

INSIDER IIP In the magic forest

In the middle of the cloud-enveloped laurel forest, there's a little visitors' centre offering information on hiking in the Montañas de Anaga. Beneath it is a quaint path designed as an educational trail. You'll experience an "enchanted forest" in just an hour of walking \rightarrow p. 59

INSIDER III Music in the Auditorio

Every week Tenerife's most extraordinary building is the venue for concerts in all musical genres → p. 60

INSIDER TIP Organic finca

Situated on the edge of a canyon, the Köllmann family runs the large organic Finca *El Quinto* with rustic houses in green surroundings, a paradise for nature lovers → p. 51

INSIDER TIP The great outdoors

Away from the coast Tenerife offers plenty of breathtaking encounters with nature. Dedicated active holidaymakers choose to stay in the *Luz del Mar* in Los Silos \rightarrow p. 38

Everything's fresh, everyone's happy!

Vegetarian cuisine, tapas and good spirits in Bajamar: you'll feel right at home at *El León Cocina Natural!* → p. 54

INSIDER TIP Troglodyte village

At the point where the road ends below steep cliffs, a signposted footpath winds up to the tiny mountain village of *Chinamada*. The villagers still live in cave houses, just as they have for centuries \rightarrow p. 54

INSIDER IIP Beach for individualists

A day away from the hustle and bustle? The perfect solution: the black sandy *Playa del Bollullo* with its beach bar near Puerto de la Cruz → p. 48

INSIDER TIP Luxurious indulgence

Intimate and exclusive residence with spacious suites and luxurious spa with a splendid view over the golf course to the mountains: the Royal Garden Villas offer peace and tranquillity \rightarrow p. 92

INSIDER IIP Fish, fresh off the boat

San Andrés, a small coastal village, is a popular place for islanders (and few tourists) at weekends. The sea breeze must whet their appetite, because the restaurants do a roaring trade serving (usually) fresh fish and seafood \rightarrow p. 66

INSIDER III Amuse-bouche

The dishes at the *Ardeola* restaurant in Garachico have a creative Canarian touch, are made with the freshest ingredients and are served in an exclusive atmosphere by an efficient, friendly staff → p. 35

INSIDER TIP The ultimate scenic route

A panoramic road extends the length of the Anaga Mountains with lookout points for fine views as far as the sea. It's the way to see the island's more primitive side (photo left) \rightarrow p. 101

INSIDER IIP A close encounter with whales

Every day boats set sail from harbours in the southwest in search of dolphins and whales (photo below) \rightarrow p. 95

INSIDER TIP When night falls

At the weekend, the place is abuzz: under an old stone bridge is *La Noria*, the centre of Santa Cruz's nightlife. Young revellers get together in the bars and bodegas in pedestrian zones with atmospheric lighting \rightarrow p. 64

INSIDER IIP Mix with the locals

Get up with the chickens! Be a part of the community when you live at Casa La Verita or Cha Carmen. These traditional country hotels are nestled in the hills between Arico and Fasnia, well away from the tourist crowds \rightarrow p. 76

INSIDER TIP Smooth sips at the wine house

The farmstead in El Sauzal attracts visitors with it's traditional architecture and a great view of the ocean. At the same time, you can really hit the bottle, Tenerife-style. Casa del Vino, the "wine house", offers the island's best wines for you to try at an affordable price →p. 66



BEST OF...

