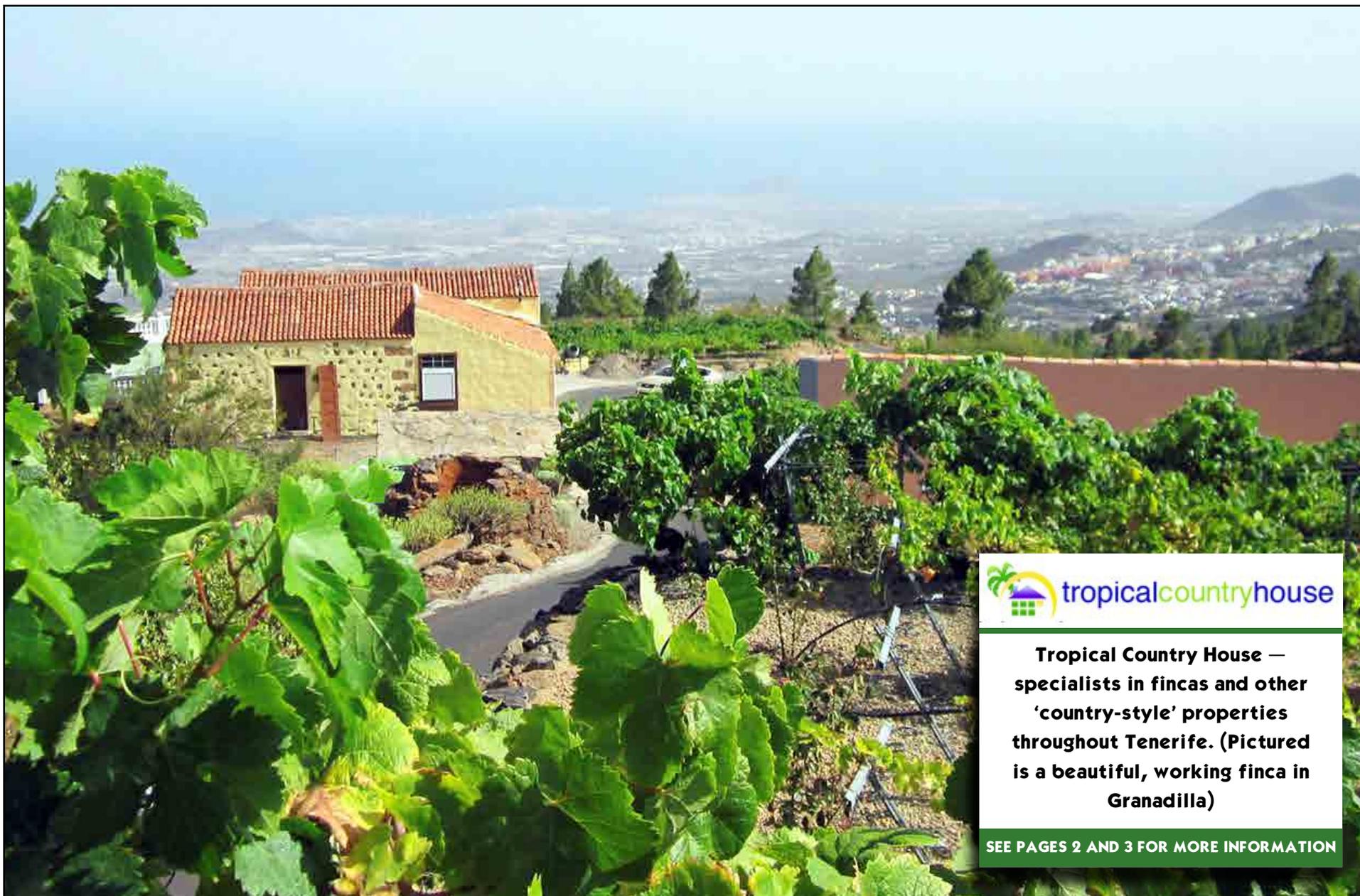


The Tenerife Property & Business Guide



Part of the Spanish Property Guides Group | October 2019 Issue 180

Tel: 922 703 725 • Email: george.thetpg@gmail.com • www.thetenerifepropertyguide.com



Tropical Country House — specialists in fincas and other 'country-style' properties throughout Tenerife. (Pictured is a beautiful, working finca in Granadilla)

SEE PAGES 2 AND 3 FOR MORE INFORMATION

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TROPICAL COUNTRY HOUSE
THE specialists in fincas, 'Country'-style properties, and renovation projects!

Following the opening of the new TF-1 extension from the Adeje Town roundabout to Santiago del Teide, businesses have been moving! Now that shorter drive-times between the main South airport (Reina Sofia) and Los Gigantes has become a reality, many firms, small and large, have started to realise their own plans to take advantage of the opportunities that lie ahead.



Part of the new TF-1 extension

Following the opening of the new TF-1 extension from the Adeje Town roundabout to Santiago del Teide, businesses have been moving! Now that shorter drive-times between the main South airport (Reina Sofia) and Los Gigantes has become a reality, many firms, small and large, have started to realise their own plans to take advantage of the opportunities that lie ahead.

One such business is one of The TPG's most loyal supporters - Tropical Country House (partners Michael and Monica, and son, Mark, pictured) – which has now fully established a second office in Alcala. The firm (plus Administrator Estefania) intends to stay true to their original philosophy - to offer people something different.

Tropical Country House remains THE estate agent to go to especially if you are looking to live in the countryside, or are looking for a property to renovate. Tropical Country House has the largest selection of 'Fincas' on the island, priced from just €50,000 - some

of which are ready to move into, others have the potential to reform to make a working farm, and still more which could be converted into a small country hotel, or perhaps a Bed and Breakfast! So, whatever your budget, if you really would like to get away from it all and live in the countryside, you should start that search now with a phone call to Michael, Monica, Mark or Sara at:



Now that the Alcala office is properly established, the time has arrived to appoint a Manager – Sara (pictured below) brings lots of experience to the position, and we at The TPG wish her all the best in her new role!

Tropical Country House, on 922 719 643 or 607 933 052

Sara - Manager, Alcala office



Mark (left), Monica and Michael

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



Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE



TAUCHO



Luxurious, spacious, beautifully decorated and furnished villa with own swimming pool and lovely sea views.

Ref: 408

€875,000

GUIA DE ISORA



Spectacular villa (on a 2,000sqm plot at altitude 450m) with terraces, gardens and pool. 2 bed, 2 guest room main house with living room and open kitchen. Plus a second, 2 bed, 1 bath guest house. All rooms have panoramic sea views

Ref: 1069

€545,000

TEJINA DE ISORA



Spacious and bright, fully furnished 3 bedroom, 2 bathroom villa in quiet location with living room and kitchen and small, separate studio apartment. The property also has several terraces, a private pool, and storeroom. Excellent views!

Ref: 1066

€620,000

**We cover the whole of the South ...
 That's why we have two Offices (in Adeje and Alcala)!**

**PROPERTIES WANTED FOR RENT
 CLIENTS WAITING!**

Piedra Hincada



Finca (5,000sqm) with 120sqm 3 bed, 1 bath house, with living room, kitchen, terraces and several buildings suitable for reform (total built 500sqm). Fantastic views.

Ref: 1043

€460,000

Las Moraditas



Beautiful 3 bed, 3 bath house on 5,000sqm plot. The property has various terraces, a utility room, and a garage. And much, much more! Awesome sea views.

Ref: 1049

€392,000

Playa San Juan



Luxury sea front 3 bed, 2 bath (1 en suite) apartment! The property has a large lounge-diner, independent kitchen, and a unique, independent penthouse studio with own entrance.

Ref: 984

€330,000

Puerto Santiago



Fantastic 10,000sqm finca in rural area with 80sqm house with avocado trees, terraces, beautiful views and much more.

Ref: 723

€350,000

Chirche



37,800sqm finca with two buildings, one of 200sqm, the other 70sqm, and two water tanks to irrigate and more than 400 fruit trees.

Ref: 948

€447,000

Alcala



Great finca (5,450sqm) with 3 bed main house, 2 apartments and an independent guest property, pool, BBQ area, fruit trees, water tank, and beautiful views.

Ref: 1061

€1,395,000

Chio



Beautiful 4 bed, 3 bath rustic house with living room, kitchen, gardens and a parking space. PLUS a separate studio apartment. Sea views.

Ref: 935

€179,000

Cruz de Tea



Finca of 2,085sqm with 3 small countryhouses with gardens, BBQ areas and fruit trees. Great potential!

Ref: 1052

€165,000

Taucha



Beautiful 2 bed, 3 bath house with separate study, terraces, garden and garage. Awesome sea views!

Ref: 317

€260,000

Arico



9,000sqm finca with small (70sqm) house for reform. Several terraces and excellent views.

Ref: 1005

€109,000

Los Gigantes

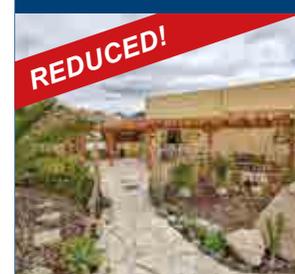


Finca with several buildings suitable for reform. Fruit trees, lots of potential. 3,000sqm plot. Beautiful views.

Ref: 1051

€310,000

El Poris/Abades



Finca (5,000sqm) with a 72sqm 1 bed, 1 bath house with living room, kitchen, nice terrace, storeroom and sea views.

Ref: 1002

€179,000



Playa Paraiso, Adeje Paradise



Spacious, fully furnished, 3 bed, 2 bath duplex on popular, secure gated community with lovely pool area. The property has a lounge/diner, American-style fitted kitchen, storerooms, and a large terrace overlooking the community gardens. Close to the sea front and all amenities.

Price: 315,000€

Ref: 3D3420



El Madroñal, Oasis de Fañabe



Lovely, fully furnished, 3 bed, 3 bath (master en suite) townhouse in sought after, secure community with pool in residential area. The property has a spacious lounge/diner, independent fitted kitchen, utility room, various sunny terraces with sea views, secure underground parking and is located close to schools, shops and amenities.

Price: 390,000€

Ref: 3TH3085



San Eugenio Bajo, Garden City



Very nice, fully furnished, 1 bed, 1 bath apartment on popular Touristic complex with pools and sunbathing terraces. This centrally-located property has a lounge/diner, open plan kitchen and a large sunny terrace with sea and mountain views and is located close to all amenities and the sea front/harbour.

Price: 210,000€

Ref: 1D3418



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El Medano, La Mareta



- 3 beds
- 2 baths
- Quiet location
- Close to beach
- Pool/garden views
- Double garage
- Furnished
- Charming property
- Private pool

150 514

Price: 780,000€ Ref: 3V3419

Poris de Abona, Casa Blanca



- 2 beds
- 2 baths
- Quiet location
- Close to beach
- Mature gardens
- Mountain and sea views
- Part-furnished
- Sunny terraces
- Private pool

116 30

Price: 380,000€ Ref: 2B3415

El Madroñal, Los Madroñales



- 4 beds
- 4 baths
- Exclusive development
- Residential area
- Mountain and sea views
- Fully furnished
- Large terrace
- Underground parking
- Private pool

232 285

Price: 756,000€ Ref: 4V3417

Guia de Isora



- 3 bed
- 1 bath
- Canarian house
- Quiet / rural location
- Sea and mountain views
- Independent kitchen
- Roof terrace
- Off-street parking,
- Development possibilities

120 20

Price: 149,000€ Ref: 3CH3397

San Eugenio Alto, Island Village Heights



- 1 bed
- 1 bath
- Central location
- Close to amenities
- Touristic area
- Sea views
- Spacious
- Sunny terrace
- Communal pool

49 7

Price: 210,000€ Ref: 1A3399

Golf del Sur, San Blas



- 3 beds
- 2 baths
- Close to amenities
- Popular urbanisation
- Garden views
- Refurbished
- Sunny terrace
- Street parking
- Communal pool

80 12

Price: 210,000€ Ref: 3A3412

San Eugenio Bajo, Palmeras del Sur



- 3 bed
- 2 bath
- Central location
- Gated community
- Pool and garden views
- Independent kitchen
- Fully furnished
- Well presented
- Communal pool

100 10

Price: 285,500€ Ref: 3A3400

Torviscas Bajo, Orlando



- 1 bed
- 1 bath
- Touristic area
- Close to amenities
- Gated community
- Garden views
- Fully furnished
- Sunny terrace
- Communal pool

45 10

Price: 195,000€ Ref: 1A3311

Los Cristianos, Los Diamantes



- 1 bed
- 1 bath
- Centrally located
- Close to beach
- Close to amenities
- Pool views
- Fully furnished
- American kitchen
- Heated communal pool

38 13

Price: 137,000€ Ref: 1A3393

Playa San Juan



- 2 beds
- 1 bath
- Centrally located
- Close to beach
- Sea views
- Furnished
- American kitchen
- Fitted wardrobes
- Close to amenities

45 6

Price: 128,000€ Ref: 2A3364

Los Cristianos, Summerland



- 1 bed
- 1 bath
- Close to amenities
- Centrally Located
- Sea views
- Fully furnished
- Renovated
- Sunny terrace
- Communal pool

55 12

Price: 170,000€ Ref: 1A3416

San Eugenio Alto, Altavista



- 2 beds
- 2 bath
- Touristic area
- Gated community
- Close to amenities
- Sea views
- Fully furnished
- Street parking
- Communal pool

64 32

Price: 239,500€ Ref: 2A3347



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Costa del Silencio, Costa Sol

2 bed apartment in sea front complex with lovely pool. The property has a lounge/diner, modern kitchen and a spacious West facing terrace with lots of plants (82.7sqm exterior). The bedrooms have fitted wardrobes. Private parking space in the underground garage included!

Ref: 02-0819

€210,000



Costa del Silencio, Parque Don Jose

Fully furnished and well-maintained 1.5 bed penthouse with large (21sqm) sunny terrace. Cozy 50sqm property with sunny terrace (21sqm) overlooking the gardens and pool. Centrally located complex with a fantastic recently renewed swimming pool!

Ref: 1487-0519

€169,000



Costa del Silencio, Balcon del Mar

Part-furnished, modern, 1 bed, 1 bath apt. on sea-front complex with gardens and huge salt-water pool. The property has an American kitchen, bathroom, and separate toilet. €175/month community fees.

Ref: 12-0919

€129,900

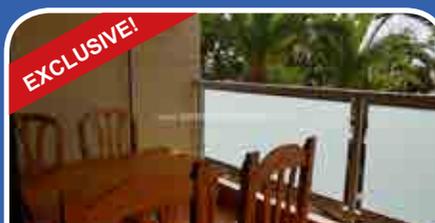


Costa del Silencio, Parque Don Jose

Fully furnished, 1 bed, 1 bath ground floor apartment in popular complex with lovely pool area. The property has a lounge-diner, open plan, American-style kitchen and a large, 25sqm sunny terrace. Com. Fees: €112 per month.

Ref: 10-0919

€159,500



Costa del Silencio, Palia Don Pedro

Light and bright 1 bed, 1 bath 1st floor apartment in popular Aparthotel with client parking, heated pool and Reception. The property has a lounge/dining area, open plan kitchen and sunny terrace. Com. Fees €197 per month include water and electricity.

Ref: 08-0819

€109,000



Palm Mar, Las Olas

Fully furnished, 2 bed, 2 bath apartment on stunning complex with Olympic-sized pool. The property has a lounge/dining area, American-style kitchen with 'island', a large sunny terrace overlooking the pool and an underground parking space and storeroom.

Ref: 04-0819

€345,000



Costa del Silencio, Santa Marta

Fully furnished and refurbished studio (27sqm) on popular, centrally-located complex with pool and parking. The property has a lounge/dining/sleeping area/open kitchen and part-covered 14sqm terrace. Com. Fees are just €40 per month.

Ref: 1504-0719

€78,000



Costa del Silencio, Tamaide

Very nice 2 bed, 1 bath single-level bungalow (96sqm on 164sqm plot) in popular area. The property has a lounge/dining area, American-style kitchen, beautiful part-covered, sunny patio and private garage. Close to all amenities.

Ref: 1502-0719

€230,000



Los Cristianos, Playa Graciosa

Beautiful, spacious and fully furnished, 2 bed, 2 bath, ground floor apartment in sought after complex with lovely pool area. The property has a lounge/diner, fully equipped kitchen, 2 sunny terraces and an underground parking space/storeroom. Com. Fees €108.36 per month.

Ref: 1309-19

€330,000



Costa del Silencio, Atlantic View

Fully furnished and equipped 1 bed, 1 bath ground floor apartment (48sqm) in popular, quiet complex with pool. The property has a lounge/diner, semi-separate kitchen, and 2 spacious sunny terraces. Airon in bedroom. Parking.

Ref: 1489-0619

€126,900



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CC San Blas - Golf del Sur

Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas

**1 BED APARTMENT****Amarilla Golf****BARGAIN BOLT HOLE IN THE SUN!**

An economical one bedroom apartment with beautiful golf course views. Situated on the third floor in a well maintained complex on Amarilla Golf that offers a communal swimming pool, satellite TV, on-site pool bar/restaurant, off street parking and a harmonious environment. All amenities are within walking distance including two golf courses, vibrant marina, supermarket and a selection of bars and restaurants.

Ref: AMG00530

Price: €120,000 (approx. £109,090)

**1 BED APARTMENT****Amarilla Golf****AN IDEAL HOLIDAY HOME!**

This pleasant ground floor apartment has elevated views across the fairway of the beautiful Amarilla Golf Course and San Miguel Marina. Based on a quiet, well established development with community pool. Ideal as a winter base or holiday home! All local amenities are within walking distance including supermarkets, bars and restaurants. The popular Golf del Sur area is also only a stroll away.

Ref: AMG00525

Price: €129,000 (approx. £117,272)

**2 BED APARTMENT****Los Abrigos****TURNKEY PROPERTY!**

This top floor two bedroom apartment is situated within a vibrant fishing village. The apartment is light and airy and offers a east and west orientation with quaint terraces at either side of the property. The village of Los Abrigos has so much to offer, from some of the finest fish restaurants to supermarkets, shops, cafeterias and the harbour is a constant hive of activity. Includes an underground parking space.

Ref: OG00196

Price: €129,500 (approx. £117,727)

**2 BED APARTMENT****Golf del Sur****TURNKEY PROPERTY / RENTAL INVESTMENT!**

A wonderful two bedroom, one bathroom property in a well maintained development with lovely golf course views. Recently refurbished including a new kitchen, modern bathroom and has also been retiled throughout. The apartment is very spacious. The lounge, dining area and kitchen are open plan. Originally a one bedroom apartment, but has been cleverly converted into a two bedroom property.

Ref: GOLFO1586

Price: €135,000 (approx. £148,500)

**1 BED APARTMENT****Chayofa****IDEAL STARTER HOME!**

Located on a very pleasant residential development in the Aguilas del Teide area which is adjacent to the pretty village of Chayofa and less than a five minute drive to the main resorts of Los Cristianos and Costa Adeje. This bright and spacious first floor apartment is ideal as a winter base, holiday home or even a starter home for a young couple. The property has a private underground garage.

Ref: OUT01136

Price: €149,000 (approx. £135,454)

**1 BED APARTMENT****Golf del Sur****IDEAL HOLIDAY HOME ON THE SEAFRONT!**

Are you searching for the ideal holiday home? ...then look no further than this one bedroom apartment! Fully refurbished to a high standard. Set on the top floor of a popular complex which boasts a beautiful communal pool and garden area. Literally within a stones throw of the sea, shops, restaurants and the local golf course - you couldn't wish for a better location. The apartment is air-conditioned and also offers a sunny terrace.

Ref: GOLFO1580

Price: €149,000 (approx. £135,454)

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★★★★★

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Immaculate independent villa, completely renovated to a modern style throughout. Natural light fills the property inside and the beautiful terrace and private pool outside takes advantage of the wonderful Tenerife climate. Spacious lounge and dining area, a high quality open plan kitchen and three double bedrooms which all have en-suite bathrooms. **SEE THE VIDEO TOUR ON OUR WEBSITE!**

Ref: OUT01135

Price: €690,000

(approx. £627,273)

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NEW!
EXCLUSIVE

2 BED APARTMENT

Callao Salvaje
TURNKEY FAMILY HOME!

This garden apartment is absolutely perfect for a family! The property is 58m² and has two patios to the front and rear of the property with a total of 50m²! Ideal to enjoy the sun or for a family to enjoy together and entertain friends! The property is based on a pleasant complex in the heart of Callao Salvaje and has a communal pool. It is sold furnished and with underground parking.

Ref: CS00162
Price: €160,000 (approx. £145,454)



NEW!
EXCLUSIVE

2 BED BUNGALOW

Golf del Sur
IDEAL FOR RETIREMENT IN THE SUN!

If you are looking for a generous amount of space both internally and externally then you will not go wrong with this 2 bed, 2 bath bungalow. Set within a well maintained development, which features 4 communal pools, pool bar/restaurant, CCTV and an abundance of tropical gardens and trees. The bungalow boasts 3 terraces, meaning there is no lack of sun or shade at any point in the day. Includes private parking space.

Ref: GOLF01584
Price: €165,000 (approx. £150,000)



1 BED APARTMENT

Los Cristianos
TURNKEY PROPERTY IN TOURISTIC AREA!

This well presented one bedroom duplex apartment is located on one of the most popular (and sought after!) complexes in Los Cristianos. Ideal as a holiday home and with the added peace of mind that a fully legal management company is available on site to organize holiday rentals! The property has been tastefully renovated and is sold as seen so is a turnkey property ready to be enjoyed!

Ref: LC00582
Price: €210,000 (approx. £190,909)



4 BED TOWNHOUSE

Llano del Camello
SPACIOUS FAMILY HOME!

If you are in the market for a house with enough space for all the family, then this property could be the right one for you. This three bedroom townhouse has the added bonus of a fourth bedroom which was cleverly created from the attic. Situated within a secure development occupying a corner position with a terrace three times bigger than the norm! Large garage accessible from the house.

Ref: OG00197
Price: €225,000 (approx. £204,545)



REDUCED!!!

3 BED BUNGALOW

Chayofa
IDYLIC SPACIOUS BUNGALOW!

If peace and tranquility are on your search list, then this immaculately presented bungalow should be top of your viewing list. Located on a quiet complex in the pretty village of Chayofa, not far from Los Cristianos. Three double bedrooms, two of which have en-suite bathrooms. Open plan fitted kitchen looks out to the bright spacious lounge area which leads onto the large lower terrace. Roof terrace with pool view.

Ref: OUT01105
Price: €230,000 (approx. £209,090)



2 BED DUPLEX HOUSE

Golf del Sur
MODERN BLANK CANVAS!

This two bedroom, two bathroom property has been completely refurbished with a modern finish. Set in a quiet residential development with two communal pools. The exterior boasts a traditional Spanish appearance. This property represents the perfect home, whether it is for living permanently or holidaying. Gated complex. The main pool has been recently refurbished and is heated in the cooler months of the year.

Ref: GOLF01585
Price: €279,000 (approx. £253,636)

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Palm Mar, Bahia de Los Menceyes



Luxury 1 bed, 2 bath apartment on this prestigious development which is just a short stroll to the sea front. It is sold furnished and the price includes secure underground parking space and a storeroom.

Price: €310,000

Palm Mar, Laderas de Palm Mar



This delightful 1 bed, 1 bath apartment has a sunny aspect and overlooks the lovely pool area. It is bright and spacious throughout and is sold furnished.

Price: €179,995

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

Palm Mar, Paraiso del Palm Mar II



Beautifully presented, bright and spacious, fully furnished 2 bed, 2 bath apartment with a rooftop solarium with all-day sun. Marvellous views over the village to the sea.

Price: €285,000

Residencial San Blas



Spacious, fully furnished 3 bed, 2 bath (1 en suite) linked house on this small residential complex with delightful pool and close to the sea. There are views of mount Teide at the front of the house and sea view from the rear.

Price: €335,000

Palm Mar, Laderas del Palm Mar



We are pleased to present this lovely apartment which is close to the centre of the village. It is sold fully furnished and the price includes enclosed garage.

Price: €235,000

Palm Mar, Los Balandros



Bright and spacious 1 bed, 1 bath duplex apartment with all day sunshine and views over the 49sqm pool out to La Gomera from the large upper terrace. Sold furnished, the property has the opportunity to utilise the additional upstairs room as a second bedroom.

Price: €199,950

Palm Mar, Lovely villa



Fully refurbished and furnished, bright and spacious 4 bed, 2 bath villa in the heart of the village. The property enjoys sea views from the solarium and there is an integrated garage.

Price: €499,500

Palm Mar, Club de Mar



Spacious, fully furnished, 3 bed, 2 bath (master en suite), plus cloakroom, townhouse on three levels in the lovely coastal village of Palm Mar. There is also a very large integral garage and pleasant garden.

Price: €410,000



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Las Flores de Maria, Tijoco Bajo

NEW INSTRUCTION

1 bedroom, 1 bathroom apartment with roof terrace and garage space.

€145,000 Ref: N1360

Los Geranios, San Eugenio

Spacious studio apartment on front line complex.

€170,000 Ref: A420

Fañabe Suites, Fañabe

NEW INSTRUCTION

Spacious, fully renovated, studio apartment.

€168,000 Ref: N1356

Windsor Park, Torviscas Alto

NEW INSTRUCTION

1 bedroom apartment with fantastic sea views.

€183,000 Ref: N1359

Castle Harbour, Los Cristianos

NEW INSTRUCTION

2 bedroom, 2 bathroom duplex penthouse apartment. Terrace with sea views.

€220,000 Ref: T1163

Apartamerica, Playa de Las Americas

NEW INSTRUCTION!

