who has embraced a wholehearted cull of clutter may extend this ruthless approach to other areas of their lives. One of Marie Kondo's clients is quoted in her book as saying: "Your course taught me to see what I really need and what I don't. So, I got a divorce. Now I feel much happier."

There is some evidence that clutter might affect our relationships – one study

Cont. on Page 34



With thanks to from Emma from Motorworld

Whilst all drivers (we hope!) are aware of the Highway Code/general driving regulations in their own country, they often forget them when in a foreign country (eg British people

two 'marked out' spaces, or sideways across two spaces, or even on the end of a row of marked out spaces where there are no markings at all, you would be considered to have parked

actually the supermarket, which in turn permits its customers to use it, making it land being used by an indeterminate community of users, it is not a public car park, which would be where **anyone** could have access. As such whilst they are 'private' car parks, Spanish law applies and the local police can be called or can indeed act on their own initiative and fine the offender for parking illegally or dangerously. This, however, only applies during opening hours and when the shop is shut to the public and its barriers or garage doors closed until reopening the rules change and those authorised to use it during these hours would **NOT BE** subject to Spanish Traffic laws! So you should bear in mind that the use of your mobile phone in such car parks whilst still driving or

not wearing your seatbelt, means that you **COULD** find yourself in hot water with no recourse.

Turning now to the event of an accident. Normally both parties - provided there are no injuries sustained - would leave their vehicles and start a discussion, sometimes heated, as to who was to blame. If you do this without putting on your reflective jacket, placing warning triangles and moving vehicles if possible to a safe place, these three actions or lack of them are considered serious offences, so be aware and be warned!

All drivers should drive with due care and attention or, as it is described in Spanish, 'with diligence and caution' in order to avoid damage to themselves and other road users. Of course it is an infraction subject to a fine or

worse if you drive in a negligent or reckless manner. Under Spanish Traffic Law the interpretation of 'negligence' is careless or lack of care and is a serious infraction. Reckless driving is when a driver is shown to be aware of his or her actions, with the knowledge that they may endanger their own safety or that of other road users (including pedestrians). If a serious

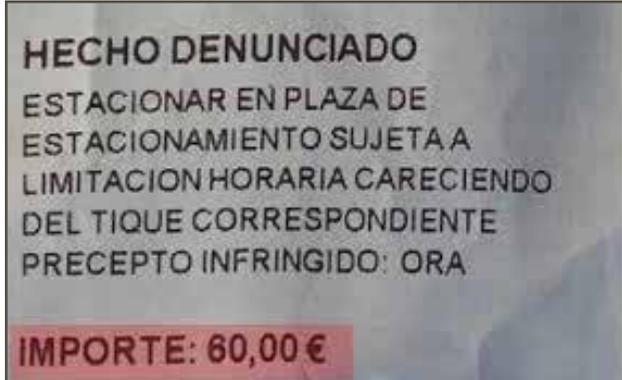
Tenerife is when someone throws a lit cigarette end out of a window. This is considered a serious offence with the potential to lose four points from one's licence. Notwithstanding that if it is done in the summer months it can easily cause a fire - especially in Teide National Park. This of course is considered very serious and if you are caught you will be fined.



offence is committed it will become a criminal offence and points will be deducted from your Licence.

One thing that is particularly important here in

With spring and summer approaching (and hopefully the return of tourists), residents should set a good example for them to follow. Happy motoring!



living or just driving on holiday in Spain). In addition to the general rules of the road some countries have their own individual rules and Spain is no exception.

As a simple example, if you park badly i.e. over

illegally as you would be causing an obstruction. Many people consider Asda, Tesco etc to be private car parks, but, here in Spain, the likes of Carrefour, Mercadona, Lidl etc, the owner of the car park is

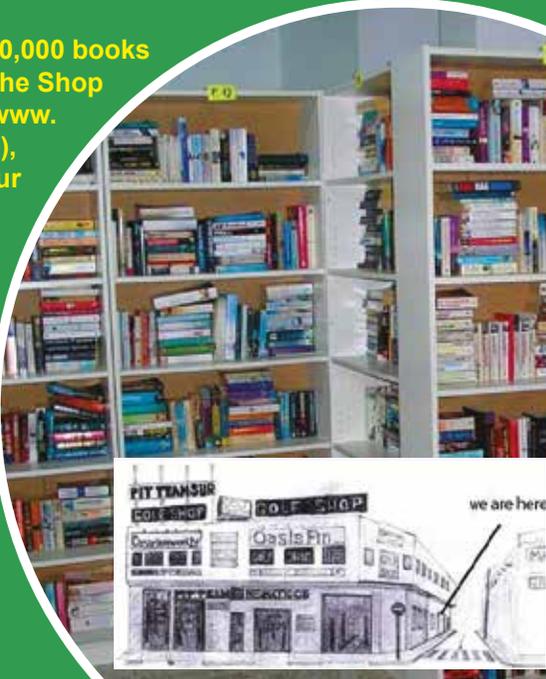
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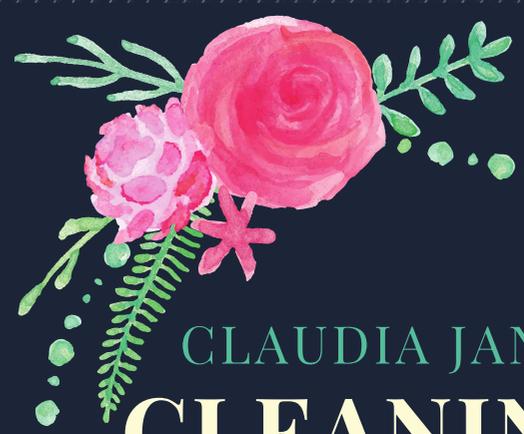
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Cont. from Page 32

found that people were less able to correctly interpret the emotions of movie characters from their faces if there was a lot of back-



Physicist Albert Einstein had a notoriously untidy desk and had a pithy response to any who felt he should clear it

ground clutter in the scene. Most of us, however, tend to treat personal relationships differently from possessions. Scott says that as social primates, relationships are among the most treasured things in our lives and

even "flakey" friends can be invaluable in a time of need. "We need social clutter and we're designed to cope with it," she says.

Many people find joy in collecting. Vintage style expert and blogger Kate Beavis thinks that minimalist homes are "boring and bland". Her house in Bedfordshire, UK, is packed with handbags, toys, phones and cookware from the 1960s. "I love unusual vintage homewares but also love to find a bargain so when I find something I don't care if I already have a few – the more the merrier,"

she says. Stiff also thinks there is a real value in clutter and nostalgia, especially if we are unlucky enough to develop Alzheimer's in later life. "The use of the word clutter implies it's things that don't have value but those that evoke happy memories are valuable, especially to people with memory problems," he says.

There are more immediate benefits too. One study by researchers at the University of Minnesota found a messy environment can make us more creative, whereas orderly surroundings make us more likely

to conform to traditional expectations.

As Albert Einstein – the owner of a notoriously messy desk – is often quoted, although perhaps apoc-

ryphally, as saying: "If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?"



Once read most books will sit unused on shelves, or even the floor, for years, yet many of us are reluctant to discard them

By Justin Rowlett, Chief environment correspondent



Elon Musk made a paper profit of more than \$900m following an investment in Bitcoin

How Bitcoin's vast energy use could burst its bubble

We've all heard the stories of Bitcoin millionaires.

Elon Musk is the latest. His electric car company Tesla made a paper profit of more than \$900m (£646m) after buying \$1.5bn (£1bn)

worth of the cryptocurrency in early March. Its high profile support helped pushed the price of a single Bitcoin to more than \$58,000. But it isn't just the digital asset's price that has hit an all-time high. So has

its energy footprint. And that's caused blowback for Mr Musk, as the scale of the currency's environmental impact becomes clearer. It also helped prompt a series of high profile critics to slate the digital currency this week, including US Treasury Secretary Janet Yellen. President Biden's top economic adviser described Bitcoin as "an extremely inefficient way to conduct transactions," saying "the amount of energy consumed in processing those transactions is staggering". It's unclear exactly how much energy Bitcoin uses. Cryptocurrencies are - by design - hard to track. But the consensus is that Bitcoin mining is a very energy-intensive business.

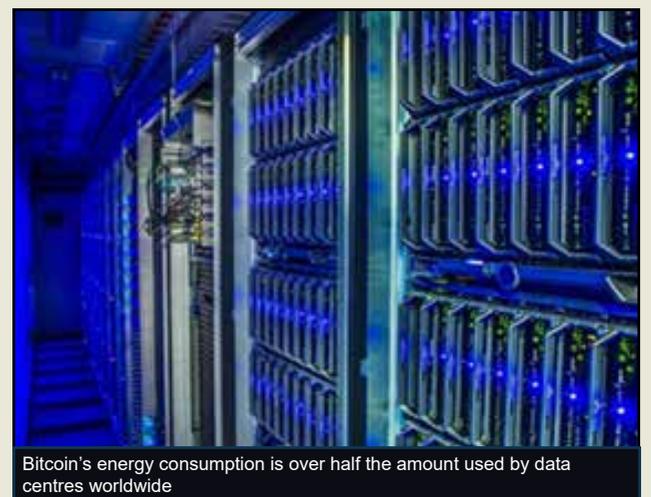
The University of Cambridge Centre for Alternative Finance (CCAF) studies the burgeoning business of cryptocurrencies. It calculates that Bitcoin's total energy consumption is somewhere between 40 and 445 annualised terawatt hours (TWh), with a central estimate of about 130 terawatt hours.

The UK's electricity consumption is a little over 300 TWh a year, while Ar-

gentina uses around the same amount of power as the CCAF's best guess for Bitcoin. And the electricity the Bitcoin miners use overwhelmingly comes from polluting sources. The CCAF team surveys the people who manage the Bitcoin network around the world on their energy use and found that about two-thirds of it is from fossil fuels. Huge computing power - and therefore energy use - is built into the way the blockchain technology that underpins the cryptocurrency has been designed. It relies on a vast decentralised network of computers.

These are the so-called Bitcoin "miners" who enable new Bitcoins to be created, but also independently verify and record every transaction made in the currency. In fact, the Bitcoins are the reward miners get for maintaining this record accurately. It works like a lottery that runs every 10 minutes, explains Gina Pieters, an economics professor at the University of Chicago and a research fellow with the CCAF team. Data processing centres around the world race to compile and submit this record of transactions in a way that is acceptable to the system. They also have to guess a random number. The first to submit the record and the correct number wins the prize - this becomes the next block in the blockchain.

At the moment, they are rewarded with six-and-a-quarter Bitcoins, valued at about \$50,000 each. As soon as one lottery is over, a new number is generated, and the whole process starts again. The higher the price, says Prof Pieters, the more miners want to get into the game. "They want to get that revenue," she



Bitcoin's energy consumption is over half the amount used by data centres worldwide

tells me, "and that's what's going to encourage them to introduce more and more powerful machines in order to guess this random number, and therefore you will see an increase in energy consumption," she says.

And there is another factor that drives Bitcoin's increasing energy consumption. The software ensures it always takes 10 minutes for the puzzle to be solved, so if the number of miners is increasing, the puzzle gets harder and the more computing power needs to be thrown at it.

Bitcoin is therefore actually designed to encourage increased computing effort. The idea is that the more computers that compete to maintain the blockchain, the safer it becomes, because anyone who might want to try and undermine the currency must control and operate at least as much computing power as the rest of the miners put together.

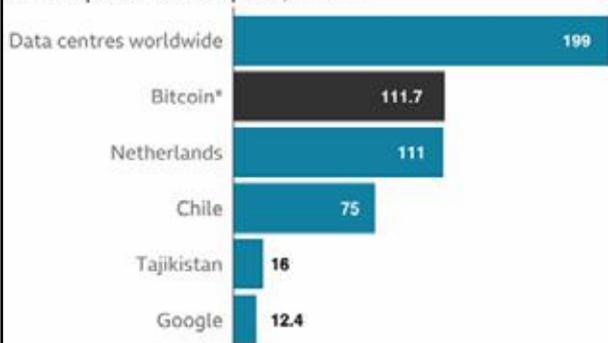
What this means is that, as Bitcoin gets more valuable, the computing effort expended on creating and maintaining it - and therefore the energy consumed - inevitably increases. We can track how much effort miners are making to create the currency. They are current-

ly reckoned to be making 160 quintillion calculations every second - that's 160,000,000,000,000,000, in case you were wondering. And this vast computational effort is the cryptocurrency's Achilles heel, says Alex de Vries, the founder of the Digiconomist website and an expert on Bitcoin.

All the millions of trillions of calculations it takes to keep the system running aren't really doing any useful work. "They're computations that serve no other purpose," says de Vries, "they're just immediately discarded again. Right now we're using a whole lot of energy to produce those calculations, but also the majority of that is sourced from fossil energy." The vast effort it requires also makes Bitcoin inherently difficult to scale, he argues. "If Bitcoin were to be adopted as a global reserve currency," he speculates, "the Bitcoin price will probably be in the millions, and those miners will have more money than the entire [US] Federal budget to spend on electricity." "We'd have to double our global energy production," he says with a laugh. "For Bit-

Bitcoin consumes a 'similar amount of power to the Netherlands'

Annual power consumption, in TWh



*All figures 2019 except Bitcoin, which is annualised middle estimate for bitcoin electricity consumption in January 2021

Source: Forbes, IEA, EIA, Cambridge Centre for Alternative Finance

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Cont. from Page 34

coin.”

