

The Tenerife Property & Business Guide

mid-July/mid-August 2024
Issue 237

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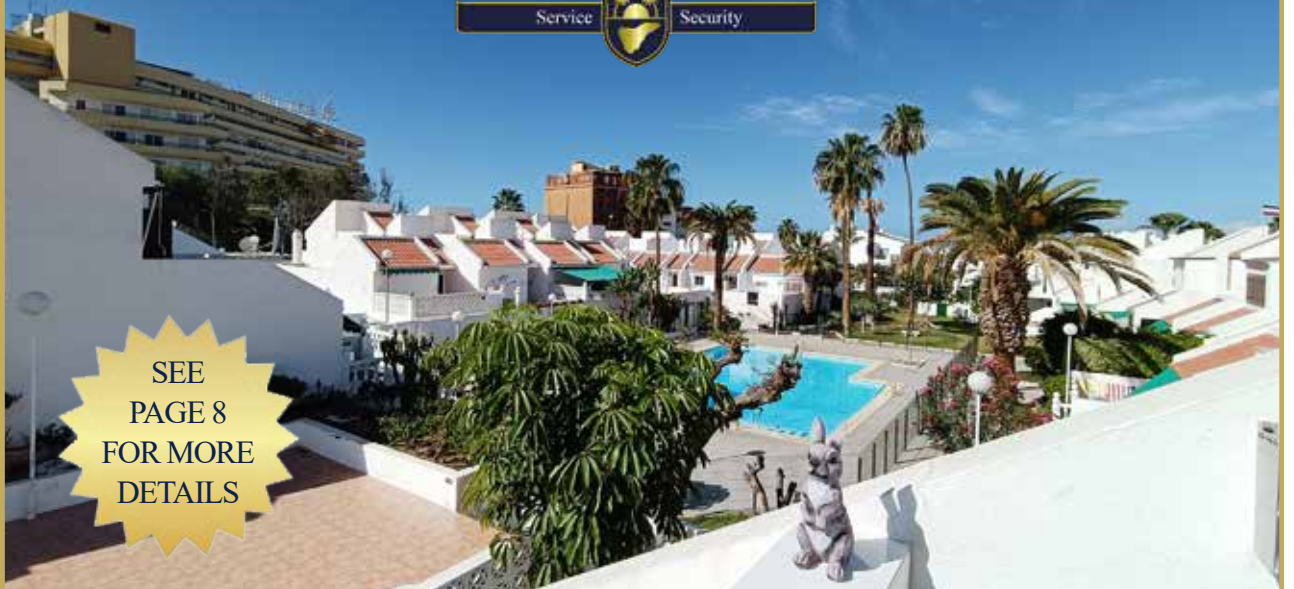
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GLPE NO. 3722

Service Security



SEE
PAGE 8
FOR MORE
DETAILS

EXCLUSIVE CORNER HOUSE IN TORVISCAS BAJO

Ref: LA01962

2 Bedroom - 2 Bathroom - Duplex Property

Price: €599,500 (approx. £503,000)

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EL MADROÑAL

€675,000

NEW CONSTRUCTION IN EL MADROÑAL, ADEJE



2 bedrooms and 2 bathrooms apartments. Spacious terrace with views. Large community pool. 128 m².

code (285227)



LOS CRISTIANOS

PRICE DROP!

€215,000

APARTMENT FOR SALE IN LOS CRISTIANOS

Discover this charming apartment located Los Cristianos, just a few steps from the Pepa Food Market and just 10 minutes from the beach.

code (284308)



1 beds
1 baths
61 m²
terrace



LAS AMERICAS

€228,000

VILLA FOR SALE IN PLAYA PARAISO

Apartment in a central area, has 41 m², a large room, bathroom and a charming terrace.

code (284027)



1 bed
1 bath
41 m²
terrace



EL MADROÑAL

€449,000

APARTMENT IN EL MADROÑAL



3 bedrooms and 2 bathrooms apartment. Near the International School. Community pool. Parking. 164 m².

code (284735)



GOLF DEL SUR

€595,000

COMMERCIAL OFFICE FOR SALE IN GOLF DEL SUR

Fantastic commercial office space for sale with multi-use opportunity in the prominent. 600m² multipurpose building. Located close to Marina and Amarilla Golf. Great opportunity!

code (285075)



17 office coworking space!

600 m²



GRANADILLA DE ABONA

€345,000

CHARMING DETACHED HOUSE IN GRANADILLA DE ABONA WITH A LARGE GARDEN AND COZY STYLE

code (280817)



3 bed
2 bath
612 m²
terrace and garden



PUERTO SANTIAGO

€255,000

NEW CONSTRUCTION IN PUERTO SANTIAGO FOR SALE

Great location in the center of Puerto Santiago, near Los Gigantes. Apartments have a large terrace. In the complex you will find beautiful garden areas and a community heated pool and rooftop solarium.

code (282342)



2 beds
1 baths
59 m²
terrace



€329,000

COZY HOUSE FOR SALE. LARGE LAND WITH HORSE STABLES, TWO GUEST CABINS AND BEAUTIFUL GARDEN

code (283766)



5 beds
4 bath
3,357 m²
terrace



CRUZ DEL TEA



ALDEA BLANCA

€194,900

APARTMENT FOR SALE IN ALDEA BLANCA. NEAR LUTHER KING SCHOOL.

Code (284695)



49 m²
1 bath
2 beds
terrace



TORVISCAS ALTO

€399,000

CHARMING APARTMENT IN TORVISCAS ALTO FOR SALE

Spacious 1 bedrooms apartment with frontal sea view. Communal pool in the complex. Great location in front of X-SUR shopping center.

code (282752)



1 bed



1 bath



88 m²

terrace



TIJOCO BAJO



AMARILLA GOLF



PRICE DROP!

€525,000

VILLA FOR SALE IN AMARILLA GOLF

Modern semi-detached house with incredible views of the golf course and the sea, has a large garden and community pool.



4 beds



3 baths



318 m²

Terrace



YACO

€185,000

APARTMENT FOR SALE IN TIJOCO BAJO

Apartments with 2 and 3 bedrooms are available from 185,000 euros to 220,000 euros. Parking is optional. Great location in Tijoco Bajo, 5 min driving from Adeje.

code (285086)




2 beds



2 bath



terrace

55 m²



€535,000

BRIGHT AND SPACIOUS 4 BEDROOM HOUSE IN YACO FOR SALE

This impressive property has been completely renovated. Located on a spacious 1,900 m² plot it offers the perfect balance between modern comfort and exterior charm.

code (272485)



307 m²



4 beds



2 bath



terrace

Founder and CEO Juan Casanova



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office: (+34) 822 692 413 | Juan Casanova: (+34) 618 615 645 24/7
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2023-2024



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2023-2024

1 BEDROOM APARTMENT - AMARILLA GOLF



A great opportunity to become the proud new owner of a poolside apartment, that is immersed in glorious sunshine all day. Situated within a well-maintained development that is very traditional in appearance, with its whitewashed walls and terracotta rooftops and Moorish influences. The apartment is light and airy, and the spacious terrace looks over the heated communal pool. The property is sold furnished and the community fees are excellent value.

Ref: AMG00633

Price: **€155,000** (approx. £131,500)

1 BEDROOM APARTMENT - GOLF DEL SUR



Take a look at this homely, top floor, one bedroom apartment, with stunning roof terrace, offering golf course and partial sea views. As you enter this lovingly maintained apartment, you immediately feel a sense of home and a relaxed environment. The lounge and kitchen are open plan and lead directly to the terrace, which is the perfect location to enjoy breakfast al fresco. The property is sold furnished and ready to move into.

Ref: GOLF01817

Price: **€187,000** (approx. £158,500)

3 BEDROOM DUPLEX - AMARILLA GOLF



A rather unique opportunity to become the proud new owner of a duplex apartment. The layout is more akin to that of a house than a traditional apartment, and the blend of internal and external square metres leads to a spacious and calm existence. The property is set on a secure, gated complex, which boasts, heated communal pool, trickling water fountain, pool bar/restaurant and a vibrant atmosphere. They say good things come in 3's... 3 bedrooms, 3 bathrooms and 3 terraces!

Ref: AMG00620

Price: **€285,000** (approx. £241,500)

1 BEDROOM APARTMENT - TORVISCAS ALTO




This immaculate one bedroom property is located in one of the most sought after complexes in Torviscas Alto! Due to its position on the development, this apartment has lovely views overlooking one of the community pools, and a sea view from the private terrace. Inside has been refurbished throughout to an extremely high standard, including kitchen and modern bathroom. All local amenities are a short walk away, close to the heart of the popular tourist area of San Eugenio.

Ref: LA01969

Price: **€295,000** (approx. £250,000)

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OUR OFFICE LOCATIONS:

CC San Blas - Golf del Sur

Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas

3 BEDROOM DUPLEX - GOLF DEL SUR



A stunning three bedroom, three bathroom, duplex apartment which offers sea views, ample square metres both internally and externally, sold with a private parking space, which in this area is worth its weight in gold. The apartment is on the top floor of a 2 storey building and is situated in an extremely well-maintained development boasting pristine tropical gardens, 3 swimming pools, one of which is heated in the cooler months of the year.

Ref: GOLF01820

Price: €340,000 (approx. £288,000)

2 BEDROOM LINKED HOUSE - GOLF DEL SUR



A rare opportunity to purchase a quality two bedroom, two bathroom, linked villa in an exclusive resort. This spacious property is ready to move into and features 3 sunny terraces, meaning the sunshine is never too far away. The lounge is a comfortable, cool environment and leads directly to the main terrace, which is perfect for sipping a cool drink and al fresco dining on those balmy summer evenings. The complex is extremely well-maintained and boasts many amenities.

Ref: GOLF01818

Price: €340,000 (approx. £288,000)



SEE WHAT OUR CLIENTS SAY ABOUT US



Lee, Laurence, Angela and all of the team at TPS helped me with the purchase of our property in Golf Del Sur very straightforward and painless. Their advice and guidance from beginning to end of the purchase process was invaluable.

Their advice and guidance was invaluable.

Raymond C



Just want to say a huge 'Thank you' to Damian and his team at Tenerife Property Shop. We recently purchased our first holiday home in Tenerife and were so fortunate to have met Damian. The whole process was so daunting ...

Just want to say a huge 'Thank you' ...

Cathy & Colin H



Neil and Silvia from Tenerife Property Shop helped me every step of the way to ensure selling my property was done as smoothly and professionally as can be done. Highly recommend, fantastic service. Sharon T...

Highly recommend, fantastic service.

Sharon T



Having decided to buy in Tenerife knowing nothing about the property market I needed above all else a partner in the process that I could trust. I concentrated on researching agencies rather than properties initially and working with Damian at Tenerife Property Shop is the best decision that I could ...

This is an exceptional company ...

Kevin B



Very helpful: went the extra mile -- even taking me to the notary offices to complete the sale. Everyone I spoke to was helpful and friendly. Michelle N...

Very helpful ...

Michelle N



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FROM OUR HAPPY VENDORS & PURCHASERS !



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At Clear Blue Skies, we're here for you whether you're buying, selling, already a Tenerife resident or planning to spend time on our beautiful island. With our extensive portfolio of around 200 listings and top-notch marketing, we'll help you achieve your objectives. Count on our professional service and friendly team to guide you every step of the way. Let's make your Tenerife dreams a reality!

This month we have featured a small selection of some of our newest properties available for sale, which we hope you find inspiring. However, to explore our complete range of listings, please visit our website at clearbluetenerife.com.

For real-time updates on our latest properties, we recommend following us on Facebook (see QR code to right).



Please contact us if you're considering selling your property in Tenerife, we would be delighted to have a friendly and no-obligation chat with you. Feel free to call, email, send us a message or drop by our office in Playa Fañabé. We look forward to assisting you!



BEAUTIFUL TWO BEDROOM APARTMENT, OCEAN GARDEN, PLAYA PARAISO

EXCLUSIVE TO US! A stunning property, located on the 3rd floor of this modern complex, enjoying incredible sea views from the spacious balcony. Master en-suite, fitted wardrobes, secure designated parking, fantastic furniture included – this is going to sell quickly so don't delay!

REF 8616 355.000€



ATTRACTIVE TOWNHOUSE, LAS MIMOSAS, TORVISCAS ALTO

A stunning detached, two-bedroom house with a spacious 122m² private terrace and breathtaking sea views, located in the desirable Las Mimosas complex in Torviscas Alto, Adeje, offering a perfect blend of tranquility, modern comfort, and proximity to amenities and beaches.

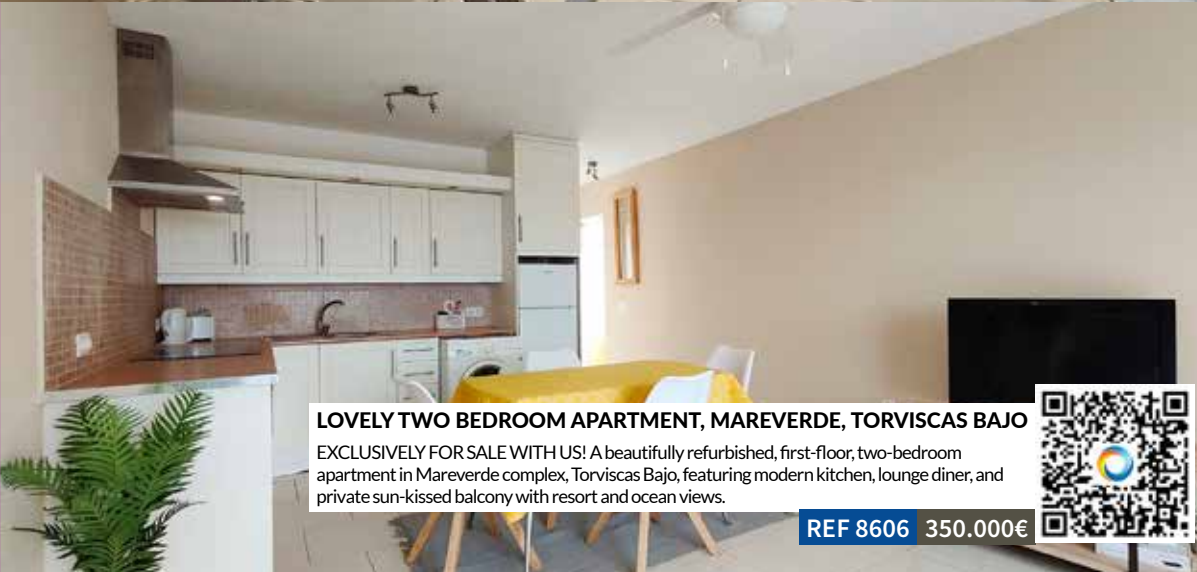
REF 8590 550.000€



ONE BEDROOM GROUND FLOOR APARTMENT, PORT ROYALE, LOS CRISTIANOS

Exclusive opportunity to purchase a charming apartment in the popular Port Royale complex in Los Cristianos, boasting heated pool and a tranquil hillside location with access to amenities and beaches.