1 bedroom, 1 bathroom apartment situated on centrally situated complex, only 5 minutes' walk from Playa Troya and all the bars, restaurants and facilities of Las Americas. The apartment has a view to the recently renovated communal swimming pool and over to the sea. The complex is quiet and well-kept and only minutes from the sea front. The apartment is to be sold fully furnished.

€199,000 Ref: N1361

PROPERTIES ARE IN DEMAND! WE OFFER A FREE VALUATION!

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Benimar, El Duque

LUXURY!

Luxury 2 bedroom, 2 bathroom penthouse apartment in Benimar complex in the area of El Duque. This fantastic apartment has a total of 78m2. It has been refurbished throughout to a high standard and enjoys views out to sea. The price also includes a double garage with an automatic door within the communal underground garage. The property is to be sold fully furnished.

€335,000 Ref: T1166

Edificio Tosca, Valle San Lorenzo

NEW INSTRUCTION

2 bedroom, 1 bathroom apartment with balcony, garage space and storeroom.

€110,250 Ref: T1165

Roque del Conde, Torviscas Alto

2 bedroom luxury townhouse, fully refurbished with garage.

€395,000 Ref: T1164

Winter Gardens, Golf del Sur

3 bedroom, 2 bathroom apartment with large terrace and garage space.

£175,000 Sterling Ref: I1280

Mareverde, Torviscas

3 bedroom, 1 bathroom duplex apartment with 2 terraces.

€259,000 Ref: I1271

Finca, San Miguel

NEW INSTRUCTION

Beautiful finca with 4,777m2 land. 3 bedroom house plus separate apartments, art studio, gymnasium.

€1,260,000 Ref: I1301

Translators available for any other languages.



Tel: 922 724 110 • Sales: Lynne: 699 250 870 Rachel: 608 573 443
 Local 3, C.C. Palo Blanco, San Eugenio, Adeje 38660, Playa de las Americas
 www.tenerifeproperties.net • lynne@tenerifeproperties.net



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



Fantastic terraced house in Guargacho



3-story terraced house for sale in Guargacho. Upon entering this property you are met with an open plan lounge, a fully equipped and recently renovated kitchen with an island-diner and a downstairs toilet – the downstairs also has air conditioning installed. On the second floor you will find a double bedroom with fitted wardrobes and air conditioning, a smaller bedroom and a full bathroom complete with bath.

The top floor has recently been fully refurbished and is an extremely spacious and bright bedroom with an en-suite bathroom, lovely views, fitted wardrobes and all the installation ready for an air conditioning unit. This incredible property also has a very large front and back terrace. The back terrace allows access to the downstairs garage with ample storage, an additional room (which is currently being used a home

gym) and a bathroom (with shower and bidet). There is also a smaller storage/laundry room in which everything has been pre-installed for a pool to be fitted above.

This house has everything you could possibly need, it would be an ideal family home and is located in a very calm area with shops, restaurants, bus stops etc all in walking distance.

€273,600

Ref:
G062-RA273

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SALES

SOTAVENTO



Two bed, three bath luxury town house with integrated double garage. Residential complex with swimming pool and tennis courts. Close to the beach.

€239,000

AMARILLA GOLF



Spacious 2 bed top floor apartment situated on popular residential complex close to the pool and on site supermarket. Close to the golf club and other amenities.

£155,000 Sterling

AMARILLA GOLF



Beautifully appointed, spacious one bed garden apartment with two terraces in sought after location.

€135,000

AMARILLA GOLF



Two bed, two bath, south-facing poolside duplex apartment with two large terraces on popular holiday complex.

£159,000 Sterling

AMARILLA GOLF



Elevated position, ground floor, one bed apartment in sought after location with stunning golf course and ocean views.

£120,000 Sterling

CHARCO DEL PINO



Semi-rural detached villa with private pool and secluded garden within Canarian village community.

€350,000

AMARILLA GOLF



Wake to views of Mount Teide with this beautifully refurbished one bed apartment within walking distance to the Golf Club House.

€139,000

AMARILLA GOLF



Large, one bed apartment backing the golf course with stunning views. Close to the pool.

£120,000 Sterling

RENTALS

GOLF DEL SUR



Three bed, three bath top floor apartment with a terrace and roof terrace, giving garden, pool and sea views. Situated on popular residential complex.

€1,100 per month

SOTAVENTO



Unfurnished two bed, three bath townhouse with integral double garage on residential complex close to the La Tejita Commercial Centre and the beach.

€875 per month

GOLF DEL SUR



Spacious, ground floor, two bed, one bath apartment with terrace. Close to all amenities and main transport links wifi included.

€850 per month

GOLF DEL SUR



Immaculate one bed apartment on residential complex with stunning golf, sea and Montaña Roja views. Price includes €50 towards water and electricity.

€875 per month (inc. Wi-Fi)

NEW

1 Bedroom Apartment in Las Americas



- Investment opportunity!
- Ponderosa, Las Americas
- Fully refurbished
- Ref: D1129
- Price: 175,000€

FRINA property offers this beautiful apartment which consists of 1 bedroom, 1 bathroom, new kitchen with adjoining living room and a large terrace of 22 m2 that offers ocean and pool view. It is located on the 5th floor and only have neighbours to one side. It is sold completely furnished.

2 Bedroom Apartment in Playa Paraiso



- El Horno, Playa Paraiso
- 2 bedrooms, 1 bathroom
- 75 m2 build / 25 m2 terrace
- Ref: S1105
- Price: 250,000€

We offer for sale this beautiful apartment of 82 m2 that consists of 2 double bedrooms, a bathroom, kitchenette with living room and a terrace of 15m2. The property is in excellent condition, sold furnished and even comes with private parking. The complex is lovely, has a communal pool and is very popular.

✉ frina@tenerife-property.com

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🌐 www.tenerife-property.com

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

FRINA Tenerife S.L.
Business & Property Agency



MK PROPERTY AND MONEY EXCHANGE

C.C. CITY CENTER - L22 PLAYA DE LAS AMERICAS - ARONA 38660 - TENERIFE

Tel: 922 751 693 / Mob: 630 994 991 - Email: marykilmartin333@gmail.com



Buzanada



Large, beautifully furnished 3 bedroom apartment with bright and spacious lounge/diner, independent fully fitted kitchen and parking.

Price: €160,000

Costa del Silencio, Las Rosas



Spacious 3 bedroom (all double) family apartment with large lounge, independent kitchen/dining area, and large garage/storeroom.

Price: €179,000

Las Americas, Jacaranda



Large, centrally-located, 1 bed, 1 bath penthouse apartment with fantastic sea views, just 200m from the beach and with all amenities on the doorstep!

Price: €183,000

Los Cristianos, Parque Tropical



Fantastic 3 bed (all double), 3 bath penthouse apartment with large lounge and 2 terraces with sea views on complex with beautiful pool area.

Price: €395,000

Las Americas, Parque Santiago I



Luxury, fully reformed and furnished 1 bedroom, 1 bathroom apartment overlooking the pool on this sought after, sea front complex.

Price: €299,000

Las Americas, Torres de Yomely



Large, centrally-located 1 bedroom, 1 bathroom apartment in popular complex with pool, just 200 yards from the beach and close to all amenities.

Price: €155,000

Las Americas, Parque Santiago II



Totally refurbished 2 bed duplex on top sea front complex with pools. Large lounge-diner, open plan kitchen and sunny terraces.

Price: €380,000

Callao Salvaje, Mariben



Fabulous 2 bed, 2 bath townhouse on this prestigious complex with heated pool, tennis courts and children's play area. An ideal place to live!

Price: €235,000

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CABO BLANCO

FOR REFURBISHMENT



Ref: 379-A2

BARGAIN! 2 bed, 1 bath apartment with separate kitchen, both bedrooms doubles with fitted wardrobes, bathroom, lounge dining room and small terrace. Property includes large shared roof terrace with locked laundry room. Would benefit from modernisation. Viewing highly recommended!

2 bed, 2 bath 84.000€

LA QUINTA, AMARILLA GOLF

REDUCED!



Ref: 524-V3

Stunning golf side villa with private swimming pool. Three double bedrooms with the master bedroom offering en suite with walk-in wardrobe and dressing room. Open plan kitchen with dining area and large lounge. Large sun terrace with swimming pool, hot tub and BBQ area, with sea and golf course views. This is an outstanding opportunity.

3 bed, 3 bath 435.000€

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: 540-A1

Large, refurbished and renovated, 1 bed, 1 bath apartment with pool views on popular resort. New bathroom and American style kitchen (fitted and equipped). Community with pool, bar, and sun terraces. Close to all amenities.

1 bed, 1 bath €195,000

MALIBU PARK, San Eugenio Alto

BARGAIN!



Ref: 526-A1

Part refurbished, modern 1 bed apartment with American style kitchen in this popular resort. Large sunny terrace, offered furnished. Viewing essential. Community with swimming pool, sun terrace, pool bar and communal parking. More photos on our web page.

1 bed, 1 bath 139.000€

GREEN PARK, Golf del Sur

REDUCED TO SELL!



Ref: 429-A1

Unbeatable offer – bright and spacious apartment with separate bedroom and additional bedroom areas off the lounge. Refurbished kitchen and bathroom. Additional storage. Private balcony with space for table and chairs, pool and partial sea views. Community areas have been recently refurbished including the three swimming pools, and reception area. With tennis courts and parking. Viewing highly recommended.

2 bed, 1 bath now 114.500€

JARDIN DE SAN MIGUEL, Llano de Camello

STUNNING!



Ref: 335-TH4

Excellent opportunity. Very well presented townhouse. Built over four floors and with four bedrooms, two bathrooms, lounge dining room and independent fitted and equipped kitchen. Double garage and sunny terraces with views to the coast and to the pool. Viewing highly recommended.

4 bed, 2 bath 225.000€

CASTLE HARBOUR, Los Cristianos

REDUCED!



Ref: 531-D2

Fully furnished, part-refurbished, 2 bed, 1 bath (+WC) duplex penthouse on complex with heated pool, reception, pool bar, and parking. Private terrace with pool views, American style kitchen and lounge/dining room. Was 200.000€ NOW 185.000€!

2 bed, 2 bath 185.000€

Traditional Property in Chio

OFFERS INVITED!



Ref: 538-CH3

So much potential and very negotiable. Could be used as three properties or all together, lots of space and useable outside space. Stunning views. The main parts of this property are finished in a rustic style, with plenty of further development possible.

3 bed, 2 bath 168.000€

CHAYOFA COUNTRY CLUB

STUNNING!



Ref: 544-V3

Quality villa with many special details and features and private swimming pool. With fully fitted and equipped kitchen, dining area, lounge room and three further bedrooms and bathrooms. Please of storage, and parking for two cars. This property comes furnished. Ask about rental options.

3 bed, 3 bath 469.950€

OASIS DE FAÑABE, El Madroñal

MODERN



Ref: 507-TH4

Large and spacious townhouse offering independent kitchen, dining area, lounge, three bedrooms with fitted wardrobes, and three bathroom. Quality construction. Large basement with additional en-suite bedroom. Garage for two cars. Front and back terrace, community with pool.

4 bed, 4 bath 379.500€

PALM RIDGE, Amarilla Golf

NEW LISTING!



Ref: 529-V4

Modern, very well presented modern semi-detached villa with private pool. This property offers 4 bedrooms, 3 bathrooms, large lounge/dining room, and independent kitchen. Large sunny garden and private double garage. Viewing recommended.

4 bed, 3 bath 465.000€

PRIMAVERA, Los Cristianos

NEW LISTING!



Ref: 524-V3

RARE OPPORTUNITY. Fantastic apartment in a great location. Well presented with semi-separate fitted and equipped kitchen, dining area and lounge, two double bedrooms, and full bathroom. Private terrace of over 15m², on a resort with swimming pool. Close to beach.

2 bed, 1 bath 260.000€

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INTERNATIONAL ESTATE AGENTS

3 3

Ref: 7524

LA CALETA



A rare opportunity to purchase on the desirable Adeje Park complex. This property boasts an enviable position overlooking the beautiful pool area, the living area spread over two floors plus internal access to the large private garage below. The ground floor comprises of a galley style independent kitchen, lounge, bedroom and bathroom. On the upper level you will find two further en suite double bedrooms, one of which has access to a sunny terrace with lovely sea views. Front garden plus a large split level terrace to the rear giving access to the pool. A well maintained complex with 2 heated swimming pools, jacuzzi and a children play area. Ideally located and less than 5 min walk to the beach, shops, bars and restaurants. Viewing highly recommended.



Townhouse

€550,000

3 2 Ref: 7530

ADEJE



Townhouse

€237,000

4 2 Ref: 7527

PIEDRA HINCADA



Townhouse

€280,000

1 1 Ref: 7523

PLAYA DEL DUQUE



Apartment

€299,000

1 1 Ref: 7499

TORVISCAS ALTO



Apartment

€183,000

1 1 Ref: 7516

TORVISCAS BAJO



Apartment

€160,000

4 4 Ref: 7487

LOS CRISTIANOS



Villa

€950,000

5 4 Ref: 7436

CALLAO SALVAJE



Villa

€745,000

5 5 Ref: 7512

TORVISCAS ALTO



Villa

€1,250,000



CLEAR BLUE SKIES GROUP SL
INTERNATIONAL ESTATE AGENTS



Ref: 7518

TORVISCAS ALTO



An immaculate two bedroom apartment located in the ever popular Torviscas Alto area. Tastefully decorated, this apartment has been totally refurbished in a modern style and comprises of two double bedrooms, shower room, fully fitted & equipped open plan kitchen, bright lounge and spacious terrace with panoramic coastal & mountain views. Communal pool and lift to all floors. Viewing is highly recommended.



Apartment

€179,000

We have clients looking for properties in El Mirador, The Heights, Victoria Court, Paloma Beach, and Royal Palm. If you are thinking of selling, please call us TODAY!



Ref: 7522

EL MADROÑAL



A lovely family home in a sought-after area, situated on a gated residential community, with a private drive for 2 cars. The living area is split over 2 floors and comprises an independent fitted kitchen leading to a utility area, garden, lounge, and WC plus front terrace and garden on the bottom floor. On the upper floor are three bedrooms and two bathrooms plus an extra room ideal for a small home office. Furnished and well-presented, this is a must see property, within walking distance to shops, bars, restaurants and the desirable Costa Adeje international school.



Townhouse

€330,000



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

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Tenerife Island Rentals & Buy Tenerife

Sales

VICTORIA COURT II, LOS CRISTIANOS

Rarely available two bedroom apartment located on the third floor. This spacious apartment has two good sized double bedrooms, large family bathroom, kitchen and large living room. There is a front and back terrace from the master bedroom with partial sea views and views of the complex pool. The living room has dining area and American style kitchen separated by a breakfast bar. A sunny balcony that wraps around to the bedroom is accessed from the living room. This property benefits from good sized balconies on both sides of the apartment meaning the sun can be enjoyed all day or simply pop down to the pool where there are sun terraces to enjoy the fantastic weather. Just a five minute walk to the beach.



Ref: APO505

€300,000

SOTAVENTO, LA TEJITA



Newly built to high specifications this is a very large one bedroom apartment. The current owners have put in a chef style kitchen and pantry which is open plan to the lounge. The apartment offers a spacious bathroom with shower and bath with plenty of storage there is also a study and a spacious bedroom with fitted wardrobes. The lounge opens to the large terrace offering ample space for entertaining. The apartment has a private parking space and storage with a communal pool. The area has a small commercial centre with plenty of shops and restaurants and a large supermarket. There is a green area nearby with access to a natural beach and is on a local bus route.

Ref: APO500

€218,000

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Sales

RESIDENCIAL TOPAZE, CALLAO SALVAJE



Spacious 3 bed, 2 bath (master en suite) apartment located on a well-kept complex in the centre of town. The property has a large living room with American style fitted kitchen and breakfast bar, and a large balcony, accessed from the living area. The complex also enjoys a fantastic community swimming pool, sun-bathing terraces and a 'resident' car park. There are plenty of restaurants and shops in the immediate area.

Ref: AP0507

€230,000

ADEJE PARK, LA CALETA



Beautiful townhouse in sought after complex, accessed through a good-sized front garden. The property has three good sized bedrooms with fitted wardrobes, the master having its own en suite bathroom and a further family bathroom. There is a separate fitted kitchen and downstairs WC. Patio doors lead to the rear terrace where outdoor dining can be enjoyed all year round. There is underground parking and on the complex there are 2 heated swimming pools, sun terraces, outdoor jacuzzi and a children's play area. The property is built to an extremely high standard with quality materials used throughout.

Ref: PUE0483

€550,000

EDIFICIO CRISTINA, SAN MIGUEL



3 bed apartment with the most spectacular views imaginable. From the living room there are fantastic uninterrupted sea views and from the balcony of the master bedroom, tranquil views of the sunflower fields and mountains. The property has a large living room with small balcony, a separate kitchen and three bedrooms, the master having a walk-in cupboard and en suite shower room and a further family bathroom. The property also has a private roof terrace and laundry room accessed from the main stairwell again with fantastic views and can make a fantastic solarium to enjoy the all-day sun.

Ref: AP0469

€119,000

RURAL VILLA, ARONA



Stunning rural villa above the quaint village of Arona. This property has stunning views and is set in tranquil settings. The villa has been built on a plot of land in excess of 6,000 meters and has the most fantastic views over the south of Tenerife. The villa includes extras such as a guest apartment, swimming pool, summer house, BBQ area, 3 car garage, gym, sauna, great children's play park, vegetable patch, laundry room, several sun terraces, long private driveway and extra rustic land that can be used for farming.

Ref: MAS0003

€799,000

INDEPENDENT VILLA, LAS ROSAS



Large property with indoor barbecue area with kitchen, wash room and WC with access to a terrace. Self-contained apartment which can also be accessed from the main property with kitchen, living area, bathroom and storeroom. There is direct access to the double garage/storeroom and stairs leading to the main house. On the main floor there is a very large living dining room with open plan kitchen with top of the range appliances. There is also a double bedroom and bathroom. On the upper floor there are three double bedrooms and a family bathroom. The master bedroom has a very large walk-in cupboard and en suite bathroom with corner bath.

Ref: AP0442

€735,000

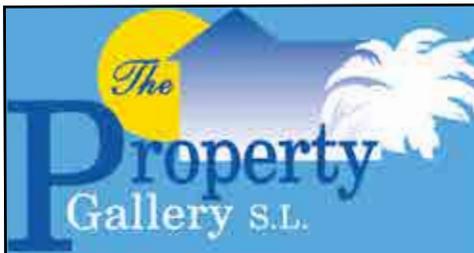
MARAZUL BUNGALOWS



This beautiful property offers 3 well-proportioned bedrooms and 2 bathrooms. Lovingly decorated to a very high standard offering spacious living accommodation on one level. There is an open plan spacious kitchen with integrated appliances and a very large living room with ample space for dining. From the lounge and main bedroom, there is access to a 54m² sunny private garden terrace with BBQ and water feature. Air-conditioning is fitted in the master bedroom and lounge and internet is currently installed. The property is being sold furnished and includes private parking. This resort is set in eight hectares of gardens and includes heated communal pools (one salt pool), sports courts, Tennis Courts, Archery and main reception facilities, restaurants and shops.

Ref: BNG0459

€425,000



Address: C/ Colon, C.C. Centro Playa, Local 9,
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www.thepropertygallery.com



**LAGUNA PARK II,
TORVICAS ALTO**



1 bedroom, 1 full bathroom, American style kitchen open to the living room, with terrace. Community pool.

Ref: B1738 €120,000

**LAS FLORITAS,
LAST AMERICAS**



1 bed ground floor apt. (52sqm) with pool views in central Las Americas. The property has a lounge/dining area, open plan kitchen, and terrace with easy access to the pool. Sold as seen.

Ref: B1781 €163,500

**GREEN PARK,
GOLF DEL SUR**



Spacious and modern studio with an alcove for bed separate to the lounge, open plan kitchen, bathroom and a terrace to the exterior.

Ref: A411 €108,000

**JARDIN DE BOTANICO,
ADEJE**



Spectacular townhouse in quiet area, 4/5 beds with fitted bathrooms and balconies, fully fitted kitchen, garage, fully furnished, air-con, internet, south facing, communal pool.

Ref: D1813 €275,000



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AN ADDITIONAL CAR OR
HOME POLICY & GET
60€ CASHBACK.

**MIRADOR DEL SUR,
SAN EUGENIO ALTO**



Family home, 4 bed, 4 bath villa with private swimming pool, double garage, electrical shutters, air-con (hot & cold), several terraces, excellent views to sea and coast.

Ref: D1733 €735,000

REPOSSESSIONS:

**C/ LA DESEADA,
SAN MIGUEL** Ref: 00909

2 bed, 2 bath apt. with lounge-diner, fitted kitchen, terrace. Close to amenities.

€68,100
Ref: PM102149

**PLAYA SAN
JUAN, C/ MAR
DE FONDO,**
1 bed, 1 bath
apt with roof terrace and store room, open plan fitted kitchen.

€169,900
Ref: 52992

**URBAN PLOT,
GUIA DE ISORA**

570sqm plot on which max build is 1,000sqm.

€117,700
Ref: 37861

**TERRAZAS DE
LA PAZ, GOLF
DEL SUR**

1 bed, 1 bath top floor apt with lounge-diner, fitted kitchen, terrace (19 m2). Communal pool.

€177,870
Ref: 69417

**SOL SUN
BEACH, PLAYA
DE FAÑABE**

Commercial local, 22 m2.
€76,500



Sales and Rentals



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RESIDENTIAL SALES



**San Isidro,
2 bed apartment**

Bright, spacious, completely refur-bished 2 bed, 1 bath apartment in quiet area of San Isidro. The property has a large living/dining room, separate fitted kitchen and a parking space in the secure garage. Close to shops, schools, and easy access to motorway.

Ref: KV-0214 €115,000



NEW
INSTRUCTION!



**Golf del Sur,
Res. San Blas**

Great opportunity to purchase one of the various 3 bed, 2 bath townhouses for sale on this sought after community. Built in the traditional Canarian style, the houses offer high standard fittings such as alarm, electric shutters, video calling, aircon, and modern, built-in wardrobes. Each property has a living/dining room, fully equipped kitchen, terrace/garden and private garage or parking. The complex has 2 swimming pools, sun decks and exotic gardens. Prices from €289,000 up to €388,000, according to sqm and location.

Ref: KV0225/0226 from €289,000



SPECIAL
OF THE MONTH!

**Los Abrigos,
2 bed apartment**

Spacious and bright, fully furnished raised ground floor apartment in residential building in central Los Abrigos. 2 bedrooms (1 double), bathroom with shower, living room, separate fitted modern kitchen, and hallway. Good opportunity for investment. Close to the sea and to main amenities. Use of the community roof. Low community cost.

Ref: KV0227 €101,000



OPPORTUNITY NOT TO BE MISSED - MASSIVE PRICE REDUCTION



TOWNHOUSE

Amarilla Golf

Ref: ADOV0102

Large semi-detached house with four bedrooms, three bathrooms and private pool. Very quiet area surrounded by greenery, situated near the port of 'Amarilla Golf'

PRICE WAS: 420.000 €

REDUCED TO: 359.000 €

PLOT OF LAND

FOR SALE

1,800.000€



Urban Land for Villas: 4,920 M2.

Situated in Amarilla Golf, a quiet tranquil area with Beautiful Golf, Mountain and Sea views.

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Residential Property Sales

Over €350,000

Golf Costa Adeje, Villa

€3,200,000

Magnificent, fully furnished and equipped, independent villa with own 60sqm heated pool and BBQ area, constructed in 2014 overlooking Golf Costa Adeje and the Atlantic Ocean, accessed via remote-controlled metal double doors, an elegant driveway through lovely low-maintenance lawned gardens with 60+ palm trees. The property comprises a grand entrance hall... For full information see website or contact:

Tenerife Prime Property Ref: S-05 1369

627-230360

Golf Costa Adeje, Villa

€2,500,000

Luxurious 6 bed, 7 bath villa with outstanding sea and golf course views and private heated swimming pool. The property has a living room, separate kitchen, spacious dining area window-front to the pool and golf course, lift, sauna, aircon/central heating, large roof terrace with jacuzzi. Addition extras include: Aircon, Alarm, Central vacuum cleaning sys... For full information see website or contact:

Tenerife Prime Property Ref: S-06 1365

627-230360

San Isidro, Working Farm

€1,950,000

Equestrian Finca with 8 Apartments & Moringa Plantation This modern-style Equestrian Finca is located in the sunshiny south of Tenerife, just a short ride outside the busy town of San Isidro, not far from the International Airport of Tenerife-South. The main building complex hosts a luxurious 1-BR-apartment of approx. 98 sqm, fully furnished with Amer... For full information see website or contact:

A1 Real Estate & Property Consultants Ref: 20140397922 729395 / 655 012711

Orteanda Bajo, Villa

€1,250,000

Stunning, fully furnished and equipped, 5 bed, 3 bath (master en suite) detached villa with heated pool on 2,000sqm plot. This spacious property has a huge terrace to the front which could accommodate up to 8 cars, and a private garden/terrace with lovely sea views to the rear with BBQ area, jacuzzi, orchard and various seating areas. There is a large lou... For full information see website or contact:

Tenerife Prime Property Ref: S-05 1380

627-230360

Roque del Conde, House

€1,020,000

Fully furnished 4 bed, 5 bath villa with pool and sea view. The property measures: Int. 273sqm., Ext. 758sqm.