GREAT PLACES FOR FREE

Discover new places and save money

A park above the town

From the coastal vantage point in *Puerto de la Cruz* climb up past waterfalls and on to the *Parque Taoro* (photo). While the "Risco Bello" part of the park charges an admission fee, you can admire the wide plateau fringed by subtropical plants for free \rightarrow p. 47

Natural swimming pools

Ignore the waves crashing against the sea wall sending spray high into the air, while you swim serenely in the *natural pools of Bajamar*. Few other places in the north offer the same safe bathing opportunities $\rightarrow p.53$

From fruit market to art showroom

The Centro de Arte La Recova used to be a busy fruit market hall in Santa Cruz, but now it is used to display art – photographs, avantgarde and the out-of-the-ordinary → p. 66

Visitor centre with botanical garden

In the Centro de Visitantes El Portillo you can be part of the island's geological history. The volcanic tunnel quakes, red-hot lava flows and the room rumbles. Round off your visit with a tour of the botanical rock garden replete with native alpine flora \rightarrow p. 71

Daydreaming at the sea

Against the backdrop of five-star hotels that you have to dig deep into your pockets for, you'll find the small but lovely beach of Bahía del Duque – where everyone can put down a towel for free! Breakwaters protect against the surf, and the white sands are as soft as velvet... → p. 90

Art and meditation

Cristino de Vera uses lots of little dots to create paintings that will transfix you in silence and beauty. The collection of 100 paintings can be viewed for free in the beautiful manor house of La Laguna. Worthwhile even for those who aren't into art!

→ p. 56

ONLY ON TENERIFE

Unique experiences

A dragon tree with no dragons

It has become one of Tenerife's trademarks. Although the tree with its lush crown is actually a type of lily, it can live for up to 1,000 years. The largest and most beautiful drago grows in lcod de los Vinos \rightarrow p. 38

Eat like the Guanches

It's a cereal, roasted and finely ground – gofio, the nutrient-rich staple food of the Guanches. Frowned upon for a long time as poor man's food, it is now a popular ingredient in the new Canarian cuisine, e.g. in El Duende → pp. 26, 48

Gaze into space

Stand on the roof of the island and pretend you're an actor in a science-fiction film – the metallic white towers of the *Observatorio del Teide* (photo) look straight up into the clear blue sky which offers fine glimpses into space \rightarrow p. 71

● The pine tree – a survivor

In the forest belt below the Cañadas grows the Canarian pine. With its extremely long needles it "combs" moisture from the clouds, while the thick bark even protects it from fire. One outstanding example is the $Pino\ Gordo \rightarrow p$. 77

Sun-ripened

Many of the exotic fruits that can grow in the "eternal spring" are made into jams, chutneys and compotes. For the best selection visit *Delicias del Sol* in Chío – everything here is organic → p. 95

Stone pyramids

In many places stones are carefully laid to create rural and urban walls. But in Güímar they were made into mysterious pyramids. They suggest that even before Christopher Columbus the Canary Islands were a staging post between the Old and the New World \rightarrow p. 75

Filigree rosettes

The women of Vilaflor have made a virtue out of necessity. To supplement the family budget, in the evening they get together and make lace rosettes. In this mountain village bed covers, table lace and shawls are still made using the traditional method → p. 77





Distance:

260 km/161 miles

7 hours

COSTS: For 2 people: 260 euros for hire car, petrol, food, accommodation and cable car

WHAT TO PACK: Sun cream, headwear, warm jacket, swimwear

IMPORTANT TIPS: Progress is slow on mountain roads.

As most visitors arrive at the national park and the Mount Teide cable car around noon, it is recommended to set off early.

This tour takes you through all the island's climatic zones on the way up to Spain's highest mountain, Mount Teide. First through a lush green landscape, you then below - and you'll never get lost again even when you're offline.

ascend to windy heights where there are no trees in sight. Las Cañadas' gigantic crater with its rock formations rises up dramatically - and remnants of old and new volcanic eruptions are evident everywhere. In contrast are the lively towns of La Orotava and La Laguna as well as the sun-bathed beaches along the southern coast.

Start in \bigcirc Puerto de la Cruz \rightarrow p. 44 and head south through the densely populated Valle de la Orota $va \rightarrow p$, 41 first to the picturesque village of 2 La Orotava > p. 41. Romantic plazas, churches and monasteries serve as reminders of the island's colonial past.



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