REF 8571 220.000€



LOVELY TWO BEDROOM APARTMENT, MAREVERDE, TORVISCAS BAJO

EXCLUSIVELY FOR SALE WITH US! A beautifully refurbished, first-floor, two-bedroom apartment in Mareverde complex, Torviscas Bajo, featuring modern kitchen, lounge diner, and private sun-kissed balcony with resort and ocean views.

REF 8606 350.000€



CONTACT US

Call: 00 34 922 717 779

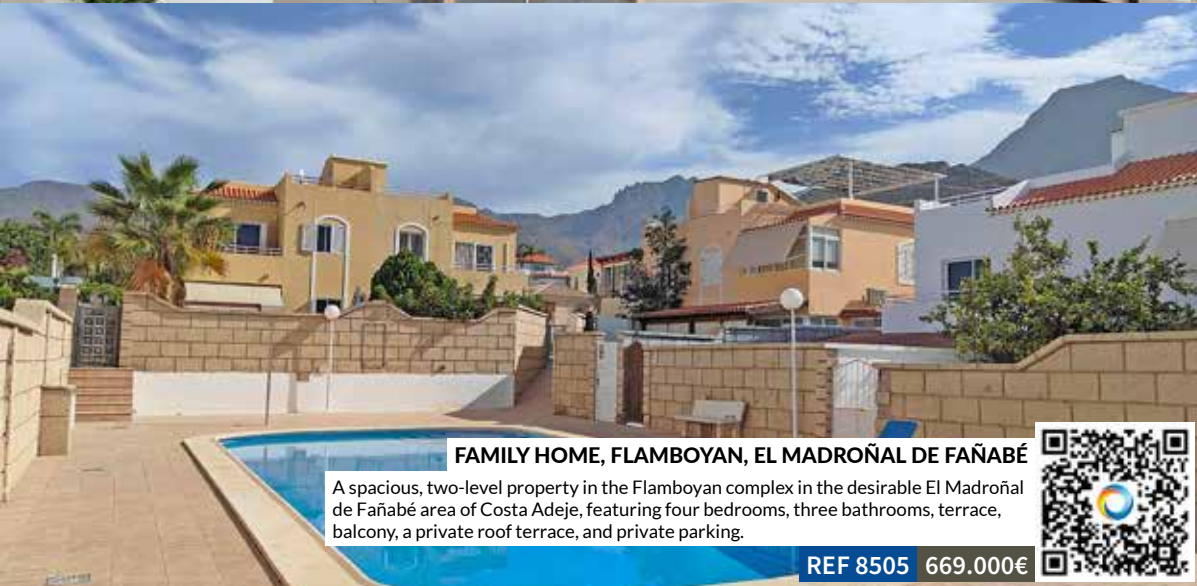
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Get in touch to discuss buying or selling a Tenerife property with us



FAMILY HOME, FLAMBOYAN, EL MADROÑAL DE FAÑABÉ

A spacious, two-level property in the Flamboyán complex in the desirable El Madroñal de Fañabé area of Costa Adeje, featuring four bedrooms, three bathrooms, terrace, balcony, a private roof terrace, and private parking.

REF 8505 669.000€



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2 BEDROOM CORNER HOUSE - TORVISCAS BAJO



IMMACULATE PROPERTY



We are pleased to be able to offer on exclusive this corner duplex property located close to the beaches of Torviscas, Fanabe and Costa Adeje. This immaculately presented property is found in the heart of Torviscas Bajo, with restaurants, shops, bars and entertainment literally on your door step, whilst still enjoying the privilege of a tranquil complex. This home will be perfect for a small family to enjoy and make memories but can also make a great rental investment property.

Ref: LA01962 Price: €599,500 (approx. £503,000)

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Stunning 3 bedroom villa with own pool in Palm Mar

NEW ON THE MARKET



We are excited to offer this fantastic villa with its own heated swimming pool situated in the heart of Palm Mar. The property, which has been totally reformed to an extremely high standard with high quality materials and furniture, has 3 bedrooms, 2 bathrooms (1 en suite), an open plan lounge, kitchen and dining area with access to both front and rear terraces, and a lovely roof terrace with superb, uninterrupted views over Palm Mar and out to the sea. Also included is an integrated double garage.

Price: €P.O.A



24 Years of Experience in Tenerife South



<p>Ocean View (San Eugenio)</p> <p>EXCLUSIVE Permitted V.V</p> <p>Ref: 5RA71517 Price: 122.000€ 1 Bedroom, 1 Bathroom Interior: 41 Mts, NO BALCONY</p>	<p>Santa María (Torviscas)</p> <p>EXCLUSIVE</p> <p>Ref: 5R7171 Price: 185.000€ Studio, 1 Bathroom - Interior: 35 Mts, Balcony: 8 Mts</p>	<p>Windsor Park (San Eugenio)</p> <p>Permitted V.V</p> <p>EXCLUSIVE</p> <p>Ref: 5RB9245 Price: 390.000€ 2 Bedrooms, 2 Bathrooms Interior: 62,82 Mts, Terrace: 23 Mts</p>	<p>Sunset Bay (Torviscas)</p> <p>Permitted V.V</p> <p>EXCLUSIVE</p> <p>Ref: 5RB9249 Price: 370.000€ 2 Bedrooms, 2 Bathrooms Interior: 50 Mts, Balcony: 9 Mts</p>
<p>El Morro (Chayofa)</p> <p>EXCLUSIVE Permitted V.V</p> <p>Ref: 5RB1037 Price: 249.000€ 2 Bedrooms, 2 Bathrooms Interior: 87,12 Mts, Balcony: 12 Mts</p>	<p>El Horno (Playa Paraíso)</p> <p>EXCLUSIVE</p> <p>Ref: 5RB9250 Price: 395.000€ 2 Bedrooms, 1 Bathroom Interior: 60,71 Mts, Terrace: 15,42 Mts</p>	<p>Las Vistas (Chayofa)</p> <p>EXCLUSIVE</p> <p>Ref: 5RC1042 Price: 1.750.000€ 3 Bedrooms, 4 Bathrooms Garage, Interior: 154 Mts, Terraces : 47 Mts</p>	<p>Club Atlantis (Pto Colón)</p> <p>Reduced Price</p> <p>EXCLUSIVE Permitted V.V</p> <p>Ref: 5RA7160 Price: 370.000€ 1 Bedrooms, 2 Bathrooms Interior: 75 Mts, Terrace: 25 Mts</p>

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Casablanca, Torviscas Alto



Stunning 2 bedroom, 2 bathroom penthouse apartment for sale in this friendly complex. A spacious and bright property with an open kitchen, fitted and modern, A welcoming living space that opens onto the terrace. Both bedrooms are of good size with natural light – the master having an ensuite and access onto the terrace. The bathroom is large and refurbished with a fitted bathtub. The double terrace is an immense size, sunny and has beautiful views to the sea. Outdoor dining furniture perfect for Al Fresco living too. Casablanca is a quiet and well-kept complex with a large communal pool and lifts! This property is also sold inclusive of a garage space.

€399,000

Ref: T1301

Plot of Land in Fasnia



Opportunity to acquire a plot of land (total 10,000m2) with a cave and sea views.

€52,500

Ref: T1305

Residencial Elena, Chayofa



Stunning 3 bed corner linked chalet, well presented with a private pool, garage and views to the sea.

€675,000

Ref: I1477

Marina Primavera, San Eugenio Bajo



1 bed, 1 bath apartment with a bright living space, a large terrace with sea views and a comm. pool.

€275,000

Ref: N1596

El Camison, Las Americas



Brilliant 1 bed apt, refurbished to a high standard with a large terrace and communal pool.

€325,000

Ref: N1595

Florida Park, San Eugenio Alto



Brilliant 2 bedroom penthouse apartment for sale. Refurbished to a high standard in modern style with sleek finishes. The living room is bright and spacious with an open kitchen of an attractive taste, LED fittings as well! Both bedrooms are large with natural light flooding in – one with direct access onto the terrace. The terrace is of good size, sunny with views to the sea and pool. Florida Park is a friendly and well-kept complex with a large communal pool. In a fabulous location, just a 15 minute walk from the town centre, beach and the famous Siam Park/Siam Mall!

€325,000

Ref: T1282

Villamar, San Eugenio Bajo



Lovely studio apartment with terrace and stunning communal pool.

€220,500

Ref: A488

Tinerfe Garden, San Eugenio Bajo



Great 2 bedroom bungalow. Wheelchair friendly.

€375,000

Ref: T1310

Villa, San Eugenio Alto



We are thrilled to present this stunning 5 bedroom, 3 bathroom villa on one level. Out front of the property you will find a terrace with sea views and a zen energy, a carport, and the main entrance of traditional Spanish style. The living room is large with two seating areas, a space for dining and access to both the front terrace and pool. The kitchen is separate, fitted and is connected to a large pantry/utility room with a washer and dryer. All bedrooms are of good size, natural lighting, some with refurbished ensuite bathrooms and another currently used as an office. The main bathroom is spacious with a fitted bathtub and white tiles. The terrace is large and finished with modern tiles, space for relaxing, enjoying the sun and a beautiful private pool.

€750,000

Ref: I1482

Roque del Conde, Torviscas Alto

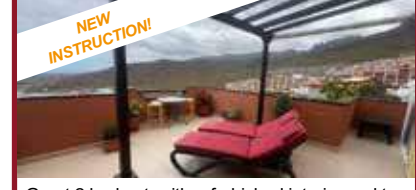


Bright and spacious 2 bedroom corner apartment; large bedrooms, terrace, views to the sea/pool.

€295,000

Ref: T1318

Casablanca, Torviscas Alto



Great 2 bed apt. with refurbished interior and terrace looking towards the sea with comm. pool.

€420,000

Ref: T1314

Villa, San Eugenio Alto



Luxury villa for sale with a separate apartment. 6 large bedrooms, lavish finishes, private pool.

€1,995,000

Ref: I1473

Townhouse, Abades



Lovely 2 bed, 2 bath townhouse with outdoor space. Short distance to the sea and great for a family.

€265,000

Ref: T1311



Translators available for any other languages.



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Miraverde - El Madronal 550.000€

REDUCED!



An amazing, rare opportunity to purchase this 2 bedroom, 2 bathroom spacious private bungalow, ideally situated in this quiet private residential area, close to all amenities. This spacious property has sea views, ample outside space and presents a blank canvas of opportunities. Viewing is essential to see what's on offer here.

Teneguia II, PARQUE DE LA REINA 325.000€



Refurbished three and a half bedroom Penthouse apartment with amazing 65m² roof terrace. Featuring independent modern, brand new fitted kitchen, utility room, three double bedrooms, two bathrooms, and office/bedroom on the top floor that joins the newly tiled sunny roof terrace with sea and mountain view. The property is located in a community with swimming pool and gardens and comes with a private parking space, all accessible by lift. Available to view now!

El Salto - GRANADILLA 1.500.000€



Two stunning properties sold together! Large five bedroom mansion with open plan ground floor ideal for entertaining, with separate, fitted and equipped kitchen, snooker/games room, leading to the large tiled garden with pool, bar area, and stunning views to the coast. This property would be highly desirable on the holiday letting market. The second property is a modern, converted three bedroom Canarian house with private heated pool. Recently rebuilt to the highest standard.

Private Villa, LA CALETA 1.595.000€



A truly unbeatable location. This stunning villa is located in the perfect spot, right in the heart of La Caleta, with the ocean front walkway just on your door step. This spacious property offers four double bedrooms, the master en-suite. Bathroom, independent kitchen, utility room, dining room, large lounge leading to a private outside dining area with sea views. Amazing roof terrace with panoramic sea and mountain views. Front and back garden and direct access to the beautiful community swimming pool.

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Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE

OPPORTUNITIES OF THE MONTH!

ARIPE GUIA DE ISORA	FASNIA	LA CONCEPCION, ADEJE	SANTIAGO DEL TEIDE
<p>Charming property with nearly 3,000sqm of peace and quiet and complete privacy, secure fencing, ample parking and space for a caravan. Renovated 3 bed, 2 bath single-level home with office, patio, and fitness room.</p>	<p>Nestled on the first line of the beach, this spacious (108sqm), ground floor apartment in Los Roques de Fasnia has 4 bedrooms and 2 bathrooms and enjoys direct access to the beach. Exclusive parking adds to the convenience.</p>	<p>Dreaming of your own idyllic space? 351sqm plot with 107sqm buildable and a ready pre-project. Start building your dream home today!</p>	<p>This property, strategically located on an urban plot of 300sqm, is much more than a house; it's a blank canvas for your dreams. The possibility to expand construction gives you the opportunity to personalize and create the home of your dreams.</p>
<p>Ref: 1328 €545,000</p>	<p>Ref: 1322 €278,000</p>	<p>Ref: 1327 €140,000</p>	<p>Ref: 1317 €350,000</p>

With almost 20 years working in this business, we understand the land and the people! If YOU would like a piece of land and some space, WE can help! Call us!