Property Alliance SL Ref: 5V2886 922 777747

Arona, House

€995,000

Luxury Country-Villa with Pool, Bodega and Panoramic Sea View

A1 Real Estate & Property Consultants Ref: 20140396 922 729395 / 655 012711

Tijoco Bajo, Villa

€985,000

Beautiful, architect-designed villa. Located on one of the best plots of Tijoco Bajo (only 230 m asl) in southern Tenerife. Very private situated on 12,300 m2 of land

surrounded by Mediterranean gardens full of beautiful trees and plants. A generous (heated) pool and great view of the ocean, the islands of La Gomera and La Palma and El Teide. The living ar... For full information see website or contact:

2nd Home Tenerife Ref: ROA4064 628 608 469

San Eugenio Alto, Villa

€890,000

♦ Location: Quiet location, Close to the coast, Close to the beach, Close to amenities, Central ♦ Close to: Town, Shops, Restaurants / Bars / Cafes, Medical Facilities, Port, Coast, Beach ♦ Views: Teide, Sea, Pool, Mountain, La Gomera, Harbour,

Piano Lessons

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KEYBOARDS FOR HIRE

Garden ♦ Rooms: Office, Family Bathroom, Ensuite, Fitted wardrobes, Basement, Kitchen diner, Dining room, Indepe... For full information see website or contact:

Property Alliance SL Ref: 5V3357 922 777747

Chayofa, Villa

€860,000

We offer for sale this new villa 409m2 is in Chayofa, Arona. It is a villa that has 263 m2 living space divided in three rooms and two bathrooms en suite. It is outdoor and villa property. It has a swimming pool, private garden, private garage, a furnished kitchen and its own private terrace with sea view.

FRINA Tenerife SL - Property Sales Ref: S 1108922 085 191

Torviscas Alto, Villa

€845,000

♦ Location: Residential Area ♦ Views: Sea, Mountain ♦ Rooms: Hall / Entrance, Independent Kitchen, Lounge and dining area, Fitted wardrobes, Family Bathroom, Games room ♦ Quality: Quality construction, Furnished, Well presented, Spacious accommodation, Rustic style ♦ Features: Private swimming pool, Jacuzzi, Satellite system ♦ Outside: Sunny Terrace, Large... For full information see website or contact:

Property Alliance SL Ref: 4V3135 922 777747

Alcala, Rural

€750,000

This Finca with villa is situated in the south /east of Tenerife. Near a small tranquil village with fabulous views of the sea and La Gomera 2 storey house, main living area with 3 bedrooms 2 bathrooms, plus a separate granny flat with 1 bedroom. Large garage with workshop and Much more.

Dr Stange International Ref: 86-372

San Eugenio Alto, Villa

€600,000

♦ Location: Residential Area, Quiet location ♦ Views: Sea, La Gomera ♦ Rooms: Utility room, Fitted wardrobes, Lounge and dining area, Independent Kitchen, Hall / Entrance ♦ Quality: Spacious, Rustic style, Good condition, Furnished ♦ Features: Security shutters, Security system, Satellite system, Private

swimming pool, Heated swimming pool, Air conditioni... For full information see website or contact:

Property Alliance SL Ref: 5V3128 922 777747

El Roque, Finca

€599,950

3 bedroom finca with courtyard pool and hot tub. There is a driveway and large car parking area. The property has a separate 1 bedroom annex with its own entrance and drive. There are five gardens with many varieties of fruit trees. All of the land is usable.

Palm Mar Sales and Rentals Ref: PMSR0027677-623713 / 671-129558

to: Restaurants / Bars / Cafes ♦ Views: Sea, Teide ♦ Rooms: Independent Kitchen, Lounge and dining area, Fitted wardrobes, Store rooms ♦ Quality: Furnished, Charming property, Immaculate condition, Well presented, Spacious, Quality residence ♦ Features: Water purification system, Sun... For full information see website or contact:

Property Alliance SL Ref: 3V3386 922 777747

San Eugenio Alto, Villa

€520,000

♦ Location: Quiet location, Touristic Area ♦ Close to: Medical Facilities, Restaurants / Bars / Cafes, Transport, Beach ♦ Views: Mountain, Sea ♦ Rooms: Hall / Entrance, Independent Kitchen, Second Kitchen, Lounge and dining area, Fitted wardrobes, Bathroom, Shower room, Utility room ♦ Quality: Furnished, Spacious accommodation ♦ Features: Private swimming ... For full information see website or contact:

Property Alliance SL Ref: 5V3031 922 777747

Buzanada, Villa

€519,000

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, a living room with... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1070922 085 191

El Galeon, Villas La Capitana

€509,000

We offer for sale this villa 379 m2 in the residential area of El Galeon in the complex La Capitana, Adeje. The villa consists of four bedrooms, two bathrooms, a toilet, a kitchen, living room, dining room and balcony overlooking the sea. There is a large terrace that surrounds the entire villa. In addition, there is a private- and community swimming po... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1074922 085 191

San Miguel, Townhouse

€500,000

For sale a gorgeous townhouse in a posh location next to a natural park with moon landscapes on the one hand, and near the ocean on the other. Also nearby is the city of Los Abrigos on the one hand and Golf del Sur on the other. The house has 2

3-storey detached house in the upper part of Las Americas (San Eugenio Alto).Upper floor: main apartment with 2 beds, 2 baths and terraces. Groundfloor :1- bed guest apartment. Basement: large garage/ workshop, office and toilet. All bedrooms with aircon. Resort with community pool. This nice property is completely renovated and will be sold part furnish... For full information see website or contact:

Dr Stange International Ref: 85-308 922 793271 / 649 957267

San Miguel, Apartment

€480,000

Block of 6 apartments of 2 rooms each with its garage located in Las Chafiras

Vym Canarias Ref: 1180 922 787210 / 635 881888

Palm Mar, Bahia de Los Menceyes

€475,000

This spacious 2-bedroom apartment on the first floor in the exclusive and luxurious complex Bahia de los Menceyes offers guaranteed amazing ocean views and also panoramic views over the Nature Reserve La Rasca. It is in perfect condition and furnished with quality furniture and also has a fully equipped Italian kitchen with first class appliances. Both be... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1009922 085 191

Los Cristianos, Duplex Penthouse

€473,000

Tenerife-South: Duplex-Penthouse in Top-Location of Los Cristianos with Grandiose Roof-Deck and Breathtaking Views --- 168 sqm of living space, thereof 60 sqm of roof-deck, main terrace 18 sqm, spacious kitchen, 2 BR, 2 bathrooms, garage and trastero, 2 pools (one heated during wintertime, fully furnished, air condition.

A1 Real Estate & Property Consultants Ref: 20150598922 729395 / 655 012711

Valle de San Lorenzo, Villa

€449,750

♦ Location: Rural Location, Quiet location, Central ♦ Close to: Transport, Town, Shops, Schools, Restaurants / Bars / Cafes, Medical Facilities ♦ Views: Teide, Sea, Mountain, Garden ♦ Rooms: Wine cellar, Family Bathroom, Ensuite, Basement, Lounge and dining area, Dining room, Independent Kitchen, Store rooms, Hall / Entrance ♦ Quality: Part furnished, Spa... For full information see website or contact:

Palm Mar Sales and Rentals Ref: PMSR0065677-623713 / 671-129558

Playa Paraiso, Brisas del Mar

€404,250

♦ Location: Residential Area, Quiet location, Gated community, Close to amenities, Close to the beach ♦ Close to: Transport, Restaurants / Bars / Cafes, Medical Facilities ♦ Views: Sea ♦ Rooms: Store rooms, Utility room, W.C., Family Bathroom, Bathroom, Ensuite, Fitted wardrobes, Lounge and dining area, Independent Kitchen, Hall / Entrance ♦ Quality: Spac... For full information see website or contact:

Property Alliance SL Ref: 2V3086 922 777747

La Caleta, Magnolia Golf Resort

€402,791

This lovely ground floor apartment with 3 bedrooms and 2 complete bathrooms is situated in a lovely complex in the picturesque fishing village of La Caleta, surrounded by a nature reserve and only 300 metres from the sea. A garage and a store room are included in the price. The complex also has a spa, gymnasium, swimming pool and sauna as well as a puttin... For full information see website or contact:

2nd Home Tenerife Ref: NC3000 628 608 469

Los Menores, Villa

€449,000

Adeje: Fancy Villa with 4 Bedrooms, Separate Apartment and Pool in Scenic Location of Los Menores

A1 Real Estate & Property Consultants Ref: 20151199922 729395 / 655 012711

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floors and includes: a separate kitchen with furniture (natural pine) and electrical appliances (Bosch), a spaci... For full information see website or contact:

Vym Canarias Ref: VS5580D 922 787210 / 635 881888

San Eugenio Alto, Detached House

€490,000

Torviscas Alto, Mirador del Sur I

€550,000

♦ Location: Popular urbanisation, Touristic Area, Quiet location ♦ Close



VYM CANARIAS – October 19

Luxury Villa in Jardines del Duque



Prestigious area, 2 floors with living area, separate kitchen, bathroom, hall, 3 bedrooms with bathrooms, terraces, balconies, basement with dining area and cellar. Living area 300m².

€1,650,000

Ref: VS6014D

Habitats del Duque, Costa Adeje



Luxury villa with exquisite design in the prestigious area of El Duque only 200 meters from the beach. Private pool, terrace, garden, 5 bedrooms, kitchen, living rooms, garage for 2 cars.

€1,690,000

Ref: VS6376DN

Villa, Barranco Hondo



Rustic villa with panoramic ocean view. Land area 1998m², house 190m². Swimming pool, barbecue area. VV license! Ideal investment or place to live in.

€632,000

Ref: VS6436D

Vista Hermosa, Los Cristianos



Completely renovated apartment with 4 bedrooms, terrace with garden, living room, open plan kitchen, 2 bathrooms, terrace. Complex with swimming pool and parking.

€359,000

Ref: VS6153D

Villa in Sunbay Villas, Amarilla Golf



4 beds, 3 baths, guest toilet, kitchen and large living room leading to a terrace and garden with a private pool overlooking the ocean. This property comes with a garage space in an excellent location. Living area of 191m² on a total plot of 536m².

€430,000

Ref: VS5127D

Ocean Garden, Playa Paraiso



Modern apartment in new complex with swimming pool and garage. 2 bedrooms, 2 bathrooms, living room, open kitchen.

€325,000

Ref: VS6346DE

Oasis Tropical, Callao Salvaje



Apartment with 2 double bedrooms with fitted wardrobes, 2 bathrooms, living room and fully fitted kitchen, dining space. Living area 76m², garden 20m². Heated pool in the complex.

€235,000

Ref: VS6421DE

Great Complex Playa la Arena



Great apartment with 2 bedrooms with wardrobes, 2 bathrooms, kitchen, living room with access to the terrace with garden and ocean views. Parking in the communal garage and 6m² storage room. Ideal to live in and as an investment.

€225,000

Ref: VS5269D

Los Cristianos, Edf. Ceyla



Nice apartment in the heart of Los Cristianos, 2 bedrooms, bathroom, open plan kitchen and living room leading to a terrace. Ideal location walking distance from the beach, restaurants, bars, shops and other services Total plot of 64m².

€215,000

Ref: VS5562D

Villas Canarias, Torviscas Alto



Fully reformed 1 bedroom apartment with fantastic ocean view. Living area 63m², terrace 20m². Complex with swimming pool. Great location near commercial center.

€199,000

Ref: VS6225D

Bungalow, San Eugenio Alto



It consists of 130m², 75m² of housing and 55m² of a large terrace with ocean view and potential to adapt it to taste. 2 bedrooms, 1 bathroom, living room. Central and quiet area.

€225,000

Ref: VS6469D

Island Village Heights, San Eugenio Alto



Fully furnished and reformed studio with American style kitchen, bathroom and terrace with ocean and mountains views. Living area 35m², terrace 10m². Have VV license!!!

From €133,500

Ref: VS6439D

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



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Playa Paraiso: 922 713 395, email: vym.paraiso@gmail.com

Callao Salvaje: 922 717 663, email: vym.callao@gmail.com

San Eugenio: 922 715 185, email: vym.saneugenio@gmail.com

Golf del Sur: 922 455 874, email: vym.golf@gmail.com

Roque del Conde, Roque del Conde I

€399,000
We offer for sale this well presented, duplex style apartment with 391m2 in Roque del Conde. The beautiful property is constructed over two levels with four double bedrooms, two bathrooms, one of which is an ensuite, an open plan lounge with dining area, kitchen and leading to a very large, partly covered terrace space of 245m2 with wonderful views to th... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1103922 085 191

Las Americas, Penthouse

€399,000
We offer for sale this three bedroom penthouse with 111m2 in the complex Monterrey, Las Americas. The bungalow has been completely renovated and equipped with all the necessary appliances and furniture, it has air conditioning, microwave, dishwasher, iron and high-speed Internet connection. It's a bungalow with several large terraces with gorgeous ocean ... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1075922 085 191

Charco del Pino, House

€395,000
REDUCED. Astonishing house completely renovated with quality materials. It has various ground floor terraces, a garden and a private swimming pool. The 3 bedrooms are spacious and the view is magnificent from the whole house. Very nice furniture...this house is a dream!!
Tenerifehome.com Ref: 510-0311 922 783066

Granadilla, Rural Property

€395,000
Beautiful house with private pool, in excellent condition. The house measures 192 sqm and is built on a plot of 1500 sqm ... located in a very quiet area, the house has beautiful, large garden with lots of plants and fruit trees, offering a wonderful view of the sea and Teide. Important to know, the house is prepared to make a hotel for dogs and cats. Ther... For full information see website or contact:
Tenerifehome.com Ref: 1469-0219 922 783066

La Caleta, Magnolia Golf Resort

€392,828
This lovely ground floor apartment with 3 bedrooms and 2 complete bathrooms is situated in a lovely complex in the picturesque fishing village of La Caleta, surrounded by a nature reserve and only 300 metres from the sea. A garage and a store room are included in the price. The complex also has a spa, gymnasium, swimming pool and sauna as well as a puttin... For full information see website or contact:
2nd Home Tenerife Ref: NC3002 628 608 469

Playa Paraiso, Detached House

€390,000
We offer for sale this spacious 380m2 house in Playa Paraiso. The living area consists of 170m2 and comprises three double bedrooms, two bathrooms, one guest cloakroom, a kitchen with dining area and a living room. The house is partly furnished. The house offers a large covered terrace from where you can enjoy the beautiful garden or your private swimmi... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1044922 085 191

Chio, Rural Property

€390,000
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 ind... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1054922 085 191

Golf del Sur, Townhouse

€385,000
Spacious three bedroom house in Residencial San Blas. There are two bathrooms, one en suite and a cloakroom downstairs. Part of a small phase of only 16 houses with both sea and mountain views. The property is fully furnished and benefits from aire conditioning throughout. There is a large garage

complete bathrooms and a guest toilet is situated in a lovely complex in the picturesque fishing village of La Caleta, surrounded by a nature reserve and only 300 metres from the sea. A garage and a store room are included in the price. The complex also has a spa, gymnasium, swimming pool and sa... For full information see website or contact:
2nd Home Tenerife Ref: NC2074 628 608 469

Las Americas, Parque Santiago III

€370,000
Fantastic attic apartment of 48 m2 interior and 9m2 terrace in beautiful complex Parque Santiago III, Las

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with useful storeroom accessed directly from the house.... For full information see website or contact:
Palm Mar Sales and Rentals Ref: PMSR0001677-623713 / 671-129558

La Caleta, Magnolia Golf Resort

€379,331
This lovely first floor duplex apartment with 2 bedrooms, 2 complete bathrooms and a guest toilet is situated in a lovely complex in the picturesque fishing village of La Caleta, surrounded by a nature reserve and only 300 metres from the sea. A garage and a store room are included in the price. The complex also has a spa, gymnasium, swimming pool and sa... For full information see website or contact:
2nd Home Tenerife Ref: NC2042 628 608 469

Los Menores, Barrio Los Menores

€379,000
Beautiful, fully furnished, 3 bedroom, 2 bathroom (1 en suite) home with lovely garden and private pool! Lounge/diner, separate kitchen, and 61sqm roof terrace with amazing views! Private parking spot just in front of the house. Don't miss this opportunity!
Tenerifehome.com Ref: 1121-1115 922 783066

La Caleta, Magnolia Golf Resort

€376,973
This lovely first floor duplex apartment with 2 bedrooms, 2 complete bathrooms and a guest toilet is situated in a lovely complex in the picturesque fishing village of La Caleta, surrounded by a nature reserve and only 300 metres from the sea. A garage and a store room are included in the price. The complex also has a spa, gymnasium, swimming pool and sau... For full information see website or contact:
2nd Home Tenerife Ref: NC2024 628 608 469

Torviscas Alto, House

€375,000
With the opening of CC Gran Sur , Torviscas Alto has now become one of the most attractive areas, just outside Las Americas. Resid. complex with lovely pool area* Bung. with 2 bedrooms and 2 bathrooms (1 ensuite)*Sun all day *Unique views of Las Americas, Atl. and La Gomera . This beautiful property will be sold furnished with garage space and store room... For full information see website or contact:
Dr Stange International Ref: 85-306 922 793271 / 649 957267

La Caleta, Magnolia Golf Resort

€373,824
This lovely first floor duplex apartment with 2 bedrooms, 2

Americas, overlooking the pool and the sea. It consists of 1 bedroom, 1 bathroom, american style open kitchen, living room, terrace. Canarian style complex located directly on the seashore with heated pool. Nearby are bars, restaurants, Aqualand for t... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1021922 085 191

Playa Paraiso, Ocean Garden

€367,500
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... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1045922 085 191

Acojeja, Detached House

€357,000
We offer for sale this completely renovated and spacious 740m2 house in Acojeja, Guia de Isora. The living space is 278m2 divided into three floors which comprise five bedrooms, three bathrooms, two kitchens, two lounges and four terraces of 200m2 from where you have almost 360 degrees of sea and



Call Donna in our Los Cristianos office

+34-922 971 781 or Carol on +34-687 906 607

mountain view. There are three separate entrances to the h... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: D 1077922 085 191

Santiago del Teide, Apartment

€350,000
We are pleased to offer this fantastic apartment for sale in Playa la Arena! Including two bedrooms, additional room on the first floor with solarium, three bathrooms, independent kitchen and spacious living room leading to a terrace of 40m2 overlooking the ocean and beyond. This property is sold furnished, all the rooms have air conditioning, there solar ... For full information see website or contact:
Vym Canarias Ref: VS4188

922 787210 / 635 881888

Costa del Silencio, Los Azahares

€350,000
For sale that three-story, fully furnished townhouse located in Costa del Silencio in the urbanization Los Azahares. The house has an interior area of 160m2 distributed as follows: Main floor: independent and equipped kitchen, living room, a toilet, a 20 m2 glazed terrace. Upper floor: distributed in two spacious rooms, a bathroom and two balconies of ... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1120922 085 191

€349,999 - €250,000

Torviscas Bajo, Santa Maria del Mar

€349,950
♦ Location: Central, Close to amenities, Close to the beach, Close to the coast, Touristic Area, Close to the Harbour ♦ Close to: Beach, Coast, Harbour, Medical Facilities, Restaurants / Bars / Cafes, Shops, Town, Transport ♦ Views: Sea, Pool, La Gomera ♦ Rooms: Hall / Entrance, American Style Kitchen, Bathroom ♦ Quality: Furnished, Spacious accommodation ... For full information see website or contact:
Property Alliance SL Ref: 2A3356 922 777747

El Duque, Altamira

€349,000
Luxury, fully furnished and equipped 1 bedroom, 1 bathroom apartment in lovely sea front complex with 3 pools. The property (48sqm + 7sqm terrace/balcony) has a lounge/diner, an American-style kitchen, and is fully air conditioned.
Palm Mar Sales and Rentals Ref: PMSR0017677-623713 / 671-129558

Las Americas, Parque Santiago I

€345,000
Apartment for sale in Parque Santiago 1, Las Americas. A magnificent complex of Canarian-style apartments, located on the seashore. In the complex there is a communal pool heated from October to May. The house has 2 bedrooms, living room, American style kitchen, 1 bathroom and a nice terrace. Usable area is 64 m2, terrace of 15 m2. The complex is very well... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1020922 085 191

Torviscas Alto, Las Mimosas

€345,000

It has 78m2 and comprises two double bedrooms, one bathroom, a kitchen with a living room and dining room and direct access to the balcony of 6m2. The kitchen is sold fully equipped and the furniture is included. T... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1049922 085 191

Palm Mar, Paraiso del Palm Mar

€340,000
We offer for sale this apartment 85 m2 in the complex Paraiso del Palm-Mar, Palm-Mar. The apartment consists of two floors with two bedrooms, two bathrooms, a big terrace of 44m2 plus garden of 13m2. There is also a solarium of 41m2 and there is a parking space. The community fee is 80 per month.
FRINA Tenerife SL - Property Sales Ref: S 1116922 085 191

Palm Mar, Duplex

€340,000
Beautiful apartment with lots of light, four different terraces and panoramic sea views. This duplex apartment has 2 bedrooms on the ground floor with fitted wardrobes and both with large sliding windows with access to the terrace located next to the pool. The bathroom on this floor has a bath, toilet and bidet.
FRINA Tenerife SL - Property Sales Ref: S 1034922 085 191

Los Abrigos, San Blas

€336,000
Great opportunity to purchase one of these townhouses for sale, on a residential complex with pools, close to the sea, between Los Abrigos and Golf del Sur. The houses have 3 bedrooms (two of them double), the main one has ensuite bathroom and balcony with views to Teide/sea. Finishings are to high standards, ie air conditioning, alarm, video calling, ele... For full information see website or contact:
Tenerife Alizes Properties Ref: KV0226 922 738653 / 626 274040

Palm Mar, Las Olas

€330,000
<p>Beautiful, bright and spacious two bedroom, two bathroom apartment on the modern Las Olas complex which stands at the entrance to Palm Mar. A short walk takes you to the sea front and all of the amenities that this up and coming village has to offer.</p><p><p>There are two terraces, one that overlooks the swimming pool/</p><p><p>The property is sold ful... For full information see website or contact:
Palm Mar Sales and Rentals Ref: PMSR0051677-623713 / 671-129558

Palm Mar, Bahia de Los Menceyes

€330,000
We offer for sale this spacious, south oriented one bedroom apartment 91m2 on the first floor in the exclusive and luxurious complex Bahia de los Menceyes offers guaranteed amazing ocean views and also panoramic views over the nature reserve La Rasca . It is in perfect condition and furnished with quality furniture and has a fully equipped Italian kitchen... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1099922 085 191

Palm Mar, Duplex

€330,000
For sale in exclusive this large duplex in the much sought after area of Palm mar in the south of Tenerife. The apartment has around 200 m2 built of which around 85 m2 are interior distributed in 2 floors and around 115 m2 are outside distributed in 2 terraces. On the first floor we have access to a spacious living-dining room with a fully equipped open ... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1008922 085 191

Torviscas Bajo, Tegueste

€330,000
Spacious (120sqm + 160sqm terrace/garden), fully furnished, 2 bedroom, 2 bathroom duplex townhouse on popular complex near the sea front and all amenities, with pool. Lounge/dining area, American-style kitchen, potential to add a separate studio apartment on ground floor!

Palm Mar Sales and Rentals Ref: PMSR0028677-623713 / 671-129558

Tejina de Guia, House

€330,000
Fully furnished 3 bed, 1 bath villa with sea view. The property measures: Int. 205sqm., Ext. 116sqm.
Property Alliance SL Ref: 3V2477 922 777747

Las Americas, Apartment

€321,000
Parque Santiago III has been built in 1987 /1988 and is situated in front of a beach. It is one of the most prestigious holiday apt. complexes in the south of Tenerife. Unique pool (2000 m2 !!), sunbathing area, immaculate garden flora/ fauna and rest./ pool bar on site. Apt. on the ground floor (one level) *Sun in the morning, large terrace and garden ... For full information see website or contact:
Dr Stange International Ref: 82-739 922 793271 / 649 957267

Palm Mar, Bahia de Los Menceyes

€320,000
This spacious one-bedroom apartment on the first floor in the exclusive and luxurious complex Bahia de los Menceyes offers guaranteed amazing ocean views and also panoramic views over the coastline of Playa de las Americas and Los Cristianos as well as the neighbouring island La Gomera. It is in perfect condition and furnished with quality furniture and a... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1118922 085 191

Santiago del Teide, Townhouse

€319,000
Townhouse in Santiago del Teide area Playa de La Arena, Euro House. In total they are 150 m2 of surface, 80 m2 of terrace. It consists of 3 double bedrooms, 2 bathrooms, 1 wc. Property is in perfect condition, fully equipped kitchen. The house has a garage for 2 cars. The complex has a communal pool.
FRINA Tenerife SL - Property Sales Ref: S 1003922 085 191

Callao Salvaje, Sueno Azul

€310,000
We offer for sale this spacious three bedroom apartment in the complex Sueno Azul, Callao Salvaje. The apartment offers a very generous 300m2 of living, outside space and comprises three bedrooms, two bathrooms (one en-suite), a kitchen with dining and living area adjoining to a very large covered terrace and garden area with sufficient space for a priva... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: D 1068922 085 191

Palm Mar, Bahia de Los Menceyes

€310,000
<p>Luxury apartment on the prestigious Bahia de Los Menceyes in the tranquil coastal village of Palm Mar. The apartment has one bedroom with en suite bathroom which includes jacuzzi bath and double sink, separate shower and WC. There is a second bathroom with shower. The kitchen is well appointed with modern, high quality appliances. For full information see website or contact:
Palm Mar Sales and Rentals Ref: PMSR0068677-623713 / 671-129558



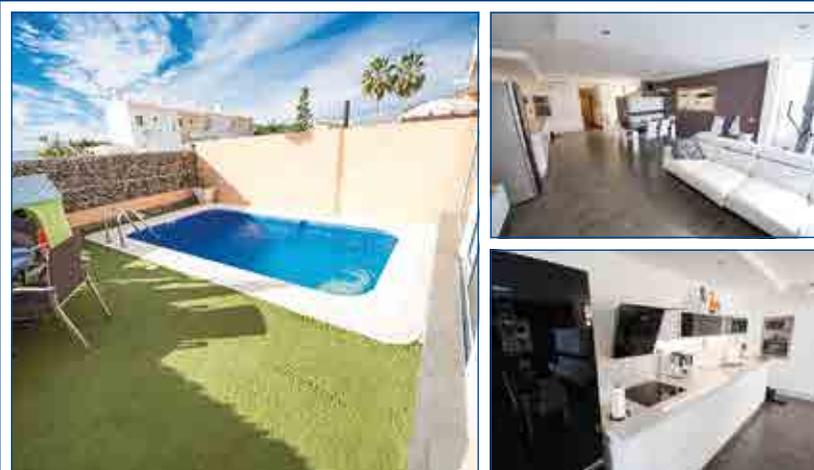
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EL MADROÑAL



Fantastic modern style 4 bed, 3 bath (1 en suite) villa with private pool, large (50sqm) lounge/kitchen area, and private garden. There is parking and storeroom. Air conditioning. A great family home in a sought-after residential area, very close to all services and shops and only a short drive from the sea front.