He says it also limits the number of transactions



the system can process to about five per second. This doesn't make for a useful currency, he argues.

And that view is echoed

by many eminent figures in finance and economics. The two essential features of a successful currency are that it is an effective form of exchange and a stable store of value, says Ken Rogoff, a professor of economics at Harvard University in Cambridge, Massachusetts, and a former chief economist at the International Monetary Fund (IMF).

He says Bitcoin is neither.

“The fact is, it's not re-

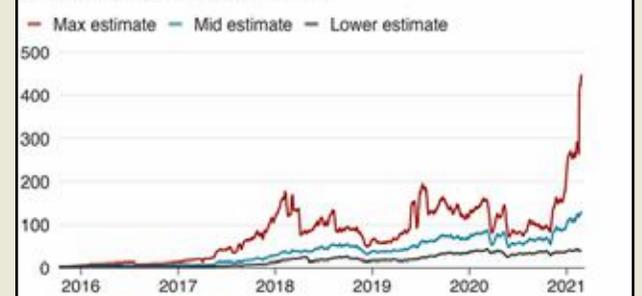
ally used much in the legal economy now. Yes, one rich person sells it to another, but that's not a final use. And without that it really doesn't have a long-term future.”

What he is saying is that Bitcoin exists almost exclusively as a vehicle for speculation. So, I want to know: is the bubble about to burst?

“That's my guess,” says Prof Rogoff and pauses. “But I really couldn't tell you when.”

Estimates for bitcoin's electricity consumption

Annualised terawatt hours (TWh)



Note: Based on assumption that average cost paid by miners worldwide is \$0.05/kWh

Source: Cambridge Centre for Alternative Finance

BBC

The majority of the energy for bitcoin calculations comes from fossil fuels

How to Break Up with Your Bad Habits

Judson Brewer, MD, PhD is an associate professor at Brown University's Schools of Public Health & Medicine



Breaking habits is hard. We all know this, whether we've failed our latest diet (again), or felt the pull to refresh our Instagram feed instead of making progress on a work project that is past due. This is largely because we are constantly barraged by stimuli engineered to make us crave and consume, stimuli that hijack the reward-based learning system in our brains designed initially for survival.

Put simply, reward-based learning involves a trigger (for example, the feeling of hunger), followed by a behaviour (eating food), and a reward (feeling satiated). We want to do more of the things that feel

good and less of the things that feel bad — or stressful. These three components (trigger, behaviour, and reward) show up every time we smoke a cigarette or eat a cupcake. This is especially true at work. Each time we try to soothe ourselves from a taxing assignment we reinforce the reward, to the point where unhealthy distractions can become habits.

So why can't we just control ourselves and decide to replace bad habits with good ones? The doctrine of self-control has been promulgated for decades, despite the fact that researchers at Yale and elsewhere have shown that the brain networks associated with self-control

(e.g. the prefrontal cortex) are the first to go “offline” when faced with triggers such as stress. Still, in medical school, I was taught to pass self-control rhetoric on to my patients. “Need to lose weight? Quit eating junk food. Trying to quit smoking? Stop cold turkey or use a nicotine replacement.”

When I started actually practicing medicine, however, I quickly learned that it doesn't work this way in real life. Self-control theories have missed something critical: reward-based learning is based on rewards, not behaviours. How rewarding a behaviour is drives how likely we are to repeat that behaviour in the future, and this is

why self-control as an approach to breaking habits often fails.

Over the past 20 years, I've researched ways to create a better method by bringing the scientific and clinical practices together. My time spent studying the behavioural neuroscience of how habits form, and the best way to tackle them, helped me find a surprisingly natural way to do this: mindfulness.

By using mindfulness training to make people more aware of the “reward” reinforcing their behaviour, I can help them tap into what is driving their habit in the first place. Once this happens, they are more easily able to change their association with the “reward” from a positive one to a more accurate (and often negative) one.

When someone joins our quit smoking program, for example, the first thing I have them do is pay attention while they're smoking. They often give me a quizzical look, because they're expecting me to tell them to do something other than smoke, like eat candy as a substitute when they have a craving. But because a “reward” drives future behaviour, and not the behaviour itself, I have my clients pay attention to what it tastes and feels like when they smoke. The goal is to make the patient aware of the “reward value,” or the level of positive reaffirmation they are getting from the habit

they want to change. The higher the value, the more likely they are to repeat the behaviour.

I see the same thing happen over and over again — the reward value of the habit decreases because it isn't as gratifying as people remember. One client of mine, for instance, thought the act of smoking made her look cool as a teenager. Even though that motivation had dissipated in her adulthood, her brain still associated positive feelings with smoking. Hence, her reward value was high. When that same client started paying attention as she smoked, she realized that cigarettes taste bad, commenting, “Smells like stinky cheese and tastes like chemicals. Yuck.” This helped her brain update the reward value of her habit. She was able to get accurate information about how smoking feels right now, which then helped her become disenchanted with the process.

After seeing how effective this practice was with my clients, I decided to test it even further. My lab and I developed three apps that deliver this same kind of mindfulness training to anyone with a smartphone via short sequential lessons over a period of three to four weeks. The apps are designed to help people break bad habits such as smoking, overeating, and anxiety (which oddly enough, is driven by the same habit loops as the other two behaviours).

Tens of thousands of people from around the world have used these apps, and my lab has published a number of studies showing significant, clinically meaningful results: 5x the smoking quit rates of gold standard treatment, 40% reductions in craving-related eating, and a 63% reduction in anxiety. In a recent randomized controlled trial, we even found that our mindfulness app for smoking cessation taught users how to better control the part of their brain that gets over-activated by smoking cues and chocolate cravings.

While our research has been focused primarily on changing health-related habits, we believe it is highly relevant to the workplace. Our strategy can help workers up their productivity, morale, and overall performance by teaching them how to overcome the habits that may be holding them back from thriving. Here's how to get started:

1. Map out your habit loops

Similar to the advice I give to people in my outpatient clinic, the first step to breaking a habit (no matter what it is) is to figure out your triggers. If the habit is procrastination or stress eating at work, for example, pay attention to the circumstances surrounding you when you do those things. Do you have a

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ENERGY PERFORMANCE CERTIFICATES IN SPAIN

MARCH 2021 UPDATE

The total number of Energy Performance Certificates carried out in the Canaries since June 2013 now stands at approximately 253,190, with 1,940 registered during the month of March. Although this marks a decline of 25% year-on-year. when in March of 2020, 2,628 certificates were carried out it equates to 12% more than were carried out in January of this year. This of course groups both residential and commercial properties and those for sale as well as for rent in all of the Islands which together form the Canaries. For those of you who are not aware of Energy Performance Certificates (EPCs), they were introduced in Spain and its dependencies by Royal Decree on 5th April 2013. This Law requires that, from 1st June 2013, an EPC must be obtained by the owner whenever a domestic or commercial property is Built, Sold or Rented.

Selling your property

From 1st July 2013 property owners are required by law to present an Energy Performance Certificate when a property is placed on the market and

prior to any advertising. When the property is sold, the Notary will need to see the EPC, termed the Certificado de Eficiencia Energética in Spain.

Renting your property

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



agent should be able to show you the EPC for your property.

The EPC contains:

Information about a property's energy use and typical energy costs, and recommendations as to how you may be able to reduce energy use and save money.

An EPC allocates an Energy Efficiency Rating, ranging from 'A' (most efficient) to 'G' (least efficient). The Certificate, registered with the Canarian Government is valid for 10 years.

How to arrange an EPC:

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

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

DOG OF THE MONTH



DIVA

Diva is an 11-year-old female dog who is a little overweight but is a super friendly girl and we are worried that if we do not find her a home soon, she will have to live out the last of her days in the noisy kennels with no family to call her own.

She gets on well with other dogs (and people

of course!) and, while we know that older dogs are not usually people's first choice when adopting, could YOU maybe find it within yourself to consider Diva?

The Centro de Proteccion Animal de Tierra Blanca is located off Junction 15 of the TF-1 by

the restaurant Los Chasneros, just 200 metres above the TF-1. They don't ask for adoption fees, only a donation of food and some photos to let them know how your new pet is getting on in his/her new home.

Contact Rachel on 629 031 273 or cpa.tierrablanca@tragsa.es for more information

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big project you're trying to avoid? Do you have too much on your plate to manage?

Once you know your triggers, try to identify the behaviours you engage in when you are acting out. Do you check social media instead of doing work? Do you snack on sweets during challenging assignments? You must be able to name the actions you turn to for comfort or peace of mind before you can evaluate their reward values.

2. See what you actually get out of those actions

The next step is to clearly link up action and outcome. Remember my patient who struggled to quit smoking? Just like I asked her to pay attention to the act of smoking, I am asking you to pay attention to how you feel when you partake in your habit. If you stress eat, how does it feel to eat junk food when you aren't hungry? How does what you eat impact the state of your mind, and body, fifteen minutes after the fact? If you procrastinate, what do you get from surfing the internet for pictures of cute puppies? How rewarding is it in the moment, especially when you realize that it isn't helping you get your work done?

Remember your answers to these questions, or write them down to help solidify them in your mind. This new awareness you have developed will help your brain accurately update the reward value of the habit you want to break. You will begin to see that "X" behaviour leads to "Y" consequences, and often, those consequences are holding you back from reaching your full potential.

3. Replace the reward with curiosity

The final step to creating sustainable, positive habit change is to find a new reward that is more rewarding than

the existing behaviour. The brain is always looking for that bigger, better offer.

Imagine you are trying to break a bad habit like stress eating at work, and willpower hasn't quite worked out for you. What if, instead of indulging in your candy craving to counteract a negative emotion, you substituted it with curiosity about why you are having that craving in the first place, and what it feels like in your body and your mind?

The reward value of curiosity (opening yourself up) is tangibly different than stress eating (closing yourself down) in this instance. Ultimately, curiosity feels better

in the moment and is much more enjoyable than the rumination that often occurs after giving into a bad habit.

To tap into their curiosity, I teach my patients a simple mantra: Hmmm. As in, be curious about your feelings. What does this craving feel like when it first arrives, before I have decided to indulge it?

People often learn, pretty quickly, that cravings are made up of physical sensations and thoughts, and that these come and go. Being curious helps them acknowledge those sensations without acting on them. In other words, they can ride the wave of a craving out by

naming and sitting with the thoughts and feelings that arise in their bodies and minds from moment to moment — until those moments pass.

If you're curious to see how well this might work for you, now is a good time to give it a try. The next time you find yourself indulging in a bad habit, take a moment to pause and consider using mindfulness to help you overcome it. Your behaviours may not change immediately — but stick with it. If you can hack your mind using our methods, you will eventually be able to break free of unwanted habits and comfortably watch your cravings pass by.



By Simon Clarke MP

ELECTRIC HEAT – THE OVEN-READY RENEWABLE THAT'S RIGHT UNDER OUR NOSES

Simon Clarke is a former Minister at the Ministry of Housing, Communities and Local Government, and is MP for Middlesbrough South and East Cleveland.

Last year, when the Prime Minister stood on the steps of Downing Street, he

made it clear that his Government would champion the fight against climate change with more gusto and fervour than any other. During the Coronavirus pandemic, while so much attention has necessarily been diverted elsewhere, it is greatly to his credit that

he has not only stayed true to his word, but has found a way – rightly – to place the green agenda at the heart of our plan for national recovery. In just over a year, he has cemented the UK's status as the world-leader on the path to net zero carbon emissions, with real

policy action and ambitious targets. Huge progress has been made in decarbonising our electricity supply. Renewable energy made up 47 per cent of the UK's electricity

generation during the first three months of this year. Likewise, clear policy direction in transport means that sales of electric vehicles are surging, while diesel cars decline.

The big outstanding question is how best to solve our remaining core challenge: decarbonising heat. We know that gas boilers are one of the biggest contributors to carbon emissions, and I am encouraged to hear more people talking about how we address this. The truth is that the action that has been taken on decarbonising heat so far is not nearly sufficient to meet our ambitious 2050 net zero target.

What is the solution? In a very welcome move, the Business, Energy and Industrial Strategy Select Committee has an inquiry underway on precisely this subject. But I want to offer my thoughts.

The first is that we shouldn't put all our eggs in the basket of hydrogen – and thereby overlook some more immediately deployable technologies. The development of new hydrogen technology is hugely exciting, and it will undoubtedly play a key role in a net zero economy, but it won't, for example, tackle the millions of gas boilers that need to be replaced by the 2030s. The fact is that low-carbon hydrogen is still in development, and we need to act now to have a realistic prospect of meet-

ing our ambitious targets.

This is not just a question of speed. Hydrogen needs to be stored under high temperatures, creating cost; it is more complex and energy intensive to produce than using renewable energy directly across our economy. Hydrogen has huge potential to help unlock the net zero challenge, but I am doubtful it should represent the standard source of home heating.

So what is the solution? For households, the answer seems more likely to be electric heat, in the form of the existing technology of heat pumps. Electricity is a cheaper fuel than low-carbon hydrogen, while being more efficient. For every kWh you put into a heat pump, you get 3 kWhs of heat; for every kWh of energy you put into a hydrogen boiler, you get less than one kWh of heat. Studies show that 99 per cent of heat demand could be met by electricity, using technologies already in existence.