**PROPERTIES WANTED FOR RENT
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<p>Ref: 1245 €275,000</p>	<p>Ref: 1289 €300,000</p>	<p>Ref: 1321 €2,100,000</p>	<p>Ref: 1307 €750,000</p>
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<p>Ref: 1325 €40,000</p>	<p>Ref: 1319 €900,000</p>	<p>Ref: 1267 €130,000</p>	<p>Ref: 1310 €546,000</p>

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**Costa del Silencio,
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GREAT INVESTMENT!



Recently refurbished, fully furnished, 2 bedroom, 2 bathroom, first floor apartment (currently registered as Commercial unit) in a popular location with lovely pool area, shops and bars, in the heart of Costa del Silencio. The property has a semi-independent kitchen, big and bright living room and a good size (double) sunny terrace. Centrally located with a short walk to the sea front and the famous 'yellow mountain and its natural bay area.

€223,000

Ref: CDS012-CM223

**Costa Adeje,
 Fanabe Alto**



Turnkey, fully refurbished and furnished (all brand new) 4 bedroom, 3 bathroom (master en suite) property om 3 levels in popular residential suburb close to sea front with all amenities. The property has a very spacious living area with open plan kitchen and small exterior area plus a lovely roof terrace which enjoys panoramic sea and mountain views. Extras include aircon, closed double parking space with direct access to the property.

€490,000

Ref: F564-A490

**Las Rosas
 (near Las Galletas)**



Unfurnished. Beautiful 2 bedroom apartment on 3 floors (accessed via 2nd floor) with an independent kitchen, living room, utility room, and a terrace with the possibility of conversion to a 3rd bedroom. There is also a garage space included. All amenities are close by such as supermarkets, pharmacy, schools and a short distance from the town of Las Galletas.

€212,000

Ref: LR991-C1212

**Costa del Silencio,
 La Hacienda**



Lovely 1 bedroom, 1 bathroom fully furnished and equipped ground floor apartment in this sought after complex with lovely pool (2 pools) area. The property has a nice open plan fully fitted kitchen with breakfast bar, bright comfortable living room and sunny terrace enjoying all day sun. Car parking. A 'turn key' property close to all amenities which really must be viewed!

€219,000

Ref: CDS512-LH220

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Mobile: 619 180 888

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LAS CHAFIRAS
38639 Santa Cruz de Tenerife



REDUCED!



Ref: S-05 1380

Oroteanda Baja. Luxury 5 bedroom villa with pool and parking on huge plot. Suitable for subdivision. Price €P.O.A.



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

There is a large lounge/dining area, an open plan, fully equipped fitted kitchen and garage for 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 hot water and the pool.

This large Villa is very well situated in a small, very central village, located between the airport and the southern resorts of los Cristianos and Playa de las Américas. With nearby property very popular as exclusive holiday let's this property has fantastic potential as a letting investment. It's rare to find such a large property on a very large plot with sea views in such an excellent location. Call now, come see for yourself!



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C/ Luciano Bello Alfonso No. 5,
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38639 Santa Cruz de Tenerife



El Salto - Two stunning villas!



Ref: S-08 1527 €1,500,000



Two beautiful villas sharing the same plot in this outstanding, quiet southern location. An ideal opportunity

to, perhaps, own a stylish modern home and a highly desirable property to rent on the holiday market. The

main property, offering lovely views, has five double bedrooms, five bathrooms, an open plan ground floor with

American-style fitted kitchen, snooker room, guest WC and a large lounge/dining room, plus a large heated swim-

ming pool - ideal for entertaining.

The second property is a 3 bedroom home also with a

private heated pool and has been refurbished to the highest of standards. Viewing is highly recommended.





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2 BEDROOM APARTMENT - GOLF DEL SUR



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This impressive two bedroom, two bathroom apartment is so unique, it is very rare for us to be able to present such an opportunity, and we do not expect this apartment to be around for long! If views and outside space are high on your list of priorities, then this property should definitely feature high on your viewing list. Totally uninterrupted views to the Atlantic Ocean, the bustling San Miguel Marina and the Red rock are all on offer from the 70m² terrace.

Ref: GOLF01821

Price: €595,000 (approx. £504,000)

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3 Bed duplex in San Eugenio



Duplex with three bedrooms and three complete bathrooms, NEW with impressive views of the coast and the sea/La Gomera, high-quality materials. Kitchen with pantry, living/dining room, and three terraces (all with views) of 24, 48 and 42m² respectively. fitted wardrobes.

Ref.: D1301

Price: 820,000€

2 Bed in Torviscas Bajo



This 2-bedroom apartment is the perfect opportunity to live in one of the most desirable areas of Tenerife. The total area is 62m² with 2 modern bedrooms and a well-appointed bathroom. The living-room is connected with the kitchen. Moreover, is a lovely private balcony with partial sea view.

Ref.: D1306

Price: 310,000€

3 Bedroom Townhouse



Townhouse in very good condition in Piedra Hincada, 3 bedrooms, 3 bathrooms, Master bedroom with sea views. Large kitchen, living room, interior patio, terrace, garage and solar panels. South facing, 128m² in total. 5 minutes from the beach and the highway, a very quiet area.

Ref.: D1296

Price: 250,000€

House outside Santiago del Teide



Land of 1128m² with a house of 50m² that can be expanded. Located in Retamar that is a neighborhood that belongs to the municipality of Santiago del Teide, it is located about 3 kilometers from the Town Hall, and at an altitude of 800 from sea level.

Ref.: D1304

Price: 126,000€

Sea view 2 Bed in Los Cristianos



Exceptional property centrally in Los Cristianos, just 500 meters from the sea that offers breathtaking views of the sparkling ocean from every window. Newly renovated with generously-sized bathroom, American-style kitchen with open living room, sea views and 2 bedrooms. A must-see!

Ref.: D1300

Price: 275,000€

House in Santiago del Teide



Rustic house for sale in the center of the town of Tamaimo, Urban estate of 472m² with 116m² built. The house has two bedrooms, a bathroom, kitchen, large living room, adjoining porch. Outside, it has a patio with a barbecue and an orchard with fruit trees.

Ref.: D1287

Price: 231,000€

2 Bed in Santiago del Teide



For sale in Los Gigantes, municipality of Santiago del Teide is this apartment with 2 bedrooms complete bathroom, large terrace with stunning views of the sea and the port of Los Gigantes. 79m² in total (16m² terrace). Located on the second floor.

Ref.: D1298

Price: 275,000€

Plot for sale in Roque Vento



Rustic/Agrarian plot of land for sale in the area of La Florida, Valle San Lorenzo, Arona, total M² of the plot 3,237, with views of the coast/sea, easy access from the main road to Valle San Lorenzo. 10/15 minutes from Los Cristianos and Playa de las Americas.

Ref.: D1303

Price: 45,000€

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4 BEDROOM VILLA IN AMARILLA GOLF

NEW LISTING!



Nestled in the heart of Amarilla Golf, these stunning semi-detached villas offer an exceptional blend of modern comfort and timeless elegance. Each boasting four spacious bedrooms and three luxurious bathrooms, these properties are ideal for families or those seeking a serene retreat.

€570,000

REF: DOGV

1 BEDROOM APARTMENT IN AMARILLA GOLF

NEW LISTING!



Fantastic opportunity to purchase a well presented first floor one-bedroom apartment with a bathroom, a balcony leading from the main living area with beautiful views of the complex in all its glory and overlooking the heated pool, plus the orientation of this property is perfect for the Tenerife sunshine all day long.

€175,000

REF: DOFC1106

1 BEDROOM APARTMENT IN AMARILLA GOLF



Spectacular 3 bedroom Townhouse situated in a quiet but central position in the popular town of San Miguel de Abona on a well maintained complex. It is a bright and spacious property that is built over three storeys, with panoramic views of the surrounding area and ocean from both the terrace and balcony.

€170,000

REF: DOFCB37

APARTMENTS IN GOLF DEL SUR

INVESTMENT OPPORTUNITY



Wyndham Residences Golf del Sur. This stunning development of 1 and 2 bedroom units in the south of Tenerife are available fully refurbished and fully furnished to a contemporary and meticulous standard. The resort boasts an impressive reputation for maintaining incredibly high occupancy rates.

FROM €225,000

REF: DOWYD

1 BEDROOM APARTMENT IN AMARILLA GOLF

NEW LISTING!



Well-presented fully furnished ground floor one-bedroom apartment with a large bathroom, garden area leading from the extra-large living room due to a cleverly designed extension with an open planned kitchen, situated within a well-maintained complex with communal areas and stunning mountain views.

€169,000

REF: DOFC408

4 BEDROOM HOUSE IN PUERTO DE SANTIAGO



Spectacular 3 bedroom Townhouse situated in a quiet but central position in San Miguel de Abona on a well maintained complex. It is a bright and spacious property that is built over three storeys, with panoramic views of the surrounding area and ocean from both the terrace and balcony to the rear.

€575,000

REF: AM1776

2 BEDROOM DUPLEX APARTMENT IN AMARILLA GOLF

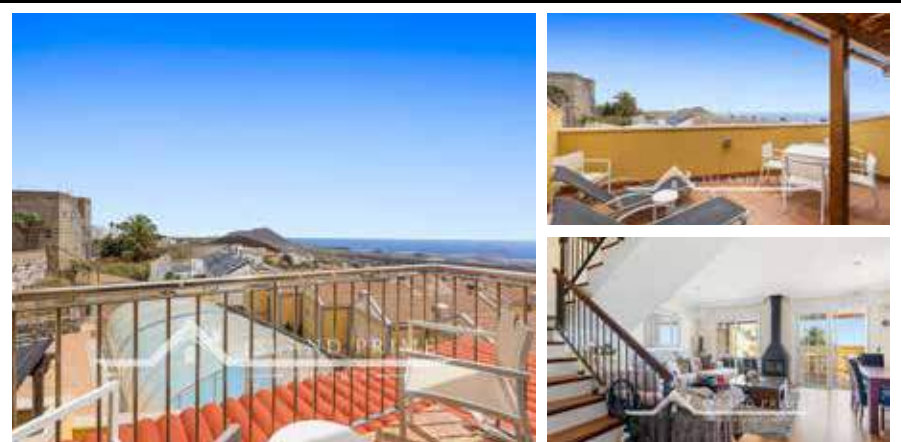


We have an opportunity to purchase a 2 x bedroom apartment on two floors, on the ground floor you'll find an open planned kitchen, living area which leads to your peaceful garden with beautiful Mount Tiede views, along with the fairways of Amarilla Golf. As you go upstairs you will discover a bedroom and then two bathrooms, plus the large master bedroom with its own private terrace.

€245,000

REF: DOFC19

3 BEDROOM TOWNHOUSE IN SAN MIGUEL



This property is a spectacular 3 bedroom Townhouse situated in a quiet but central position in San Miguel de Abona on a well maintained complex. It is a bright and spacious property that is built over three storeys, with panoramic views of the surrounding area and ocean from both the terrace and balcony to the rear. It also has a high quality finish throughout with the added bonus of air conditioning, a double garage with electric doors, as well as a good size store room too.

€360,000

REF: DOSM02

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CASTLE HARBOUR, LOS CRISTIANOS

This charming apartment is located on the second floor of a building with elevator access, located in a great area of Los Cristianos. It consists of two good sized bedrooms and two full bathrooms, the main bedroom has an ensuite bathroom, equipped with a bathtub. The American kitchen is harmoniously integrated with the spacious living room, from where you can access a closed balcony with spacious dining area. In addition, on the same floor there is a heated swimming pool with a pool bar. The complex has a 24-hour reception. The complex allows VV licenses, offering a unique opportunity for investment or personal enjoyment. This is a property in good condition, built in 1990, ideal for those looking for a cozy home with all the comforts. Don't miss the opportunity to visit it and fall in love with this place full of charm!



€279,995

Ref: AP0763

NEPTUNO, LA CALETA



Priced to sell in the fashionable area of La Caleta, this property is nestled in a quiet cul-de-sac, just a short walk from the popular La Caleta and Del Duque coastlines. It features private underground parking and a storage room. The apartment boasts an American-style kitchen with an open-plan living area and a tiny corner closed terrace. It includes a spacious bedroom with built-in wardrobes and a sizable bathroom complete with a bath and vanity unit. Convenient local transport links are nearby, and T3 Top Training, one of Spain's premier training centers, is just a 5-minute walk away. A variety of chic local restaurants and coffee bars are also within easy reach.

€285,000

Ref: AP0769



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Where do you want to live



REF: 83-668 PENTHOUSE IN THE HEART OF PLAYA DE LAS AMERICAS €685,000,=

Penthouse located on the 6th and 7th floors of the highly sought after, sea front residential complex of Parque Santiago II. The complex has recently been completely renovated and offers a completely new

pool (based on the Munich system) and sunbathing area. All lifts have been modernised, the gardens transformed and WiFi installed throughout.

For future buyers of this property, it

is important to mention that the current owner has contributed fully financially to all the above improvements to the complex and no further claims on property owners are anticipated for these.

The layout of the property is as follows:

6 th Floor	Hall, kitchen, living room, bedroom with fitted wardrobes, bathroom with shower unit, and washing machine
7 th Floor	Hall, 2 bedrooms with fitted wardrobes and 1 bathroom (with bath and shower)

Characteristics	Property Details
<ul style="list-style-type: none"> • Sun in the morning and afternoon • Panoramic views of Playa de Las Americas • Mountain and distant sea views • Wheelchair-friendly (no stairs from street level - lift access) • One bathroom door needs enlargement • Residential / touristic complex 	<ul style="list-style-type: none"> • Total construction: 120m² • Living space: 90m² • Terrace on 6th floor: 30m²

The property was completely renovated some years ago and is currently used by tourists. It offers a very good return on investment (but any future buyer can cancel holiday lettings if they wish to use it for themselves).