€499,000

Ref: V418-BP

PARQUE DE LA REINA, TIGAIGA I



Lovely 3 bed, 2 bath (1 en suite) duplex penthouse in popular residential complex with pool. The property's main floor has a large lounge/dining area, sep. galley-style kitchen, and utility room; upstairs there are 2 rooms plus a bathroom/sauna, extra storage space and a large terrace with lovely sea and mountain views. Underground garage space and storeroom incl.

€168,000

AP215-BP

PLAYA DE LA ARENA



Stunning, fully furnished 3 bed, 2 bath apt. on complex with pool. The property, on one floor, has an independent kitchen, back garden and terrace with views to La Gomera, and is wheelchair-friendly. Lots of extras.

€299,000

AP305-BP

MAREVERDE



Great studio apt. which has been converted into a 1 bed apt. on popular complex with pool and great location. The property is only a short walk from the beach.

€136,000

ST104-HP

MAREVERDE



Unfurnished 1 bed, 1 bath apt. on popular complex with pool in a great location. The property has been refurbished and is just a short walk to the beach.

€142,000

Ref: AP107-HP

LAS AMERICAS



Fantastic, fully furnished 2 bed, 2 bath ground floor apt. that has been completely refurbished to a high standard. The property is on a small complex with no community fees. Excellent rental potential!

€350,000

Ref: AP207-HP

SAN EUGENIO BAJO, MARINA PRIMAVERA



Nice ground floor studio converted to a 1 bed, 1 bath apartment with sunny terrace in sought after complex with heated pool. Lovely sea views. Perfect location for a holiday apartment close to shops and services!

£139,000

Ref: ST102-AG

PLAYA SAN JUAN, EDF. SOLEI



Great 1 bed, 1 bath apartment in a small residential complex in an excellent location close to the sea front. The complex is very well kept and has lifts and the property comes with **2 parking spaces** in the communal garage.

€128,000

AP116-BP

ROQUE DEL CONDE



Lovely, spacious, 2 bed, 2 bath (1 en suite) townhouse in lovely residential complex with pool. The property has 2 good-size terraces with sea views and a private, closed garage.

€265,000

Ref: TH205-HP

EL MEDANO, MARETASOL



Luxury, fully furnished 2 bed, 2 bath corner townhouse with previous 3rd bedroom converted to a walk-in wardrobe. Situated on a small, tranquil sea-front complex, the property has many extras including a Jacuzzi and mini-gym and sea view from both floors.

€339,000

TH305-AG

VALLE SAN LORENZO



This is a large two-family house, with the upstairs and downstairs separate entities. Our property is the downstairs part, a 2 bed, 3 bath apartment with large lounge, kitchen and rear garden, plus 2 separate studios.

€149,000

Ref: VH103-BP

SAN EUGENIO BAJO, OCEAN PARK



Lovely, fully furnished 1 bed, 1 bath apt. for sale on popular complex. The apartment has a good size sunny terrace with great views to the sea and the communal pool area. Excellent complex near all services!

€252,000

Ref: AP108-HP

Los Cristianos, Achacay**€305,000**

We offer for sale this apartment 66m2 in the complex Achacay, Los Cristianos. The apartment consist of two double rooms, one bathroom, an equipped kitchen, livingroom and 6m2 patio. The complex offers elevators and a community swimming pool. The community expenses are 178 per month including water. All the beaches of Los Cristianos belong to the municipi... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1125922 085 191

El Madronal, Townhouse**€305,000**

We offer for sale this three bedroom spectacular townhouse located in Costa Adeje in the district of El Madronal. It is built in 2007, has 169 m2 of which 121 m2 are useful. On the first floor there are three bedrooms, three bathrooms, separate kitchen, living room and two storage rooms. Garage for two cars of 41 m2. It has a terrace of 27 m2 and a small... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1081922 085 191

Los Menores, Detached House**€299,000**

For sale a detached house located in Los Menores, Adeje. The house is located on a plot of 222m2 and has a total constructed area of 98m2. Distributed as follows: Ground floor: An independent kitchen, living room, toilet, utility room and garden. Upstairs: Three bedrooms, two bathrooms and a balcony. The house is finished with a roof terrace, with a c... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1098922 085 191

Costa del Silencio, Semi-Detached House**€295,000**

Pretty 3 bed, 2 bath semi-detached house in private urbanization with really nice views. The property is on 2 levels with a large private roof terrace/solarium with lovely views to sea and mountains. The plot is walled and gated with electric sliding gates for private car parking and a tiled driveway leading to a garage/workshop. Large patio with swimming... For full information see website or contact:

Tenerifehome.com Ref: 1139-1215 922 783066

Costa del Silencio, Villa**€295,000**

This very well-maintained, detached house, is built on a plot of 369m2. The built area is 125m2. The property consists of 3 large bedrooms, 2 bathrooms, a fully equipped kitchen, a roof terrace and a garage. Around the house there are several terraces and gardens. The price/quality ratio is optimal!

Tenerifehome.com Ref: 1373-0418 922 783066

Amarilla Golf, Palm Ridge**€294,995**

Stunning 3 bed, 2 baths (one en suite - upgraded Spring 2018) duplex apartment for sale on Amarilla Golf. (Available furnished/unfurnished). Situated on one of the most sought-after developments in the area. Well-managed community. Beautiful community pool. Apartment comprises open plan lounge diner/kitchen (New kitchen Nov 18), four terraces, two having ... For full information see website or contact:

Tenerife Prime Property Ref: S-03 1372 627-230360

Los Abrogos, San Blas**€289,000**

Great opportunity to purchase one of these townhouses for sale on a residential complex with pools, close to the sea, between Los Abrogos and Golf del Sur. The houses have 3 bedrooms, the main one double with

ensuite bathroom, and all the bedrooms have built-in wardrobes. Finishings are to high standards and include alarm, air conditioning, electric shutt... For full information see website or contact:

Tenerife Alizes Properties Ref: KV0225

922 738653 / 626 274040**Los Gigantes, Apartment****€275,000**

Excellent property located in the area with the best climate in Tenerife, Playa La Arena Los Gigantes. It has

The apartment is newly renovated and comprises two double bedrooms, one bathroom, an open American style kitchen and a living room with direct access to the balcony of 6m2. The kitchen is sold fully equipped and all the furniture is included. There are a communal tennis court, a communal swimming pool and communal parking. The community fees are 165 pe... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1051922 085 191

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2 bedrooms, 2 bathrooms, excellent 30 m2 terrace with partial sea view and facing the pool, there is also a back garden shaded by ivy, fully equipped kitchen, garage space of 14 m2 and storage of 6m2. Built with quality materials: marble floor, d... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1010922 085 191

Las Americas, Parque Santiago III**€273,000**

This resort with a communal swimming pool is situated just in front of the beach on the promenade very close to the bars, restaurants and shopping center. Studio is located on the 3rd floor with full sea view. Recently refurbished, fully equipped studio with kitchen. Perfect place if you are looking for your second home on the beach!

2nd Home Tenerife Ref: ROA0020 628 608 469

Los Cristianos, Parque Tropical II**€270,000**

Duplex apartment, being sold part furnished with 2 bedrooms, 2 bathrooms, lounge and American style kitchen. There is a small front garden and a large terrace off the lounge overlooking the community swimming pool. There is also a balcony off the upstairs bedroom. This property needs to have some refurbishing done, it is in a complex with easy off road pa... For full information see website or contact:

Tenerife Prime Property Ref: S-02 1150 627-230360

Santiago del Teide, Apartment**€269,000**

Excellent position both for living and for holidays. The complex is situated in few meters from the coast and the beach Playa la Arena with good touristic . The apartment has 2 spacious bedrooms, 2 bathrooms, independent kitchen, large living room and the terrace of 30m2 with nice views to the ocean and the gardens, there is a private garden of 15m2. A pa... For full information see website or contact:

Ymm Canarias Ref: VS4966D 922 787210 / 635 881888

San Miguel, Apartment**€265,000**

We are more than pleased to offer this stunning penthouse apartment in the most prestigious area of Amarilla Golf - Fairways Club. Comprising two bedrooms, two bathrooms, open plan kitchen with a spacious and luminous living room leading to a terrace overlooking the ocean and golf course. Additionally, the property comes with a large rooftop terrace with ... For full information see website or contact:

Ymm Canarias Ref: VS5796D 922 787210 / 635 881888

Los Cristianos, Apartment**€265,000**

Los Cristianos, Apartment €265,000
Wonderful and newly renovated apartment near the promenade in Los Cristianos. With tennis courts and a nice pool area, this is a very good and well-maintained complex. The apartment has two bedrooms, a bathroom, kitchen and a beautiful view.

FRINA Tenerife SL - Property Sales Ref: S 1029922 085 191

Palm Mar, Paraiso del Palm Mar**€265,000**

Beautiful duplex penthouse apartment with two bedrooms. Both bedrooms are spacious with built in wardrobes, bathroom with a jacuzzi bath, 1 guest toilet, fully equipped kitchen. This property has several terraces with sea views located in the sunny side. The apartment is sold furnished and with parking included in the price. The property is situated in a f... For full information see website or contact:

2nd Home Tenerife Ref: RP2108 628 608 469

Los Cristianos, Cristian Sur**€259,950**

We offer for sale a duplex apartment 97m2 in Los Cristianos. The apartment is located on the third floor in the complex Cristian Sur The ground floor consists of a hall, open-plan kitchen, one bathroom and a terrace of 10m2. The first floor offers two bedrooms, one bathroom and a terrace of 14m2. This property is sold fully furnished. The complex cons... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1059922 085 191

San Eugenio Bajo, Apartment**€259,000**

Tenerife-South: San Eugenio Bajo, Chic 2-Bedroom Apartment, Seafont Location in Club Villamar, Beautiful Pools and Gardens. All inquiries welcome !

A1 Real Estate & Property Consultants Ref: 20141298922 729395 / 655 012711

Chayofa, Bungalow**€255,000**

Bungalow with 2 bedrooms, 2 bathrooms, living room and kitchen. It has different environments on the outside, with gardens and rest areas. In addition to basement with playground. Located in a very quiet area. Internal surface 100 m2. Exterior 144 m2.

FRINA Tenerife SL - Property Sales Ref: S 1000922 085 191

Playa Paraiso, El Horno**€250,000**

We offer for sale this beautiful apartment 82 m2 in the complex El Horno, Playa Paraiso. The apartment consists of two double bedrooms, a bathroom, kitchenette with living room and a terrace of 15m2. The property is in good condition and the kitchen is fully equipped. The

complex has a communal pool and there is private parking. Community fees are 57 ... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1105922 085 191

San Eugenio Bajo, Tinerfe Gardens**€250,000**

Spacious (76sqm + 35sqm terrace), fully furnished 2 bedroom, 1 bathroom duplex apartment in popular complex with pool and close to beach, harbour and all amenities.

Palm Mar Sales and Rentals Ref: PMSR0032

677-623713 / 671-129558**San Miguel, Villa****€250,000**

We are very pleased to offer for sale a semi detached house in Las Adelfas II, Golf del Sur. On the ground floor of this well maintained two-storey property you will find a spacious independent kitchen with separate utility room, from the kitchen you are into an open lounge dining area with lots of natural sunlight from the double doors which lead to a la... For full information see website or contact:

Ymm Canarias Ref: VS5340D 922 787210 / 635 881888

€249,999 - €150,000

El Madronal, Mirador del Duque**€249,900**

Spacious (187sqm + 40sqm terrace), fully furnished, 3 bedroom, 3 bathroom duplex in complex with pool. Close to all amenities (Gran Sur, Siam Park, Water Park etc).

Palm Mar Sales and Rentals Ref: PMSR0025677-623713 / 671-129558

Golf del Sur, Winter Gardens**€246,750**

Lovely 2 bedroom, 2 bathroom (1 en suite) apartment on a popular complex on the Golf del Sur. 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.

Tenerife Prime Property Ref: S-02 1352 627-230360

Costa Adeje, Apartment**€245,000**

Beautiful apartment located in a well maintained and quiet complex with swimming pool. Consisting of 2 bedrooms and 1 bathroom, a separate kitchen and a laundry room, in total 70m² . The South- West facing terrace of 10m² offers you a beautiful view on the sea and on the swimming pool of the complex. Parking space and storage room are included in the price... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1109922 085 191

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Tenerifehome.com Ref: 1484-0519 922 783066

Los Cristianos, Victoria Court II**€245,000**

We offer for sale this spacious 60m2 apartment on the first floor in the complex Victoria Court II, Los Cristianos. The property consists of one bedroom with fitted wardrobes and a bathroom. There is a fully equipped kitchenette and a living / dining room with doors that open onto the large terrace of 15 m2. The complex has a heated community pool. The... For full information see website or contact:

FRINA Tenerife SL - Property Sales**Ref: S 1110922 085 191****El Galeon, House****€245,000**

This elegant townhouse is located in Adeje's trendy district "El Galeon", close to the sport-center and only a short walk from downtown Adeje. The residential complex of "Los Océanos" is fitted perfectly into the light slope, the premises gather around a huge courtyard with beautiful pool, sunbathing area and playground. Across the neat front garden you a... For full information see website or contact:

A1 Real Estate & Property Consultants Ref: 20140997922 729395 / 655 012711

Santa Ursula, Townhouse**€245,000**

Bank property: Townhouse located north, distributed on two floors with area for parking. On the ground floor we find living room, kitchen, utility room and toilet, on the top floor 3 bedrooms and 2 bathrooms, has a garden and terrace area.

Ymm Canarias Ref: VS5798BS 922 787210 / 635 881888

Los Cristianos, Yaiza**€240,000**

Centrally located only 30 metres from the beach, Playa de las Vistas. This two bedroom apartment is sold fully furnished and the price includes a garage for two cars and private storeroom.

Palm Mar Sales and Rentals Ref: PMSR0018677-623713 / 671-129558

Santiago del Teide, Apartment**€239,000**

Apartment in the residential complex Playa de la Arena Phase 1. It consists of 2 bedrooms with wardrobes, 2 bathrooms, kitchen, living room with access to the terrace with garden and view to the ocean. There is also a terrace with access from the kitchen. There is parking in the communal garage and 6m2 storage room. Apartment is sold fully furnished, all ... For full information see website or contact:

Ymm Canarias Ref: VS5269D 922 787210 / 635 881888

Los Cristianos, Parque Tropical I**€239,000**

We offer for sale this apartment 64 m2 on the ground floor in the complex Parque Tropical, Los Cristianos. The apartment consists of one bedroom, a bathroom, a kitchen, living room and terrace overlooking the communal swimming pool. The apartment is renovated and in very good condition. The community has a swimming pool and elevator. All services are ne... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1109922 085 191

Playa de la Arena, Balcon de Los Gigantes**€234,000**

Pleasantly presented apartment 75m2 in the complex of Balcon De Los Gigantes, Puerto de Santiago. Based on the fourth floor, this property comprises two double bedrooms, two bathrooms, one of which is an ensuite, lounge with dining area and kitchen with breakfast bar. Large terrace of 24m2 accessible from both bedrooms and lounge, offering wonderful sea... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1084922 085 191

Chayofa, Chayofa Country Club**€230,000**

2 bed, 2 bath apartments being sold (prices from 230.000) with large terraces and private roof terrace. All apartments have fully fitted kitchens and integrated appliances, all bedrooms have direct access to the private terraces and there is a community swimming pool.

Tenerife Prime Property Ref: S-02 1375 627-230360

San Miguel, Townhouse**€226,000**

Townhouse with four bedrooms in the residential complex "Jardin de San Miguel", Llanos de Camello. The house has 4 bedrooms, living room, two terraces and a balcony. Upstairs terrace with jacuzzi. Living area of 120 m2. The total surface of the terraces is 65 m2. The price includes kitchen appliances and a large garage for 2 cars. Nice closed complex ... For full information see website or contact:

Ymm Canarias Ref: VS5772D 922 787210 / 635 881888

Puerto de Santiago, Apartment**€225,000**

We offer for sale this two bedroom apartment of 72m2 in los Gigantes complex, Puerto Santiago. The apartment is located on the third floor and has a large 24 m2 terrace with ocean and cliffs view. The property has access to well designed pool, jacuzzi and solarium area. This apartment has two bedrooms, two bathrooms, an American style kitchen and one li... For full information see website or contact:

FRINA Tenerife SL - Property Sales Ref: S 1052922 085 191

Palm Mar, Apartment**€225,000**

2 bedroom apartment with a 10m² terrace that will allow you to enjoy spectacular sunsets! Located in the exclusive Palm-Mar area, with its rooftop pool and stunning panoramic sea views. Great opportunity!

Tenerifehome.com Ref: 1315-0917 922 783066

San Miguel, Apartment**€220,500**

Great apartment in the complex Sand Club, Golf del Sur. Including two bedrooms, two bathrooms, large living room with open plan kitchen and dining area. The property has a spacious terrace with breathtaking views over the ocean and swimmin pool. At the entrance there is a front yard with a place for storage and a cosy little garden. The complex has two s... For full information see website or contact:

Ymm Canarias Ref: VS5281D 922 787210 / 635 881888

San Eugenio Alto, Malibu Park**€220,000**

♦ Location: Close to amenities, Gated community, Popular urbanisation, Touristic Area ♦ Close to: Restaurants / Bars / Cafes ♦ Views: Sea ♦ Rooms: Hall / Entrance, Independent Kitchen, Utility room ♦ Quality: Part furnished, Renovation needed ♦ Features: Security shutters ♦ Outside: Sunny Terrace, Large Terrace ♦ Parking: Street parking ♦ Community facilil... For full information see website or contact:

Property Alliance SL Ref: 2A3266 922 777747

Guimar, Finca**€220,000**

We have for sale Finca in the area of Guimar. The land is divided into "rustic" of 301m2 and "urban" of 448m2, the latter has a built area of 275m2 in different buildings. Property to reform.

FRINA Tenerife SL - Property Sales Ref: S 1004922 085 191



Tenerife Properties.ES

The Sunset - Torviscas Alto



Immaculate 2 bedroom, 1 bath. Includes private garage. Stunning Views.

Price: €205,000

Ref: 7651

El Duque, Villas del Duque



Beautiful 4 bedroom, 3 bathroom townhouse in this prestigious residential complex. Recently refurbished with high quality materials, with airconditioning throughout.

Price: €610,000

Ref: 13965

El Duque, Terrazas del Duque II



Immaculate 1 bed, 1 bath apartment, for sale fully furnished in this prestigious resort, included with a calendar of reservations. Great investment opportunity!

Price: €305,000

Ref: 12620

Torviscas Playa, Santa Maria



Third floor, 1 bed apartment with a large double balcony with sea views in this established complex.

Price: €235,000

Ref: 11248

Torviscas Bajo, Mareverde



Lovely 3 bed duplex on this established complex.

Price: €239,000

Ref: 8725

Fañabe, Lagos de Fañabe



Lovely 1 bed apartment with stunning views on this prestigious complex.

Price: €249,000

Ref: 7829

Avda. Ernesto Sarti s/n, Pueblo Torviscas, local M2, COSTA ADEJE 38670

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5 BED VILLA FOR SALE IN OROTEANDA BAJO



Stunning, fully furnished and equipped, 5 bed, 3 bath (master en suite) detached villa with solar power heated pool on 2,000sqm plot. This spacious property has a huge terrace to the front which could accommodate up to 8 cars, and a private garden/terrace with lovely sea views to the rear with BBQ area, jacuzzi, orchard and various seating areas. There is a large lounge/dining area, an open plan fully equipped fitted kitchen and garage for 4 cars with direct access. One of the bedrooms is situated in such a way that it could easily be converted into a separate studio, or granny flat. Extras include aircon and central heating throughout, and solar panel heating for the pool and hot water. This unique property is situated in a small residential enclave close to all amenities (netball and tennis courts, football training, petrol station, and a variety of restaurants), just a few minutes' drive to the coast and 4 championship golf courses (3 sets of top of the range golf clubs included!). Really must be viewed to fully appreciate all that it has to offer.

Ref: S-05 1380

Price: €1,250,000

Torviscas Alto, Balcon del Atlantico IV €149,000

We are pleased to offer this one bedroom apartment in the complex Balcon del Atlantico, Roque del Conde. This apartment comprises 60m2 of living space, one bathroom, an independent kitchen, an open dining and living area leading to a 37m2 balcony with sea view. The property is sold with furniture as seen in the photographs. If you are looking for a pr... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: D 1069922 085 191

San Eugenio Alto, Caledonia Park €147,000

♦ Location: Close to amenities ♦ Close to: Restaurants / Bars / Cafes ♦ Views: Sea ♦ Rooms: American Style Kitchen, Bathroom ♦ Quality: Furnished, Renovated ♦ Features: Air conditioning ♦ Outside: Roof Terrace ♦
Property Alliance SL Ref: 1D3369 922 77747

Los Cristianos, Torres del Sol €147,000

For sale a studio apartment in the complex Torres del Sol, Los Cristianos. The apartment is 35m2, furnished, community expenses of 98 euros per month with water and electricity included. Views to the pool.
FRINA Tenerife SL - Property Sales Ref: S 1027922 085 191

San Eugenio Alto, Colina Blanca €140,000

♦ Location: Popular urbanisation ♦ Close to: Restaurants / Bars / Cafes ♦ Rooms: Fitted wardrobes, Open plan kitchen, Hall / Entrance ♦ Quality: Tastefully decorated, Modern, Refurbished, Renovated, Well presented, Furnished ♦ Features: Security shutters, Air conditioning ♦ Outside: Sunny Terrace ♦ Parking: Street parking ♦ Community facilities: Pool Bar,... For full information see website or contact:
Property Alliance SL Ref: 1D3041 922 77747

Torviscas Bajo, Santa Maria del Mar €140,000

♦ Location: Central, Close to amenities, Close to the beach, Close to the coast, Touristic Area ♦ Close to: Beach, Coast, Harbour, Port, Medical Facilities, Restaurants / Bars / Cafes, Shops, Transport, Town ♦ Views: Garden ♦ Rooms: Hall / Entrance, Kitchenette, Bathroom ♦ Quality: Furnished ♦ Outside: Terrace ♦ Community facilities: 24 hour Security, Swi... For full information see website or contact:
Property Alliance SL Ref: 0S3388 922 77747

Costa del Silencio, Apartment €139,900

1 bedroom apartment situated just in front of the swimming pool, in the complex Parque don José! The property has a built area of 44,80m² and a West facing terrace of 10,64m². It is sold furnished, including an electric sun blind and a recently bought fridge (2017) and washing machine (2018). The swimming pool area is spectacular & 1 of the pools is he... For full information see website or contact:
Tenerifehome.com Ref: 1494-0619 922 783066

Costa del Silencio, Apartment €139,900

This 1 bedroom apartment offers a West facing terrace of 10,64m² with view on the pool. Interior of 44,80m² with 1 bedroom (with fitted wardrobes), a semi-separate kitchen and a bathroom with shower. The property is sold furnished, including an electric sunblind and a fridge bought in 2017. Easy parking in the street. Community with lots of garden areas and ... For full information see website or contact:
Tenerifehome.com Ref: 1495-0619 922 783066

Costa del Silencio, Apartment €139,000

This modern and luxurious one bedroom apartment is offered for sale fully furnished, including air conditioning. The apartment features a well-equipped kitchen with dishwasher and oven, a spacious bedroom and a lovely balcony with partial sea view. It is located in the first sea line complex: Atlantic View in Phase 6, directly by the sea, that offers 3 sw... For full information see website or contact:
Tenerifehome.com Ref: 1455-0119 922 783066

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Costa del Silencio, Apartment €139,000

This 1 bedroom apartment is located on the first (upper) floor, in the rustic complex: la hacienda in Costa del Silencio. It features an American-style kitchen, a bathroom with shower, a balcony facing South and a spacious roof terrace. There is also a private parking space included in the price. Great opportunity!
Tenerifehome.com Ref: 1322-1017 922 783066

Torviscas Alto, Apartment €139,000

Location - Touristic area Views - Pool - Sea Additional - Viewing recommended Rooms - American style kitchen Community facilities - Lifts - Pool bar - Heated swimming pool Parking - Off street parking
Island Estates Ref: 526-A1 922 790767 / 670 605414

Torviscas Alto, Windsor Park €138,000

We offer for sale this studio 38 m2 in the complex Windsor Park, Torviscas Alto. The studio consists of a sleeping area, a bathroom, american kitchen, living room and a terrace of 15 m2 with fantastic views towards the sea and La Gomera. The house is recently renovated, completely new, furnished, modern and with the latest appliances. Fully equipped: TV... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1114922 085 191

Chayofa, Chayofa Country Club €138,000

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 l... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1042922 085 191

San Eugenio Alto, Ocean View €137,000

We offer for sale this one bedroom apartment of 50m2 in the complex Ocean View, San Eugenio Alto. The apartment consists of one double bedroom, one bathroom with shower and window, an american style kitchen and bright living room and terrace of 25m2 with pergola and stunning views of the sea and La Gomera. The apartment is furnished and just a ten minut... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: S 1119922 085 191

San Eugenio Alto, Caledonia Park €136,500

♦ Location: Close to amenities, Gated community, Touristic Area ♦ Close to: Restaurants / Bars / Cafes ♦ Views: Sea ♦ Rooms: American Style Kitchen ♦ Quality: Furnished ♦ Outside: Large Terrace, Sunny Terrace ♦ Parking: Street parking ♦ Community facilities: Lifts, Intercom entry ♦
Property Alliance SL Ref: 0S3194 922 77747

Palm Mar, San Remo €136,001

The complex offers lovely and spacious apartment & penthouse duplex with 1, 2 and 3 bedrooms as

well as large terraces, gardens and sun roof terraces. A good opportunity for an investment, holiday home or retirement.