To be clear, I'm not against hydrogen. Indeed, with Teesside the centre of the hydrogen industry, I have a keen constituency interest in maximising hydrogen in the right places in our economy.

But as hydrogen is going to be needed for sectors like steel manufacturing and shipping, it's imperative that we don't make these industries uncompetitive by using scarce hydro-

gen for household heating as well, thus driving up the price of energy.

The Government has made fantastic strides on encouraging more people to switch to heat pumps as a renewable heating source. It's announced a new Clean Heat Grant, which will build on the Renewable Heat Incentive. There is an enormous amount of Government commitment to continuing these consumer incentives with the Green Homes Grant, for example, which the Chancellor announced this summer. These grants could be extended and scaled up significantly so that we can begin deploying heat pumps at the pace that we need to get on track to net zero.

By introducing these measures, the Government has also completed the first necessary steps to electrifying heat. Now it also needs to ensure that electric heat is competitive with gas so that companies can start rolling out heat pumps. Our electricity bills currently include a sizeable carbon price, and social and environmental levies, whereas gas bills have neither – despite the fact gas is now significantly more carbon-intensive. This creates a perverse incentive for people to opt for gas over electricity when picking a new heating system.

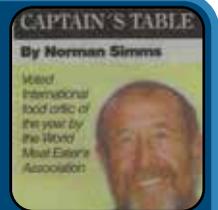
I'd like to see Govern-

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The Captain's Table

MARCH 2021



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

try to appreciate and support the many restaurants and bars that have opened under the most severe restrictions.

Of course, many of you might ask: Where is open?

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

eateries of our Island of Eternal Spring!

If you are a restaurant owner in the South (or the North) and are open for business in these difficult times, I would be

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

If you would care to

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

The Beach Club Restaurant at The Hotel Europe Villa Cortés, Playa de Las Americas

People ask me where I live, I always tell them I have been living in paradise for many years. Now, what is paradise in my mind? Beautiful golden

sands, the waves drifting and breaking when they reach the shore; lovely four poster sand beds on the beach where you can lunch with a cocktail.

Sound marvellous? It is!

The Villa Cortés has certainly been one of the two or three best luxury hotels in my opinion. Even when it was called The

Europe, this hotel had superb facilities which, in my opinion, have only got better. Recently, I returned to their beach restaurant. It was full and deservedly.

Although the hotel been closed due to 'Covid' this fantastic area still attracts residents who continue to enjoy the finest beach club restaurant in the Canary Islands.

To top it all, during lunch the resident disc jockey plays the most romantic

songs and music, which adds to the high class experience the restaurant provides. I recommend the lunch, with its superb range of pastas, starters, fish, and meat which is delivered to the same high standard you would receive in the hotel's wonderful dining room.

The Beach Restaurant is located in the Hotel's wonderful deck area, with superb service - what a way to pass a pleasant couple of hours during this mad period of crisis.

The Atlantic with its many surfers provide a superb backdrop and if you are looking for some-

where to take that 'someone special', this has to be THE PLACE! I recommend that you have the excellent lunch and dip your toes in the warm Atlantic waters while big spenders enjoy their soup. Who on earth would want to get into a rocket to Mars when you can enjoy a place like this?!

Make this one a must (they also have a superb wine list, great chef and lovely surroundings - who could wish for more?)

The Captain



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ment add a carbon charge to gas heating – phased in gradually, so people have time to plan, and accompanied by a mitigation scheme for people in fuel poverty and a cut in VAT on electricity to minimise the overall impact on people’s dual fuel bill.

This isn’t just about getting to net zero. Rolling out

heat pumps has the potential to create tens of thousands of jobs all over the country, not just directly, but through the associated industries such as electric vehicles and vertical farming that it will support. We need to support Great British EnTech pioneers like Octopus Energy to develop the technologies that use electric heat to create new industries we can’t even

imagine yet.

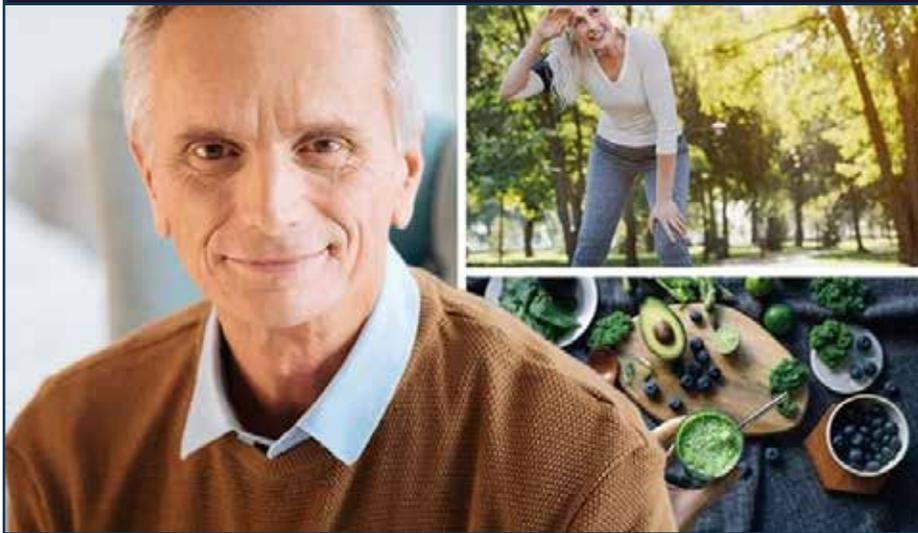
What else needs to be done to unleash the potential of electric heat? Ultimately, the decarbonisation of heat won’t be achieved without the right structural incentives. We need clear regulatory signals about when the sale of polluting fossil fuel technologies, like gas boilers, will be phased out. This sort of policy will help galvanize the market for electric heat

and the industries it supports – just as it has done with electric vehicles.

There is no silver bullet in the race to net zero. But as we focus on the development of exciting new technologies, we mustn’t overlook the option that is right under our nose. There is a light at the end of the tunnel, and it can be powered by good old-fashioned electricity.



How to live longer: Daily physical activity and moderate alcohol intake help



HOW TO LIVE LONGER: FIVE LIFESTYLE HABITS THAT PROLONG YOUR ‘DISEASE-FREE’ YEARS

By Adam Chapman, Daily Express Health Reporter

LONGEVITY can be achieved by dint of a number of healthy lifestyle decisions. A study published in the British Medical Journal (BMJ) highlights five such decisions that can prolong your “disease-free” years.

Populations across the world are living longer than ever and such progress comes at a cost. Age increases the risk of chronic diseases, such as cancer. Fortunately, lifestyle interventions can mitigate these risks and maximise the benefits of longer living. Research published in the British Medical Journal (BMJ) investigated the impact that five healthy lifestyle measures had on life expectancy and disease rates. To gather their findings, researchers analysed

data on 73,196 US registered female nurses from the Nurses’ Health Study and 38,366 US male health professionals from the Health Professionals Follow-up Study, who were free of cancer, cardiovascular disease, and diabetes at enrolment.

The Nurses’ Health Study and Nurses’ Health Study II are among the largest investigations into the risk factors for major chronic diseases in women. Similarly, the Health Professionals Follow-up Study is a decades-long investigation into men’s health and the incidence of serious illnesses, such as cancer, heart disease, and other vascular diseases.

Five low risk lifestyle factors - never smoking,

healthy weight (BMI), at least 30 minutes of daily physical activity, moderate alcohol intake, and a good quality diet - were used to calculate a healthy lifestyle score. The sum of these five scores together gave a final low risk lifestyle score ranging from 0 to 5, with higher scores indicating a healthier lifestyle. Participants were assessed regularly over a period of more than 20 years. During this time, new diagnoses and deaths from cancer, cardiovascular disease, and type 2 diabetes were recorded. After adjusting for age, ethnicity, family medical history, and other potentially influential factors, life expectancy free of cancer, cardiovascular disease, and diabetes at age 50 was 24 years for women who adopted no low risk lifestyle factors, and 34 years for women who adopted four or five low risk factors.

Similarly, life expectancy free of any of these chronic diseases was 24 years among men who adopted no low risk lifestyle factors and 31 years in men who

adopted four or five low risk lifestyle factors. Women with four or five low risk lifestyle factors had 10.6 years’ longer life expectancy free of the major chronic diseases than did women with zero low risk lifestyle factors, while men gained 7.6 years’ longer life expectancy free of major chronic diseases over those with zero low risk lifestyle factors. Men who smoked heavily (15 or more cigarettes a day) or obese men and women (body mass index of 30 or over) had the lowest proportion (75 percent or less) of disease-free life expectancy at age 50.

This is an observational study so can’t establish cause, and the authors point to some limitations, such as relying on self reported lifestyle habits and participants being mainly white health professionals so results may not apply more generally.

Nevertheless, the data covered a large number of people with detailed and repeated assessment of

lifestyle factors over a long follow-up period. In their concluding remarks, the study authors said: “Public policies for improving food and the physical environment conducive to adopting a healthy diet and lifestyle, as well as relevant policies and regulations (for example, smoking ban in public places or trans-fat restrictions) are critical to improving life expectancy, especially life expectancy free of major chronic diseases.”

How to eat well

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. “This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight,” explains the NHS.

The Eatwell Guide shows that to have a healthy, balanced diet, people should

try to:

- Eat at least five portions of a variety of fruit and vegetables every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts
- Drink plenty of fluids (at least six to eight glasses a day).

“If you’re having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts,” advises the NHS. As the health body explains, most people in the UK eat and drink too many calories, too much saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or fibre.



Study: Men who smoked heavily had a lower disease-free expectancy

HOW TO LIVE LONGER

FIVE WAYS YOU COULD INCREASE YOUR LIFE EXPECTANCY



HEALTHY DIET
Eat healthy foods like vegetables, fruits, nuts, whole grains, healthy fats and omega-3 fatty acids. Avoid unhealthy foods like red and processed meats, sugar-sweetened beverages trans fat and sodium.



HEALTHY PHYSICAL ACTIVITY LEVEL
Aim for 30 minutes per day of moderate to vigorous activity daily.



MODERATE ALCOHOL INTAKE
The NHS recommends not regularly drinking more than 14 units per week - 14 units is equivalent to a bottle and a half of wine or five pints of export-type lager (5% abv) over the course of a week (this applies to both men and women).

HEALTHY BODY WEIGHT
Aim for normal body mass index (BMI), with is between 18.5 and 24.9

NO SMOKING
There is no healthy amount of smoking. If you smoke, look to quit the habit.

EXPRESS HEALTH

Source: Harvard Health Publishing



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What you can learn from the most persuasive adverts

By David Robson, author of *The Intelligence Trap*



The most effective adverts we encounter on a daily basis share similar traits that most of us pass over without noticing.

Whether we are presenting a business pitch, selling our own home, or nudging our friends to go to our favourite bar or restaurant, there are many situations in which we need to argue our case in the most convincing way possible. Experience tells us that simply stating the facts won't always work: it's the way you tell them that matters. So why not take a cue from the people who are paid to persuade for a living?

We are exposed to hundreds of marketing messages every day – on the Tube and the Metro, through the TV, at the start of each YouTube video, and in a halo around almost every webpage. That's not to mention the rhetorical addresses of politicians hoping to sway our votes, or health awareness campaigners attempting to bring about a change in behaviour.

The majority of these messages fail to make a lasting impact, but a few stick in our minds for days, weeks or even

years afterwards – and psychological experiments are now helping to identify what makes those messages so powerful. The same strategies can help us all master the art of persuasion.

Repeat, then surprise

Let's start in a surprising place: the folk tale *Three Little Pigs*. A pig builds a straw house, only for the Big Bad Wolf to blow it down. Next up is a house made of wood – the wolf blows that down too, and gobbles up the pig inside. Finally, the wolf comes to a house full of bricks – but the wolf now fails to blow it down, despite all his huffing and puffing. So he tries to climb down the chimney, straight into a steaming cauldron. Now it's the pig that has the tasty dinner.

What you might not realise is that this familiar childhood story uses a powerful persuasive tool: the "repeat-break" plot structure. There is a basic idea – the wolf blowing the house down – which is repeated once to create an expectation, and which is then violated, producing a sense of surprise.

Jeffrey Loewenstein at the University of Illinois at Urbana-Champaign in the US has found that the

repeat-break plot structure is highly prevalent in folk tales across the world (from Germany to Russia, Tibet to Afghanistan). "We couldn't find a book of folklore where you didn't see this pattern being really, really prevalent," he says. His research has found that it's also the basis for many of the most

popular jokes. All of which suggests there is apparently a universal psychological tendency to enjoy something that sets up an expectation and then pulls the rug from under our feet, Loewenstein says.

Loewenstein's later studies found that the same plot structure vastly increases the impact of adverts, with immediate effects on people's opinions on brands or social movements. (They're also more likely to gain more views on YouTube, and to win industry awards for advertising, such as the Clios.) One

particularly noteworthy example, he says, was a campaign against gun violence, which showed a bullet passing through objects like an egg, an apple, and a watermelon – before a child appears on screen. The bullet, of course, never reaches the child, but the expectation has been established, adding a strong emotional punch to the campaign's message.

In everyday life, Loewenstein thinks that the repeat-break structure could be especially useful for sparking interest in your argument. "If you are trying to present a new perspective on something, or if you're trying to go into new idea territory and help people to 'get' the new idea – that's when I think it's valuable."