VIEWING BY APPOINTMENT ONLY

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Lessons from the last Tory rout

By Robert Tombs, Author and Historian



The 1906 'Liberal landslide' was the Conservatives' worst defeat... so far. What can it tell us about today?

The Conservatives are facing their worst General Election defeat since 1906, when they won a mere 156 seats to the Liberals' 399. Only three cabinet ministers survived. The then UK prime minister, AJ Balfour, lost his seat – so Rishi Sunak, if he suffers the same humiliation on Thursday night, will not be making history. Yet the Conservative Party bounced back, and four years later had caught up with the Liberal Party. It was the triumphant Liberals who were soon in decline, and four elections later were doomed to minor status.

Is this a good omen for today's Tories? Not necessarily. The 1906 defeat was very different from the one that's looming now. Then, the Conservatives lost seats more than votes: de-

spite a seven per cent swing against them, they still won 43 per cent of the vote. A gain of only three percentage points by 1910 put them neck and neck with the Liberals, who then had to rely on the support of Irish nationalists and the new Labour Party to stay in power. The 1906 election is certainly no precedent for the unprecedentedly low voting share forecast to be won by the Conservatives this week – around 20 per cent, less than half their share in 1906. Party loyalties and party membership were far more solid then (the Conservative Primrose League alone had roughly two million members, compared with about 170,000 for the whole party today) and hence resilient parties could recover quickly.

Though in 1906 the Liberals triumphed, the previous General Election in 1900 had been an even greater Tory victory, with 402 seats and a 50 per cent share of the vote – a figure the party has only once exceeded since. The victory in this so-

called Khaki Election, at the tail end of the Second Boer War, was due to an upsurge of patriotic Toryism, defeating a Liberal Party accused of being 'pro-Boer'.

Serious historians are wary of facile parallels between the past and the present. But let's try being facile for once, and see where it leads. Assume the Khaki Election was comparable with Boris Johnson's 2019 victory (44 per cent of the vote), based on a similarly patriotic promise to 'Get Brexit Done'. In both cases, international shocks and domestic demands soon created challenges for Lord Salisbury and his successor, Balfour, as they did for Johnson, Liz Truss and Rishi Sunak.

Following the unexpectedly difficult victory in South Africa, it seemed that the international order was shifting against Britain. The popular and irrepressible colonial secretary, Joseph Chamberlain, famously pronounced in 1902 that 'the days are for great empires, and not for little states'. This

axiom has since been used to justify European integration and Britain's membership of the EU, but for Chamberlain it meant trying to turn the vast but disorganised British Empire into a super-state able to survive alongside the United States, Germany and Russia. The Boer War had also caused fears – much exaggerated – that the British population was 'degenerating', as a large proportion of volunteers in the war were not fit enough to fight. If this aroused hair-raising eugenic fantasies (mostly from the radical wing of the Liberals and oddball intellectuals in the new Labour Party), it also clearly required welfare spending. Chamberlain thought he had the answer: 'imperial preference', which meant imposing import tariffs on goods from outside the empire. The aims were to form an imperial single market as a step to integration, to protect British jobs threatened by German imports and also to raise money for welfare spending ('Levelling Up', shall we say) and an increased defence budget.

Chamberlain's plan was the Tories' downfall, splitting the party and galvanising the opposition. 'All the old warhorses [were] snorting with excitement', wrote Liberal leader Henry Campbell-Bannerman. It shows the risks in politics of trying to discard cherished myths. Chamberlain was defying one of the greatest: free trade. This dated back to the 1840s and the repeal of the Corn Laws, which had also shattered the then Tory Party and consigned it to a long period of opposition.

Free trade was the great progressive myth of Victorian Britain. The abolition of the Corn Laws – that is to say, of agricultural protectionism – was turned into a moral crusade by the progressive forces of the day, including religious dissenters, the anti-slavery movement, trade unions, women's associations and peace campaigners. Free traders adopted the slogan 'immediate abolition' from the anti-slavery campaign.

Free trade was presented as not just an economic measure to reduce the cost of living (and keep wages down), but also as 'the greatest revolution that ever happened in the world's history'. As one children's book of the time put it, the aim was that 'everybody may... be joined together in love

and trade, like one great family; so that we may have no more wicked, terrible battles, such as there used to be long ago'. The dogma was that commercial freedom would inevitably bring political freedom, international harmony, the dissolution of reactionary empires, the liberation of serfs and slaves, the end of the 'antagonism of race, and creed and language', and the abolition of 'gigantic armies and great navies', which states would no longer need and, in the absence of revenue from tariffs, be unable to afford.

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from tariffs, be unable to afford.

This utopian vision was not unlike a bigger, more brightly coloured version of the Remainder ideal of 'Europe', one that right-thinking people instinctively support. In the eyes of Remainders, the EU is not a ruthless and inefficient trade bureaucracy, but the epitome of a multicultural civilisation of progress, peace, harmony and prosperity. The Tories in 1906 had the temerity to challenge the progressive vision of free trade, as they did (rather accidentally) with Brexit after 2016. The Liberal Party marshalled the arguments familiar since the 1840s. 'Big loaf' versus 'little loaf' was a catchy Liberal slogan (free trade would provide the big loaf). The campaign was effective, shaping folk memory of 'the bad old days' when the poor starved to enrich the squires. It was at least as successful as the Remainder campaign has been over the past eight years in persuading much of the population that Brexit is not only unprogressive and vulgar, but has also hit their pockets.

But were either of these powerful myths true? Few if any other countries thought that free trade was a panacea. The Chinese had to be forced into it by the Opium Wars in the mid-19th century – enthusiastically supported by Hong Kong governor Sir John Bowring, a whole-hearted progressive and a fanatical free trader. Britain's major economic partners – France, Germany and the United States – kept tariffs to protect their farmers (the EU's Common Agricultural Policy is the modern version) and to foster their new industries. We, in contrast, maintained a dogmatic policy of unconditional free trade, allowing access to our markets from competitors who excluded British goods from theirs. It was taken for granted that this showed not only Britain's intellectual and moral leadership, but also that it served British interests. However, free trade probably made Britain somewhat poorer, causing a permanent decline in agriculture and handicapping emerging industries. Britain became overwhelmingly dependent on imported food, and unhealthily reliant on a few old-fashioned exports such as textiles and coal. Similarly, membership of

Continued on page 26



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US dollar jumps as US payrolls smash expectations



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

Latest currency news

Movement in the currency market has been a little erratic over the past couple of weeks, amid political uncertainty and central bank speculation. During this period, we've

seen GBP/EUR rise from €1.17 to €1.18, while EUR/GBP slipped from £0.85 to £0.84. At the same time, GBP/USD traded between \$1.26 and \$1.28, while EUR/USD climbed to \$1.09 before retreating to \$1.07.

What's been happening?

Trade in the US dollar has been mixed over the past couple of weeks. USD demand was weak at the end of May in response to disappointing US GDP and inflation figures. Before a hotter-than-expected

US payrolls report eased Federal Reserve interest rate cut expectations and propelled the 'greenback' higher.

Positive Eurozone data and European Central Bank (ECB) rate cut bets pulled the euro in two directions at the end of May. A hawkish rate cut from the ECB then revived EUR demand at the start of June as the bank signalled it was unlikely to pursue another cut immediately. Meanwhile, the pound has been left to tread water over the past couple of weeks amid a lull in domestic economic data and limited surprises in the UK election race.

What do you need to look out for?

Looking ahead, the immediate focus will be on the Fed's latest interest rate decision. No policy changes are expected this week, but could some hawkish forward guidance from the bank help to

propel USD higher?

For GBP investors, the publication of the major parties' election manifestos may drive movement in the pound. With a particular focus on Labour's fiscal plans as the expected government in waiting.

Meanwhile the fallout from the European elections could infuse volatility into the euro in the coming days, particularly after French President Emmanuel Macron called snap elections.

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Continued from page 24

the EU Single Market raised the cost of living, arguably shrank British industry (encouraging production to shift to cheaper parts of the EU), while free movement held wages down and widened the pool of the long-term 'left behind'.

But deeply held myths resist contradiction, especially when facts are contestable and hard to grasp. So, effective exploitation of myths ('Hands off the people's bread') in the face of a confused and divided Conservative Party gave the Liberals their majority in 1906, and will do the same for Labour in 2024. The Tories were half-hearted in support of Chamberlain's tariff policy. The present government has doomed itself by failing to defend Brexit, its only historic achievement.

The Liberal government of 1906, led first by Sir Henry Campbell-Bannerman and then HH Asquith, had a remarkable record. It was, said Churchill many years

later, the best government he ever served in (he defected to the Liberals before later rejoining the Tories). It pioneered old-age pensions, free school meals, child protection, accident compensation, labour exchanges and national insurance. It tamed the House of Lords and introduced wealth, land and inheritance taxes. But it could not solve the Irish question, stumbled over women's suffrage and, fatally, it could neither prevent nor keep Britain out of the First World War.

It was the war, not Tory recovery, that wrecked the Liberal Party and ended its long hegemony. It had been the main party of government of the long Victorian era, and the matrix for British progressive politics. It split under the strains of war. Only a Liberal rump remained. Others allied with the Conservatives. Much of the progressive intelligentsia moved into the Labour Party, until then the pliant junior auxiliary of liberalism. If the trade unionism of the

factory workers and miners provide the muscle and the votes, it was the middle- and upper-class progressives – the Webbs, the Benns, the Cripps, the Atlees, the Croslands, the Blairs, the Starmers – who have consistently steered the ship. Now the miners are gone, but with the support of the white-collar masses of teachers, local-government employees and NHS workers (more numerous than the miners at their peak), Labour hardly needs manual workers any more.

The simplest pattern of British politics is the shifting see-saw of satisfied conservatives against dissatisfied progressives; the southern core against the periphery; the traditionalists against the iconoclasts; the taxpayers against the tax spenders. Unlike the European right – invariably fragmented by ideological quarrels and often alarmingly radical – the Conservative Party has succeeded by reassuring and defending the interests of the relatively



A typical scene in a London post office on 1 January 1909, when the 500,000 or so persons entitled to a pension under the new Old Age Pensions Act handed in their forms and received their first weekly payment.

contented core, especially when these felt threatened by taxation or just annoyed by the iconoclasts, whether puritanical temperance crusaders in Victorian times or transgender zealots today. The conservative side has always included a substantial working-class element (the 'Red Wall' is only the latest version). And the culture war, in its numerous manifestations, has always been important: religious affiliation was long the clearest determining factor of political allegiance. The Conservatives won most easily when the 'progressive' forces were divided, as they usually were and still are, by ideology and often by class.

After recovering from their 1906 disaster and seeing the Liberals self-destruct, the Conservatives were in power for most of the interwar period (a poisoned chalice), but they only once exceeded their 1900 vote share of 50 per cent – in 1931, with 55 per cent. Neither Labour nor Liberal has

ever won 50 per cent of the vote in the 20th century.

The differences today are glaring. It is the conservative forces that are divided by ideology (Brexit vs Rejoin) and class (Home Counties vs the Red Wall), and for the moment, the progressives are sufficiently united by a reassuring Labour Party which, unlike the Liberals in 1910 to 1914, can spurn outside support from Liberal Democrats, nationalists and Greens.

Are there any crumbs of comfort for the Conservatives? Most obviously, unlike in 1906, turnout is likely to be low, and support for Labour is far shallower than for the then Liberals, who had deep roots in churches, social clubs and moderate trade unions. All across the democratic world, the old mass parties are dead, and electoral support is fickle: triumph and disaster may indeed both be imposters. Perhaps because of their lack of ideology, insurgent parties of the right have never lasted long –

who remembers the 'Vigilante' candidate who won 29 per cent of the vote in Finsbury in 1918? Protest voters have long been reabsorbed into the capacious bosom of the Conservative Party. Will Reform be any different? In contrast, Starmer's Labour, once its laurels have faded, will have rival 'progressives' – Lib Dems, Greens and the SNP – snapping at its heels. So the Tory defeat may not be terminal.

Of course, to survive, the Tories will need to have a coherent vision on which they agree, win back their disillusioned grassroots supporters and find a way of appealing to younger voters. This may now seem impossible, and certainly far more difficult than after 1906. But in other parts of Europe, a youthful right is in the ascendancy and the moderate left is moribund. The Conservative Party that sought to be 'the heir to Blair' has sunk. Is another form of popular Toryism slouching towards Westminster still yet to be born?



The English statesman, Joseph Chamberlain (1836 - 1914), campaigning in Birmingham during the 1906 General Election.

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How the Moon is making days longer on Earth

By Richard Gray



With each passing year the Moon gets further away from the Earth and the average day length gets a tiny bit longer

Billions of years ago the average Earth day lasted less than 13 hours and it is continuing to lengthen. The reason lies in the relationship between the Moon and our oceans.

Throughout human history the Moon has been an inextricable, ghostly presence above the Earth. Its gentle gravitational tug sets the rhythm of the tides, while its pale light illuminates the nocturnal nuptials of many species. Entire civilisations have set their calendars by it as it has waxed and waned, and some animals – such as dung beetles – use sunlight reflecting off the Moon's surface to help them navigate.

More crucially, the Moon may have helped to create the conditions that make life on our planet possible, according to some theories, and may even have helped to kickstart life on Earth in the first place. Its eccentric orbit around our planet is thought to also play a role in some of the important weather systems that dominate our lives today.

But the Moon is also slipping from our grasp.