2nd Home Tenerife Ref: San Remo 628 608 469

San Eugenio Alto, Malibu Park €135,000

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 140 per month.

FRINA Tenerife SL - Property Sales Ref: S 1123922 085 191

Costa Adeje, Studio €135,000

Beautiful studio in Malibu Park, Costa Adeje. It consists of a room, American kitchen, a bathroom and terrace with sea views. The Malibu Park apartments are built around a large pool. The sundeck at Malibu Park has lounges for all guests to relax. The complex is well located, next to a water park (Aqualand), and five minutes from the beach by car.
FRINA Tenerife SL - Property Sales Ref: S 1013922 085 191

Playa San Juan, Apartment €133,000

♦ Location: Central, Close to the beach, Close to amenities ♦ Close to: Beach, Coast, Medical Facilities, Restaurants / Bars / Cafes, Shops, Transport, Town, Harbour ♦ Views: Sea ♦ Rooms: Hall / Entrance, American Style Kitchen, Fitted wardrobes, Bathroom ♦ Quality: Furnished ♦
Property Alliance SL Ref: 2A3364 922 77747

Llano del Camello, Malvasia I €132,000

We are pleased to offer this totally refurbished one bedroom apartment in Malvasia, Llano de Camello, Las Chafiras. This second floor apartment comprises 48m2 of living space, independent kitchen, open dining and living area leading to a 6m2 balcony overlooking the communal swimming pool and the community itself. The property is sold with furniture as... For full information see website or contact:
FRINA Tenerife SL - Property Sales Ref: D 1055922 085 191

Costa del Silencio, Balcon del Mar €129,990

We offer for sale this apartment 52m2 on the first line of the sea in the complex Balcon del Mar, Costa del Silencio. The apartment consists of one bedroom, a bathroom, a kitchenette, a living room and terrace where there are sea views. The

complex is with pool and 24-hour reception. Community fees are 65 per month.

FRINA Tenerife SL - Property Sales Ref: S 1106922 085 191

Palm Mar, Apartment €120,000

The apartment is situated in a residential complex designed for optimum use and comfort. Its structure is of the highest quality from the foundations and installations to the finishing touches that include completely furnished Italian designed kitchens equipped with some electrical appliances, as well as fully functional modern bathrooms. Swimming pools, ... For full information see website or contact:
2nd Home Tenerife Ref: RP1040 628 608 469

Playa Paraiso, Apartment €120,000

Fully furnished 1 bed, 1 bath apartment in residential complex with pool and gardens. The property measures: Int. 45sqm., Ext. 10sqm.
Property Alliance SL Ref: 1A2447 922 77747

San Eugenio Alto, Colina Blanca €119,000

♦ Location: Gated community, Popular urbanisation, Touristic Area ♦ Close to: Restaurants / Bars / Cafes ♦ Views: Sea ♦ Rooms: American Style Kitchen, Fitted wardrobes ♦ Quality: Furnished, Refurbished ♦ Outside: Sunny Terrace ♦ Parking: Street parking ♦ Community facilities: Swimming pool, Pool Bar, Intercom entry, Lifts ♦
Property Alliance SL Ref: 0S3350 922 77747

San Isidro, Apartment €115,000

Bright, spacious, completely refurbished apartment, first floor of residential building, in quiet area of San Isidro. 2 bedrooms, 1 bathroom, large living/dining room, separate fitted kitchen fully equipped, parking space in underground safe garage. Close to shops, schools, easy access to motorway. Low community fees.
Tenerife Alizes Properties Ref: KV0214 922 738653 / 626 274040

San Eugenio Alto, Aloha Gardens €115,000

♦ Location: Residential Area, Gated community, Close to amenities ♦ Close to: Restaurants / Bars / Cafes ♦ Views: La Gomera, Sea ♦ Rooms: Bathroom, American Style Kitchen ♦ Quality: Part renovated, Furnished ♦ Parking: Street parking ♦
Property Alliance SL Ref: 0S3296 922 77747

Costa del Silencio, Apartment €110,000

This is a two bedroom apartment in very good conditions. It is very bright and spacious, located in the heart of Costa del Silencio in a residence with communal swimming pool. The

style kitchen, and it is fully equipped and furnished. Use of the communal roof terrace, includes a private laundry room on the roof.

Tenerife Alizes Properties Ref: KV0163 922 738653 / 626 274040

La Estrella, Apartment €110,000

Recently renovated, modern 1 bed, 1 bath penthouse with a large (14sqm) sunny terrace in apartment building with lift. A short walk to Las Galletas and Costa del Silencio. Great value for money!
Tenerifehome.com Ref: 1068-0315 922 783066

Las Galletas, Penthouse €100,000

We offer for sale this nice Penthouse 58m2, Las Galletas. The apartment has one bedroom, one bathroom, an american kitchen and a terrace of 16m2.

FRINA Tenerife SL - Property Sales Ref: S 1115922 085 191

UNDER €100,000

Chayofa, Chayofa Country Club €99,950

Large studio apartments for sale (prices from 99.950). Studios being sold fully furnished and has a fully equipped kitchenette, bathroom, lounge, terrace and community swimming pool. These studios are an ideal holiday home/investment.
Tenerife Prime Property Ref: S-00 1373 627-230360

Golf del Sur, Green Park €99,750

Fully refurbished and furnished 1 bed, 1 bath apartment with air conditioning, newly fitted kitchen and refurbished bathroom. This apartment is on the 3rd floor and there are lifts throughout the complex. Views from the terrace onto the community swimming pool. PRICE REDUCED FOR QUICK SALE.
Tenerife Prime Property Ref: S-01 1343 627-230360

Candelaria, Apartment €99,330

C/icerse, Candelaria Apartment + garage + storeroom in Candelaria, constructed in 2002.
The Property Gallery Ref: 73240245 922 719925 / 922 719889

Puerto de La Cruz, Apartment €99,000

Reduced: Boutique-Apartment, 1-Bedroom with Superb Furnishing and Attractive Balcony Completely renovated in 2011: New water & electricity, new surfaces (tiles, wood laminated floors), new kitchen with predominantly German AEG appliances. Wellness bathroom with marmor frames, mosaic tiles, bathtub/shower, bidet, heated floor

electricity. The apartment is on the ground floor.

FRINA Tenerife SL - Property Sales Ref: S 1014922 085 191

Santa Cruz de Tenerife, Apartment €98,700

Edificio los Treboles, Santa Maria del Mar. Santa Cruz de Tenerife(North) Apartment of 99m2 on a 6th floor. Has private garage space + storeroom. Residencial quiet area, within 10 minutes of Carrefour commercial center.

The Property Gallery Ref: 81024842 922 719925 / 922 719889

Santa Cruz de Tenerife, Apartment €98,700

C/ El Abajo, Barranco Grande, Santa Cruz de Tenerife. Apartment of 97m2 with patio in a residential area. Constructed in 2008.

The Property Gallery Ref: 60207088 922 719925 / 922 719889

Santa Cruz de Tenerife, Apartment €97,400

C/Corominas, Barranco Grande. Santa Cruz de Tenerife (North) Three bedroom apartment on 107m2 with two bathrooms, roof terrace. Located on a second floor. Constructed in 2003.

The Property Gallery Ref: 60199850 922 719925 / 922 719889

Arona, Apartment €95,000

3 bedroom apartment, on the first floor, in a recent building and with a common solarium. Located in center of el fraile only 5 minutes walk from shops.

Tenerifehome.com Ref: 1458-0119 922 783066

Costa del Silencio, Apartment €95,000

Lovely 1st floor apartment with 2 bedrooms, bathroom, lounge and separate fully fitted kitchen with a large terrace of 16m2. This property is being sold fully furnished.

Tenerife Prime Property Ref: S-02 731 627-230360

Adeje Town, Apartment €94,500

Fully furnished 2 bed, 1 bath apartment in residential complex. The property measures: Int. 68sqm., Ext. 2sqm.
Property Alliance SL Ref: 2A2827 922 77747

San Miguel, Studio €94,500

We have for sale studio in Green park, Golf del Sur. 1 bathroom, living room, american kitchen, terrace with partial sea views. Total 44m2 3 Communal swimming pools. Community fees 121 euros.
Vym Canarias Ref: VS5276D 922 787210 / 635 881888

Costa del Silencio, Studio €91,000

Parking and community parking Recently reformed, it is sold fully furnished.
The Property Gallery Ref: A381 922 719925 / 922 719889

Playa Paraiso, Apartment €89,000

One bedroom apartment which is well maintained to a high standard situated in Paraiso Del Sur with incredible sea views.
Tenerife Business Services SL Ref: 82 922 740464 / 638 357059

Santa Cruz de Tenerife, Apartment €88,500

C/ Padre Anchieta; Santa Cruz de Tenerife. Three bedroom apartment on 85m2 with one bathroom, lounge-dining room, kitchen, storeroom, washroom. Apartment on a 5th floor. Building constructed in 1976.

The Property Gallery Ref: 60199865 922 719925 / 922 719889922 719925 / 922 719889

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apartment have a patio with barbecue and also a beautiful South West oriented terrace overlooking the swimming pool.
Tenerifehome.com Ref: 1360-0318 922 783066

Los Abrigos, Los Abrigos €110,000

Bright ground floor apartment, in residential building, within walking distance to the sea and to the centre of the village. It has 2 bedrooms, one bathroom, living room with american

and radiator/towel rack. Se... For full information see website or contact:

A1 Real Estate & Property Consultants Ref: 20150699922 729395 / 655 012711

Costa Adeje, Apartment €99,000

For sale a one bedroom apartment in the popular complex Laguna Park 2, Adeje. It has one bedroom, one bathroom of 41m2, a terrace 13m2 and a patio 10m2. Community fee is 206 monthly, including water and

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Los Cristianos, El Mirador

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S-01 1389

€213,000



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

Buzanada, Edf. Eos



Lovely, fully furnished, 2 bed, 1 bath apartment in a block of only 8 apartments and lift. The property has a lounge-diner, American style fully fitted kitchen, private 70sqm roof terrace with direct access.

S-02 1357

€129,000

Golf del Sur, Green Park



Fully refurbished and furnished 1 bed, 1 bath 3rd floor apartment overlooking the community pool with aircon and newly fitted kitchen. Lifts throughout the complex.

S-01 1343

€99,750

Amarilla Golf, Augusta Park



Beautiful, ground floor 1 bed, 1 bath apartment being sold fully furnished. There is a lounge and fully equipped American style kitchen, A/C, electric shutters and an 8m2 terrace overlooking the community swimming pool.

S-01 1354

£149,000 Sterling

El Medano, Sotavento



Lovely, unfurnished 3 bed, 2 bath, 1st floor duplex apartment on sought after sea front complex with pool and tennis courts. The property has a lounge/diner, open plan kitchen, sunny terrace and a secure parking space/storeroom. Close to amenities.

S-03 1390

€279,500

Fañabe, Lagos de Fañabe



Beautiful, fully furnished 1 bed, 1 bath apartment on sea front, 'Touristic' complex with 3 pools, just 70 metres from the beach. The property has a lounge/diner, open kitchen, sunny terrace and private parking. Holiday occupancy is 60%+ (at c€500/€950 per week).

S-01 1379

€300,000

Los Cristianos, Parque Tropical II



Large, part-furnished, 2 bed, 2 bath duplex apartment in sought after complex with lovely pool area. The property has a lounge/diner, American-style kitchen, small front garden and a large terrace off the lounge overlooking the pool. Needs minor refurbishing.

S-02 1150

€270,000

Torviscas Alto, Los Altos del Roque



Well-presented, fully furnished 1 bed, 1 bath ground floor apartment on popular residential complex with pool and sunbathing terraces. The property, in an elevated position with no one above, has a lounge-diner, open plan kitchen, a sunny terrace overlooking the pool and a parking space in the underground garage.

S-01 1363

€140,000

Amarilla Golf, Pinehurst II



Beautifully decorated, fully furnished, 2 bed, 1 bath ground floor apartment on popular complex with pool. This spacious (77sqm) property has a lounge/diner, American-style kitchen and a large sunny terrace overlooking the pool and gardens.

S-02 1384

£170,000 Sterling

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Tenerife Prime Property

Golf del Sur, Las Adelfas I



Large, fully refurbished 2 bed, 2 bath bungalow style villa on popular complex with 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 patio, and a private roof terrace with amazing sea and Mt Teide views.



S-02 1382

€289,950



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

Amarilla Golf, Palm Ridge



Stunning 3 bed, 2 bath (1 en suite) duplex apartment situated on a sought-after complex with beautiful pool. The property has a lounge/diner, American-style kitchen, 4 terraces (2 with views over the golf course and Mt Teide) and direct lift access from the private garage.

S-03 1372

€294,950

Aldea Blanca, Res. Oasis



Lovely, part-furnished, 2 bed, 2 bath (1 en suite) bungalow-style property on quiet, secure residential complex with swimming pool and off-road parking. Lounge/dining area, American-style kitchen, conservatory and a large, sunny patio. A lovely family home close to all amenities.

S-02 1377

€159,000

Chayofa, Chayofa Country Club



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Los Cristianos, Dinastia



Beautiful, fully furnished, ground floor 2 bed, 2 bath (1 en suite) apartment with an exceptionally large terrace. This apartment is very tastefully furnished and has a fully equipped kitchen. There are lifts throughout the complex and there is a community swimming pool and pool bar.

S-02 1348

€285,000

Golf del Sur, Las Adelfas II



Large, fully furnished, 2 bed, 2 bath (master en suite) corner villa on sought after complex with pool. The property has a large lounge/dining area, separate kitchen, wraparound gardens and terraces and a roof terrace which enjoys lovely sea, mountain and golf course views. Extras: full air conditioning throughout.

S-02 1342

€247,500

Valle San Lorenzo, Edf. JJ Efigenia



Spacious, fully furnished 3 bed, 2 bath (1 en suite) apartment with lounge, sep. kitchen, 2 balconies to the front, 2 enclosed terraces to the rear, and a parking space in the garage.

S-03 1324

€135,000

Amarilla Golf, Augusta Park



Lovely, beautifully furnished top floor 2 bed, 1 bath apartment on popular complex with pool. The property has a large lounge/diner, American style kitchen, alarge front terrace with lovely sea views and balconies off both bedrooms.

S-02 1378

£155,000 Sterling

Las Galletas, Edf. San Miguel



Recently refurbished, unfurnished, 1 bed, 1 bath, 3rd floor apartment with lounge-diner, open plan kitchen and a large sunny terrace with lovely sea views. Low Community Fees.

S-01 843

€125,000

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Sterling rocked by chaotic month in UK politics

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 month...

There have been some significant movements in the currency market over the last couple of weeks, with GBP/EUR trading between 1.09 and 1.13 and EUR/GBP retreating to 0.88. Meanwhile, GBP/USD recovered from a three-year low of 1.19 to 1.24, whilst EUR/USD fluctuated around 1.10.

The pound has been met by some dramatic swings over the last month, hitting some key levels against its peers as it was rocked by UK political developments. This began with Boris Johnson's announcement that parliament would be suspended for

five-weeks beginning early September. A move widely perceived as attempting to frustrating attempts to block a no-deal Brexit. Unsurprisingly this knocked Sterling sentiment, even sending GBP/USD plummeting to a three-year low. However subsequent movement in the pound has been largely positive, as Johnson faced a number of setbacks thought to lower the odds of a no-deal Brexit.

This included the loss of his majority in parliament, the passing of a bill compelling him to seek another Brexit extension and the rejection of his

calls for a snap election.

Adding to the upside in Sterling was also a string of upbeat UK economic data, including a robust GDP reading, which helped to dispel concerns of a recession.

Meanwhile, the ECB's stimulus measures were ultimately received positively by markets, helping to buoy the single currency going into the second half of September. What do you need to look out for?

UK political developments are likely to continue to act as the main catalyst of movement in the pound as we get closer to the current Brexit deadline on 31 October. The upcoming EU summit in mid-October will likely be key for GBP investors, as all bets will be off if Boris Johnson fails to secure a deal by then.

Meanwhile, the euro may struggle to find support over the coming month if German data remains in the doldrums. Europe's largest economy looks to be teetering on the edge of a recession, with any additional sign that growth in the country

will contract again in the third quarter likely to dent the appeal of the single currency.

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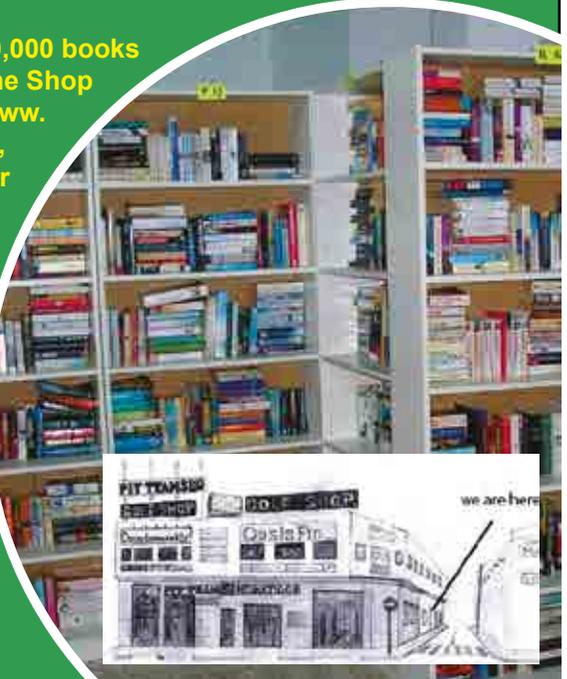
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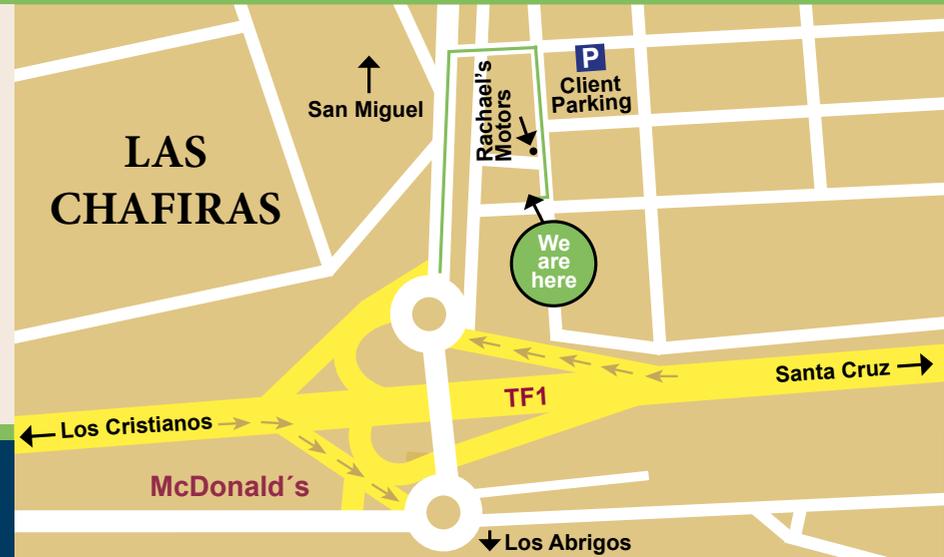
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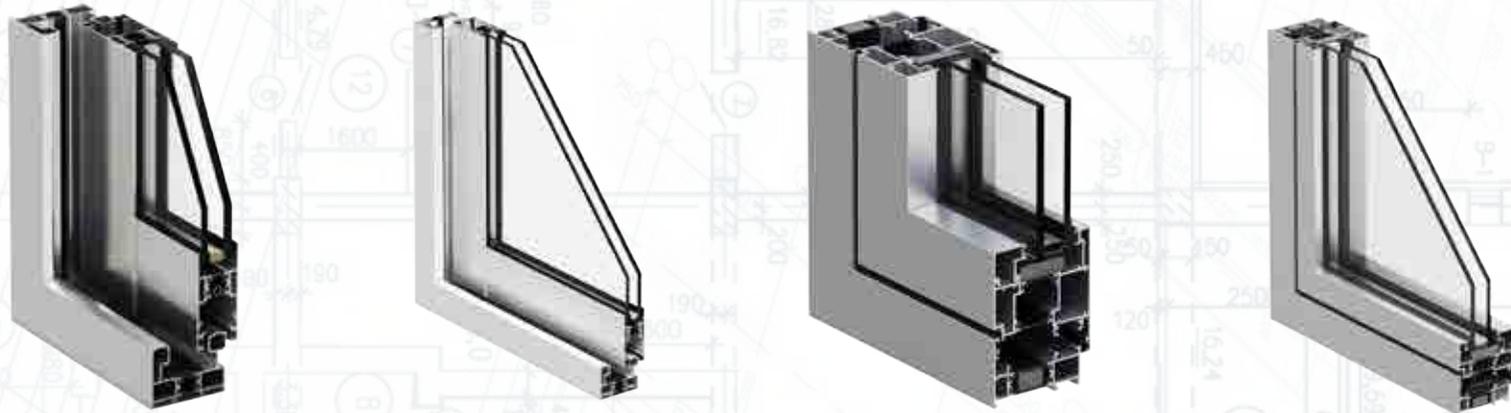


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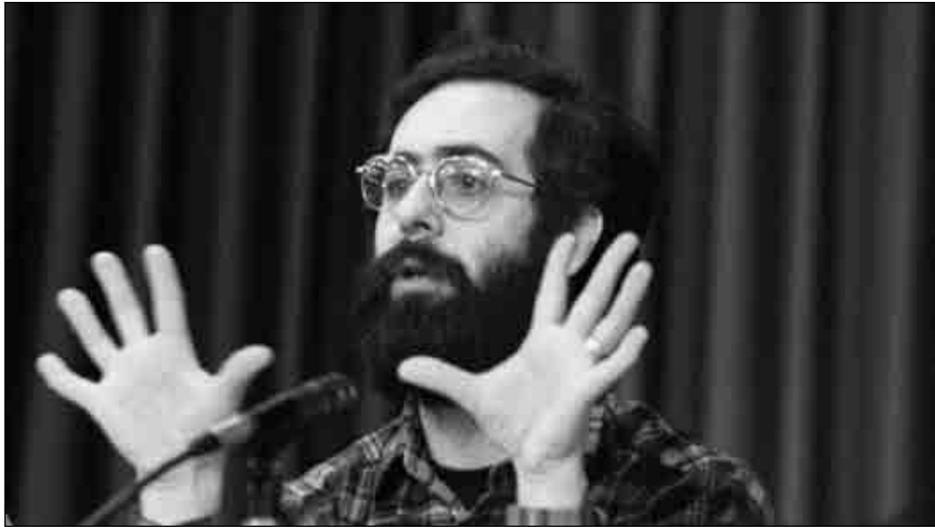


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How computing's first 'killer app' changed everything

By Tim Harford, Presenter, *50 Things That Made the Modern Economy*



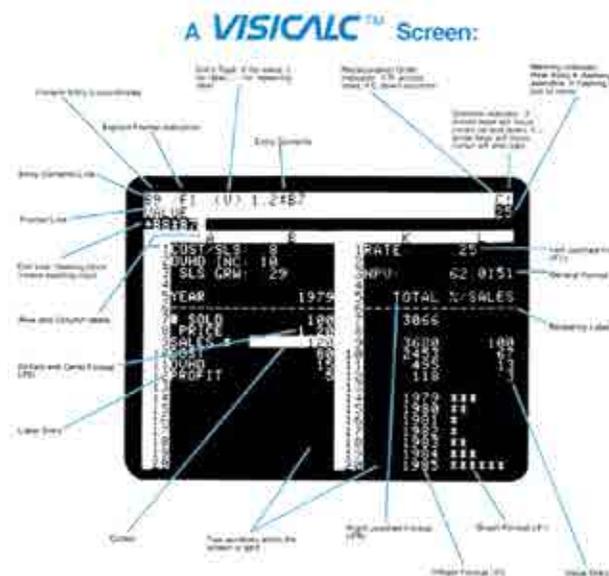
Dan Bricklin, inventor of the first computer spreadsheet

In 1978, a Harvard Business School student named Dan Bricklin was sitting in a classroom, watching his accounting lecturer filling in rows and columns on the blackboard.