Extend your metaphors

As much as 20% of our

less time to comprehend than "I was fuming... I had to take a moment to let off steam, otherwise my claws would come out."

Small differences in metaphor choices can change people's gut feelings about your message

The basic conceptual meaning is the same, but the first example extends a single metaphor and leads the brain on a seamless path. Whereas the second combines two metaphors, taking you on a diversion. The extended metaphor was also easier to process than an anecdote that ended literally, such as "I was fuming. I had to take a moment to relax."

Although these small differences in processing may only be registered unconsciously, they can change people's gut feelings about your message. One

were described as "treatments" (such as educational policies and creating afterschool programmes). If crime was described as a "beast", however, they preferred reforms that would "attack" the problem – such as increasing street patrols – while the "treatments" fell flat.

Research by Jeffery Mio at California State Polytechnic University suggests you should also aim for that linguistic consistency during spoken debates or arguments. If someone uses a metaphor, and you riff on the same image in response, your answer will end up looking more persuasive than if you switch to different imagery.

Embrace errors

If you were looking for a product endorsement, you might hope to find someone known for their impeccable judgement – rather than someone who openly admits to having been duped previously. Yet Taly Reich at Yale School for Management and Sam Maglio at the University of Toronto have shown that endorsements carry more weight when they describe a previous error of judgement.

Consider someone reviewing a mobile phone. They might just rave about its long battery life. Or they might describe how they'd first bought a competitor that ran down three times as quickly, before settling on the current product that proved to be far more reliable.

In a series of experiments, Reich and Maglio found that the latter kind of endorsement tends to be far more persuasive to consumers. The important point, Maglio says, is to demonstrate



The "repeat-break" plot structure can greatly increase the impact of advertisements and spark people's interest in a particular pitch or argument

conversation and writing is framed as a metaphor, often without us really paying attention to the comparisons we're making. And cognitive scientists have shown that they profoundly affect our most basic linguistic processing.

In a typical experiment on the processing of metaphor, participants are asked to read sentences and to signal – with the press of a button – when they have comprehended each line. Phrases such as: "I was fuming... I had to take a moment to let off steam, otherwise my boiler would burst," take

experiment on anti-depressants showed that we would prefer a (fictional) drug called "Liftix" if we were told that depression is a persistent "low" mood, but "Illuminix" if the illness were described as a kind of darkness. Another study looked at the ways government policies are described to the public, and showed that the tactical use of extended metaphors hugely increases a message's persuasive power. If crime was called a "virus", for instance, the participants were much more likely to endorse reforms that

Cont. on page 44

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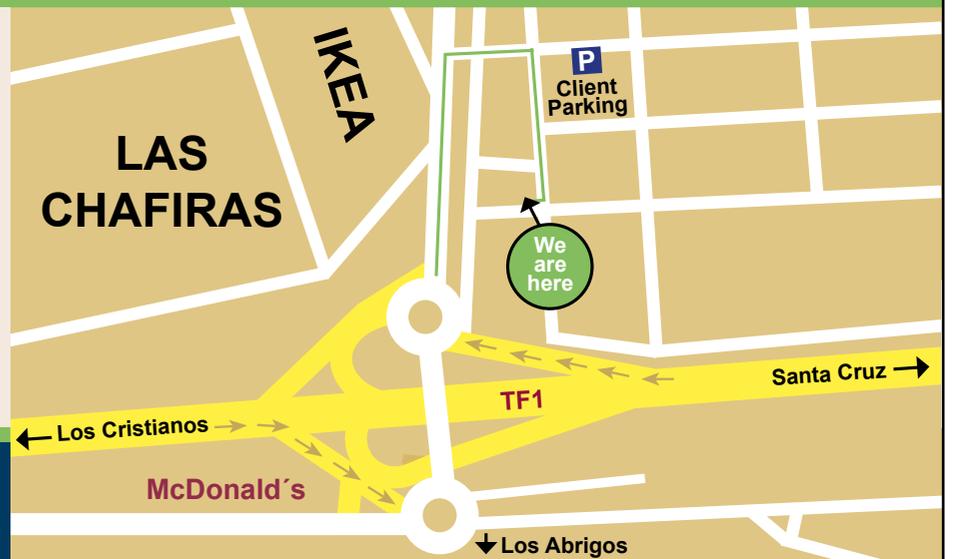


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Cont. on Page 43

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Cont. from page 42

some kind of learning experience from the error. "It helps a lot for the audience to trust in that review, because [the reviewer] seems to have a high degree of expertise," he says.

Marketing materials rarely ever include that information, though. "Marketing managers' intuitions are pretty consistently against anything negative – it's all positivity, all day long when you're promoting your product," Maglio says. The belief was that any bad qualities would accidentally become associated with the product they were trying to sell. "But if mistakes are used in the right way, they can be quite compelling."

You could try the same whenever you are attempting to make a strong case. Rather than ignoring the blind alleys that eventually

led you to your current decision, actively flaunt those missteps. If you were trying to persuade your friends to go to a particular restaurant, say, you could try to contrast it with a previous trip to a disappointing venue. Similarly, in conversations with your boss at work, you might be a bit readier to explain how your previous errors had led to a current decision. The fact that you have learnt from a mistake will make your argument more persuasive.

Create a brain teaser

During the 2016 European Football Championships, spectators saw the word "Probably" branded around the stadiums. There were no further explanations, but fans might have noted that the font resembled the logo of a famous Danish beer brand. The strategy

allowed the Championship sponsors to circumvent French laws about advertising alcohol around sports events.

While vague or enigmatic messages may seem off-putting, psychological research suggests that ambiguous marketing of this kind can be more persuasive than overt advertising.

Antonia Kraus at the University of Augsburg in Germany recently tested various adverts of well-known brands. All the adverts had some clue to the product, such as the iconic shape of a bottle for a popular drink or a familiar slogan, but the names and logos were either partly or completely obscured. Sure enough, she found that the more ambiguous adverts were better remembered than the complete adverts, with the full names and the logos. Afterwards, they

also rated the product more highly.

The extra mental effort required to resolve puzzling adverts can translate to a greater appreciation of the product

It seems that the participants treated the adverts as a kind of puzzle. The extra mental effort required to resolve the clues improved their recall, while the sense of pleasure at having deduced the answer translated to a greater appreciation of the product. In other words, the beer ads at Euro 2016 may have worked because, and not in spite of, the ban on overt marketing.

Whatever your particular message, it can pay for your audience to think for themselves. In a work presentation, for example, you might underline one part of your argument by presenting a problem

and asking the audience to guess the solution for themselves.

Researchers at the University of Amsterdam recently ambushed restaurant diners and gave them a customer satisfaction questionnaire. As part of the questionnaire, some of the participants were asked to give two reasons why the waitress deserved a tip. Their subsequent contributions were more than twice as big as people who did not answer the questionnaire, or those who were given some text outlining the importance of the service charge. Thanks to the subtle prompt, the diners had persuaded themselves to dish out more cash.

Add a decoy

If you are trying to persuade someone to make a decision, it can often help to add a

similar, but slightly undesirable option to the mix – a decoy that will make your preferred choice seem even more attractive.

Companies already use this trick all the time. In coffee shops, for instance, you might notice that the "medium" size drink is almost as big as the large option. That's deliberately designed to make you feel like you might as well pay the difference and opt for the bigger cup. (You can read many more examples of the decoy effect here.)

These strategies can only work if the facts you present are already compelling; they can't turn a leaden message into gold. But if you have an appealing argument that you then polish with these five principles of powerful persuasion, you will be well on the way to changing your audiences' hearts and minds.

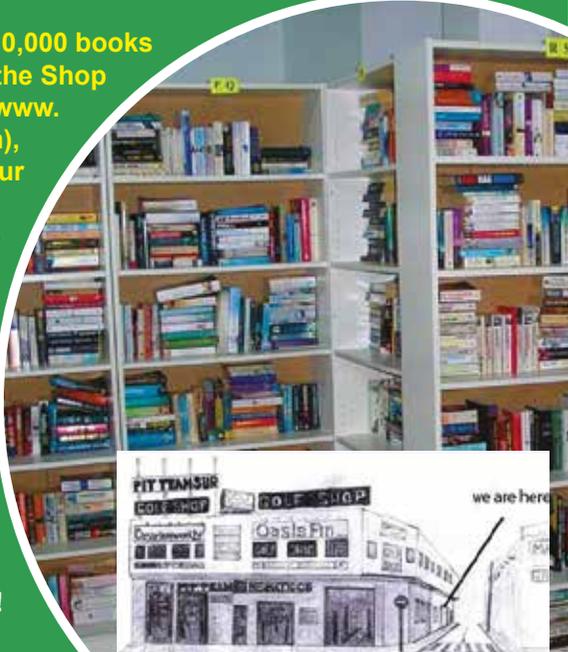
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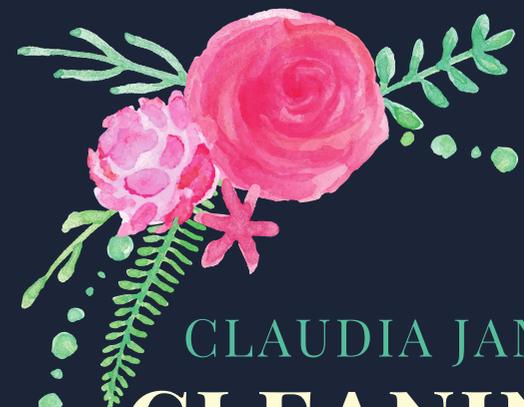
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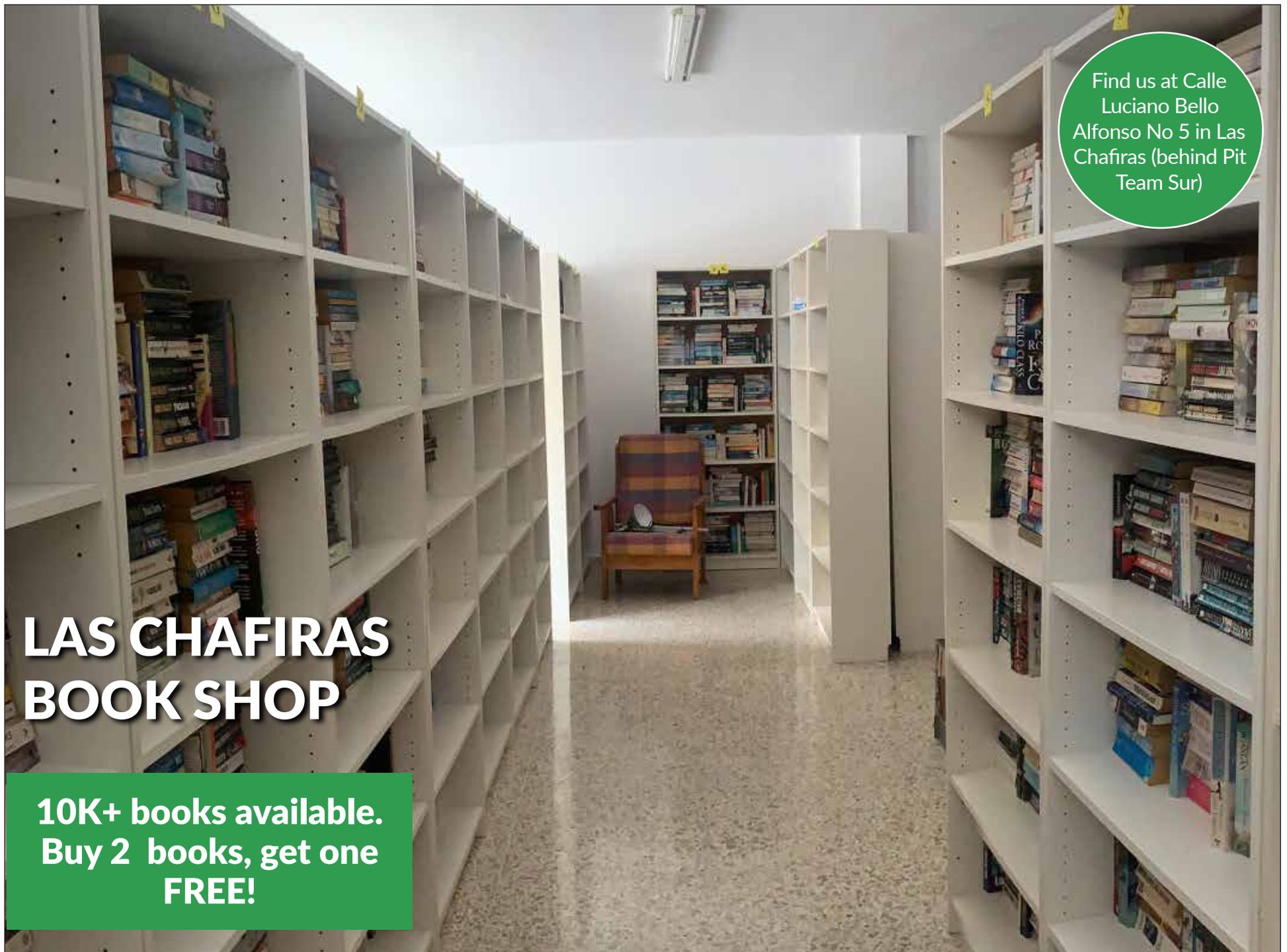


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Ref: **3067** | Rentals in Tenerife | **606 284883**

Golf del Sur, Linked House

€1,200

3 bed · Spacious and well furnished three bedroom, two bathroom linked villa on the small Phase one section of Residencial San Blas. There is a garden and large integral garage with room for two cars. The property is available for long term rent now. Monthly rent is 1200 euros with water and electric bills on top. A deposit of 1800 euros is required to secure the... For full information see website or contact:

Ref: **PMSR015R** | Palm Mar Sales and Rentals | **677-623713 / 671-129558**

Puerto de La Cruz, Apartment
€1,200

1 bed · We offer this modern luxury apartment in Parque Lotos, La Paz in Puerto de la Cruz. It consists of a living room connected to the kitchen, a bathroom with a shower, a bedroom and a spacious terrace with views. The apartment is on the 3rd floor of the building that has the community pool and a lift. The luxury apartment building with its unique architecture... For full information see website or contact:

Ref: **IR1200A** | Agata's Real Estate |

Playa Paraiso, Apartment

€1,150

2 bed · We offer apartment for long term rental. Beautiful apartment on the ground floor in a new Ocean Garden complex, Playa Paraiso. New apartment, fully furnished and equipped with everything you need. It has two bedrooms with fitted wardrobes, two bathrooms with

showers, an open-plan kitchen with a living room and a very large terrace with a solarium and a co... For full information see website or contact:

Ref: **VR5582D** | Vym Canarias | **922 787 210**

€999 - €650 p/m

Los Cristianos, Apartment

€890

2 bed · Lovely large ground floor, 2 bed, 1 bath, Large Terrace, nicely fully furnished, fully equipped for disabled persons, community swimming pools, Private Garage space, Tennis courts, Close to all commerce, bills not included no pets. available now.