As it performs its finely balanced astro-ballet around the Earth – circling but never pirouetting, which is why we only ever see one side of the Moon – it is gradually drifting away from our planet in a pro-

cess known as "lunar recession". By firing lasers off reflectors placed on the lunar surface by the astronauts of the Apollo missions, scientists have recently been able to measure with pinpoint accuracy just how fast the Moon is retreating.

They have confirmed that the Moon is edging away at a rate of 1.5 inches (3.8cm) every year. And as it does so, our days are getting ever so slightly longer.

"It's all about tides," says David Waltham, a professor of geophysics at Royal Holloway, University of London, who studies the relationship between the Moon and the Earth. "The tidal drag on the Earth slows its rotation down and the Moon gains that energy as angular momentum."

Essentially, as the Earth rotates, the gravity of the Moon orbiting above tugs on the oceans to create high and low tides. These tides in fact are a "bulge" of water that extends in an elliptical shape both towards and away from the gravity of the Moon. But the Earth spins on its axis much faster than the Moon orbits above, meaning friction from the ocean basins moving beneath also acts to drag the water along with it. This means the bulge moves slightly ahead of the Moon in its orbit, which attempts to pull it backwards. This slowly saps our planet's rotational energy, slowing its spin while the Moon gains energy, causing it to move into a higher orbit.

This incremental braking

on our planet's spin means that the length of an average Earth day has increased by about 1.09 milliseconds per century since the late 1600s, according to the latest analysis. Other estimates put the figure a little higher, at 1.78ms per century by drawing on more ancient observations of eclipses.

While none of this sounds like much, over the course of the Earth's 4.5-billion-year history, it all adds up to a profound change.

The Moon is thought to have formed in the first 50 million years or so after the birth of the Solar System. The most widely accepted theory is that a collision between the embryonic Earth and another object about the size of Mars, known as Theia, cleaved off a chunk of material and debris that coalesced into what we now call the Moon. What is clear from geological data preserved in bands of rock on Earth is that the Moon was a lot closer to Earth in the past than it is today.

The faster-rotating Earth shortened the length of the day so that there were two sunrises and two sunsets every 24 hours

The Moon currently sits 384,400km (238,855 miles) from us on Earth. But one

recent study suggests that around 3.2 billion years ago – just as the tectonic plates were starting to move around and ocean dwelling microorganisms were gobbling up nitrogen – the Moon was just 270,000km (170,000 miles) from Earth, or about 70% of its current distance.

"The faster-rotating Earth shortened the length of the day so that [within a 24-hour period] there were two sunrises and two sunsets, not just one each as today," says Tom Eulendorf, a geophysicist who led the study at Friedrich Schiller University Jena, in Germany. "This may have reduced the temperature difference between day and night, and may have affected the biochemistry of photosynthetic organisms."

What studies like his reveal, however, is that the rate of lunar recession hasn't been constant either – it has sped up and slowed down over time. One study by Vanina López de Azarévich, a geologist at the National University of Salta in Argentina, suggests that around 550-625 million years ago, the Moon could have been retreating as much as 2.8in (7cm) a year.

"The speed with which the Moon was moving away from Earth definitely changed over time and will do so in the future," says Eulendorf. For much of its history, however, the Moon has been moving away at a far slower rate than it is currently.

Why is the far side of the Moon completely different from the surface we see?

In fact, we are currently living in a period when the rate of recession is unusually high – the Moon would only have had to recede at its current rate for 1.5 billion years to reach its present position. But the process has been occurring since the Moon formed 4.5 billion years ago, so it was clearly much slower at points in the past.

"The tidal drag right now is three times bigger than we might expect," says Waltham. The reason may be due to the size of the Atlantic Ocean. The current configuration of the continents means that the basin of the North Atlantic Ocean happens to have exactly right proportions to generate a resonance effect, so the water it contains sloshes back and forth at a rate close to that of the tides.

This means the tides are larger than they otherwise would be. As Waltham puts it, think of pushing a child on a swing – they get higher if each push is timed with the existing motion.

"If the North Atlantic was slightly wider or narrower, this wouldn't happen," says Waltham. "The models seem to show that if you go back a few million years, the tidal strength drops right off because the continents were in different positions."

But it is likely to continue to change in the future. Modelling predicts a new tidal resonance will appear 150 million years from now, and then will vanish around 250 million years from now as a new "supercontinent" forms.

Earth's inner core is slowing down

Alongside the Moon's effect on the length of Earth's days, a recent study also suggests days could be getting ever so slightly longer for another reason – the rotation of the iron-nickel inner core of our planet may be slowing down.

The research by scientists at the University of Southern California indicates that the solid inner core, which is suspended within the Earth's liquid outer core, gradually super-rotated faster than the material above it between 2003 and 2008, but then has slowed down over the following 15 years.

Using analysis of seismic waves from earthquakes, the researchers created models of how the rotation of the Earth's core has varied between 1991 and 2023. Their models suggest our planet's inner core is now rotating slightly slower than the Earth's mantle, the layer between the crust and the outer core. The change in the core's rotation nearly 4,800km (3,000 miles) below the surface may lead to shifts in the length of day, "on the order of a thou-

sandth of a second", says John Vidale, a professor of earth science at the University of Southern California, who was one of the researchers behind the study.

So, could we eventually have a future where the Earth no longer has a Moon?

Even at its high current rate of retreat, the Moon is unlikely to ever leave the Earth entirely. The Sun's own calamitous demise will probably intervene long before that happens in around 5-10 billion years. Humanity is likely to have been snuffed out long before then.

In the shorter term, however, humanity may itself play a role in lengthening the days a little further by reducing the amount of water locked up in glaciers and the ice caps due to melting caused by climate change.

"The ice basically suppresses the tides," says Waltham, noting that around 600-900 million years ago, when our planet is thought to have entered a particularly frosty period known as snowball Earth, there was a dramatic slowdown in the rate of lunar retreat. The impact is, however, hard to predict, as some of this will be counteracted by rebounding landmasses as the weight of ice sheets is lifted from them, and other complications.

In theory, the next crop of astronauts to fly to the Moon with Nasa's Artemis programme may be able to say they looked back at their home planet from further away than their predecessors on the Apollo programme 60 years ago (although the point they arrive during the Moon's elliptical orbit around the Earth will probably determine this more – the distance between its closest and furthest points varies by 43,000km every 29 days).

For the rest of us, our lives are far too brief to notice the picoseconds being added to each passing day's length. If you blink, you'll miss it.



The gravitational tug of the Moon on the Earth's oceans creates the tides, which in turn drag the Moon into a higher orbit



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What would Franz Kafka have thought of 'Kafkaesque'?

By Carolin Duttlinger, Professor of German Literature and Culture at the University of Oxford and Co-Director of the Oxford Kafka Research Centre



Franz Kafka circa 1915

Franz Kafka is one of a handful of writers whose names have become an adjective.

First coined in the 1940s, the 'Kafkaesque' was originally used as a byword for state-sponsored terror, whether fascist or Soviet, but since then its scope has vastly expanded.

Today's uses range from the more trivial frustrations of daily life to serious miscarriages of justice, such as the Post Office Horizon IT scandal. During his 2023 trial for 'discrediting' the Russian army, which resulted in a 2.5 year prison sentence, the human rights campaigner Oleg Orlov pointedly sat in the courtroom reading Kafka's *The Trial*. More recently, Kafka's novel has been evoked by the US far-right newspaper *The Epoch*

Times in an article about Donald Trump's hush money trial. Likening 'Donald T.' to Josef K., it claims that the former president 'has been subjected to more bizarre allegations, secret investigations ... and prejudiced legal proceedings than even Kafka could have imagined'.

We cannot know what Kafka would have thought about his iconic status

Kafka, who was a reticent and deeply self-critical person, would probably be horrified by the existence of the Kafkaesque – but also maybe just a little gleeful. In his novels and stories, he often plays with language, showing that words have the power to disorient and lead

us astray.

A brilliant example is his 1917 short story 'The Cares of a Family Man', which revolves around an uncanny thing-creature called Odradek. Odradek cannot be captured, least of all by language. In the opening paragraph, the narrator tries to define the word by tracing its roots. Are they Slavonic or maybe German, he wonders, before concluding that neither of them 'offers any help in discovering the meaning of the word'. It's a twist which typical of Kafka, who often plays with meaning, with the act of interpretation leading his characters (and readers) down various rabbit holes. This open-endedness is also one of the reasons why his texts have remained so resonant over the past century, eliciting responses which vastly outstrip the often glib and reductive uses of the Kaf-

kaesque.

Kafka was born in Prague in 1883 as the eldest child of German-speaking Jewish parents. He worked as an insurance lawyer and mostly wrote at night. Though he got engaged three times (twice to the same woman, the Berlin office clerk Felice Bauer) he never married. Contrary to common perception, he was no solitary genius but a sociable and popular man with a large circle of friends and a wide range of passions and interests. A strict vegetarian, he also followed the daily exercise routine of a Danish fitness guru. He loved travelling, gardening and wild swimming, and was fascinated by photography and film, which have left deep traces in his writings.

He died on 3 June 1924 in a sanatorium near Vienna at the age of just forty. In the final weeks of his life, when his tuberculosis had spread to his larynx, Kafka's doctors instructed him not to speak. He dutifully obeyed this command, using pen and paper to communicate with his partner Dora Diamant and his friend, the medical student Robert Klopstock, who were with him until the end. These so-called 'conversation notes' paint a vivid picture of his final weeks. They often revolve around trivial things, such as food and drink (Kafka craved a cool beer but this was out question) and the flowers Dora brought into his bedroom, but there are also glimpses of his inner state, his fear of dying: 'Put your hand onto my brow for a moment to give me courage'.

These conversation slips are on public display for the first time at the exhibition *Kafka: Making of an Icon* at the Weston Library in Oxford. As its title implies, the exhibition the addresses that most thorny of questions: how did a little-known Prague author with only a handful of slim publications become one of the most resonant voices of modern literature?

Kafka's iconic status is summed up by Andy Warhol's painting of Kafka, part of his *Ten Portraits of Jews* in the *Twentieth Century*, which is a centrepiece of the

exhibition. His portrait is accompanied by other creative responses, ranging from 'Insect Enemies', a newly commissioned installation by London-based artist Tessa Farmer to the script of a radio adaptations of *The Castle* for BBC Radio Four by playwright Ed Harris; and from Arthur Pita's 2011 award-winning Royal Ballet production of *The Metamorphosis* to *A Cage* went in *Search of Bird*, a new anthology of Kafkaesque stories featuring contributions by Ali Smith, Elif Batuman and Naomi Alderman. These different responses all illustrate one central fact: Kafka's enduring fame is the result of many voices, of readers from around the world who have made his works their own.

The centenary of Kafka's death also requires us to return to his original writings and specifically to his manuscripts, which are at the heart of the Oxford exhibition, the largest ever mounted on Kafka. Indeed, the Bodleian Library is home to the majority of Kafka's papers. An animation by Rebecca Harding shows how this archive ended up in the United Kingdom; it's a story of persecution and exile, of chance, luck and extraordinary generosity.

The exhibited manuscripts range from masterpieces such as Kafka's 1912 novella *The Metamorphosis* and his last novel *The Castle* to lesser-known stories such as his late 'A Hunger Artist'. They also include selection of his expressive drawings, which illustrate Kafka's dual talent as a writer and a draftsman. Some of the most resonant manuscripts on display, however, are not literary but personal. They include the above-mentioned conversation slips as well as an early diary entry from 1911, in which Kafka declares: 'Without a doubt I am now the intellectual centre of Prague'. It's an astonishing statement for an author who, by this point, has only published a handful of short stories. Kafka then obviously got scared by his own hubris, for he crossed out this sentence until it was (almost) completely illegible. But the underlying senti-

ment still stands. It reflects Kafka's deep commitment to his writing, which he was willing to pursue at the expense of his family (his father resented his literary ambitions), his relationships and his health.

But there's another side to Kafka, the flipside of this unwavering confidence and commitment. This other side is expressed in a 1922 letter to his best friend Max Brod in which the terminally ill Kafka instructs Brod to burn all his unpublished manuscripts, diaries and letter. Brod famously, and controversially, ignored Kafka's last wish (as he had told Kafka that he would). Instead, he immediately set about publishing these works, starting with *The Trial*, which appeared in 1925, just one year after Kafka's death.

Brod's posthumous editions made Kafka the world author he is today, for his global fame only started after his death, propelled by the tumultuous history of the 20th century, which his works seemed to anticipate. Without Brod, 95 per cent of Kafka's work would have been lost, but his act of defiance nonetheless poses a moral dilemma, one in which we are also caught up as Kafka's readers.

We cannot know what Kafka would have thought about his iconic status, but his writings give us a glimpse of his likely response, his deep anxiety concerning his literary legacy. Towards the end of the above-mentioned short story 'The Cares of a Family Man', the narrator spells out why he finds Odradek so unsettling. Not only can this thing-creature not be grasped or understood, but because he isn't actually alive, he also cannot die. This raises an unsettling prospect for Kafka's narrator. Odradek 'obviously doesn't harm anyone; but the idea that he might outlive me it almost painful to me'. Kafka's works confront that most enduring of human questions: the prospect of our mortality and what remains of us after we die. As his writings so resonantly show, to leave a legacy is to relinquish control, to allow others to continue that story.



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A Short history of the Five Republics of France

Keith van Sickle, Author and Commentator on, Provence, France



You may have heard of the “Fifth Republic of France” and wondered what it meant.

Hasn't France been a republic since long ago, back when they stormed the Bastille and all that? Well, yes and no.

After the monarchy fell, a republic was indeed established but it didn't last long, and today is referred to as the First Republic. It was followed by a series of governments – empires, monarchies, and more republics, all the way up to today's

Fifth Republic.