Every time the lecturer changed a figure, he had to work down and across the grid on the board, erasing and rewriting other numbers to make everything add up, just as accounting clerks all over the world did every day in the pages of their ledgers. It's boring and repetitive work. A two-page spread across the open fold of the ledger is called a "spreadsheet". The output of several paper spreadsheets provides the input for larger, master spreadsheets. Changing any of the data in that chain might mean hours of work with a pencil, rubber, and a calculator.

to Harvard - he'd worked as a programmer at Wang and DEC, two big players in 1970s computing. Why on Earth would anyone do this on a blackboard or paper ledger, he wondered, when you could do it on a computer instead? So he wrote a program for the new Apple II personal computer: an electronic spreadsheet. His friend Bob Frankston helped him sharpen up the software - and, on 17 October 1979, VisiCalc went on sale. Almost overnight, it was a sensation.

Other financial and accounting programs had long existed but VisiCalc was the first with the modern spreadsheet interface. It is widely thought to be the first "killer app", a software program so essential that you'd buy a computer just



acknowledged that VisiCalc had "propelled the Apple II to the success it achieved". Within a few years, many accountants and business owners divided their professional experience into two periods: before and after the advent of the electronic spreadsheet.

Lotus 1-2-3. By 1988, the New York Times reported that Lotus had dominated the spreadsheet market for five years, after toppling VisiCalc "whose dominant share of the personal computer market seemed invincible". How the mighty were humbled. The New York Times also described several other upstart challengers, including a program called Microsoft Excel. But the real lesson of the spreadsheet is not about how monopolies rise and fall but about how technology changes things.

It's a cliché that the robots are coming for our jobs. But the story is never as simple as that, as the digital spreadsheet proves. If the concept of a robot accountant means anything, surely it means VisiCalc or Excel. These programs put



Technology has transformed the jobs of New York Stock Exchange traders such as Lauren Simmons

accountancy disappeared. What remained - and indeed flourished - required more judgement, more human skills. The spreadsheet created whole new industries. There are countless jobs in high finance that depend on exploring different numerical scenarios - tweaking the numbers and watching the columns recalculate themselves. These jobs barely existed before the electronic spreadsheet. I've written before about the Jennifer Unit, an earpiece that directs warehouse pickers to collect products by breaking down instructions into the most mindless,



The voice-directed Jennifer Unit tells workers how best to carry out their tasks

The Jennifer Unit strips a menial task of its last faintly interesting element. The spreadsheet operates in reverse: it strips an intellectually demanding job of the most boring bits. Viewed together, the two technologies show that technology doesn't usually take jobs wholesale - it chisels away the easily automated chunks, leaving humans to adapt to the rest. That can make the human job more interesting, or more soul-destroying - it all depends.

In accountancy, it made the human jobs more creative. The histories of accountancy that I've read don't bother to mention VisiCalc or Excel. Perhaps it seems beneath their dignity. What the spreadsheet did to accounting and finance is a harbinger of what is coming to other white-collar jobs. Algorithms can churn out routine stories about corporate earnings reports more quickly and cheaply than human journalists. Some teachers

use online tutorials to quiz pupils to identify where they are getting stuck before helping them progress.

A doctor can sometimes be replaced by a diagnostic app. Robotic surgery is increasingly common and can allow greater precision, flexibility and control than conventional techniques. Law firms use "document assembly systems" that quiz clients and then draft customised legal contracts. It is hard to conclude this trend won't continue across other sectors.

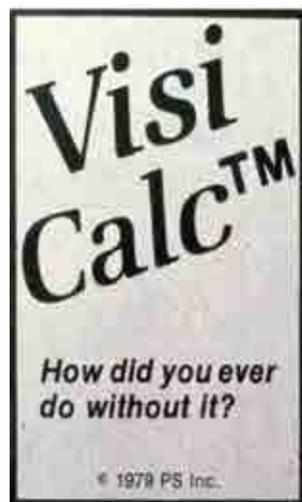
But we shouldn't ignore the other cautionary tale the spreadsheet has to offer. We may think we have delegated a routine job to an infallible computer - but in fact we've simply acquired a lever with which to magnify human error to a dramatic scale. Consider the time when unsuccessful applicants for a senior police job were told they'd been offered the job: that's what happens when you sort one column without sorting the adjacent one. Or the time two noted economists, Carmen Reinhart and the former IMF chief economist Ken Rogoff, were mightily embarrassed when a graduate student spotted a spreadsheet error in an influential economics paper. Reinhart and Rogoff accidentally omitted several countries because they forgot to drag down the formula selection box by five more cells. As Lisa Pollack noted in the FT, the investment bank JP Morgan lost \$6bn (£4.6bn), in part because a risk indicator in a spreadsheet was being divided not by an average of two numbers but by their sum - making the risks look half as big as they should have done. If we ask computers to do the wrong thing, they'll do it with the same breath-taking speed and efficiency that inspired Dan Bricklin to create VisiCalc. That is a lesson we seem doomed to keep learning far beyond the borders of accountancy.



Bookkeeper Teruko Kiyomura pictured manually updating various ledgers

Like many business school students, Mr Bricklin had had a real job before going

to be able to use it. As Mr Bricklin notes on his website, Steve Jobs later



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The 'light triad' that can make you a good person

By Kelly Oakes

The “dark triad” makes us more creative but also more likely to cheat. It turns out there is an opposite make-up – the “light triad” – that could explain why some of us are naturally good.

Do you tend to see the best in people, or assume that others are out to get you? And are you always honest in conversation, or do you prefer to turn on the charm? Your answers to these questions partly determine how much of an “everyday saint” you are, according to a group of psychologists who’ve come up with a new way of looking at beneficent personality traits. In order to qualify, it helps if you see humans, and humanity at large, as fundamentally good – and treat them that way too.

Two decades ago psychologists came up with the now infamous “dark triad” of personality traits to understand why some people don’t think twice before cheating on a test or picking on someone weaker than them. Since then researchers have seized upon this trio – namely narcissism, Machiavellianism, and psychopathy – investigating how they relate to a variety of things including workplace success, relationship troubles, and even the seven deadly sins. That’s exactly why Scott Barry Kaufman, a psychologist at Columbia University in New York, decided it was time to redress the balance in favour of the brighter side of our inner lives. “It just really frustrated me that people are so fascinated with the dark side, but the light side of personality was being neglected,” he says.

Like its dark counterpart, the “light triad” being investigated by Kaufman and his colleagues comprises three personality traits that together paint a picture of someone’s overall character. Each of the traits highlight a different aspect of how you interact with others: from seeing the best in people and being quick to forgive, to applauding the successes of others, to being uncomfortable manipulating people into doing something you want.

The first trait, humanism, is defined as believing in the inherent dignity and worth of other humans. The second, Kantianism, gets its name from philosopher Immanuel Kant, and means treating people as ends unto themselves, not just as unwitting pawns in your personal game of chess. Finally, “faith in humanity” is about believing that other humans are fundamentally good, and not out to get you.



Being generous to others doesn't just help others - it can positive effects for us as well

William Fleeson, a psychologist at Wake Forest University in North Carolina, says the three traits fit well into existing research on what makes someone a good person. In particular, believing that other people are good seems to be key. “The more one believes that others are good, the less one feels the need to protect against them, the less one feels the need to punish them when they do bad things,” he says. Everyday saints aren’t just benefitting the rest of the world with their kindness. Kaufman found that those who rank highly for the traits said they felt more satisfied with their relationships and life in general, and reported higher self-esteem and a stronger sense of self. A whole host of character strengths were also linked to high scores, including curiosity, perspective, zest, love, kindness, teamwork, forgiveness, and gratitude.

Rather than being all light or all dark, though, most people will be a mix. You can take a test that will show your levels of both light and dark personality traits at Kaufman’s website. While someone who scores highly for light personality traits is likely to score low for dark ones, it became clear during

the course of Kaufman’s study that they are not actually in direct opposition to each other, supporting the idea that we’re all a bit of both. This could be a good thing. Those with darker personalities tend to be more brave and assertive, for example – two traits that come in handy when trying to get things done. Darker personalities are also correlated with creativity and leadership skills. “I think

that this duality is in all of us,” he says. “Embracing the dark side is actually a really good thing, and harnessing it



Mass studies of people have shown that most of us err towards the light side

in a healthy way for optimal creative potential is more important than pretending it’s not there.” Even if you do tip towards the light side, that doesn’t mean your life will be all sunshine and roses. One facet of Kantianism, for example, is the idea of remaining authentic, even if it might damage your reputation. Someone who lives like that is eventually going to



Rather than being all light and dark, most people will be a mix

come up against a situation in which, to remain true to themselves, they have to do something other people disagree with. “Sometimes authenticity requires taking a stand,” says Kaufman. “But you’re not doing it in a way that you’re trying to manipulate someone.” Take the example of Dorothy Day, an American journalist and activist, who died in 1980. She devoted her life to social justice and serving the poor, including by founding “houses of hospitality” that provided shelter, food, and clothing to those who needed it. Some have argued she should be declared a saint by the Catholic Church. But she wouldn’t have always

in Pittsburgh. There’s a difference between healthy feelings of guilt triggered by our own actions, and unhealthy ruminations that are better thought of as shame, she says. “Even though the feeling of guilt is unpleasant overall... it helps people behave in ways that are more appropriate.” In fact, research has linked being prone to guilt with a variety of positive behaviours in different aspects of people’s lives. For example, if you accidentally spilled wine over a friend’s new, cream-coloured carpet, and then moved a chair to cover up the stain, how would you feel about it the next day? Those who would feel they’d

Though work done by Fleeson and his colleagues has found that people tend to be morally consistent in the short term, over a longer time period there could be room for manoeuvre. Day – who’s on her way to becoming an official saint – believed someone could choose to become a better person, too, by pushing themselves to change slowly but consistently over time. While there’s not yet research to show her idea works for everyone, there is evidence that personality is somewhat malleable over our lifetimes. “I do think that personality is just a combination of habits, of states of thinking and acting and feeling in the world, and that we can change these habits,” says Kaufman.

Research also shows that guilt proneness tends to increase throughout our adult lives, from age 20 to around 60, so there’s a chance you’ll end up becoming more saintly as you age, whether you like it or not. Kaufman’s work on the light triad holds a hopeful message about humans at large. Over a thousand people took both tests to find out their balance of light and dark personality traits – and the average person skewed substantially towards the light side. “This is kind of verification that despite the horrors of the world, people really are basically tipped towards the light side by default,” he says.

If further work on the light triad finds the same thing, it will reinforce the idea that – despite all of our flaws – people are basically good. Perhaps that will be enough to kickstart the faith in humanity of anyone who is wavering between the dark and light sides of their personality, and tip the balance in favour of everyday sainthood.

been considered agreeable by everyone. “She was extremely moral, had lived in poverty, and often lost friendships over her stance on things,” says Fleeson.

Those with lighter personalities also tend to feel more guilty – which is not necessarily a bad thing, says Taya Cohen, at the Tepper School of Business at Carnegie Mellon University

acted pathetically are more guilt-prone. But that guilt is actually just feeling a deep responsibility for others, says Cohen – an inner warning light guiding us to do the right thing. If you fear you wouldn’t come out very well on the light triad, take heart from the idea that our personalities are actually more changeable than you might think.

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The Penny Post revolutionary who transformed how we send letters

By Tim Harford, Presenter, *50 Things That Made the Modern Economy*



Rowland Hill was a former schoolmaster, whose only experience of the Post Office in the 1830s was as a disgruntled user.

Nobody had asked him to come up with detailed proposals for completely revamping it. He did the research in his spare time, wrote up his analysis, and sent it off privately to the chancellor of the exchequer, naively confident that “a right understanding of my plan must secure its adoption”. He felt his outsider status was a positive benefit. “In few departments,” he wrote, “have important reforms been effected by those trained up in practical familiarity with their details. “The men to detect blemishes and defects are among those who have not, by long familiarity, been made insensible to them.”

But Hill was soon to get a lesson in human nature. People whose careers depend on a system, no matter how inefficient it might be, will not necessarily welcome a total outsider turning up with a meticulously argued diagnosis of its faults and proposals for improvements. “Utterly fallacious... most preposterous,” blustered the secretary of the Post Office, Colonel Maberly. “Wild... extraordinary,” agreed the Earl of Lichfield, the postmaster-general.

Brushed off by the chancellor, Hill changed tack. He printed and distributed his proposals, insisting that his lack of experience meant he was

perfectly qualified for the task at hand. He was not the only person frustrated with the system, and many who read his manifesto - and were not employed by the Post Office - agreed that it made perfect sense. The *Spectator* magazine campaigned for Hill’s reforms. There were petitions. The Society for the Diffusion of Useful Knowledge made representations. Within three years, the government had bowed to public pressure, and appointed a Post Office supremo: Hill himself.



A Penny Post dispatch arrives at Waterloo Station

What were the problems Hill identified? Back then, you did not pay to send a letter. You paid to receive one. The pricing formula was complicated and usually prohibitively expensive. If the postman knocked on your door in the city of Birmingham, with a three-page letter from London, he would let you read it only if you coughed up two shillings and threepence. That was not far below the average daily wage, even though “the whole missive might not

weigh a quarter of an ounce”, just a few grams.

People found workarounds. Members of Parliament could send letters free of charge, so if you happened to know one, they might “frank” your letters as a favour. The free-franking privilege was widely abused. By the 1830s, MPs were apparently penning an improbable seven million letters a year. Another common trick was to send coded messages through small variations

in the address. You and I might agree that if you sent me an envelope addressed “Tim Harford”, that would signify you were well, but that if you addressed it “Mr T Harford”, I would understand you needed help. When the postman knocked, I would inspect the envelope, and refuse to pay.

Hill’s solution was a bold two-step reform. Senders, not recipients, would be asked to pay for postage; and it would be cheap - one penny,



The first Penny Black stamp proof sheet, featuring Queen Victoria in profile

regardless of distance, for letters of up to half an ounce, 14g. Hill thought it would be worth running the post at a loss, to stimulate what he called “the productive power of the country”.

But he made the case that profits would actually go up, because if letters were cheaper to send, people would send more of them. A few years ago, the Indian-born economist CK Prahalad argued that there was a fortune to be made by catering to what he called “the bottom of the pyramid”, the poor and lower-middle class of the developing world. They did not have a lot of money as individuals, but they had a lot of money when you put them all together. Hill was more than 150 years ahead of him. He pointed to a case when small payments from large numbers of poor people had mounted up for the government: “duties on malt and ardent spirits - which, beyond all doubt, are principally consumed by the poorer classes” brought in much more than those on “wine, the beverage of the wealthy”.

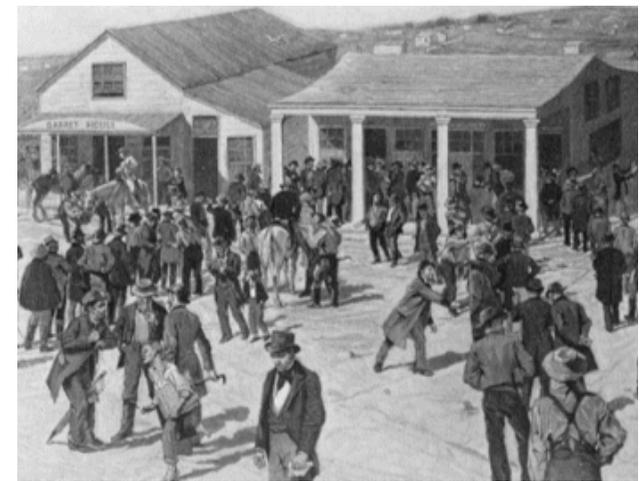
Hill concluded, slightly disparagingly: “The wish to correspond with their friends may not be so strong... as the desire for fermented liquors, but facts have come to my knowledge tending to show that, but for the high rate of postage, many a letter would be written, and many a heart gladdened too, where the revenue and the feelings of friends now suffer alike.” He was right. In 1840, the first year of Penny Post, the number of letters sent more than doubled. Within 10 years, it had doubled again. It took only three years for postage stamps to be introduced in Switzerland and Brazil, a little longer in America, and by 1860, they were in 90 countries. Hill had shown that the fortune at the bottom of the pyramid was there to be mined.



The Swiss “Basel Dove” stamp printed in 1845 was the world’s first three-coloured stamp

Cheap postage brought the world some recognisably modern problems: junk mail, scams, and a growing demand for immediate response. Half a century on from Hill’s Penny Post, deliveries in London were as frequent as hourly, and replies were expected by “return of post”. But did the Penny Post also diffuse useful knowledge, and stimulate productive power? A group of economists recently came up with an ingenious test of this idea in the United States. They gathered data on the spread of post offices in the 19th Century, and the number of applications for patents from different parts of the country.

Nowadays, what we call “snail mail” looks to be in terminal decline. There are so many other ways to gladden our friends’ hearts. Meanwhile, the average office worker gets well over 100 emails a day. We no longer need societies to promote the diffusion of useful knowledge - we need better ways to distil it. But the economists who researched the link between post offices and patents argue the 19th Century postal service does have a lesson to teach us today: namely, that “government policy and institutional design have the power to support technological progress”. So what current blemishes and



Prospectors outside the post office in San Francisco during the California gold rush in 1849

New post offices did indeed predict more inventiveness, just as Hill would have expected.

defects in these areas might be holding progress back? We need Hill’s successors to tell us.

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What a single sound says about us

Do you growl, roll or trill? The letter ‘r’ – and how we pronounce it – reveals a surprising amount about identity, fashion and history, writes James Harbeck.

The ‘r’ sound is the Doctor Who of speech sounds: it’s really several, obviously different sounds that we treat as the same because they play the same role. But which ‘r’ you use says a lot about who you are, where you’re from, and who you want to sound like.

Three-quarters of the world’s languages have at least one ‘r’ sound – what linguists call a rhotic. The problem is that the rhotics seem to have very little in common: they’re said anywhere from the far back of the mouth to the lips, and the tongue may be trilling, tightly constricting the airflow, loosely constricting it, or doing very little indeed. And yet we generally recognize them as versions of the same sound. The French uvular ‘r’, for instance, is what we consider the classic French ‘r’ – think of how Hercule Poirot says his own name. The German version of the uvular ‘r’ is a little different because it drops off completely after vowels – think of how Arnold Schwarzenegger says his own name or the classic line from Kindergarten Cop, “It’s not a tumour!” (“It’s not a tumah!”)



How we pronounce the letter ‘r’ reveals a lot about us

Linguists argue about what all the ‘r’ sounds have in common; recent ultrasound-imaging research at the University of Cincinnati has suggested that, whatever the front or top of your tongue is doing with a rhotic, the very back root of it is always tightening your throat.

The ‘r’ is among the last sounds children master... if they ever do

Most rhotics require more effort to say than the average speech sound, and they’re among the last sounds children master... if they ever do. The tongue-tip trill is particularly difficult, so it’s no surprise that speakers might slip over to something slightly easier – economy of effort is an important factor in sound shifts, though we’re also willing to exert effort to make ourselves understood. But ease of saying and hearing aren’t the main reasons for the difference between the ‘r’ sounds you hear as you travel through Europe. Fashion and identity are.

Roll with it

Long ago, Latin speakers said ‘r’ with the tips of their tongues, just as most Italian speakers do now. For a long time, French speakers did too. But in Paris in the late 1600s, some of the smart set started saying a back-of-the-throat ‘r’ – what linguists call ‘uvular’ – perhaps to save effort, perhaps as a fashion. People such as the noted physician Nicolas Andry de Bois-

Regard counselled everyone to use the sound, because many people had been converting ‘r’ to other sounds such as ‘l’ or ‘z’ or – gasp – dropping it altogether. And so the uvular ‘r’ started spreading gradually through France and the tongue-tip trill came to be seen as ‘vulgar’ or ‘provincial’.

And then it spread from there, city by city, among the fashionable set, into Germany and the Netherlands and up to Denmark... or so the old story goes. But it’s not quite that simple. There’s evidence that the back-of-the-throat ‘r’ had already shown up in some dialects of German by that time, and not even among the fashionable city set. Nonetheless, the main spread of the uvular ‘r’ through Germany and neighbouring countries did follow the fashionable city folks and travelling merchants. Berlin had it by 1700; it took hold in Copenhagen in the late 1700s and spread from there back through Denmark; it moved into southern Sweden by the late 1800s and stopped. It spread too into Norwegian around Bergen, which has a long history of trade with



The distinctive French ‘r’ became popular in the late 1600s

Germany.

It also moved into the Netherlands, but in any given place in the Netherlands you can hear some speakers who say ‘r’ with the tongue tip, some who say it uvular, and some who say it mid-mouth like Americans, and what’s preferred by young women (who are typically the bellwethers of language change) varies from city to city. Next door in Belgium, though, Flemish (another name for Dutch) avoids the uvular ‘r’. It may have something to do with Belgium also having French speakers: your ‘r’ declares your language group.

Uvular ‘r’ also travelled west. Spanish resisted it (except for a few places), but it took Portuguese by storm. Portuguese, like Spanish, has two kinds of ‘r’, a heavy one (as in carro) and a light one (as in caro). In the late 1800s, some influential speakers in Portugal’s larger cities started saying the heavy one like the French ‘r’; it may or may not have been by direct influence from France. Within a few decades it had taken over almost completely. It went to the next level in Brazil: depending on where you are and who you’re talking to, you might hear ‘r’ as something like a Dutch ‘ch,’ or a ‘h,’ or – in some contexts – no sound at all. So the Brazilian version of the heavy ‘r’ means that ‘carro’ sounds to us like ‘ca-hoo’, and ‘Rio’ sounds like ‘hee-oo.’



The Brazilian pronunciation of ‘r’ varies from region to region

Meanwhile, that other ‘r,’ the light one, stayed more or less the same... until recently. Now some urban speakers in Portugal are starting to say it the American way after vowels. Rural speakers near São Paulo, Brazil, have been doing that for years, but it hasn’t spread because they’re not fashionable – people call their accent fala caipira, ‘hillbilly talk.’

The Scots not only don’t drop the ‘r’, they trill it

We English speakers have insisted on going our own way. By a thousand years ago, English probably had several versions of ‘r’ across the country; historical linguists are still arguing about the details. What we know for sure (thanks to variant spellings) is that by the time of Shakespeare, people in some parts of England were starting to drop it after vowels for economy of effort. But ‘r’-dropping didn’t get the endorsement of the ‘right’ sort of people until the late 1700s, at which point it caught on so briskly that colonials returning to England after the American Revolution expressed surprise at the change.



In Shakespeare’s era, some people in England started to drop their ‘r’s completely

The ‘right’ sort of people? Well, the ‘upper-right’ sort of people, if you look at a map. R-dropping came to dominate the part of England roughly north and east of the A5 motorway – plus London of course – excepting areas of Lancashire and Northumbria (and stopping at Scotland, where, as in Ireland, there is pride in not sounding English). The Irish don’t drop ‘r’; think of the word ‘Ireland’ – the English pronunciation sounds like ‘island’, whereas the Irish enunciate the ‘r’, so it sounds more like ‘oirland’. And the Scots not only don’t drop it, they trill it, so ‘Fergus from Aberdeen’ really sounds like ‘Ferrugus from Aberdeen.’

The southwest English ‘r’ is internationally associated with pirates

The southwest English ‘r’ is internationally associated with pirates, thanks to actor Robert Newton, a native of Dorset, who played Blackbeard and Long John Silver in Disney movies in the 1950s. He’s famous for ‘Arrrr, matey,’ but you’ll hear every ‘r’ in ‘There be treasure’ too. Then there is the farmer stereotype (‘Get orff my land’.) Now the ‘r’-dropping is spreading into the southwest as well.

And then there are the Geordies. Already by the 1700s the ‘Northumbrian burr’ – an uvular ‘r’ – was a point of pride. It remained one until the mid-20th Century, when, in the space of about one generation, under the pressure of popular culture, education and fashion, it almost completely disappeared.

The American way

Americans have not been immune to trends, either. Rich and well-educated people in port cities – most notably Boston and New York

– soon picked up the British ‘r’-dropping fashion. So did plantation owners in the South, and – from them – others in their area. Poorer people in the South who lived in the mountains away from the plantations did not. Their reward for keeping all their ‘r’s? Their accent is now – as in Brazil – stereotyped as ‘hillbilly.’ But don’t assume a strong mid-mouth ‘r’ always goes with rural; heavy use of the same sound is also a distinctive mark of the Beijing dialect of Mandarin.

‘New York’ has often been rendered in print as ‘New Yawk’

The prestige of ‘r’-dropping lasted a long time in America, but it started slipping after the Civil War, and slid right downhill in the 20th Century. Nancy Elliott, of Southern Oregon University, studied the speech of leading men and women in US films from 1932 through to 1980, and found a steady decline in the rate of ‘r’-dropping, even by the same actors: Fred Astaire went from 80% ‘r’-dropping in the 1930s to 28% in the 1970s; Myrna Loy, from 96% to 7%. At first, more ‘r’-dropping was associated with higher social status and more polite speech; leading men dropped their ‘r’s more when talking to leading ladies and less when getting into fights, and richer people dropped their ‘r’s more than poorer ones. But by the 1960s the prestige associations had switched: a few rich people (villains, for example) still dropped their ‘r’s, but it was increasingly a mark of lower class.



Portuguese – like Spanish – has two kinds of ‘r’, heavy and light

The ‘r’-dropping of New York can be heard in a New Yorker accent saying ‘New York,’ which has often been rendered in print as ‘New Yawk.’ The common joke phrase for the Boston accent is ‘Ya canh’t pahk ya cah in Hahvad Yahd’ (‘You can’t park your car in Harvard yard’). A well-known American actor who could be counted on to drop his ‘r’s was Humphrey Bogart. In “Here’s looking at you, kid” you don’t hear an ‘r’ in “here’s”. In the word ‘world’ sometimes he would say the ‘r’ but sometimes it would sound more like ‘woild.’ A more recent counterpart to Bogart is Harrison Ford, but he always says his ‘r’s – in Star Wars lines like “He’s the brains, sweetheart” or “Never tell me the odds,” you hear the ‘r’ in “sweetheart” and “never,” which Bogart would have dropped (“sweet-haht,” “nevah”).