Ref: **LAPR1079** | Los Abrigos Properties | **922 170021**

Playa Paraiso, Apartment

€850

2 bed · Modern, fully furnished and

equipped 2 bed, 1 bath apartment with aircon and wifi, located in a nice complex with 4 swimming pools and security, and only 5 mins' walk from Fañabe beach. Bills extra.

Ref: **DHT Rentals 003** | Dream Home Tenerife | **617 203 578**

Costa Adeje, Apartment

€850

2 bed · Luxurious modern, fully furnished and equipped, 2 bed, 1 bath apartment in nice complex with 4 pools and security. Just 5 mins' walk to Fañabe beach.

Ref: **DHT Rentals 06** | Dream Home Tenerife | **617 203 578**

Los Abrigos, Apartment

€850

2 bed · Spacious empty commercial premises available for long term rental in Los Abrigos. Premises contains 2 rooms (1 large with seaviews, another one smaller). Also 2 toilets and small kitchenette. Both have electric and water counters.

Ref: **LAPR1059** | Los Abrigos Properties | **922 170021**

Amarilla Golf, Apartment

€850

2 bed · Beautiful property, recently refurbished, ideal for retired couples. Sea and mountain views, in walking distance from bars and restaurants. Just a 10 mins walk to Marina San Miguel. Pool in complex. Definitely worth a view!

Ref: **2062** | Rentals in Tenerife | **606 284883**

Golf del Sur, House

€850

2 bed · *Available from 21st of August*Two bed, two bath apartment with front terrace, rear garden and upstairs terrace on popular complex. Price includes water and electricity bills.

Ref: **1631** | Homes & Away | **922 737 044**

Callao Salvaje, Apartment

€800

2 bed · Apartment with 2 bedrooms and 2 bathrooms situated in the complex Sueño Azul, a quiet residential area in 10 minutes walk from the beach and the shops. Pets are not admitted.

Ref: **VR6514D** | Vym Canarias | **922 787 210**

El Medano, Townhouse

€800

2 bed · Nice 2 bed 2 bath townhouse, corner position, in complex with pool, within walking distance to the sea, and 5 minute drive to El Medano centre, shopping area and schools. 2 double bedrooms, 2 bathrooms, kitchen, living, terrace and garage underground with large storage. Bills extra.

Ref: **KV0238** | Tenerife Alizes Properties | **922 738653 / 626 274040**

Callao Salvaje, Townhouse

€800

2 bed · For rent bright townhouse in Callao Salvaje. It is distributed on two floors. On the ground floor there is a kitchen, living room, large terrace and toilet. On the first floor there are two large bedrooms and a bathroom. There is a terrace on the roof. Quiet residential complex with community pool. Do not hesitate to contact for more information.

Ref: **VR7138D** | Vym Canarias | **922 787 210**

Callao Salvaje, Apartment

€800

2 bed · Duplex for rent with two bedrooms in Callao Salvaje. It is a furnished duplex and has 103 m2 including 2 terraces. The ground floor has independent kitchen, living room, toilet and large terrace with surface 16m2. The first floor has two bedrooms (one bedroom with sea view) and the bathroom. The third floor has terrace with surface 12m2 with sea view. T... For full information see website or contact:

Ref: **ONR6800A** | Agata's Real Estate |

Las Americas, Apartment

€750

1 bed · Nice 1 bedroom apartment in the touristic complex Las Floritas situated on the first floor with the terrace overlooking the swimming pool. Centric area close to all touristic services and the beach. Good option for rent or for personal use for holidays.

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Ref: **VR7002D** | **Vym Canarias** | 922 787 210

Costa del Silencio, Apartment
€750
1 bed · *Available for March/April/May* One bed, one bath apartment on a popular complex. Close to all amenities. Weekly clean, linen and towels change included.
Ref: **1775** | **Homes & Away** | 922 737 044

Playa Paraiso, Apartment
€700

1 bed · Long term rental. Bright apartment with a large terrace in the complex "Vista Nautica", Playa Paraiso. The apartment is rented unfurnished, but the kitchen is furnished and equipped with the necessary electrical equipment, there is also an air conditioner and a washing machine. The apartment consists of one bedroom with built-in wardrobe and access to the... For full information see website or contact:

Ref: **VR7210D** | **Vym Canarias** | 922 787 210

Playa Paraiso, Apartment
€700

2 bed · Long term rental. Bright fully equipped apartment in the complex "Sol Paraiso", Playa Paraiso. With two bedrooms with built-in wardrobes, complete bathroom, open-plan kitchen with living room and terrace. Apartment is on the fifth floor and has beautiful panoramic views. A garage space is also included in the price, the costs of water and electricity are ... For full information see website or contact:

Ref: **VR7170D** | **Vym Canarias** | 922 787 210

Taucha, Finca
€700

2 bed · For rent nice 2 bedroom rustic house in Taucha village. The house additional has summer kitchen with the barbecue. Nice and quiet area. Only 10 minutes drive to the motorway or Adeje.
Ref: **VR7325** | **Vym Canarias** | 922 787 210

Playa Paraiso, Apartment
€700

2 bed · Long term rental. Fully furnished two-bedroom apartment in the residential complex "Paraiso del Sur", Playa Paraiso. The apartment has an entrance hall, an American-style kitchen with a living room, two bedrooms with fitted wardrobes, a bathroom with shower and a terrace with open views of the surroundings and the mountains. The complex has an elevator, s... For full information see website or contact:

Ref: **VR6182D** | **Vym Canarias** | 922 787 210

Puerto de La Cruz, Apartment
€700

We offer a 50 m2 studio for long term rental in Casa Ikarus, in the area of La Paz. The studio is furnished and equipped, has a large terrace overlooking the Atlantic and the city. The building has an elevator, a room with a coin-operated washer and dryer, and an acclimatized pool with solarium area. The costs of water, electricity and WiFi are include... For full information see website or contact:
Ref: **IR700S** | **Agata's Real Estate** |

Golf del Sur, Apartment
€700

1 bed · *Available from 25th November* Nicely presented, one bed apartment on popular complex with heated swimming-pool. Wi-Fi included. Water and electricity on top.
Ref: **1961** | **Homes & Away** | 922 737 044

Golf del Sur, Apartment
€695

1 bed · *Available from April* Well-present, one bed, one bath

apartment with fabulous views over the golf course, out to sea and over to Montaña Roja. Wi-Fi included.

Ref: **2084** | **Homes & Away** | 922 737 044

Amarilla Golf, Apartment
€695

1 bed · Fully refurbished, one bed apartment on popular complex with Golf course and Teide views. Wi-Fi included.

Ref: **2040** | **Homes & Away** | 922 737 044

Callao Salvaje, Studio
€680

Studio on the seafront in Sueño Azul complex. Renovated and equipped. Price 680 eur per month with all expenses included (including wifi).

Ref: **VR7243D** | **Vym Canarias** | 922 787 210

Amarilla Golf, Apartment
€675

1 bed · Nicely presented, top floor apartment with sunny terrace on popular complex.

Ref: **2065** | **Homes & Away** | 922 737 044

Amarilla Golf, Apartment
€675

1 bed · Spacious, ground floor, one bed apartment on popular complex with communal pool. Water and electricity bills included up to 40€ per month.

Ref: **2026** | **Homes & Away** | 922 737 044

Playa Paraiso, Apartment
€650

1 bed · Long term rental apartment on the first line of the ocean in the residential complex "Mirador del Sur", Playa Paraiso. Nice fully furnished apartment with a double bedroom with built-in wardrobe, a full bathroom, a fully equipped kitchenette with a living room and a terrace overlooking the ocean. Living area of 45 m2. 8 m2 terrace. Well maintained complex... For full information see website or contact:

Ref: **VR0025** | **Vym Canarias** | 922 787 210

Playa Paraiso, Apartment
€650

1 bed · Ideal for your second residence, situated in few minutes walk from the beach and the sea, in the complex with big swimming pool. The apartment has 1 bedroom, 1 bathroom, a spacious living room with open kitchen, a terrace overlooking the sea and the resort. There is a new commercial center just in front of the complex. Excellent opportunity to buy an apar... For full information see website or contact:

Ref: **VR5020D** | **Vym Canarias** | 922 787 210

Playa Paraiso, Apartment
€650

1 bed · One bedroom apartment for rent on the 2d floor in the complex Paraiso del Sur. Completely fitted and equipped. Balcony overlooking the ocean and La Gomera. Complex is situated on the first line and has community pool, close to all the amenities.

Ref: **VR7087D** | **Vym Canarias** | 922 787 210

Callao Salvaje, Apartment
€650

1 bed · For rent nice one bedroom apartment in Callao Salvaje in Atlantic Palace complex. Very quiet complex with community pool.

Apartment is furnished and has a terrace overlooking the pool. Feel free to contact us for more information.

Ref: **VR7366D** | **Vym Canarias** | 922 787 210

Callao Salvaje, Apartment
€650

2 bed · 2 bedroom apartment situated in the complex Sunvien View in Callao Salvaje, close to the promenade. Parking space in the garage is included.

Ref: **VR7199D** | **Vym Canarias** | 922 787 210

Playa Paraiso, Apartment
€650

2 bed · Long term rent. Bright fully equipped apartment in the complex "Sol Paraiso", Playa Paraiso. With two double bedrooms with fitted wardrobes, full bathroom, American style kitchen with living room and terrace. Also included in the price is a garage space and monthly expenses. The complex with a lift and swimming pools is located near restaurants, a superma... For full information see website or contact:

Ref: **VR7064D** | **Vym Canarias** | 922 787 210

Palm Mar, Apartment
€650

1 bed · Ground floor 1 bed, 1 bath apartment with lounge and fully fitted American style kitchen. There is a good size terrace and a community swimming pool.

Ref: **01 886** | **Tenerife Prime Property** | 922 703 725

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Torviscas Alto, Studio
€600

Beautiful studio in the Island Village Heights complex in San Eugenio. Fully equipped Bills included up to 50€ per month Very well located Available from June 1.

Ref: **VR5973D** | **Vym Canarias** | 922 787 210

Torviscas Alto, Studio
€600

Long term rent (from 6 months). Studio apartment with ocean view in the tourist complex "Laguna Park II", San Eugenio Alto. The bright apartment consists of a bathroom, a room with a kitchen and a terrace overlooking the ocean. Nice complex with lifts, playground, reception, swimming pools, solarium, mini market and parking. Nearby there is a supermarket... For full information see website or contact:

Ref: **VR7266D** | **Vym Canarias** | 922 787 210

Playa Paraiso, Studio
€550

Bright studio for rent on the seventh floor of the Paraiso del Sur complex. Fully furnished and equipped. Balcony overlooking the ocean and La Gomera. Complex with communal pool, located close to all services.

Ref: **VR7089D** | **Vym Canarias** | 922 787 210

Playa San Juan, Apartment
€550

2 bed · Cosy, centrally-located and just 1 minute from the main promenade, 2 bed, 1 bath apartment located in pretty fishing village. Close to restaurants, supermarkets, medical center, playground, beach. The property has a living room, an open kitchen

and a small balcony that connects the master bedroom with the living room. Electric bill on top, water included.... For full information see website or contact:

Ref: **DHT Rentals 005** | **Dream Home Tenerife** | 617 203 578

Puerto de La Cruz, Apartment
€550

1 bed · This furnished apartment is located in one of the most beautiful areas of Puerto de la Cruz, in the famous attraction and beautiful park "Taoro Parque". From this property you can walk to the city center of Puerto de la Cruz in less than 5 minutes crossing this park. Waterfalls, bars and restaurants can be found in this park. The apartment has a bedroo... For full information see website or contact:

Ref: **IR550A** | **Agata's Real Estate** |

San Isidro, Apartment
€530

2 bed · Spacious 2 Bed Apartment, on residential building in San Isidro. 2nd floor with lift, underground parking space incl. The apartment has 2 bathrooms, separate kitchen, large living room, and double bedroom with small balcony. Built-in wardrobe, fully equipped and furnished. Close to shops and transports, quiet position. Bills extra.