The First Republic, 1792-1804

It began with bread prices rising which caused food riots. Protesting women marched on Versailles and the riots spread. The storming of the Bastille in 1789 was followed by a new constitutional monarchy. The Tennis Court Oath in June 1789 (above) marked the establishment of what became the National Assembly. However in 1792 the National Assembly decided to get rid of the king and create France's first republic. It did not go well.

Yes, there were impor-

tant accomplishments like the Declaration of the Rights of Man. Others were more dubious, like the adoption of a new calendar. But characters like Marat and Robespierre battled for power. And The Terror was unleashed, with the “national razor” (the guillotine) getting quite a workout.

Eventually it led to a coup by a fellow named Napoleon Bonaparte. You may have heard of him.

Bonaparte declared France an empire (today called the First Empire) and crowned himself emperor. Things went swimmingly until a certain incident at Waterloo in 1815. After the empire collapsed, the monarchy was restored, with various Bourbon kings ruling France until 1848.

The Second Republic, 1848-1852

In 1848 a wave of revolutions spread across Europe, toppling one government after another, including the French monarchy. It was replaced by the Second Republic, formed by a coalition

of politicians with an elected president. One candidate ran a platform of “order at all costs” and won decisively. It helped that he was named Louis-Napoleon Bonaparte, the nephew of you know who.

The second Empire 1852-1870

Having learned a few things from his uncle, Louis-Napoleon soon led a coup and established the Second Empire, with himself as Emperor.

The Third Republic, 1870-1940

Imagining himself a military genius like Uncle Napoleon, Louis-Napoleon went to war against Prussia in 1870. He had inferior forces and no allies. What could possibly go wrong? He soon found out when he was captured by the Prussians, along with many of his troops. That was the end of the Second Empire.

A provisional government was then established. It was dominated by monarchists who tried to put a new king on the throne. This didn't work out, however, and republican forces eventually took control of the government. The provisional government became a permanent government, the Third Republic.

Rather than having a sin-

gle, powerful figure like a king, the Third Republic went the opposite direction and invested most power in the legislature. This led to shifting parliamentary coalitions and regular cabinet reshuffling. The average cabinet lasted only eight months. Despite this instability, the Third Republic managed to last 70 years, still the longest lasting of France's five republics.

Those 70 years saw a huge expansion in France's colonial empire and crises like the Dreyfus Affair, the First World War, and the Great Depression. The Third Republic survived all of these, but its death knell finally came with France's 1940 defeat at the hands of Germany. Perhaps hoping for a kind of king once more, the parliament dissolved the Third Republic and handed full power to war hero Marshal Petain. He led what is today known as the Vichy government, with a competing government-in-exile run by Charles de Gaulle.

Fourth Republic, 1946-1958

The Fourth Republic was structured much like the Third, with a president largely without power and strong legislature. Politicians were elected according to proportional representation which led to multiple parties winning seats and made mak-

ing decisions almost impossible. There more 16 prime ministers during the Fourth Republic. France lurched from crisis to crisis.

Things came to a head in 1958 as France struggled to decolonize. There was strong opposition within France to Algerian independence and part of the army openly rebelled. Important generals threatened a coup unless de Gaulle was returned to power. They sent paratroopers to capture Corsica in case anyone missed their point. The Fourth Republic soon collapsed, and de Gaulle was asked to preside over a transitional government and write a new constitution.

The Fifth Republic, 1958-present

The new constitution, this time featuring a strong president, was approved by over 80% of voters and remains in place today. Two notable changes have been made since its establishment—the shortening of presidential terms from seven years to five, and the creation of a Constitutional Court that can rule on the constitutionality of new laws. While there are occasional calls for a Sixth Republic, they have never gained much traction, and in a few years the Fifth Republic will become France's longest-lasting...

More than 1km under the North Sea is a climate-friendly mineral that could help feed the world

By Tom Heap, Climate Presenter, Sky News

Polyhalite is like a thick crumbly slate and is made up of potassium, magnesium, calcium and sulphur.

These minerals all nourish crops, especially potatoes, vegetables and fruit.

What lies 1,000 metres beneath the North Sea could help the cli-

mate of the atmosphere above. And I'm on my way down to see it. The ratty lift drops at 10 metres per second, the speed of a sprinter, ruffling the air and flapping my shorts as it plunges down. Yes shorts. I wear a lot of PPE on location in my job but this is the first time I've donned hi-vis beachwear accessorised with bright orange shin-pads. It's needed be-

cause one danger the miners face is heat.

This far below, you're closer to the Earth's core so the temperature climbs to 40C. All the workers carry litres of water or specialist hydration fluids. My guide is Richard Severn, head of operations here at the ICL Boulby mine in the North York Moors. Going down isn't the end of the journey, we still need to



go along. "It'll be about 40 minutes to where the guys work, about 7km - we'll go under the North Sea... but you won't see any fish... otherwise something has gone wrong." The world we drive through is moon-dust grey: after a shift the workers gain a ghostly pallor and gear left unused for a few days acquires powdery drifts.

As we get nearer the face, huge tunnelling machines and rubble carri-

ers rumble by as if driven straight from the set of the Aliens movie. But just as I slide into eerie sci-fi daydreams, we pass picnic tables crammed with day-glo miners devouring pasta and chicken from outsized lunchboxes. All as deep below ground as a Scottish mountain summit above.

Finally, we get to the face and see the mining machine. At its front end is a spinning, steel-toothed and tungsten-tipped bar-

rel all controlled by a man standing 20 metres back with what looks like an elaborate games controller. He keeps his distance lest they hit a gas pocket which can blow out and bury anything too close.

What is polyhalite?

Hundreds of miners come down here every day to extract a mineral called polyhalite. It is dark grey

Continued on page 34

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Continued from page 32

and layered like a thick crumbly slate and made up of potassium, magnesium, calcium and sulphur. These minerals all nourish crops, especially potatoes, vegetables and fruit. They hope to replace potash which takes much more energy and chemicals to process.

Richard Severn said: "Polyhalite is a multi-nutrient fertiliser that needs very little processing. We just mine it, crush it, screen it, spread it on the field and that's it. Because it's quite



an energy efficient process we're about 85% less carbon than similar fertilisers."

Making and using fertiliser is one of the big contributors to global warming - at around 5% of greenhouse gases, it's up there

with cement and steel. Within chemical fertilisers, nitrogen is the biggest driver of climate change and, whilst the polyhalite doesn't contain nitrogen, it works in the soil to enable plants to use it more efficiently. "It assists roots with the uptake of nitrogen. So effectively you have to spread less nitrogen on the crop," he added. Back on the surface, the polyhalite rubble is ground into varying granule sizes and then poured into train wagons bound for Teesport and

shipping across the world.

Billions invested in Woodsmith mine

This British resource is virtually limitless as it spreads beneath much of the North Sea and beyond. But inconveniently, the easiest access is in the middle of a National Park making some locals and planning officers very wary of big industrial developments and associated truck traffic. This wasn't enough to dissuade another mining giant, Anglo American, from investing billions of pounds in the new Woodsmith mine deep within the park.

They're lessening the local landscape impact with a 23-mile tunnel - Britain's longest - running up to Teesport to take all the mineral from the mine. Some observers think both projects are a big financial gamble given the rollercoaster price of fertiliser



and farmers' caution about adopting new products. But Kathryn Bartlett, a soil scientist working for Anglo American believes polyhalite's time has come. "We are needing more food with less land, and at the same

time we need to reduce our carbon emissions. "So, agriculture has to go through some kind of change. We believe that polyhalite is one of the potential solutions to the change that's needed."



Polyhalite is made up of potassium, magnesium, calcium and sulphur



Tom Heap at the ICL Boulby mine in the North York Moors

7 Smart Ways to Use Lemons

By Bonnie Riva Ras, Deputy Editor, Goodnet



Lemons can be used for cleaning and so much more!

When people think about lemons, it usually revolves around food. After all, this zesty citrus fruit is incredibly good for you. You can put lemon slices in your tea, make lemonade to drink on a hot day, and use it in lemon bars or cakes. But did you know that you can also clean your house with lemons?

If you are looking for an

inexpensive, safe, and effective way to clean your kitchen, bathroom, and even to control weeds in your garden, then look no further than the crisper in your refrigerator, according to Good Housekeeping. Check out these seven ways that you can use lemons around your home.

Freshen Up Your Fridge

If your fridge smells like the fish you ate for dinner,

maybe it is time to freshen it up. Just squirt a few drops of lemon juice on a sponge and leave it in your fridge overnight, according to Teaspoon of Goodness. This will help with

odor control and give your kitchen a lemony-fresh smell. Lemons are a great deodorizer to use in other kitchen appliances too.

Polish Your Pots and Pans

It's easy to polish your stainless steel and copper cookware, according to Good Housekeeping. Just slice a lemon in half, dip it in salt and then rub unto the metal to give it a brilliant shine. You can safely use this method on copper, chrome, pewter, aluminum, bronze, and stainless steel. You should not use this method on silver or gold because it can damage these metals.

Remove Stains From Cutting Boards

If your plastic or wooden cutting boards are stained and dingy then use lemons

to clean it up. First, run a cut lemon over the cutting board to deodorize it. Next, to remove stains, sprinkle the lemon with salt or Baking soda and repeat. Some stains will require sitting overnight before rinsing.

Helps to Brighten Laundry

When you need to remove stains from laundry or if you want to brighten up dingy whites, you can put the bleach away and use lemon juice instead. CBS News, reports that adding a half cup of strained fresh squeezed lemon juice to the wash cycle of your washing machine will gently remove stains without harming fabrics. Use warm water and not hot or cold.

Clean Your Microwave

Lemons are a very effective way to clean baked-on food in your microwave, according to Teaspoon of Goodness. Just combine 12 fluid ounces (.35 liters) of water and three tablespoons of lemon juice in a glass bowl. Put the bowl in the microwave on

the high setting for 10 minutes. The steam will soften the baked-on food and you can wipe it off with a paper towel or rag.

Effective Weed Killer

DIY your own weedkiller by spraying weeds in your garden with lemon juice according to Popular Mechanics. Just saturate the weeds with lemon juice and they will shrivel up in just a few days. Be careful just to spray the weeds because the juice will kill any plant it touches.

Natural Pest Control

Instead of spraying chemical insecticides you can use lemons to rid your home of many pests, Teaspoon of Goodness suggested. Many bugs like ants, fleas, and cockroaches cannot tolerate the smell of lemon. You can even help control ants by squirting lemon juice along window sills and doors or any other entry place for insects. To help control fleas and roaches, combine the juice and rinds from four lemons and wash your floors with the mixture.



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MOTORWORLD

Spanish Driver's Licence - Do you need one?



There are a lot of misquotes and much incorrect information going around the island (news travels fast in Tenerife!) regarding driving and more importantly driving licences.

TO CLARIFY:

Non Residents (i.e. Tourists)

A person that comes to the island on holiday and who holds a full Driver's Licence whether it be UK issued or an EU issued one, is legally allowed to drive a car here. Some people believe "you have to have an international licence to drive in Tenerife: this is NOT correct. Car Hire companies generally do not request, nor re-

quire, an international licence to hire a car.

Non-Resident Home Owners

Many non-residents are second homeowners and often have their own cars here in Tenerife. These people will have been allocated an NIE Number (obligatory for a house and/or car purchase) but as long as they are not registered on the Padron with the Town Hall, they are legally entitled to use their UK Driver's Licence to drive here. However, if for some reason they have registered on the Padron, and are stopped by the Police for an infringement, the Police can, and sometimes do, assume that this person is a Resident and therefore should have a Spanish Licence. If you fall into this

category, then you should go to the Town hall and ensure that you De-register from the Padron.

EU Residents holding a Green Residencia Card

This category includes, for example, French, German, Italian etc citizens who have obtained residency and are therefore legally obliged after 6 months to exchange their Licence for a Spanish one. Most EU countries have a "convenio" so the exchange is just that: an exchange and no formal test is required, just a medical and various forms to sign.

UK Passport Holder with TIE

A UK Passport holder who holds a TIE card is obliged to exchange their UK Li-

cence after 6 months living here in Tenerife. This applies to those who are here on Visas and those who obtained Residency under the Withdrawal Agreement. There are many people who fall in the latter category who have still not exchanged their Licences and increasingly we are seeing more people being stopped and fined on this

issue.

We hope the above clarifies things for readers – especially for those who have not exchanged their Licence – it's a lot cheaper to exchange your Licence than have to pay a Fine for not having done so!

If you need help on this topic, Motorworld can help you – just contact us at our offices in Las Chafiras.



Why we're so terrified of the unknown

By David Robson, Science writer and author, London



Our deep fear of the unknown not only scares us, but it can scramble our brains. Why does uncertainty make us so uneasy?

Imagine you are expecting to hear back from a potential new employer about an exciting job offer. Your interviewer was hard to read – there's simply no way of guessing the outcome. As the days go by, do you half wish that you could just know the outcome – even if it is bad news – rather than endure a single minute more of the agonising wait? How about your feelings during dating? Would you rather that someone told you, upfront, that they didn't want to see you again, rather than waiting for your phone to ping with a new message? Would you even risk your dignity by asking for signs of commitment at an inopportune moment?

In both scenarios – and many more – a feeling of uncertainty can bring acute discomfort. For some people, a general inability to process ambiguous situations can even fuel chronic anxiety disorders. "Uncertainty can intensify how threatening a situation feels," says Ema Tanovic, a psychologist with the Boston Consulting Group in Philadelphia, who has also researched the consequences of uncertainty at Yale University.

Scientists including Tanovic are now making huge strides in explaining why uncertainty can be so excruciating, and delineating the knock-on consequences for our decision-making and behaviour. By understanding

those mechanisms, we can learn to alleviate those feelings – and perhaps even thrive under the fear of the unknown.