Hollywood film stars, such as Fred Astaire, dropped their ‘r’s in 1930s, but this was much less popular 40 years later

It’s not ovah, though. The prestige of different ‘r’ sounds in different places is just going to keep shifting. It’s about not just fashion but identity. We could call it the Doctor Who-Are-You of speech sounds.



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The science behind why some of us are shy

By Sarah Keating

This article is adapted from *Why am I shy?*, an episode of CrowdScience presented by Datshiane Navanayagam and produced by Cathy Edwards. To certain people, mingling at a party or talking to a crowded room is the stuff of nightmares. Why are some of us hardwired to be shy? Does the idea of mingling at a party send cold fingers of dread creeping up your spine? Or the thought of giving a presentation in front of a room full of people make you feel physically sick? If so, then you are not alone. Akindele Michael was a shy kid. Growing up in Nigeria he spent a lot of time indoors at his parents' house. His parents, incidentally, are not shy. He believes that his sheltered upbringing is linked to his shyness – but is he right? Partly, says Thalia Eley, professor of developmental behavioural genetics at Kings College London.

genetic variants that might have an effect on personality and mental health. Each individual genetic variant only has a tiny effect, but when you look at thousands in combination, the impact starts to be more noticeable. Even then, the influence of genes on shyness can't be taken in isolation. "There won't be one, ten or even a hundred genes involved, there'll be thousands of genes," Eley says. "So if you think of the entire genome for both parents [of a child] there are hundreds of thousands of relevant genetic variants."

A shy child may be more likely to isolate themselves in a playground and watch everybody else rather than engage



As much as 70% of shyness traits are not genetic, but instead a reaction to our environment

"We think of shyness as a temperamental trait and temperament is like a precursor to personality," she says. "When very young children are starting to engage with other people you see variation in how comfortable [they] are in speaking to an adult that they don't know." She says that only about 30% of shyness as a trait is down to genetics and the rest comes about as a response to the environment. Most of what we know about the genetics of shyness comes from studies that compare shyness in identical twins – who are perfect genetic copies of each other – with non-identical twins, who only share about half of the same genes. In the last decade or so, scientists like Eley have started to look at DNA itself to try and find

So the environment is almost more important for developing these sorts of traits, she says. And one of the interesting things about genetics is that it drives us to extract aspects of the environment that match our actual predispositions. For example, a shy child may be more likely to isolate themselves in a playground and watch everybody else rather than engaging. That then makes them feel more comfortable being on their own because that becomes their common experience. "It's not that it's one or the other; it's both [genes and environment] and they work together," says Eley. "It's a dynamic system. And because of that, you can always change it through psychological therapies that can teach you techniques to cope."



A shy child may be more likely to isolate themselves in a playground - and feel more comfortable being on their own

Is shyness necessarily a bad thing?

Chloe Foster, a clinical psychologist at the Centre for Anxiety Disorders and Trauma in London, says shyness in itself is quite common and normal and doesn't cause problems unless it develops into more of a social anxiety. Foster says the people she treats seek help because "they are starting to avoid a lot of things that they need to be doing". It might be not being able to talk to people at work, difficulties socialising or being in a situation where they feel they're going to be judged or evaluated by other people.

Cognitive behavioural therapy (CBT) is the most effective psychological therapy for people who have shyness and social anxiety

Eley says that there may be evolutionary reasons for people to develop shy personality traits. "It was useful to have people in your group who were off out there exploring and engaging in new groups but it was also useful for people who were more risk averse, [were] more aware of threat and would do a better job protecting young offspring, for example." She says that cognitive behavioural therapy (CBT) is the most effective psychological therapy for people who have shyness and social anxiety. This evidence-based therapy works by trying to change your thought and behaviour patterns.



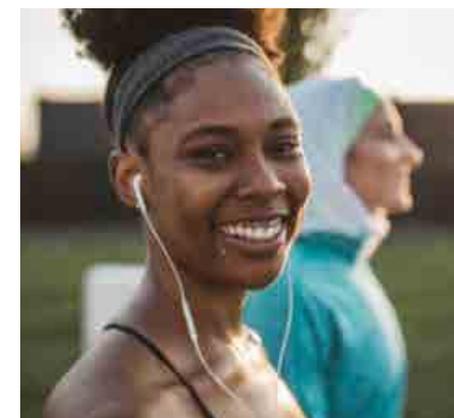
Focusing on the people in the room rather than whether you're speaking correctly can help calm public speaking nerves, experts say

CBT helps you to identify these sorts of negative thoughts as well as realising that certain behaviours we think help us, such as rehearsing what you're going to say in advance or avoiding eye contact, might actually be making us feel more socially anxious. "It's often that little critical bully that will pop into your mind before, during and even after a social event," Foster says. Sometimes the problem is that people who struggle with something like public speaking due to shyness often set themselves very high standards for how they should perform in such a situation, she explains. "They may think they shouldn't stumble their words... or they should be very, very interesting and that everybody should be totally rivetted in what they're saying the whole time."

The more you can involve yourself with social situations, the more confident you're going to become – Chloe Foster

If they are able to relieve some of the pressure on themselves, allowing themselves short pauses to take a breath might help alleviate some of that anxiety. Another thing that could help is to try to focus externally on what's happening around

you, rather than internally on how anxiety makes you feel physically. Focusing on the audience rather than yourself can help you be less caught up in whether you stumble over your words. She also suggests challenging yourself by being more open to new situations. "The more you can involve yourself with social situations, the more confident you're going to become," she says. "But remember to approach the social situations in a new way." This means changing your script. Ask yourself what you fear most about social situations. Are you worried about appearing boring? Or running out of things to say? The more you know about your anxiety, the more you can start to challenge it. Jessie Sun, a PhD student at the University of California Davis who researches the psychology of personality, stresses that shyness and introversion are not the same thing.



Western culture puts great emphasis on making eye contact - but not every other culture is as comfortable with this

She explains that people often think that introversion is about being introspective or having an interest in exploring thoughts, but to psychologists that's part of a different dimension of personality referred to as openness to experience. Shy people are often introverted, but they might also be extroverts whose anxiety gets in the way of being sociable. And non-shy introverts might be socially adept but just prefer their own company. Sun says "personality is consistently one of the strongest predictors of happiness and extroversion has especially strong relationships with wellbeing". "People who are extroverted tend to experience more feelings of excitement, enthusiasm and joy, whereas people who are introverted tend to experience those feelings less often," she says.

They found that for people who were pretty extroverted anyway, acting consistently extroverted over a week meant they experienced more positive emotions

But could introverts get in on some of that joy and enthusiasm – by just acting extroverted? Sun and her colleagues did an experiment. They asked people to act extroverted for an entire week – which is a long time for someone who is shy. "We asked them to act bold, talkative, outgoing, active and assertive as much as possible," she says. They found that for people who were pretty extroverted anyway, acting consistently extroverted over a week meant they experienced more positive emotions and they felt more "authentic" – more like themselves. But the people who were more introverted didn't experience as much of that boost in positive emotion. And the people who were extreme introverts actually felt more tired and experienced more negative emotion.

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Extroverts tend to have better feelings of wellbeing, but asking introverts to try and “fake” an extroverted attitude can leave them feeling drained

Continued from page 50

“I think the main lesson,” says Sun, “is that it’s probably too much to ask introverted or very shy people to act extroverted as much as they can for an entire week [but they] might consider acting extroverted on fewer occasions.” We’ve seen how our environment plays a big part in whether we are shy or not – but could culture also affect how happy you are if you are a natural introvert?

The United States is said to value confident, extroverted behaviour over introversion, whereas studies have found that in parts of Asia, including Japan and China, being quiet and reserved is more desirable. Attitudes towards

eye contact also varies hugely from country to country. Kris Rugsaken, a retired professor of Asian studies at Ball State University, says “while good eye contact is praised and expected in the West, it is seen as a sign of disrespect and challenge in other cultures, including Asian and African.

Extroverts tend to be happier even in the countries where introversion is more respected

“The less eye contact these groups have with an individual, the more respect they show.” Despite these cultural

differences, Sun says the research seems to show that extroverts tend to be happier even in the countries where introversion is more respected but the degree of happiness is less marked in those countries. So while research suggests that extroverts end up being happier wherever they may be in the world, being introverted isn’t necessarily negative – any more than being outgoing is always positive.

“Don’t think of introversion as something to be cured”, Susan Cain writes in her book *Quiet: The Power of Introverts in a World that Can’t Stop Talking*. “There’s zero correlation between being the best talker and having the best ideas.”

Why you shouldn't trust your food cravings

By Jessica Brown

Many of us believe that a food craving is our body’s way of signalling that it needs a certain nutrient. But research shows that’s unlikely to be true – with one possible exception.

When we’re hungry, just about any food will do, but a craving can leave us fixated on a particular food until we get our hands, or indeed mouths, on it. Most of us know what it feels like to experience food cravings. We usually crave higher calorie foods, which is why cravings are associated with weight gain and increased body mass index (BMI). But the story we tell ourselves about where these cravings come from could determine how easily we give into them. It’s widely believed that cravings are our body’s way of signalling to us that we’re deficient in a certain nutrient – and for pregnant women, their cravings signal what their baby needs. But is this really true?



Cravings probably don't reflect what our body needs

The 15:00 slump is another example of this response in practice. If you crave something sweet in the middle of the afternoon, there’s a chance this craving is stronger when you’re at work, says Anna Konova, director of the Addiction and Decision Neuroscience Laboratory at Rutgers University in New Jersey.

That is because cravings arise from particular external cues, rather than our body calling out for something. Chocolate is one of the most common food cravings in the West – which supports the argument that cravings don’t stem from nutritional deficiencies, since chocolate doesn’t really contain high levels of anything we could be deficient in. It’s often argued that chocolate is such a common craving because it has high amounts of phenylethylamine, a molecule that triggers the brain to release feel-good chemicals dopamine and serotonin. But many other foods we don’t crave nearly as often, including dairy products, contain higher concentrations of this molecule. Also, when we eat chocolate, an enzyme breaks the phenylethylamine down, so it doesn’t go into the brain in significant quantities.



There are probably several causes for cravings – and they're mostly psychological

Much of the research into cravings has instead found that there are probably several causes for cravings – and they’re mostly psychological.

Cultural conditioning

In the early 1900s, Russian scientist Ivan Pavlov realised that dogs anticipated food in response to certain stimuli associated with feeding time. In a series of well-known experiments, Pavlov taught the dogs to respond to the sound of a bell by drooling. Food cravings largely can be explained by this conditioning response, says John Apolzan, assistant professor of clinical nutrition and metabolism at Pennington Biomedical Research Center. “If you always eat popcorn when you watch your favourite TV show, your cravings will for popcorn will increase when you watch it,” he says.



Although it's unlikely to be correcting a nutritional deficiency, chocolate is one of the most common food cravings in the West

Chocolate, which is craved twice as much among women than men, has been found to be the most craved food in the West by women before and during menstruation. But while blood loss can increase the risk of some nutritional deficiencies, such as iron, scientists say chocolate wouldn’t restore iron levels anywhere near as quickly as red meat or dark, leafy greens. One would assume that, if there was any direct hormonal effect causing a biological need for chocolate during or before menstruation, this craving would alleviate after the menopause. But one study only found a small decrease in the prevalence of chocolate cravings in post-menopausal women.

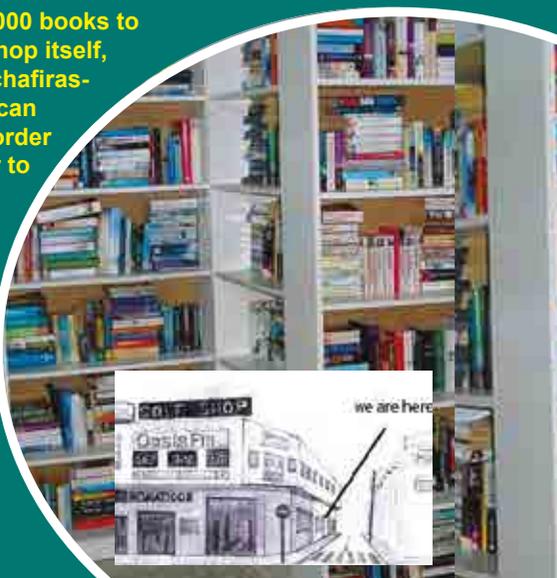
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It's much more likely that the association between PMS and chocolate cravings is cultural, due to its prevalence in Western society. One study found that women born outside the US were significantly less likely to link chocolate cravings to the menstrual cycle, and experienced fewer chocolate cravings, compared to those born in the US and to second-generation immigrants. Women might associate chocolate with menstruation, researchers have argued, because during and before their periods is the only time they feel it's culturally acceptable for them to eat "taboo" foods. This, they say, is because Western culture has a "thin ideal" of female beauty that creates the perception that craving chocolate must be justified with a good excuse.



Food cravings may be caused by the tension between desiring a food and wanting to control intake

Another paper argues that food cravings are caused by the ambivalence or tension between desiring a food and wanting to control food intake. It's assumed, the paper states, that women in particular resolve this by not having the food in question – which increases their chance of craving it as they're more likely to notice cues. This can be problematic, Hill says, because cravings are fuelled by negative feelings. "If eating a craved food follows a craving, then those restricting what they eat to lose weight will feel they've broken a dietary rule and feel bad about themselves," he says. "We know from studies and clinical observations that negative mood can trigger more eating and, for some, become an eating binge. This pattern has little to do with a biological need for food or physiological hunger. Rather, it's the rules we set regarding eating and the consequences of their transgression."

Only two-thirds of languages have a word for cravings

Research also indicates that, while chocolate cravings are prevalent in the West, they're not common at all in many Eastern countries. There are also differences in how urges for different foods are communicated and understood; only two-thirds of languages have a word for cravings, and in most cases, this word only relates to drugs, and not food.

"When you can articulate that a craving exists, you can identify and define it, which means you can experience it," says Nicole Avena, assistant professor of neuroscience at the Mount Sinai School of Medicine in New York. "Having a definition means cravings are real, whereas if cravings aren't well



Chocolate cravings are uncommon in many Eastern countries

defined or ingrained in a culture, people won't automatically assume cravings are happening to them – they're more elusive." Even in languages that do contain a word for craving, there is still a lack of consensus around what a craving actually is. This, Konova argues, is a barrier to understanding how to overcome cravings, since we may be labelling several different processes as cravings.

Microbe manipulation

There is evidence suggesting that the trillions of bacteria in our guts can manipulate us to crave, and eat, what they need – which isn't always what our body needs.



Our gut bacteria can manipulate us to eat what they need – but it might not be what we need

This is because microbes are looking out for their own interests, says Athena Aktipis, assistant professor at Arizona State University's department of psychology. And they're good at doing this. "The gut microbes that are best at surviving inside us end up being more frequent in the next generation. They have the evolutionary advantage of being better at affecting us in ways that get us to preferentially feed them," she says.

Different microbes in our guts prefer different environments, such as more or less acidic, and what we eat affects the ecosystem in our guts and what's available for the bacteria to survive on. They can manipulate us into eating what they need in a few different ways. They can send signals from the gut to the brain via our vagus nerve and make us feel under the weather if we're not eating enough of a certain nutrient, or make us

feel good when we eat what they want, by releasing neurotransmitters such as dopamine and serotonin. They can also alter our taste receptors so we consume more of something to get the same taste of sweetness, for example.

No one has observed this happening yet, Aktipis says, but it's based on scientists' understanding of how microbes behave. But, she adds, these microbes aren't always necessarily signalling for us to eat things that are good for us. After all, some bacteria cause disease and death. "There's a notion that the microbiome is part of us, but if you

Cut your craving

Since our environment is full of cues that could tap into our cravings, such as advertising and photos on social media, overcoming them isn't so straightforward. "Everywhere we go, we see adverts for food with lots of added sugar, and it's easy to access these foods. This continual bombardment of advertising affects the brain – and smelling these foods primes the brain to want to eat them," says Avena.

Since there's no realistic way to reduce the stimulus of something like chocolate in an environment where we're surrounded by it, researchers are studying how we can



A healthy diet, leading to a healthy microbiome, probably means you crave healthy food

have an infectious disease making you feel sick, you would say that microbe is invading your body, not that it's part of your body," she says. "You could be getting hijacked by an impaired microbiome."

But if you eat a diet with lots of complex carbohydrates and fibre, you will cultivate a more diverse microbiome, Aktipis says. This probably means that a healthy diet, which leads to a healthy microbiome, means you crave healthy food.

overcome the conditional model of cravings using cognitive strategies instead. A number of studies have found that mindfulness techniques, such as being aware of cravings and not judging these thoughts, can help reduce cravings overall.

One of the most effective ways to curb cravings is to cut the craved food from our diet

Research has found that one of the most effective ways to curb cravings is to cut the craved food from our diet – which runs counter to the argument that we crave what we need. In one study, researchers carried out a two-year trial where they randomised more than 300 subjects to one of four diets with different levels of fat, protein and carbohydrates, and measured their cravings and food intake. All the groups lost weight, but when they ate less of a certain food they craved it less.

The researchers say their findings show that, in order to reduce cravings, people should eat the food they crave less often – possibly because our memories associated with that food fade over time. It's largely agreed that more work needs to be done into defining and understanding cravings, and developing ways we can overcome the conditional response we develop for unhealthy food. In the meantime, there are several mechanisms suggesting that the healthier our diet, the healthier our cravings.



Everywhere we go, we see adverts for food with added sugar – which can stimulate cravings

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ENERGY PERFORMANCE CERTIFICATES IN SPAIN

OCTOBER 19 UPDATE

It is now 6 years and 4 months since EPC's were made compulsory for all properties being sold throughout Spain and its Protectorates, including The Canary Islands. The Canary Government's official register shows that around 223,260 certificates have now been registered, meaning that, in September, 1,960 certificates were issued (a 12% decrease in the number carried out during September last

year and 26% less than in September of 2017). This trend seems to suggest that there has been a significant slowdown in the number of properties being sold or rented long term or put on the market for sale. Alternatively, it could be that properties being sold or rented already have their energy certificates in place.

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

letting without one. Where a property has already been let prior to 1st June 2013, no EPC is required until one tenant leaves and the property is offered for long term rental again. If your property was built after 2007 you should already have an EPC provided by the seller. If you only rent your property out on a short term basis, for less than 4 months

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

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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

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:

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Long Term Rentals

Amarilla Golf, La Quinta

€2,200

Probably the best location on Amarilla Golf, this beautiful detached villa has its own pool, Air conditioning, outside living area and views directly out to the Sea and the Amarilla Golf course. There are three bedrooms with a master bathroom en suite and a family bathroom. The open plan kitchen area which has top of the range appliances and inside dining... For full information see website or contact:

Rentals in Tenerife Ref: 3083
606 284883

Golf del Sur, San Blas Village

€1,550

Luxury house on residential complex, between Golf del Sur and Los Abrigos. It comes fully furnished and equipped to very high standards. Consists of 3 bedrooms with built-in wardrobes, a large living/dining room, a separate kitchen completely equipped with all the appliances (dishwasher incl), 2 large bathrooms and a separate toilet. It has a large corner... For full information see website or contact:

Tenerife Alizes Properties Ref: H3-1029
922 738653 / 626 274040

Golf del Sur, San Blas Village

€1,360

San Blas Residencia. A truly lovely complex. Newly built, and finished to the highest standard. These are available FURNISHED or

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Adeje market. One bedroom, one bathroom, living room with American style kitchen and bathroom. The rental price includes water, electricity to be paid separately.

Tenerife Island Rentals Ref: APO378
922 797438

Golf del Sur, Penthouse

€1,050

Stunning 2 bedrooms Penthouse with unrivalled views out to sea & Red Rock. This part furnished property has 1 double bedroom with an en suite and an outside balcony looking onto the San Blas Church. There is a second double bedroom with an outside balcony and views looking out to Red Rock & San Blas Beach. The lounge area has a sofa, TV and, of cou... For full information see website or contact:

Rentals in Tenerife Ref: 2064
606 284883

Golf del Sur, El Nautico Suites

area. All bills included.

Tenerife Island Rentals Ref: AP0380
922 797438

Los Cristianos, La Estrella

€825

One bedroom apartment just 200m from the sea front of Los Cristianos. Large living room, American style kitchen, double bedroom and bathroom. There is a community pool and residents parking. There is WIFI, UK 300 international TV channels, including UK channels. No pets allowed. Bills are included up to 50 per month. Mature tenants only.

Tenerife Island Rentals Ref: AP0440
922 797438

Golf del Sur, Sand Club

€750

A beautiful one bedroom property, perfect for long term rental or for Winter Swallow let. If you choose to live in this recently renovated and refurbished property in Sand Club, you will be just 5 min walk from the main shopping area of San Blas Golf del Sur, close to the Sea, to a large variety of Restaurants, Hair and Beauty salons, Pharmacy and Medica... For full information see website or contact:

Rentals in Tenerife Ref: 1108
606 284883

Golf del Sur, Aguamarina I

€750

Lovely and luxury one bed apartment, on the 6th floor of residential building situated on the seafront. The apartment has side views to the sea and has a good-sized balcony. Comprises of double bedroom, living room, open kitchen with breakfast bar, bathroom. Well maintained and furnished, it also includes a Wifi router for free internet in the flat. Air c... For full information see website or contact:

Tenerife Alizes Properties Ref: AP1-1059
922 738653 / 626 274040

Golf del Sur, Terrazas de La Paz

€750

Available until 15th December Modern, refurbished, ground floor, one bedroom apartment on a popular complex. Fabulous sea views.. Water and electricity bills not included.

Homes & Away Ref: 1877
922 737 044

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UN-FURNISHED. Separate kitchen complete with Bosch appliances... microwave, dishwasher, washing machine, and much more, granite worktops, and kitchen table and chairs. The lounge/diner has modern furniture, with patio doors lead... For full information see website or contact:

Rentals in Tenerife Ref: 3067
606 284883

Golf del Sur, Las Adelfas II

€1,300

Lovely 2 bed-2 bath bungalow with linked self-contained 1 bed apartment, on popular complex with pools, bar restaurant and close to the golf courses and main amenities. The main house has 2 double bedrooms, 2 bathrooms, separate fitted modern kitchen with utility room, large terrace overlooking the communal pool, private parking for 2 cars, all equipped a... For full information see website or contact:

Tenerife Alizes Properties Ref: KV-0203
922 738653 / 626 274040

El Duque, Apartment

€1,100

AVAILABLE UNTIL APRIL 2020. One bedroom apartment in central location in Costa Adeje close to the Costa Adeje Gran Hotel and Costa

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Golf del Sur, Res. San Blas



We have just rented out the Show Home on this wonderful complex!

Selection of luxurious, 3 bed, 3 bath (1 en suite) luxurious villas (furnished and unfurnished), with garden and garage, air-con throughout, pools on complex.

Prices from €1,120 (unfurnished) and €1,500 (furnished).

Various others at prices in between

Tel: 0034 606 284 883
info@rentalsintenerife.com

Las Americas, Los Agaves**€750**

Fantastic one bedroom apartment with some of the best views on the island. Recently modernised kitchen and bathroom. Consists of one bedroom, living room with open plan kitchen, bathroom with shower unit, bedroom and balcony. Community pool and residents parking. No pets allowed. Bills not included.

Tenerife Island Rentals Ref: AP0508
922 797438

Amarilla Golf, Pebble Beach**€750**

One bed bungalow in ideal location with superb views. Price includes water and electricity bills.

Homes & Away Ref: 1438
922 737 044

Costa del Silencio, La Hacienda**€720**

Top floor, fully furnished 1 bedroom, 1 bathroom apartment with lounge and American style fitted kitchen which leads off to a large terrace and its own stairs up to a private roof terrace. There is also a private parking space available and community swimming pools. Nice quiet residential complex.

Tenerife Prime Property Ref: 01 1168
627-230360

Golf del Sur, Parque Albatros**€675**

Spacious, south facing, well-furnished one bed apartment with large terrace on popular complex. Close to all amenities.

Homes & Away Ref: 1785
922 737 044

Golf del Sur, Terrazas de La Paz**€660**

A chance to really put your own

stamp on this 1 bedroom and large outside terrace with views out to sea. Long term rental available from now on Terrazas de la Paz, Golf del Sur. Can be either furnished as it is or arrangements for tenants who have a lot of their own furniture etc to be move out!! Would suit perhaps retired couple as the complex i... For full information see website or contact:
Rentals in Tenerife Ref: 1086
606 284883

Los Abrigos, Apartment**€600**

First floor 3 bedroom apartment in a popular local village with stunning sea views. Water and electricity bills on top.