Ref: **KV0174** | **Tenerife Alizes Properties** | 922 738653 / 626 274040

Guargacho, Apartment
€500

1 bed · Spacious apartment for rent in the quiet area of Guargacho. Building located next to the medical centre and in a short distance from the main road. 1 bedroom, bathroom with shower, large living room with kitchen. On the communal roof there is a private laundry room. Do not hesitate to contact us for more information.

Ref: **VR7102D** | **Vym Canarias** | 922 787 210

Los Abrigos, Apartment
€500

2 bed · 8 bright apt with 2 bedroom/1 bath available for long term rental in new building, Los Abrigos. 1st and 2nd floor. All with balconies and views to Teide. Close to shops, school, transport. 10 min. drive to South airport. Small pets allowed. Water&Electric excluded.

Ref: **LAPR1093-1101** | **Los Abrigos Properties** | 922 170021

Los Abrigos, Apartment
€500

In central position, in the village of Los Abrigos, close to major amenities and a few minutes walk to the sea, this one bed apartment is furnished and consists of 1 double bedroom, bathroom, living with American kitchen, and a small balcony. Includes garage space. Pets not allowed. Bills extra. Available begin of May.

Ref: **KV0212** | **Tenerife Alizes Properties** | 922 738653 / 626 274040

Las Americas, Studio
€490

Long term rental. Complex "Borinquen", Las Americas. 2nd floor. Studio apartment with a kitchen, a bathroom and a terrace with pool and ocean views. Complex with a bar, pool and parking. Located very close to the beach.

Ref: **VR6970D** | **Vym Canarias** | 922 787 210

Llano del Camello, Apartment
€490

Available now! Lovely, fully furnished and equipped penthouse studio with large bedroom, kitchenette and a nice terrace with great sea views

Ref: **DHT Rentals 001** | **Dream Home Tenerife** | 617 203 578

Las Rosas, Apartment

€480
Very cosy rustic style studio in grounds of a large house but with its own entrance. Comprises of lounge, kitchen, bathroom and some outside space. Ideal for someone looking for complete peace and tranquility. Available from beginning of June 2020.

Ref: **00 1173** | **Tenerife Prime Property** | 922 703 725

Los Abrigos, Apartment
€450

1 bed · Bright ground floor 1 bed/1 bath apt for long term rent in new building, in Los Abrigos. Close to school, shops, transport. 10 min drive to South airport. Small pets allowed. Bills excluded

Ref: **LAPR1103** | **Los Abrigos Properties** | 922 170021

Puerto de La Cruz, Apartment
€450

This flat is at Calle Richard J. Yeoward, 38400, Puerto de la Cruz, Santa Cruz de Tenerife, at Tenerife North, on floor 4. It is a furnished flat that has 30 m2 and has 1 bathrooms. It is studio with south. It includes equipped kitchen, elevator, furnished kitchen, sea views and balcony and besides, it includes community garden, mountain views and good... For full information see website or contact:

Ref: **IR480S** | **Agata's Real Estate** |

Garanana, Apartment
€350

Ground floor studio apartment in quiet cul-de-sac, with good size terrace in small block of 6 apartments with NO community pool. This studio is furnished but owner does not provide bed linen, towels or kitchen items. Water included, electric and gas to be paid by the tenant. NO ANIMALS ALLOWED IN THIS PROPERTY.

Ref: **00 1098** | **Tenerife Prime Property** | 922 703 725



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Business Section

OVER €350,000

Callao Salvaje, Commercial Property

€2,490,000

If you are looking to relocate to Tenerife and open a non-catering business, this Commercial Property & Private Villa for sale is an Amazing opportunity. Besides from the large villa including office and reception area the plot also offers a private guest house. It is the perfect combination of a stunning villa on a large plot and commercial space, which ... For full information see website or contact:

Ref: 2147 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Ostrich farm

€2,000,000

Are you looking for something very special? Here is your opportunity to buy a unique Ostrich Farm & Restaurant in Tenerife - the only one of its kind in the whole Canary Islands! Built from scratch in 1995 this farm was a pioneer in its field and still remains as one and only to cover the whole cycle of growing and breeding ostriches and offering ostr... For full information see website or contact:

Ref: 1485 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Commercial Property

€1,680,000

Opportunity to invest in a substantial commercial property and an established restaurant business located in a small picturesque village in the south of Tenerife with spectacular views over the ocean and the neighboring islands of La Gomera, La Palma and El Hierro. The property built in 2003 measures 500 m2 and spreads over 2 floors. The main floor is ... For full information see website or contact:

Ref: 1292 | FRINA Tenerife SL - Business Sales | 922 085 191

Guaza, Apartment Block

€1,500,000

If you want to invest in this building, give it a face-lift, dedicate it to rentals, or re-sell this is the building for you, the options are endless. This building will revenue a high profit and a rapid return on your investment. The building itself is in perfect condition, it has been built in the beautiful "Canarian" style with elegant cornices, it has... For full information see website or contact:

Ref: GB3-G1X5 | RD Properties | 922 732 862

Tenerife South, Restaurant

€1,500,000

For sale is this rare opportunity to get a freehold restaurant with a big function hall for birthdays, receptions, weddings and more. Furthermore, is a big indoor playground for kids and a big terrace with room for guests and receptions as well. The building itself is amazing throughout styled and placed on the top of a small hill where you cannot miss... For full information see website or contact:

Ref: 1830 | FRINA Tenerife SL - Business Sales | 922 085 191

La Orotava, Apartment Block

€1,200,000

Investment opportunity in Tenerife North, a complex of farms and restaurants with an extension of 10,000 m2 with a constructed area of 1247 m2 that is located in the heart of the Orotava Valley, in the North of the Island of Tenerife. Only

5 minutes from Puerto de la Cruz with easy access from the highway. Incredible investment possibility, animal farm, o... For full information see website or contact:

Ref: I21200GV | Agata's Real Estate |

Tenerife South, Furniture & Interior Decoration

€1,100,000

If you are a successful entrepreneur looking to relocate to Tenerife and run here your own serious and profitable business, this opportunity is definitely waiting for you! For sale freehold or leasehold a very successful and highly reputable furniture business with the established name which is widely recognized almost throughout the whole island. Estab... For full information see website or contact:

Ref: 1731 | FRINA Tenerife SL - Business Sales | 922 085 191

Cabo Blanco, Hotel

€890,000

6 bed · Location: Central, Touristic area, Close to amenities, Close to restaurants/bars/cafes, Close to shops, Exclusive development, Quiet location. Views: La gomera, Sea. Additional: Development possibilities, Viewing recommended. Rooms: American style kitchen, Bathroom, Hall/entrance, Lounge and dining area. Quality: Good condition, Tastefully decorated, Furn... For full information see website or contact:

Ref: 407-HT6 | Island Estates | 922 790 767

Las Americas, Bar/Cafe

€580,000

You will be hard pushed to find a better business in Las Americas than this cafeteria. The owner has run the place for 30 years and the regular guests and proof of income speaks for itself. Also, the cafeteria has a licensed lottery booth, which also brings clients and a healthy income. If you are ready to take over a Spanish cafeteria this business wi... For full information see website or contact:

Ref: 1944 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Empty Local

€577,000

In need of TLC, large commercial property with separate apartment above the premises.

Ref: 1948 | Homes & Away | 922 737 044

Fanabe, Empty Local

€530,000

FRINA Tenerife offers this large freehold for sale, which is located in a complex in Fafiabe. The local used to be a restaurant but is empty today and would need a refurbishment before it can reopen. The local could be great both as a restaurant, but also shop or office. Premises of the Fafiabe Freehold for Sale The premises are spacious 330 m2 and installe... For full information see website or contact:

Ref: 2294 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto de La Cruz, Restaurant

€500,000

A famous well-run restaurant in Puerto de la Cruz, La Paz. It is situated in a privileged location of La Paz, one of the best areas of the city with many tourists, as well as residents. The premises operates since 1980 and has a coming back clientele. It has a commercial space of 165 m2, a large terrace of 85 m2 with outdoor tables, kitchen, in the

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

Ref: I1570L | Agata's Real Estate |

Puerto de La Cruz, Restaurant

€485,000

An established restaurant in the heart of Puerto de la Cruz, zone of plaza del Charco. The heart of the city with many tourists, as well as residents. The premises has a commercial space of 145 m2 and an outdoor space rented from the town hall. It is fully equipped and sold with all licences. The staff can be taken over. Great opportunity to overtake the ... For full information see website or contact:

Ref: I1485L | Agata's Real Estate |

Fanabe, Restaurant

€480,000

FRINA Tenerife offers for sale this fun and inviting British bar in Puerto Colón. It has a prime location, as this harbor is one of the most touristic spots on the island. The bar is known for a menu of British pub specialties, and also some great live entertainment, such as karaoke, quizzes and music. The bar enjoys great footfall and has many regular c... For full information see website or contact:

Ref: 2336 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Cafe

€399,000

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

Ref: 1943 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Supermarket

€395,000

FRINA Tenerife offers for sale a well-located and busy supermarket in Golf del Sur. It has been running for 6 years and serves both local residents and tourists. The store is around 180m2 and well-maintained and equipped.

Ref: 2339 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Chafiras, Fully Equipped

€350,000

Additional: Viewing recommended. Rooms: Store rooms, Bar, Bathroom. Quality: Tastefully decorated, Traditional features, Bright, Well presented, Furnished, Good condition, Spacious. Features: Many special features. Outside: Large terrace. Parking: Parking nearby, Parking available.

Ref: 464-C | Island Estates | 922 790 767

Local

€350,000

Additional: Viewing recommended. Rooms: Store rooms, Bar, Bathroom. Quality: Tastefully decorated, Traditional features, Bright, Well presented, Furnished, Good condition, Spacious. Features: Many special features. Outside: Large terrace. Parking: Parking nearby, Parking available.

Ref: 464-C | Island Estates | 922 790 767

€349,999 - €250,000

Golf del Sur, Investment Property

€329,175

1 bed · air conditioning, modern.

Ref: VS5424D | Vym Canarias | 922 787 210

Adeje Town, Fully Equipped Local

€320,000

FRINA Tenerife offers this investment - commercial property for sale in Adeje old town. The property has a long-established business and a good tenant that pays 1,500€ monthly. Premises of the Commercial Property for Sale The premises of the freehold have 2 floors which altogether measures 206 m2. If you wish to know more about this commercial pr... For full information see website or contact:

Ref: 2379 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Supermarket

€275,000

FRINA Tenerife offers for sale this busy supermarket in Torviscas Bajo. It has been running for 2 years and has a good reputation. The customer profile is both tourists and locals. The location secures a lot of footfall and there is not a lot of direct competition in the area. The supermarket is spacious 100m2 and well-equipped.

Ref: 2320 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Excursion Business

€270,000

For sale with FRINA Tenerife is this long-established Tenerife jet ski excursion in the south. You will not find a jet ski business with a better reputation, newer jet skis, and less work than this. Moreover, this business comes with a unique opportunity/license allowing you to expand with another water sports business, which we can explain at a meeting. ... For full information see website or contact:

Ref: 2080 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto de Santiago, Car Leasing/Rental Business

€267,000

New on the market is this Car Rental for sale in Puerto Santiago, which is sold as a leasehold or a freehold. Furthermore, the business sells Tenerife excursions and the office has an ATM, which both

leasehold or freehold a very successful and highly reputable furniture business with the established name which is widely recognized almost throughout the whole island. Incl... For full information see website or contact:

Ref: 1732 | FRINA Tenerife SL - Business Sales | 922 085 191

Costa Adeje, Dive school

€250,000

If you are looking for a successful excursion business in Tenerife, you cannot miss this Diving School for Sale. This school offers internships, diving licenses, instructor licenses, and diving & snorkeling excursions all over Tenerife. And every year since 2015 they earned the TripAdvisor Certificate of Excellence! The business has been established ... For full information see website or contact:

Ref: 2358 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Galletas, Excursion Business

€250,000

This is a great opportunity to be the owner of a successful jet ski business in the South of Tenerife. The excursion trips are from 40 minutes to 3 hours with great fun and even the chance to see whales and dolphins. Included in the Jet Ski Business Included in the jet ski business are 10 Sea-Doo jet skis. 8 of the jet skis are from 2016, 1 jet ski ... For full information see website or contact:

Ref: 2050 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Excursion Business

€250,000

This Excursion Boat & Shop for sale includes a Bavaria sailboat and a busy office selling excursions both directly and online. The business is run as an SL company and both the boat, shop and online shop is included in the sales price. The shop and website sell many different excursions in Tenerife and earns a healthy income. Nevertheless, the website and... For full information see website or contact:

Ref: 2262 | FRINA Tenerife SL - Business Sales | 922 085 191

Playa Paraiso, Fully Equipped Local

€250,000

If you are looking for a well-established and easy-to-run business, you cannot miss this store for sale in a busy complex of Playa Paraiso. This store sells everyday products like snacks, drinks and sun lotion but also toys and quality suitcases and bags of brands like Valentino and Guess. The business shows a healthy income and especially the profit on b... For full information see website or contact:

Ref: 2237 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€250,000

If you are looking for a cheap freehold bar and café for sale this business is a perfect opportunity. It is in amazing Los Cristianos placed between large hotels and less than a minute from the beach promenade. Moreover, it has been run by the same couple for 16 years. Premises of the Business Though the bar and café has been open for 16 years you find th... For full information see website or contact:

Ref: 2001 | FRINA Tenerife SL - Business Sales | 922 085 191

€249,999 - €150,000

Puerto Colon, Excursion Business

€249,000

For sale with FRINA Tenerife is this well-established sailboat excursion which includes 2 boats. The excursion business is located in Puerto Colon and the last 4 years this business has made unforgettable whale & dolphin excursion to the many tourists visiting Tenerife every year. Puerto Colon is without a doubt the busiest and most popular touristic harb... For full information see website or contact:

Ref: 2272 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Distribution & Wholesale

€246,000

If you are looking for a unique investment you cannot miss this service business for sale, which offers luggage scales to hotels all over Spain. Today the owner cooperates with 140 hotels, which all use the luggage scales from this business. How to run the Service Business For Sale This is an easy to run business, where you install the scales at the hotels... For full information see website or contact:

Ref: 2125 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Garage/workshop

€234,000

FRINA Tenerife offers this garage & workshop for sale in Tenerife South. It has been established for 10 years and had a great location in an industrial area. And the clients are both Spanish- and English-speaking residents. Premises of the Garage & Workshop for Sale This garage & workshop is 1,160 m2 and has a parking area of 300 m2. The premises of... For full information see website or contact:

Ref: 2176 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Excursion Business

€230,000

We are now proud to offer for sale this jetski excursion business in Tenerife. The business has it's moorings in one of the busiest harbours on the island! Here you find many large hotels and popular beaches, which secures a lot of customers, especially tourists. This business will guarantee plenty of footfall and a healthy income all year around!