Known unknowns

Our knowledge of uncertainty's effects on the brain and body comes from a series of slightly sadistic studies. In a typical experiment, participants are hooked up to electrodes, capable of delivering a harmless, but slightly painful, electric shock to the skin, while the researchers measure physiological responses that tend to correlate with stress – such as the sweating of the skin or changes in pupil size.

In study after study, the researchers found that any element of unpredictability significantly increases people's discomfort, despite there being no objective difference in the intensity of the shock. Participants show greater stress if there is a 50% chance that they might receive a shock, for example, compared to situations in which there is a 100% certainty that they will be electrocuted.

"If we think in purely rational terms, this does not make sense: a 50% chance of a shock should be half as anxiety provoking as a 100% chance if all we care about is the threat itself," says Tanovic. "But this is not how our minds work." And it's not just the uncertainty of a threat that causes discomfort: we're also reluctant to place ourselves in potentially profitable situations if they involve an element of unpredictability.

Tanovic recently asked participants to play a game called the "Uncertain Waiting Tasks". It doesn't take much

skill – throughout various trials, the participants have the chance of winning a little money. The outcome of each trial is purely random, but the participants do have a choice to know the result immediately, instead of waiting a few seconds before they find out. The immediate knowledge comes with a penalty, though: if they do win the trial, they will have less chance of winning and the prize will be smaller.

Despite it being the more rational option, only 37% of the participants opted to wait on every single trial. The rest were willing to take a financial hit to avoid some of the anxious waiting in a state of uncertainty.

Uncertainty can intensify how threatening a situation feels – Ema Tanovic

Tanovic says that many everyday situations elicit the same kind of reaction. "People can try very hard to reduce uncertainty and the anxiety that comes with it, like repeatedly calling a loved one to make sure they are OK, texting a crush incessantly when they haven't texted back, compulsively refreshing one's inbox when expecting to hear back about an interview," she says. "Sometimes it works, and the behaviour resolves the uncertainty, but these actions can often be quite costly in terms of the time, effort and effect on relationships."

Neuroscientists have started to track the brain activity behind this kind of flawed decision making. The research is still ongoing, but the results so far offer some hints of the neural response to uncertainty. There appears to be heightened activity in the amygdala, for example, which may reflect a state of "hypervigilance", so that we are extra alert to potential risks. Uncertainty also seems to trigger the anterior insula, which is involved in weighing up the consequences of a particu-

lar event, and which may inflate the brain's estimates of the potential damage.

Our reactions to uncertainty may have made sense in evolution. The brain is constantly trying to predict what will happen next, allowing it to prepare the body and mind in the most effective way possible. In uncertain situations, that planning is a lot harder – and if you're potentially facing a predator or a human foe, the wrong response could be deadly. As a result, it could pay to err on the side of caution – either by avoiding the uncertainty altogether or by putting the brain and body in an aroused state that is ready to respond to a changing situation.

"Treating unknowns as potential threats would have been adaptive, as long as the associated anxiety did not compromise [essential activities] such as seeking food and shelter, or selecting mates," explains Nicholas Carleton, a psychology professor at the University of Regina, Canada. In his opinion, the "unknown" represents one of humanity's "fundamental fears" – perhaps even more important to our behaviour than our fear of death.

A matter of interpretation

Despite this common evolutionary foundation to our fears of the unknown, people may vary greatly in their perceptions of uncertainty – beliefs that may shape their responses and their consequences for someone's health and wellbeing. Psychologists such as Carleton measure these attitudes using the "intolerance of uncertainty" scale. To get an idea of how you might score, rate the following statements from 1 (not characteristic of me at all) to 5 (entirely characteristic of me):

- Unforeseen events upset me greatly
- It frustrates me not having all the information I need
- I should be able to organise everything in advance and ...
- When it's time to act, uncertainty paralyses me
- The smallest doubt can stop me from acting

People who score high intolerance of uncertainty tend to show heightened stress responses to uncertain situations. Intriguingly, they also tend to find it hard to "unlearn" fears, once safety has been established. In

those electric-shock experiments, for example, participants may come to associate a cue – such as a particular picture or sound – with the feeling of pain. After a while, however, the researchers simply stop delivering the shock.

Eventually, most people will stop exhibiting heightened stress when they come across the cue. But those with high intolerance of uncertainty need a lot more exposure to the now-harmless cue, than people with low intolerance of uncertainty. "They display difficulties in updating the old threat associations to new safety associations," says Jayne Morriss, a research fellow at the University of Reading, UK, who has conducted many of these studies.

This may be one reason why high intolerance of uncertainty greatly increases someone's vulnerability to a range of anxiety disorders and depression, as fears linger long after the potential threat has passed.

In most cases, uncertainty appears to be a core element of anxiety – Nicholas Carleton

An inability to process the unknown could also increase rumination – another known contributor to many mental illnesses – as the mind cycles through every possible outcome of the situation at hand. "In most cas-

es, uncertainty appears to be a core element of anxiety, leading them to feel paralysed whenever things don't go exactly to plan. But with gentle encouragement to step outside their comfort zone, they may find the feelings are not nearly as bad as they fear and that a small amount of chaos in their lives can even offer an opportunity for learning and growth. At work, for instance, you might volunteer to take on an unfamiliar job – and see whether you can manage far better than you think, despite your doubts.

Whether or not you suffer from a clinical disorder, it may be worth remembering that attempts to predict the future are often completely futile. "When we worry, we think about the possible outcomes of an uncertain situation in an attempt to somehow prepare," says Tanovic. "In reality, worrying does not reduce the uncertainty we face and instead sets us up to feel more anxious." As the ancient Stoics taught us, we'd do far better to accept our inability to control the situation.

In some cases, we may even be able to recognise



In many cases, a feeling of uncertainty can bring acute discomfort, and even trigger anxiety disorders

that uncertainty can be a source of excitement. We may not relish the discomfort at the time, but in hindsight, it's often the element of surprise that makes our successes all the sweeter. Life would be very dull, after all, if the outcome of every event were known in advance – and by learning to acknowledge that fact, we may be better equipped to navigate those unsettling moments of emotional limbo.

Cognitive behavioural therapy, for example, can teach people to stop 'catastrophising' thoughts that might be triggered by an unpredictable event and to question their ability to cope with uncertainty. Some people may assume that they sim-

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

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

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

Physiotherapist

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

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

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

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

Chiropractor

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

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

Chiropractors are somewhat controversial for a number of reasons. Firstly, their techniques are seen

been shown to actually exist, meaning their attempts to treat it for both back pain and organ problems is viewed by many as not only ineffective, but meaningless and irresponsible.

Osteopath

Osteopaths are quite similar to chiropractors in that they also place a lot of importance on manual manipulation, although they tend to be a lot more gentle. The prevailing theory of osteopathy is that the body is at its

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

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

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

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as unnecessarily risky, with chiropractors having some of the highest instances of adverse patient reactions. They are also looked down upon from a scientific perspective, with one of their main theories having no evidence to even support its existence. "Chiropractic subluxation" is claimed to cause organ problems by disrupting the nerves along the spine, but this has never

best when all of its tissues are moving how they are supposed to. Osteopaths therefore assess a patient's health by feeling their tissues, and attempting to stimulate movement where they believe it is lacking.

As osteopathic manipulation is so much more gentle than chiropractic manipulation. Many see it as harmless, or even beneficial when combined with oth-

OFFICIAL REGISTRATION OF ALTERATIONS OR EXTENSIONS TO PROPERTIES



I am often asked by property owners if it is possible to get official Town Hall recognition for works carried out some time ago without appropriate Building Licenses. ie Works which have enlarged a property or even created a wholly new property. They are usually very concerned that they could at some stage in the future be fined or even be faced with tearing down that

which has been created or altered.

In many cases the answer is yes, you can have the works officially recognized, providing a number of conditions are met:

The works carried out must not occupy a protected "green" zone, a public space, a public highway or walkway or a protected site of natural beauty. Enquiries in your local Town Hall should con-

firm this point one way or the other.

At least four years must have passed from when the works were completely finished.

That no-one has lodged an official complaint (Denuncia) against the works, which has then been ignored and left unresolved.

That your property does not form part of a community where the limit of development has been reached

In Spanish what needs to be applied for is a "Certificado de prescripción de infracción urbanística" or Certificate of recognition of a planning infraction.

The paperwork needed to apply for this is normally put together by a Technical Architect or Architect. This is because aerial photographs,

plans, a description and detailed measurements of the property both in its original and altered state are required, together with the normal accompanying documents such as copy of title deed (escritura), NIE and IBI receipts. Also, within the submission, the same professional must sign a declaration to the effect that the works to the property were completed more than 4 years ago and that the property complies with minimum habitation standards and is structurally stable.

Depending on the Town Hall applied to and complications of consultations to affected parties this process can take from 3 to 6 months. In certain cases, such as where a property is adjacent to the sea, the Spanish Coastal Department will need to be consulted to ensure that there has not been an encroachment into the protected coastal zone. If this is the case it is highly likely that the application will be refused.

Once the application to the Town Hall has been approved, their administration charges paid and the Certificado de prescripción de infracción urbanística has been obtained, this can then be used to draft a complementary property deed. This deed differs from the original property deed as it declares that i) new works have been carried out to the property, ii) describes what has altered and perhaps most importantly iii) defines the new revised built area that the property occupies. Once this deed has been signed before a Notary, taxes can be paid to the Hacienda and then it can then be presented to the Registro de la Propiedad (Spanish Land Registry) where the notarized deed can be registered.

The importance of registering any such improvements is that when the property comes to be sold or passed to heirs, and when the customary searches are requested, the one to the Land Registry will show and

describe the distribution and floor area of your property as it actually is. This will make things much clearer and less complicated at a time when delays in rectifying such matters could be costly, time consuming and which could possibly jeopardize a sale.

Also, if you or a potential purchaser is having the property valued to raise a mortgage, the person valuing will discover that part of the property is unregistered and will likely recommend that this be rectified. It could result in the mortgage offered being less than you or a potential purchaser had hoped for.

If you or the previous owner of a property you now own has extended that property and you would like to know if you can progress in the manner described above please do not hesitate to contact me, Philip Wright, Spanish Technical Architect and Chartered Building Surveyor to discuss further. My mobile number is 667 757 323.



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be restored shortly.

Damp in properties has long been a scourge of the construction industry in the Canary Islands – due in no small part to constructors' poor building practices. When the Savills came to Tenerife in 1985, they weren't sure what to focus on, but Derek Savill quickly decided to use his many years in construction in the

UK to specialise in Damp Proofing, Stair Lifts, Wheelchair Lifts and Small Home lifts where experienced firms were noticeably hard to find.

Damp Proofing

After several years of carrying out tests with various products from the UK Derek (Dell) discovered that the only guaranteed

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Rising damp occurs when unprotected, porous materials (blocks, bricks, stone, wood etc) are in contact with damp earth:

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- It can be a health hazard due to the increase in fungi and mould growth spores
- It often leads to timber decay or discoloration, particularly with unprotected timbers
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Business Section

OVER €350,000

Las Chafiras, Commercial Property

€750,000

FRINA Tenerife is offering this Large commercial property for sale in Las Chafiras, in one of the island's biggest commercial areas. Las Chafiras is centrally located close to the Tenerife southern airport, and the tourist areas. The property is empty at the moment, but it has before been used as a successful retail store. The premises of this ... For full information see website or contact:

Ref: 2524 | FRINA Tenerife SL - Business Sales | 922 085 191

Palm Mar, Bar/Restaurant

€700,000

Clear Blue Skies Group SL is delighted to offer for sale these wonderful front line business premises, in the desirable coastal town of Palm-Mar in the south of Tenerife. Palm-Mar is a popular town in a bay adjacent to Los Cristianos, but separated by not only by rock but also by culture. Compared to the more robust neighbouring resorts of Los Cristianos... For full information see website or contact:

Ref: 8302 | Clear Blue Skies SL | 922 714 772

San Eugenio Bajo, Commercial Property

€625,000

FRINA Tenerife offers a commercial Investment property for sale in Tenerife in San Eugenio. Today the property is rented out to a popular restaurant which owners pay a monthly rent of 5,000€. The premises was built in 1985 and measures 76m2 inside and with a terrace of 40m2. For more details on this investment do not hesitate to contact FRINA Ten... For full information see website or contact:

Ref: 2491 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Empty Local

€500,000

FRINA Tenerife now offers this rare chance to buy a truly prime location investment freehold. This investment freehold is on a busy street in the El Camison area of Los Cristianos. The freehold is rented out with good tenants as a restaurant and is truly a prime location. The premises, which were completely refurbished in 2010, measure 79 m2 and are s... For full information see website or contact:

Ref: 2530 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Rosas, Restaurant

€495,000

6 bed · A reluctant sale due to the current owners retirement and 'down-sizing'. An extensive (150m2) fully fitted and equipped freehold restaurant with professional stainless steel kitchen with extraction, stage area, bar and toilets. Situated on the lower level of a spacious townhouse which offers flexible living accommodation with potential for a number of pro... For full information see website or contact:

Ref: 6090 | Tenerife Royale Estate Agents SL | 922 788305

El Medano, Commercial Property

€475,000

Clear Blue Skies Group SL is very pleased to offer for sale this spacious commercial premises situated in an incredible central

location in the vibrant town of El Médano. El Médano is located a few kilometres north of the Tenerife South airport and is recognised as Tenerife's water sports epicentre, as it is the perfect spot for kite boarding and surf... For full information see website or contact:

Ref: 8379 | Clear Blue Skies SL | 922 714 772

Playa de la Arena, Empty Local

€395,000

FRINA Tenerife is now offering this Empty freehold local, on the first line in Playa La Arena. The local is empty but has been used as a bar. So, it has disabled toilets, men, and women's toilets. The local needs a full refurb before its ready to open. This local would be perfect if you are looking to build your own bar & café, or a restaurant, The pro... For full information see website or contact:

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

Tenerife South, Manufacturing business

€390,000

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

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

Los Cristianos, Pizzeria

€380,000

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

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

Puerto Colon, Sports Bar

€350,000

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

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

€349,999 - €250,000

Golf del Sur, Investment Property

€329,175

1 bed · air conditioning, modern.