Homes & Away Ref: 1712
922 737 044

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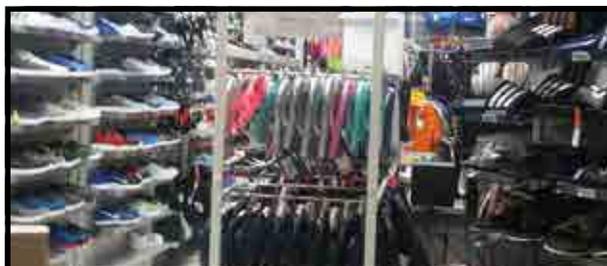
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Business Section

OVER €350,000

Las Americas, Restaurant

€995,000

Switch to mobile/tablet view [HERE](#)
This large freehold restaurant in Las Americas is more than well-established and located on a busy street. The locals are very cozy and charming with wooden roofs and stone walls. And measures 250 m2 plus a terrace of 50 m2 on the first floor overlooking a busy street. Moreover, is a large storage room, 2 guest toilets... For full information see website or contact:

FRINA Tenerife SL Ref: 2180
922 085191 / 670 636004

Los Gigantes, Hotel

€890,000

Location - Exclusive development - Quiet location - Central - Touristic area - Close to amenities - Close to restaurants / bars / cafes - Close to shops Views - La gomera - Sea Additional - Viewing recommended - Development possibilities Rooms - American style kitchen - Bathroom - Hall / entrance - Lounge and dining area Quality - Furnished - Good con... For full information see website or contact:

Island Estates Ref: 407-HT6
922 790767 / 670 605414

San Eugenio Alto, Freehold Property

€630,000

Large freehold for sale, located in a complex in San Eugenio Alto. The local used to be a supermarket but

is empty today and would need refurbishment before it can reopen as another business or supermarket. Details: The premises are spacious 585m2 plus terrace of 50m2 and a basement of 50m2.

FRINA Tenerife SL Ref: 2293
922 085191 / 670 636004

Las Americas, Empty Local

€530,000

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

Tenerife Prime Property Ref: B-110
627-230360

Los Cristianos, Restaurant

€367,500

The restaurant is situated in a pretty courtyard just off the main beach in Los Cristianos. The business started as a carvery restaurant (which still exists), but in recent times the menu has been extended considerably, and the local next door was purchased to extend the size of the seating area to a total of 220 m2. This restaurant is very busy and opens... For full information see website or contact:

The Property Gallery Ref: COM478
922 719925 / 922 719889

Tenerife South, Jet-Ski Hire

€350,000

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

COM537

922 719925 / 922 719889

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

maintained, interior: 80m2 plus terrace of 40m2. The dining area is bright and has tables for 34 dining guests, plus 34 for guests outside. There is a bar... For full information see website or contact:

FRINA Tenerife SL Ref: 2210
922 085191 / 670 636004

Playa Paraiso, Retail Business

€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 o... For full information see website or contact:

FRINA Tenerife SL Ref: 2237
922 085191 / 670 636004

€249,999 - €150,000

Playa San Juan, Bar/Cafe

€225,000

This Traspaso Cafeteria for sale is located in Playa San Juan where it opened a year ago. It is known for an international menu offering brunch, burgers, Spanish specialties and a large variety of homemade bread and pastry. Moreover, it is popular due to its lovely location on the seafront. The owner owns several well-established businesses in

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

FRINA Tenerife SL Ref: 2298
922 085191 / 670 636004

Puerto Colon, Excursion Business

€220,000

FRINA Tenerife is happy to offer this large fishing boat for sale in the busiest harbour of Tenerife South. This is the largest licensed fishing boat on the island and offers a unique fishing experience on the Atlantic Ocean whether you are an amateur or experienced fisher. The boat is licensed to go out with 12 passengers a trip which can be from 4 to 7 ... For full information see website or contact:

FRINA Tenerife SL Ref: 2235
922 085191 / 670 636004

San Eugenio Alto, Local

€205,200

BANK REPOSSESSION: Commercial local in San Eugenio Alto - near the Agua Park. 91.12 m2.

The Property Gallery Ref: n_234352
922 719925 / 922 719889

Los Cristianos, Other Business

€204,800

BANK REPOSSESSION: C/ Valle Menendez: It consists of 3 commercial properties, 380.17 m2. Local with 4 doors for access, 2 bathrooms, well situated in a central location with all kinds of services nearby. It is sold together with references n_262697 and

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

FRINA Tenerife SL Ref: 2080
922 085191 / 670 636004

€349,999 - €250,000

Palm Mar, Restaurant

€290,000

Full trading restaurant FOR SALE or for LEASEHOLD. Sold fully equipped and furnished. Been established for 8 years. On LEASEHOLD the price is 74.000 with a monthly rent of 1.100.

The Property Gallery Ref:

office has an ATM, which both 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 clos... For full information see website or contact:

FRINA Tenerife SL Ref: 2233
922 085191 / 670 636004

San Eugenio Bajo, Restaurant

€259,000

After 16 years this is a well-established, year-round business from many regular and new guests due to its great location. Being sold as Freehold or Leasehold (traspaso is 59,000). The premises are well-

n_260439.

The Property Gallery Ref: n_260439
922 719925 / 922 719889

Golf del Sur, Fairway Village
€195,000

Always wanted to have your own business in Tenerife? Now is the time! Due to personal health issues, the freehold of this Bar & Restaurant is now for sale at just 195,000 .

Rentals in Tenerife Ref: BAR_363

by many as the destination bar for all that is Callao. If you are not afraid of hard work, like a challenge, have excellent customer service skills, creative thinking and enjoy seeing all your efforts rewarded then this already very profitable cabare... For full information see website or contact:

Vym Canarias Ref: VS5357D
922 787210 / 635 881888

Las Americas, Commercial

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606 284883

Las Galletas, Excursion Business

€190,000

Well-established water excursion for sale that is known for all-inclusive whales & dolphins experiences. Besides for whale watching the trips include open bar, refreshments, swimming, snorkeling, and a great atmosphere. The boat is fully licensed for tourist and whale excursions and have the yellow (blue) flag too. Furthermor... For full information see website or contact:

FRINA Tenerife SL Ref: 2246
922 085191 / 670 636004

Icod de Los Vinos, Commercial Property

€190,000

Shop Premises for sale with an internal area of 150m2, empty shop unit in the spanish village of Icod, built in two levels, great location just off the main street. It has toilets and an interior patio. Very good condition. Easy access.

The Property Gallery Ref: COM552
922 719925 / 922 719889

Puerto Colon, Excursion Business

€180,000

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 3 d... For full information see website or contact:

FRINA Tenerife SL Ref: 2220
922 085191 / 670 636004

Los Abrigos, Commercial Property

€163,900

This local is also available for rent at 600 Euros / Month.

The Property Gallery Ref: 73053263
922 719925 / 922 719889

Costa Adeje, Commercial Property

€160,000

We have been instructed to offer for sale this very successful cabaret bar in Callao Salvaje, considered

Property

€159,000

Warehouse: Large with cellar, three offices, two toilets, one new large freezer room, 12m2 cold storage, linear shelves, furniture, fully equipped to start the activity. Local rent 1.700 per month (been established for 10 years)

The Property Gallery Ref: Com536
922 719925 / 922 719889

Los Cristianos, Commercial Property

€157,500

Ten locals made into a large party/game bar with separate bar & terrace area. karaoke room, Large game room (for laser games) Ideal for birthday & other parties.

The Property Gallery Ref: COM529
922 719925 / 922 719889

Tenerife South, Other Business

€152,000

NEW ON MARKET! Established for more than 20 years in the south of Tenerife. If you dream of entering the property market here, this is the safe way to a strong position. Apart from the name, this fully equipped business includes a portfolio of more than 800 properties, including Bank Repossessions, thousands of clients, and a valuable list of agents, lawy... For full information see website or contact:

FRINA Tenerife SL Ref: 2112
922 085191 / 670 636004

Las Americas, Local

€150,000

Centro Commercial, Terranova. Playa de las Americas. 48 m2 Local with 90 m2 Terrace all ready set up for a BAR, fully equipped and ready to open. Option of a FREEHOLD also for 240.000 a LEASEHOLD IS 16.000a 5 YEARS RENEWABLE. 1.200 a PER MONTH RENT.

The Property Gallery Ref: COM483
922 719925 / 922 719889

€149,999 - €100,000

Las Americas, Bar/Cafe Adeje Town, Bar/Cafe

€140,000

This leasehold cafe in Adeje serves a large variety of international homemade dishes and pastry, which makes it popular for

breakfast, lunch, dinner and take away. It is located centrally in Adeje town and the clients are both residents and tourists. The cafe was refurbished last year, so all machines are in great condition and the furniture modern and... For full information see website or contact:

FRINA Tenerife SL Ref: 2299
922 085191 / 670 636004

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:

FRINA Tenerife SL Ref: 2197
922 085191 / 670 636004

San Miguel, Excursion Business

€130,000

If you love the sea and dream of relocation to Tenerife, you cannot miss this long-established fishing excursion for sale. The boat is located in the South of Tenerife in the San Miguel harbor, where it has a fixed mooring. Today the excursion offered are quality fishing trips and whether you wish to do trolling, jigging... For full information see website or contact:

FRINA Tenerife SL Ref: 2138
922 085191 / 670 636004

Costa Adeje, Bakery

€129,000

New on the market is this Cafe & Bakery in Adeje for sale with FRINA Tenerife. The traspaso offers both the fully equipped bakery and a good cafeteria. The business opened 7 years ago and is more than well-established. And thanks to a great reputation, the buyer is sure to have clients from day 1! Premises in the Bakery in Adeje The premises are 170 m... For full information see website or contact:

FRINA Tenerife SL Ref: 2227
922 085191 / 670 636004

Costa del Silencio, Empty Local

€125,000

Beautiful 1 bedroom apartment with 2 terraces of 7.20 sqm facing West. The apartment is in excellent condition, fully furnished and located in a very nice aparthotel with heated pool, only 5 minutes walk from bars, shops and restaurants. There's a bus stop nearby.

Tenerifehome.com Ref: 1448-1218
922 783066

Los Cristianos, Restaurant

€125,000

Successful gourmet restaurant for

the ground floor of Puerto Colon commercial centre which secures plenty of footfall and harbour view. Moreover, the rent is more than fair for this size local and in this location! The premises are spacious 120 m2 plus a terrace of 30 m2 and you fi... For full information see website or contact:

FRINA Tenerife SL Ref: 2279
922 085191 / 670 636004

Golf del Sur, Restaurant

€120,000

FRINA Tenerife is happy to present this well-established restaurant in Golf del Sur. After 9 years in the same hands, the owners have built a good reputation and enjoys many returning guests both residents and tourists. It is known for Spanish tapas and British type food. Premises of the Restaurant in Golf del Sur This restaurant is very spacious insi... For full information see website or contact:

FRINA Tenerife SL Ref: 2221
922 085191 / 670 636004

Torviscas Alto, Other Business

€120,000

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

The Property Gallery Ref: COM480
922 719925 / 922 719889

Callao Salvaje, Cafe/Cake Shop

€110,000

This well-established French bakery for sale has been open for almost 7 years and is known for homemade and mouth-watering pastries. The high quality of the product and the fact that it is all homemade secures the owner a high profit and a healthy business. Premises of the Bakery for Sale The premises are spacious 240 m2 and is sold with all the bakin... For full information see website or contact:

FRINA Tenerife SL Ref: 2188
922 085191 / 670 636004

Costa del Silencio, Empty Local

€109,000

1 bedroom apartment which has been completely renovated situated in an aparthotel. South - East facing terrace with view on the gardens. The complex offers a communal swimming pool and parking for residents only (access with remote control).

Tenerifehome.com Ref: 1311-0917
922 783066

Costa Adeje, Commercial

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sale, which is known for a popular degustation menu combining local Canarian products with fine dining. Today the restaurant is open 6 days a week. It is open 2,5 hours in the afternoon for lunches and again from 19:00 to 23:30 in the evenings... For full information see website or contact:

FRINA Tenerife SL Ref: 2184
922 085191 / 670 636004

Puerto Colon, Restaurant

€125,000

New on the market is this Puerto Colon traspaso restaurant for sale with FRINA Tenerife. It is located on

COM534

922 719925 / 922 719889

Tenerife South, Excursion Business

€105,000

This diving center for sale in Tenerife has been open for 4 years and has excellent reviews on TripAdvisor and Facebook. Tenerife has plenty of interesting diving spots and due to the warm climate, this is a steady business year-round. If you are an educated diving instructor who wishes to make your hobby your new life, you cannot miss this unique busi... For full information see website or contact:

FRINA Tenerife SL Ref: 2213
922 085191 / 670 636004

Granadilla, Commercial Property

€100,900

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KEYBOARDS FOR HIRE

via T-64 and by bus service. Near to amenities. Total built: 271,89 m2 Store room: 135.68 m2

The Property Gallery Ref: 06014753
922 719925 / 922 719889

€99,999 - €50,000

San Eugenio Bajo, Bar/Cafe

€95,000

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. The business is located in San Eugenio Bajo and the pub measures 60 m2. It is a classic pub and super cozy wi... For full information see website or contact:

FRINA Tenerife SL Ref: 2267
922 085191 / 670 636004

Las Galletas, Bar/Cafe

€89,000

Highly popular, profitable, and fully legal, sea-front bar/cafe in the attractive and vibrant seaside fishing village of Las Galletas. This ready-to-walk-in-and-take-over business can accommodate up to 40 persons in its spacious interior and outside terrace. The cafe operates excellent working hours (9.00am 5.00pm daily, 6 days per week) and has a highly ... For full information see website or contact:

Tenerife Prime Property Ref: B-111
627-230360

Costa del Silencio, Bar/Cafe

€89,000

This freehold bar is run by the same owner for 15 years and is more than well-established. It is especially popular among British guests and is known for a lovely Sunday Roast and Saturday Night. The premises consist of 2 combined locals and a covered terrace, which are included in the freehold. The inside has tabl... For full information see website or contact:

FRINA Tenerife SL Ref: 2162
922 085191 / 670 636004

Guia de Isora, Commercial Property

€85,000

Several commercial premises with the access from the main street and sea views. Good investment for rentals. 45m2, 52m2 y 55m2 of internal space. Rental prices from 600 to 900 euros aper month. Sale price from 85.000 eur up to 130.000

eur for each premise.

Vym Canarias Ref: VS5641D
922 787210 / 635 881888

Las Americas, Bar/Cafe

€79,000

V i s i t TENERIFEBUSINESSFORSALE.COM for better pictures This is a rare opportunity to buy a first line café in Las Americas, which faces the busy promenade. With this, you do not only get a great location but also a business which has been established for 8 years and today's customers are a mix of all the tourists and different nationalities who visit and ... For full information see website or contact:

FRINA Tenerife SL Ref: 2183
922 085191 / 670 636004

Los Cristianos, Bar/Cafe/ Restaurant

€72,000

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

Tenerife Prime Property Ref: B-154
627-230360

San Eugenio Bajo, Fish and Chip Shop

€69,000

SWITCH TO TABLET/MOBILE VIEW This fish & chips Shop opened 25 years ago and is known for using local British products to make perfect fish & chips. It is a well-visited business, which also offers other fast foods and delivery. The premises are 25 m2 with a counter and an open kitchen. In front of the shop is a covered terrace of 12 m2 with tables for g... For full information see website or contact:

FRINA Tenerife SL Ref: 2159
922 085191 / 670 636004

Los Abrigos, Bar/Cafe

€68,000

This traspaso for sale in Los Abrigos is a very popular bar-cafe 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-cafe is spacious 130 m2 with a good siz... For full information see website or contact:

FRINA Tenerife SL Ref: 2266
922 085191 / 670 636004

Los Cristianos, Other Business

€68,000

70m2 Local with terrace of 40m2. Could be used as a language school, office, gym or dentist. The price has been considerably reduced for a quick sale.

Tenerife Prime Property Ref: Local 02
627-230360

Puerto Colon, Local

€60,000

Local / office in Terranova, Puerto Colon. Sold unfurnished. The building has a lift.

The Property Gallery Ref:

Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeproperty.com

Lovely 2 bed, 2 bath house and successful sea front bar/cafe for sale. Discount available if bought together, but for sale separately!

ALDEA BLANCA, RES. SAN MIGUEL OASIS



Lovely, part-furnished, 2 bed, 2 bath (1 en suite) bungalow-style property on quiet residential complex with access via electrically-controlled security gates, swimming pool and off-road parking. The bungalow has a lounge/dining area, American-style fitted kitchen, conservatory and a large, sunny patio. This is a lovely family home close to amenities and just 10 minutes' drive to the beach, golf courses and the airport.

Ref: S-02 1377

Price: €159,000

LAS GALLETAS SEA FRONT PROMENADE, BAR/CAFÉ



Highly popular, profitable and fully legal sea-front bar/cafe in the attractive and vibrant fishing village of Las Galletas This ready-to-walk-in-and-take-over business can accommodate up to 40 persons in its spacious inside space and outside terrace. The cafe operates excellent working hours (approx.. 9.00am - 5.00pm daily, 6 days per week) and has a highly loyal customer base. The owners, who have built the business from scratch have decided to retire. Accounts available.

Ref: B-111

Price: €89,000

COM509
922 719925 / 922 719889

UNDER €50,000



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

Las Americas, Bar/Cafe
€49,000
Fully furnished Rent: 890 Euros per month
The Property Gallery Ref: Com550
922 719925 / 922 719889

El Duque, Local
€45,000

◆ Location: Close to amenities, Close to the beach, Close to the coast, Touristic Area ◆ Close to: Beach, Restaurants / Bars / Cafes ◆ Rooms: Independent Kitchen ◆ Quality:

Furnished ◆ Outside: Large Terrace ◆ Additional: Investment opportunity ◆ Property Alliance SL Ref: 0C3154
922 777747

Las Americas, Bar/Cafe
€40,000
If you are looking for a bar in Las

Americas that is perfect for a couple or a single person, you must visit this cozy place, which is known for special beers, large cocktails, and a great atmosphere. The current owner had the bar for 5 years and built a good reputation. Premises of the Bar In Las Americas This bar is cozy, warm and inviting. It measu... For full information see website or contact:

FRINA Tenerife SL Ref: 2215
922 085191 / 670 636004

Los Abrigos, Commercial Property
€40,000

It has a good size for any kind of activities, such as pizzeria, fish or meat restaurant or any oriental specialties including 20 square meters terrace. Facilities include a well equipped kitchen, inside seating for around 35 people, ladies and gents toilets with separate wash room, 7 flat screen televisions, 4 decoder boxes, pool table and dart boards. ... For full information see website or contact:

The Property Gallery Ref: COM544
922 719925 / 922 719889

Las Americas, Mobility Vehicle Hire

€37,500

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

FRINA Tenerife SL Ref: 2185
922 085191 / 670 636004

Puerto de Santiago, Local
€30,000

◆ Location: Touristic Area, Close to amenities ◆ Close to: Coast, Restaurants / Bars / Cafes, Beach ◆ Views: Sea ◆ Quality: Furnished ◆ Outside: Sunny Terrace, Large Terrace ◆ Additional: Investment opportunity ◆ Property Alliance SL Ref: 0C2992
922 777747

Las Americas, Commercial Property
€20,000

Great position on this fantastic Tattoo Shop in central Playa de Las Americas. The shop has been tastefully refurbished and has a nice reception area, the tattooing room, bathroom and storeroom. Very well equipped. Central area with lots of walk ins. Contact us now for more information! TRASPASO

Tenerife Belfin Properties Ref: B401-BP
692 146808

Costa Adeje, Garage/Car Wash/Car Sales

€19,500

Car workshop for sale, which is located in Adeje. The business is known as a small garage offering full car cleaning and fast mechanic services like flat tires, oil changes, topping fluids etc. This is a great little business for a mechanic who wishes to work as a self-employed, either alone or with a few employees. Also, thi... For full information see website or contact:

FRINA Tenerife SL Ref: 2290
922 085191 / 670 636004

Las Americas, Other Business

€17,200

BANK REPOSSESSION: Calle Mexico: Commercial local on the ground floor of the commercial centre; with access from the gallery. Located in a touristic area close to the centre of Playa de las Americas. M2: 46.93 Number of floor levels: 1 M2 at the back: 12.15 Number of access points: 1 Year of construction: 1975
The Property Gallery Ref: 118647
922 719925 / 922 719889

Las Americas, Empty Local

€2,500

If you are looking to build your own bar-restaurant in a prominent location, you will be hard pushed to find a better offer than this local to lease. The owner will give the new tenant a 5-year rental contract and offer a month rent-free to refurb the premises. Premises of the Local to Lease The premises are spacious 180 m2 and used to be a bar, bu... For full information see website or contact:
FRINA Tenerife SL Ref: 2205
922 085191 / 670 636004

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Optimism is the faith that leads to achievement!

Cafe In Amazing Location

New



This café in Las Americas is located a minute from the Golden Mile and Playa Las Vistas securing a lot of passing trade all year and a nice view too. The local is 75m2 with a good kitchen and moreover has a terrace of 40 m2.

Ref.: 2286

Price: 46,000€

Leasehold Or Freehold Bakery



This splendid dessert café is known for delicious desserts and cakes for everyday treats and for parties and receptions. The premises are fully renovated, beautifully furnished and can be bought both as a leasehold or a freehold.

Ref.: 2275 & 2276

From: 99,000€

Modern Cafe In Adeje



This café is known for healthy lunches and has fast gained a good reputation in the area. The café has tables for 10 guests inside and 15 on the street terrace. It was renovated in 2017 and is in very good condition.

Ref.: 2244

Price: 27,000€

Well-established Bakery

New



This bakery is known for homemade pastry which are sold and delivered to cafes and bars in South Tenerife. The current owners had the bakery for 4 years and build themselves a solid business with a healthy income.

Ref.: 2301

Price: 65,000€

Restaurant In Busy Area

New



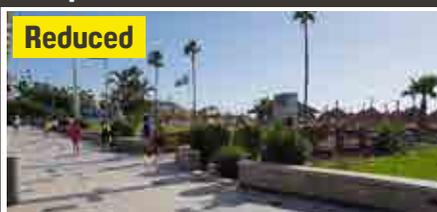
This restaurant is in a busy area of Las Americas and was refurbished in 2019 to meet all new regulations and obtain a new license. Here are tables for about 40 guests, the local is 95 m2 and the terrace is 15 m2.

Ref.: 2295

Price: 139,500€

Popular Franchise in Fanabe

Reduced



This café is a part of a popular and well-known sandwich franchise making it a successful and easy to run business. And this particular café has been established here since 2015 and very good reviews on Tripadvisor

Ref.: 2280

Price: 68,500€

Popular First Line Restaurant

Reduced



This large restaurant in Las Americas is located at the busy sea promenade enjoying plenty of footfall and wonderful views. It opened 7 years ago so, it is a very well-established and shows a healthy income.

Ref.: 2287

Price: 220,000€

Well-established Cafe-Bakery

New



Whether you are looking for an investment or a well-established business to run yourself, you cannot miss this popular café-bakery in San Eugenio Bajo and known for delicious homemade food, bread and pastry.

Ref.: 2296

Price: 275,500€

Bar-Cafe In Los Gigantes

New



This bar-café is known for gourmet burgers and British specialties. The business is not operating at the moment, hence the low traspaso price. It has tables for about 44 guests, is sold fully equipped and with the Bc-license.

Ref.: 2289

Price: 30,000€

Pizzeria In Golf Del Sur



This pizzeria in Golf del Sur offers take away and delivery and runs very well since the direct competition here is low. It is spacious 125 m2, and newly refurbished so all inventory and machines are new and in perfect condition.

Ref.: 2273

Price: 65,000€

Los Cristianos Restaurant

New



If you are looking for a modern and restaurant you cannot miss this; established for 5 years, known for delicious food and showing a healthy income. The premises itself are spacious and modern 80m2 with 20m2 terrace.

Ref.: 2291

Price: 125,000€

Boat Charter Business

Open 2 Offers



This unique solar panel boat located in Puerto Colon will never run out of battery here in Tenerife. It is free of noise and pollution and moreover, the overheads are very low since you save gasoline and engine maintenance costs.

Ref.: 2251

Price: 59,000€

Hair & Beauty Salon



This salon in Torviscas Bajo was fully refurbished earlier this year and today it looks beautiful and is fully equipped to offer various hair and beauty treatments like haircuts, massages, manicures, and pedicures.

Ref.: 2283

Price: 25,000€

Los Cristianos Beauty Salon

New



This salon has been established for several years and comes with many regular clients both tourists and residents. It is spacious 100m2 and fully refurbished for all kind of hair and beauty treatments.

Ref.: 2285

Price: 49,000€

Car Dealer With Workshop



This minimarket sells liquor, tobacco, souvenirs, beach products, and refreshments. The premises are 50 m2 with a terrace of 25 m2 – all fully equipped with shelves, racks, counter, etc. Also, the store has a toilet and a storage room.

Ref.: 2278

Price: 345,000€

Jet Bike & Parascending



This is a unique opportunity to get both a jet bike and a parascending business that is established for 10 years and in a prime location of Tenerife South, where it enjoys little competition and plenty of footfall.

Ref.: 2277

Price on application

San Eugenio Minimarket



This minimarket sells liquor, tobacco, souvenirs, beach products, and refreshments. The premises are 50 m2 with a terrace of 25 m2 – all fully equipped with shelves, racks, counter, etc. Also, the store has a toilet and a storage room.

Ref.: 2268

Price: 39,500€

Shoe & Bag Shop



This shop in Adeje Town sells shoes, bags, and other accessories from a popular franchise. There is a good profit on the products and the sales price includes the full stock, so you can open without further investments.

Ref.: 2255

Price: 45,000€

Fanabe Freehold For Sale

New



This large freehold has a great location in Fanabe, it is spacious 330 m2 and used to be a restaurant however, it is closed today and need a renovation before it can reopen as a restaurant, supermarket or other business.

Ref.: 2294

Price: 530,000€

Charter Excursion Boat

Reduced



Exclusively with FRINA is this Charter Boat, which is known for private and shared charters of high standards. The boat is a Sunseeker Apache 45 which brings up to 14 persons pr. trip that last from 3-5 hours.

Ref.: 2231

Price: 125,000€

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we are here too

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