Ref: 2314 | FRINA Tenerife SL - Business Sales | 922 085 191

Playa San Juan, Bar/Cafe

€225,000

This Traspaso Cafeteria for sale is located in Playa San Juan where it opened a year ago. It is known for an international menu offering brunch, burgers, Spanish specialties and a large variety of homemade bread and pastry. Moreover, it is popular due to its lovely location on the seafont. Premises of the Traspaso Cafeteria for Sale The inside pre... For full information see website or contact:

Ref: 2298 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Night Club

€220,000

This freehold night club in the Golf del Sur area is for sale as a

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Local

€350,000

Additional: Viewing recommended. Rooms: Store rooms, Bar, Bathroom. Quality: Tastefully decorated, Traditional features, Bright, Well presented, Furnished, Good condition, Spacious. Features: Many special features. Outside: Large terrace. Parking: Parking nearby, Parking available.

Ref: 464-C | Island Estates | 922 790 767

€349,999 - €250,000

provide to the healthy income. Premises of the Business for Sale You find the main office centrally in Puerto Santiago and a fully equipped workshop close by... For full information see website or contact:

Ref: 2233 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Furniture & Interior Decoration

€250,000

If you are a successful entrepreneur looking to relocate to Tenerife and run here your own serious and profitable business, this opportunity is definitely waiting for you! For sale

freehold. It is placed centrally close to complexes and is very well visited all year round. It is the perfect business for those who love working at night and prefer mixing cocktails in the bar instead of sweating in a hot kitchen. The bar has a relaxed vibe and tasteful décor. It is o... For full information see website or contact:

Ref: 1961 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Bistro

€199,950

Freehold cafe/bistro available with captive market in exclusive holiday complex. All fixtures and fittings included.

Ref: 2051 | Homes & Away | 922 737 044

Golf del Sur, Pool Bar

€165,000

This Freehold Pool Bar Golf Del Sur is located in a great complex and enjoys many regular clients and a good reputation. Moreover, it has a good size and no competition from other bars in the complex. The pool area is popular and well-maintained, so the new owners are guaranteed guests every day. Premises Freehold Pool Bar Golf Del SurThe pool bar & café ... For full information see website or contact:

Ref: 2239 | FRINA Tenerife SL - Business Sales | 922 085 191

Palm Mar, Pizzeria

€160,000

FRINA Tenerife offers for sale this successful traspaso pizzeria for sale located in Palm Mar. It has been established for 7 years and has earned a very good reputation both locally and on TripAdvisor. The menu is delicious Italian pizzas and international dishes. This is indeed a very well-established business showing a very good income and the buyer... For full information see website or contact:

Ref: 2345 | FRINA Tenerife SL -

Business Sales | 922 085 191

Tenerife South, Restaurant

€159,000

Here you get an opportunity to take over the leasehold of this 14 years old restaurant in the South of Tenerife. The restaurant is located in an amazing throughout building from 2003 with big terraces, big private parking and inside a big restaurant with an open kitchen. This restaurant is famous for its delicious barbecued meats and Canarian specialties... For full information see website or contact:

Ref: 1828 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Bar/Cafe

€155,000

This freehold bar & restaurant for sale is located in a large resident and hotel complex, which guarantees many new and returning guests. Moreover, the owner has a beneficial agreement with the complex reception that sends more guests to this bar and restaurant. Premises of the Freehold Bar & Restaurant The premises are in perfect condition with a new bar... For full information see website or contact:

Ref: 2044 | FRINA Tenerife SL - Business Sales | 922 085 191

San Eugenio Alto, Excursion Business

€155,000

For sale with FRINA Tenerife is this well-established buggy business & excursion shop in the south of Tenerife. The buggy offer trips for the whole family from 1,5 hours on the South of the island to 4,5 hours trips to the mountains and Teide National Park. The excursion shop sells both buggy excursions and all other kinds of excursions in Tenerife. In... For full information see website or contact:

Ref: 2036 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Bar/Cafe

€150,000

FRINA Tenerife offers for sale this freehold bar investment that is located in Adeje City. The premises of the freehold are 59 m2 with extractions and toilets installed. It is a long-established business in a central location and with good tenants that pay 1,100€ monthly. If you wish to know more about this freehold investment for sale contact FR... For full information see website or contact:

Ref: 2378 | FRINA Tenerife SL - Business Sales | 922 085 191

€149,999 - €100,000

Tenerife South, 3D Laser show business

€140,000

This new and exciting business for sale offers impressive laser shows using water screens and 3D video mapping. The shows measure up to 20x8 meters to satisfy a large audience, and whether they are shown on a large building or on the special water screen they are impressively and very beautiful. The shows are interesting both for hotels as regular ente... For full information see website or contact:

Ref: 2245 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Lap Dance Bar

€139,000

For sale in Tenerife is this newly refurbished bar & club which has the license to run both as a Cabaret Bar (lap dance) and Bar Sexual (sex club). You can choose to buy the business as a traspaso (leasehold) or buy it with the full SL company. Premises of the Lap Dance Bar & Club The club is newly built, and you get 300 m3 which are fully furnished... For full information see website or contact:

Ref: 2254 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Cafe

€139,000

If you are looking for a Las Americas bar you cannot miss this successful business, which is famous for its amazing atmosphere, showing sports events and popular live entertainment several times a week. This bar has been open for more than 40 years and the current owner has only made this already well-established bar an even bigger success! Moreover, t... For full information see website or contact:

Ref: 2197 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Pool Bar

€135,000

FRINA Tenerife just took on this large pool bar in Torviscas Bajo. It is very well established and placed in a large and popular holiday resort that has hundreds of tourists every month year round. The pool bar has a large terrace overlooking the pool and with tables for 50 guests. The inside premises are fully equipped with a large bar and an industri... For full information see website or contact:

Ref: 2385 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Galletas, Restaurant

€135,000

This attractive and busy restaurant is offered for sale leasehold in a great location in Las Galletas in the south of Tenerife. This restaurant is situated directly in the harbour of Las Galletas and benefits from many marine and diving excursions taking place from here. The terrace of the restaurant sits literally over the blue waters of the Ocean off... For full information see website or contact:

Ref: 1576 | FRINA Tenerife SL - Business Sales | 922 085 191

Callao Salvaje, Restaurant

€135,000

FRINA Tenerife offers for sale this lovely restaurant in Callao Salvaje. It is in a good location, the terrace even offers sea view. The restaurant has a good reputation and many returning customers, it has been established for 3 years. The menu is international food and the customer profile is mainly touristic.

Ref: 2321 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Pool Bar

€130,000

If you look for a business investment you cannot miss this pool bar for sale. Today the pool bar has a good and stable tenant on a 5-year contract. Premises of the Freehold The premises are 35 m2 with a well-equipped kitchen for snacks. The bar is on the terrace just next to the pool. There are no toilets inside the pool bar since you have pu... For full information see website or contact:

Ref: 2355 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Charter Yacht

€129,500

These 3 charter boats for sale rent out to tourists for private charters. Each of the boats can be rented from 1 to 6 hours, depending on the clients wish. Moreover, the boats can be rented with or without a private captain. This is a fairly easy business to run since many clients prefer going out on their own. The Charter Boats for Sale There are ... For full information see website or contact:

Ref: 2220 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Charter Yacht

€125,000

For sale exclusively with FRINA is this new Tenerife Charter Boat, which is known for private and shared charters of high standards. The captain and owner go beyond and above to satisfy the customers and provide unforgettable trips including drinks, tapas, whale watching and much more.

Moreover, the charters include pick up and drop off service at the hot... For full information see website or contact:

Ref: 2231 | FRINA Tenerife SL - Business Sales | 922 085 191

Playa Paraiso, Supermarket

€125,000

f you are looking for a well-established and easy-to-run business, you cannot miss this minimarket store for sale in a busy complex of Playa Paraiso. This store sells everyday products like snacks, drinks and sun lotion but also lots of childrens toys. This store has two departments, one with bags and suitcases, and another with everyday products, snacks... For full information see website or contact:

Ref: 2316 | FRINA Tenerife SL - Business Sales | 922 085 191

Playa Paraiso, Clothes Shop

€125,000

If you are looking for a well-established and easy-to-run business, you cannot miss this store for sale in a busy complex of Playa Paraiso. The store sells quality suitcases and handbags from high fashion brands. The business shows a healthy income and a high profit on bags. The premises are spacious 170 m2 combining 2 locals, where 1 is for convenience... For full information

Ref: 2310 | FRINA Tenerife SL - Business Sales | 922 085 191

don Pedro, an aparthotel with reception, swimming pool (heated in the winter!), animation etc. The apartment has an american style kitchen and is very luminous with direct access to the terrace from the living room. Parking space in the communal parking is included! Community fess: 197€ month, ... For full information see website or contact:

Ref: 08-0819 | Tenerifehome.com | 922 783066

Las Americas, Bar/Cafe

€100,000

FRINA Tenerife offers for sale this long established, very popular bar in the middle of Playa de Las Americas. For more than 25 years this bar has been growing very famous in the area. It's live entertainment and great atmosphere continues to attract people of different nationalities and ages to come and enjoy a fun night of karaoke, live music, sports an... For full information see website or contact:

Ref: 2310 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Retail Business

€100,000

FRINA Tenerife offers for sale this retail business that sell car and vehicle parts. The business is located in Los Realejos, where it serves many locals in the area and

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see website or contact:

Ref: 2315 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Restaurant

€120,000

FRINA Tenerife is happy to offer this popular and successful Las Americas restaurant for sale. This business has been established for more than 8 years and is known to serve great food for a fair price. The menu is a wide range of ever-popular meals for the whole family like pasta, steaks, roast chicken, pizzas, and more. And moreover, the restaurant h... For full information see website or contact:

Ref: 2387 | FRINA Tenerife SL - Business Sales | 922 085 191

Fanabe, Bar/Cafe

€120,000

New on the market is this classic English Tea room, which is known for its delicious homemade cakes and a classic British tea table. And naturally, most clients are British residents and tourists. It is a smaller café which is perfect for a couple and it is great even if you have kids since it is only open during the daytime. Premises of the Tea Roo... For full information see website or contact:

Ref: 2292 | FRINA Tenerife SL - Business Sales | 922 085 191

Costa del Silencio, Commercial Property

€119,000

1 bed · Cozy apartment with 1 bedroom located in Annapurna, a sea front complex with amazing communal pool with sea water and gardens. The residence is located at the entrance of the charming village of Las Galletas. Sold furnished.

Ref: 1376-0418 | Tenerifehome.com | 922 783066

Costa del Silencio, Commercial Property

€109,000

1 bed · This 1 bedroom apartment is located on the 1st floor in Palia

some British people. The business has a solid reputation and had a healthy income, but is now closed. Included in the retail business The owner wishes to sell the business... For full information see website or contact:

Ref: 2343 | FRINA Tenerife SL -

€99,999 - €50,000

Las Galletas, Charter Yacht

€96,000

For sale is this Charter Sail Boat - Bavaria 39 sold with the A6 License. If you love the ocean and looking to change your life, then this can be your chance to run a successful charter business in Tenerife. The ocean around Tenerife is amazing to go fishing, whale watching, and diving all year round. Boat Details And Premises The sales price includes... For full information see website or contact:

Ref: 1927 | FRINA Tenerife SL - Business Sales | 922 085 191

San Eugenio Bajo, Restaurant

€96,000

You find this large restaurant in a great location next to large hotels and beaches. Today the menu is freshly made Asian food for both take away and dining in the Thai restaurant. Premises of the Business The premises are spacious and everything is newly built to a high standard. The inside measures 95 m2 and have a fitted bar and new toilets and ... For full information see website or contact:

Ref: 1949 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Galletas, Charter Yacht

€91,000

If you love the ocean and are looking to change your life, then this can be your chance to start a successful charter business in Tenerife. The ocean around Tenerife is amazing to go fishing, whale watching, and diving all year round. Moreover, you are guaranteed breathtaking views and amazing adventures every day.

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Successful, long-established, family-run business now available due to retirement.

Complete sales records for the last 20 years available and assistance for the

first year of operation to the new potential owners.

This business has continued to trade as normal throughout the COVID lockdowns, and the SL Company

registration deed includes the opportunity to carry out a comprehensive range of alternative services.

Fore more information, please contact:

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Boat Details And Premises The sales ... For full information see website or contact:

Ref: 1926 | FRINA Tenerife SL - Business Sales | 922 085 191

Costa del Silencio, Bar/Cafe

€89,000

You find this freehold bar for sale in Costa del Silencio, where it has been open for 15 years. The bar is especially popular among British guests, has many regular clients and is especially known for a lovely Sunday Roast and Saturday Night Special. This bar will be a perfect option for a British couple who wishes to run their own business in Tenerife. P... For full information see website or contact:

Ref: 2162 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Alto, Empty Local

€85,000

Large local of 128m2 for sale in Puerto Colon.

Ref: VS3416D | Vym Canarias | 922 787 210

Los Cristianos, Commercial Property

€85,000

Commercial premises in the center of Las Americas. The total area is 60m. The office is located on the first floor of a commercial center City Center. The premise has a lot of natural light, it's ideal for the office, beauty center, dentist. Just 5 minutes walk to the beach and big commercial area.

Ref: VS5855DE | Vym Canarias | 922 787 210

El Duque, Fully Equipped Local

€80,000

1 bed · New commercial premises with a license "take away" on one of the central streets of the city Adeje. The inner area is 36 m2 and 36 m2 - external. Contact us for more information.

Ref: VS6407DN | Vym Canarias | 922 787 210

Puerto Colon, Pub

€75,000

This traspaso pub for sale with FRINA Tenerife is long-established and offers a lovely sea view from the terrace. The current owner had the business for 9 years and it is known for the good terrace and cozy evenings with live music and karaoke. Location & Premises of the Traspaso pub for Sale The business is located in San Eugenio Bajo and the pub measure... For full information see website or contact:

Ref: 2267 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Empty Local

€75,000

This freehold commercial property is new on the market and located centrally in Las Americas among hotels, complexes and other commercial properties. Whether you are looking to make a bar or an office this local is a good option for a fair price. The premises were recently refurbished with new toilets, floors, paint etc. but are otherwise empty and ... For full information see website or contact:

Ref: 2394 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Bar/Cafe

€69,000

FRINA Tenerife offers for sale this Spanish Traspaso Cafeteria located centrally in the old city center of Adeje. And it is the preferred place for breakfast and lunch for both locals and those who work in the area. The cafeteria has been established for 18 years, has many regular clients and is financially healthy. The cafeteria measures 75 m2 and ... For full information see website or contact:

Ref: 2390 | FRINA Tenerife SL - Business Sales | 922 085 191

Fanabe, Bar/Cafe

€68,500

FRINA Tenerife is happy to offer this Sandwich Café in Fanabe, which is part of a popular and well-known franchise. Hence, it is a great success already and easy to run. Also, this particular café of the franchise has very good reviews on Tripadvisor and Google. Since 2015 the café has been in this amazing location next to the beach, so it is well-established... For full information see website or contact:

Ref: 2280 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Abrigos, Bar/Cafe

€68,000

This traspaso for sale in Los Abrigos is a very popular bar-café in an excellent location. The business has been established for years and has many regular clients. And it has been open for 6 years and is a well-established business in a good area, which keeps expanding. Premises of the Traspaso for Sale The bar-café is spacious 130 m2 with a good size ki... For full information see website or contact:

Ref: 2266 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Pizzeria

€65,000

FRINA Tenerife offers for sale this well-established leasehold pizzeria which is located in Golf del Sur and runs very well since the direct competition in this area is very low.

It is a take away and delivery pizzeria which offers pasta dishes as well, but there is a proper extractor in the kitchen so you can expand the menu with other snacks like burger... For full information see website or contact:

Ref: 2273 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Commercial Property

€53,000

Freehold commercial premises for sale as an investment in Golf del Sur in the south of Tenerife. This investment brings a fantastic gross return of over 9% annually! The premises are situated on the territory of a luxury time-share and private resort with 184 villas, located just in the middle of a championship golf course. This freehold locale is rented ... For full information see website or contact:

Ref: 1724 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€50,000

FRINA Tenerife is happy to offer this lovely Café & Coffee Bar for sale. It is located in the old city center of Los Cristianos and enjoys plenty of footfall both days and evenings. The café has great reviews on social media and is known for its cozy atmosphere, great service, and quality coffees. It has been established since 2017 and comes with sever... For full information see website or contact:

Ref: 2368 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Empty Local

€50,000

Commercial premises in the center of Las Americas. The total area is 33m. The place is located on the first floor of the City Center shopping center. Completely renovated, ideal for office, beauty center, hairdresser. Only 5 minutes walk from the "Golden Mile". Expenses not included.

Ref: VS2531 | Vym Canarias | 922 787 210

UNDER €50,000

Las Americas, Bar/Restaurant

€47,000

New Commercial Property in Las Americas for sale with FRINA Tenerife. This is a very cozy bar-restaurant located among many large hotels and resident complexes centrally in Las Americas. It is a great location to get many loyal customers. Premises of the Commercial Property The restaurant is 50m2

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(Agents will be retained)

inside and has a large covered terrace of 75m2 with s... For full information see website or contact:

Ref: 2393 | FRINA Tenerife SL - Business Sales | 922 085 191

Roque del Conde, Supermarket

€35,000

Business for sale. Supermarket in Roque del Conde. Fully equipped reformed commercial premises with three air conditioners and video surveillance. With a license and all necessary documents. Monthly fee - 1800 euros with taxes. Good location in a residential area. It is also possible to buy this commercial premises. The total area of 133 m2.

Ref: VS6750D | Vym Canarias | 922 787 210

Los Cristianos, Restaurant

€30,000

You cannot miss this Los Cristianos restaurant if you are looking for a modern and well-established catering business. The restaurant opened almost 5 years ago and thanks to the delicious homemade food and great service the owner has many returning guests. Premises of the Los Cristianos Restaurant The premises of the restaurant are spacious, modern and re... For full information see website or contact:

Ref: 2291 | FRINA Tenerife SL - Business Sales | 922 085 191

Ref: 2185 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bike/scooter Rental Business

€30,000

FRINA Tenerife offers this bike & scooter rental for sale, which has been established for 3 years and is located in a super busy area of Las Americas. This shop offers rentals of bikes, e-bikes, mobility scooters and, wheelchairs. The clients are both pedestrians passing by and clients who find the offers online. Included in the business for Sale Th... For full information see website or contact:

Ref: 2185 | FRINA Tenerife SL - Business Sales | 922 085 191



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Cocktail Bar And Cafe

Reduced



This Cocktail Bar & Café is located centrally in Las Americas and is known for a large cocktail menu and delicious homemade pizzas. The inside is 40 m2 while the outside has 2 spacious terraces measuring more than 110 m2.

Ref.: 2402

Price: 49,500€

Los Cristianos Classic Pub

NEW



This is a classic pub located centrally in Los Cristianos. That has been established and run by the same owner for many years and you will get a successful business here. Moreover, you can buy the leasehold with an option to buy the freehold.

Ref.: 2421

Price: 95,000€

Restaurant in Playa Paraiso

Reserved



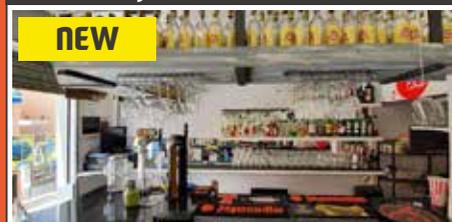
This is a spacious and charming restaurant-bar with a beautiful terrace that offers both mountain views and views to the neighboring island La Gomera. The inside is spacious too with a large kitchen and tables for 72 guests.

Ref.: 2406

Price: 59,000€

Mojito Bar in Fanabe

NEW



This small Mojito Bar is located just minutes from Fanabe beach and is ideal for a single person or a couple that wishes to run a small bar together. The inside is 20 m2 and the terrace is 20 m2 too with chairs for 20 guests.

Ref.: 2418

Price: 30,000€

Licensed Animal Farm



This black pig farm is located in Adeje. This is a rare opportunity to get a fully renovated and licensed farm made in a collaboration agreement for the conservation of the Canary Islands black species. Rent only 300€ monthly!

Ref.: 2361

Price: 35,000€

Freehold Pub in Los Cristianos

NEW



This is a classic pub of 100 m2 located centrally in Los Cristianos. It has been established and run by the same owner for many years and no doubt you will get a successful business with many regular clients if you buy this.

Ref.: 2422

Price: 320,000€

Pub for Sale in Torviscas



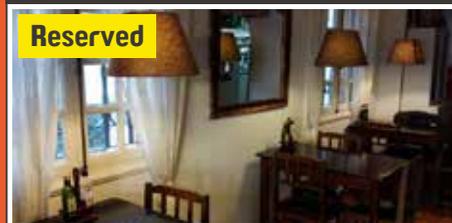
This pub is especially popular among the British residents and tourists. It has a well-equipped kitchen for snacks, nevertheless, most sales are beverages. It is a smaller and easy to run business that is perfect for another British couple.

Ref.: 2404

Price: 35,000€

Italian Cafe in Torviscas

Reserved



This place has been established for more than 8 years and has many regular clients. This is not just another pizza & pasta restaurant and clients keep coming back. It has a spacious terrace of 60 m2 and the inside is 50 m2.

Ref.: 2400

Price: 34,000€

Italian Food & Wine Restaurant



This Italian Food & Wine Restaurant is located in La Caleta and known for a delicious Italian menu with pizzas, shellfish, desserts, and quality wines. This is a must-see if you are looking for a wine restaurant with an ambitious menu.

Ref.: 2403

Price: 190,000€

Diving Business With Mooring

NEW



This unique diving business includes the freehold mooring, so you have low running costs. The diving experience is offered on underwater scooters making it possible for everyone to participate! Call us to hear more!

Ref.: 2409

Price: 250,000€

Las Americas Cocktail Bar

Reduced



This is a smaller business with an open kitchen and bar facing the terrace. The terrace measures 40 m2 with tables for 36 persons and the inside is 40 m2 too. The bar is known for all-day breakfasts, a large cocktail menu and sweets.

Ref.: 2413

Price: 29,000€

Bargain Cafe in Fanabe

New



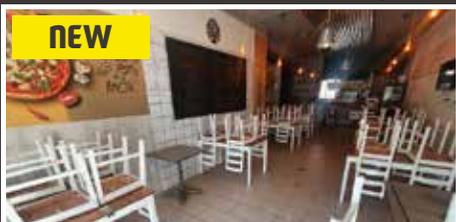
This small and charming cafe is mainly known for delicious homemade Belgium waffles and ice cream, but the guests also come for cakes and lunches. It is well-established, has a good reputation and well worth a visit!

Ref.: 2408

Price: 20,000€

Modern Pizzeria In Adeje

NEW



This Pizzeria was recently refurbished to high standards and are spacious 110 m2. The place has been established for more years and offers both takeaway and dine in. A great place in a good area for loyal customers and not only tourists.

Ref.: 2416

Price: 55,000€

Advanced Beauty Clinic



This clinic offers a wide range of advanced treatments like laser treatments for hair removal, wrinkles, and so much more. Also offered are full-body treatments like body wraps and infrared sauna. All equipment is included.

Ref.: 2407

Price: 38,000€

Large And Successful Cafe



This large cafe is located in Fanabe where it has been one of the most popular British cafes for more than 18 years. It is known for lovely breakfast, cakes, Sunday Roasts and much more. It has many regulars and great reviews online.

Ref.: 2397

Price: 99,500€

Bargain Excursion Boat



This solar driven excursion boat is indeed a bargain! 20,000€ is less than the value of the boat! The monthly rent is only 350€ and you do not have maintenance or gasoline costs. The owner wants a fast sale so do not hesitate!

Ref.: 2251

Price: 20,000€

Dry Clean & Laundry Business



This business offers dry clean, laundry and house cleaning services in Tenerife South. It has been established for 7 years and the clients counts both private persons and larger complexes and hotels.

Ref.: 2351

Price: 35,000€

Sports Pub in Las Americas



This British pub has been established for almost 10 years, is very popular, and known as a great sports bar with pool/billiard, music, and classic British food. It has tables for about 50 guests where most are inside the bar.

Ref.: 2401

Price: 85,000€

Outlet Swimwear Store



This outlet store in Los Cristianos sells popular swimwear brands with up to 70% discounts due to good connections and agreements with the suppliers. The store is 60 m2 with showroom, a dressing room and a toilet for the staff.

Ref.: 2377

Price: 14,000€

Busy Pizzeria in Los Cristianos

NEW



This business is known for great pizzas and being located on a very busy street close to the beach and with a lot of footfall. Normally this is a very busy place day and evening showing a high turnover. Contact FRINA for more details.

Ref.: 2417

Price: 140,000€

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we are here too

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