Ref: VS5424D | Vym Canarias | 922 787 210

San Eugenio Bajo, Bar/Cafe

€325,000

FRINA Tenerife is happy to offer a Modern and Stunning Cafeteria-Bar for Sale in San Eugenio Bajo. If you are looking for picture-perfect premises in a busy location, you cannot miss this stunning

opportunity! The premises are 150m2 with an open kitchen and a terrace of 30m2. Altogether are tables for 90 guests. The premises were fully renovated in 20... For full information see website or contact:

Ref: 2489 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Freehold Pub

€320,000

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

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

Los Olivivos, Empty Local

€280,000

2 bed · 2 bed, 5 bath commercial, local for sale.

Ref: IPPDOAL01 | Island Prime Property | +34 922 09 69 75

Playa San Juan, Restaurant

€250,000

This modern Restaurant for Sale in Playa San Juan is located centrally on the main street. It is known for its international menu offering brunch, burgers, and Spanish specialties. This business has fast become one of the most visited restaurants in the area and the guests just keep coming back to enjoy the menu, lovely style, and amazing atmosphere. ... For full information see website or contact:

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

San Eugenio Bajo, Bar/Cafe

€250,000

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

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

Puerto Colon, Excursion Business

€250,000

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

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

Las Americas, Restaurant

€250,000

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

Ref: 2459 | FRINA Tenerife SL - Business Sales | 922 085 191

€249,999 - €150,000

Costa del Silencio, Bar/Cafe

€230,000

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

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

Golf del Sur, Commercial Property

€220,000

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

Ref: 2523 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Gigantes, Freehold Property

€219,000

Clear Blue Skies Group SL are delighted to offer this freehold business premises to the open market, located in Los Gigantes on the sunny west coast of Tenerife. Los Gigantes is the biggest resort town on the west coast of Tenerife, situated just along the coast from the delightful towns of Puerto Santiago and Playa de la Arena. Los Gigantes is named aft... For full information see website or contact:

Ref: 8344 | Clear Blue Skies SL | 922 714 772

Torviscas Bajo, Bar/Cafe

€210,000

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

Ref: 2567 | FRINA Tenerife SL - Business Sales | 922 085 191

La Caleta, Italian Restaurant

€190,000

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

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

Los Cristianos, Bar/Restaurant

€190,000

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

Ref: 2542 | FRINA Tenerife SL - Business Sales | 922 085 191

San Eugenio Alto, Pool Bar

€175,000

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

Ref: 2603 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€170,000

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

Ref: 2584 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€169,000

FRINA Tenerife now offers this Well-Known British bar Los Cristianos. It is known for its high-quality food and entertainment. The bar is located in a busy area that

attracts many tourists and residents.

This bar has been for almost 10 years and has a great reputation and a high income. So if you are looking for a bar in Los Cristianos you can't miss this... For full information see website or contact:

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

Las Americas, Bar/Cafe

€150,000

FRINA Tenerife now offers this Famous traspaso café in Las Americas. And, it is a wonderful opportunity, to buy one of the most reputable British cafes in Playa Las Americas. The owner opened this bar over 10 years ago. And has grown to be one of the most recognized and popular cafes in the area. It has a great reputation for quality food, delicious cakes... For full information see website or contact:

Ref: 2533 | FRINA Tenerife SL - Business Sales | 922 085 191

San Eugenio Alto, Pool Bar

€150,000

FRINA Tenerife presents this rare opportunity to buy a Freehold Pool Bar for Sale. This pool bar is in a busy complex in Torviscas. It is an apart-hotel complex where you will have both residents, expats, and tourists as guests. A pool bar is always a sure success and whether you wish to work less and only sell drinks and ice cream during the day or al... For full information see website or contact:

Ref: 2555 | FRINA Tenerife SL - Business Sales | 922 085 191

Fanabe, Pub

€150,000

FRINA Tenerife offers for sale this Entertainment Pub & Restaurant for Sale located on the first line in Fanabe. It is known to be one of the busiest entertainment pubs in the area offering live music every day. And in the evenings, you must book to be sure to get a table. Moreover, the place offers a full British menu. Nevertheless, you find both British... For full information see website or contact:

Ref: 2503 | FRINA Tenerife SL - Business Sales | 922 085 191

€149,999 - €100,000

Puerto Colon, Charter Yacht

€149,000

FRINA Tenerife now has the pleasure to offer this beautiful charter boat for sale in Puerto's colon. Puerto Colon is one of the busiest tourist harbours on the island and which contributes to this boat's popularity. This sunseeker boat includes an attached





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Ref: 2545 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€149,000

FRINA Tenerife now offers this Prime Location Bar in Los Cristianos, in front of Playa Las Vistas. It is a rare chance to buy in a truly prime location in front of the famous Las Vistas beach. The Bar in Los Cristianos has a great client base and is frequented by a lot of tourists, it has breakfast and lunch menu that satisfied all kind of clients. ... For full information see website or contact:

Ref: 2602 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Empty Local

€140,000

FRINA Tenerife offers this Freehold Office for Sale in Puerto Colon Commercial Center. A very central and busy location that enjoys lots of footfall year-round thanks to the many excursions business and bars in the area. Also, you are close to parking. The office is bright and spacious 92 m2. It was refurbished in 2019 with new electrical installations... For full information see website or contact:

Ref: 2477 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Pizzeria

€140,000

Now FRINA Tenerife offers this Business for Sale in Los Cristianos. The business is known for great pizzas and being located on a very busy street close to the beach and with a lot of footfall. Normally this is a very busy pizzeria that generates a high turnover year-round. Contact FRINA Tenerife for more details on this. The premises offer a large ... For full information see website or contact:

Ref: 2417 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Irish Bar

€139,000

FRINA Tenerife is happy to put on the market a Busy Irish Bar for Sale

Traspaso. This lovely bar is in Torviscas Bajo where it is visited by tourists of all nationalities. Irish bars are always popular and so is this, securing the owner and high monthly income. Moreover, this place has a great reputation, and you will earn money from day 1! If you are ... For full information see website or contact:

Ref: 2518 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Cafe

€132,000

FRINA Tenerife now offers this Long-Established Bar in Las Americas in the famous Avenida Las Americas. It is a rare chance to buy in a truly prime location in this area full of big hotels and tourists. The Bar in Las Americas has a great resident and tourist client base thanks to 22 years of activity with the same owner, it serves mostly drinks and so... For full information see website or contact:

Ref: 2605 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Sports Bar

€125,000

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

Ref: 2590 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Restaurant

€120,000

FRINA Tenerife is happy to offer this popular and successful Las Americas restaurant for sale. This business has been established for more than 8 years and is known to serve great food for a fair price. The menu is a wide range of ever-popular meals for the whole family like pasta, steaks, roast chicken, pizzas, and more. And moreover,

the restaurant h... For full information see website or contact:

Ref: 2387 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto de Santiago, Pizzeria

€109,000

FRINA Tenerife brings to the Market this Pizzeria - Seafood Restaurant in Puerto Santiago, located in the touristic area of Santiago del Teide and with a stunning view on the Ocean. The two locals have the same owner and the same employees, they work mostly with Tourists, but it is also very well-known between the residents of the town. The Rent of the... For full information see website or contact:

Ref: 2609 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Restaurant

€106,000

FRINA Tenerife presents this Modern Restaurant in Puerto Colon for Sale in San Eugenio Bajo located on a busy street and overlooking the sea. This Modern Restaurant is fully renovated and has a unique decor, it faces stunning sunsets and enjoy an excellent flow of people, both tourists and locals. Premises of the Restaurant for Sale The premises... For full information see website or contact:

Ref: 2593 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Retail Business

€100,000

FRINA Tenerife offers for sale this retail business that sell car and vehicle parts. The business is located in Los Realejos, where it serves many locals in the area and some British people. The business has a solid reputation and had a healthy income, but is now closed. Included in the retail business The owner wishes to sell the business... For full information see website or contact:

Ref: 2343 | FRINA Tenerife SL - Business Sales | 922 085 191

€99,999 - €50,000



Fanabe, Bar/Cafe

€99,500

This well-known British Café for Sale in Fanabe is one of the best known in the area and has been established for many years. It is known for classic English breakfasts, cakes, Sunday Roasts, and much more. Furthermore, the café has great reviews among residents, tourists, and on social media, and no doubt you will guests from day one with this business... For full information see website or contact:

Ref: 2397 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Galletas, Ice Cream Bar

€89,000

FRINA Tenerife is happy to offer this amazing Crepe & Ice Cream Café for Sale in Las Galletas. The café is located centrally in the city and facing a busy area that enjoys plenty of footfall and attracts many residents and especially families. The café is known for ice cream, crepes, good coffee, and shakes. The premises are in good condition and you d... For full information see website or contact:

Ref: 2438 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Pest control business

€89,000

FRINA Tenerife offers a genuine successful Pest Control and Cleaning Company for sale. This company has been established for years and has hundreds of clients in the south of Tenerife. The main job is pest control of businesses and private houses, nevertheless, they also earn decent money on cleaning jobs. Since all work is done on location, the own... For full information see website or contact:

Ref: 2573 | FRINA Tenerife SL - Business Sales | 922 085 191

El Madronal, Babywear Shop

€86,500

FRINA Tenerife brings to the market this Baby SPA Wellness in Costa Adeje, a one-of-a-kind business in the island. The Baby SPA has a very good reputation thanks to the beautiful online reviews. It comes with all furniture included. The Baby SPA Wellness has a full SPA licence and you are allowed to offer therapeutic massages too. It is in El Madroñal ... For full information see website or contact:

Ref: 2581 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Pool Bar

€85,000

FRINA Tenerife just took on this large pool bar in Torviscas Bajo. It is very well established and placed in a large and popular holiday resort that has hundreds of tourists every month year round. The pool bar has a large terrace overlooking the pool and with tables for 50 guests. The inside premises are fully equipped with a large bar and an industri... For full information see website or contact:

Ref: 2385 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Alto, Empty Local

€85,000

Large local of 128m2 for sale in Puerto Colon.

Ref: VS3416D | Vym Canarias | 922 787 210

Vilaflor, Bar/Restaurant

€80,000

FRINA Tenerife is happy to offer this beautiful Restaurant for Sale placed in the caves of a large finca in Tenerife. Today the place is known for its beautiful location and surroundings with wines and fruits trees and offers a modern Canarian menu made from local and homegrown products. This is a successful business with an amazing reputation but ther... For full information see website or contact:

Ref: 2549 | FRINA Tenerife SL - Business Sales | 922 085 191

Costa del Silencio, Restaurant

€79,000

FRINA Tenerife offers for sale in Costa del Silencio this restaurant that is known for delicious fish and tapas. It has been established for almost 2 years and has earned itself a good reputation and has very high reviews on Google, TripAdvisor, and Facebook. The premises are spacious 300m2 and moreover, have a terrace of 40 m2. Inside are tables for 1... For full information see website or contact:

Ref: 2515 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Beauty Salon

€76,000

FRINA Tenerife offers Traspaso Nail and Beauty Salon for Sale. It has a prime position in Las Americas facing the busy promenade and offering a stunning sea view. The business offers a variety of treatments among others manicure, pedicure, waxing, massages, tinting of lashes and eyebrows, facials and more. The premises are amazing and refurbished to hi... For full information see website or contact:

Ref: 2564 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Excursion Business

€75,000

This Boat Hire Excursion for Sale offers zodiac boats to hire and go for private trips. The brilliant thing about zodiacs is you do not need a license to sail it so both residents and tourists come to rent and enjoy a private trip on the sea. This is an easy excursion business to run for one person since you only need to meet clients for the instructio... For full information see website or contact:

Ref: 2426 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Alto, Bar/Cafe

€65,000

Now we offer this Reputable Bar for Sale in Torviscas Alto. If you are looking for a well-established business with many loyal customers, you should have a look at this café that is a popular place to meet friends for a drink. The current owner had the business for 3 years and only look to sell since he also has other businesses. The premises of the... For full information see website or contact:

Ref: 2444 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Bar/Cafe

€65,000

FRINA Tenerife offers this Bar-Restaurant for sale in San Eugenio Bajo. It is a well-known business and enjoys many regulars and new guests due to its location in a large complex that enjoys residents and tourists year-round. The business is known for its great price/quality and live entertainment several nights a week. The premises are well-maintai... For full information see website or contact:

Ref: 2463 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Bar/Cafe

€65,000

Fantastic opportunity to purchase a bar located in a popular commercial centre. The bar has been fully refurbished, had new bathrooms installed, fully rewired, new air-conditioning, and new glass washer. Included are 10 televisions which can show 3 different matches, and 2 WiFi routers (one for the TVs, one for customers).

Ref: B-122 | Tenerife Prime Property | 922 703 725

Adeje Town, Pizzeria

€60,000

FRINA Tenerife is now offering this well know pizza restaurant traspaso in Adeje. The restaurant is centrally located, in the centre of the old Adeje town. Where it is in a residential complex. This is a restaurant that is popular among the residents and families in the area. The premises are a spacious 92 m2 restaurant that has a large, covered terrac... For full information see website or contact:

Ref: 2525 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Pizzeria

€55,000

Now FRINA Tenerife offers this Adeje Pizzeria for Sale that has been established for several years and is known for delicious pizzas. If you wish to keep running this business as a pizzeria, this location is perfect to establish yourself as a takeaway and delivery business for all the surrounding complexes. This is the area for you that gives loyal cus... For full information see website or contact:

Ref: 2416 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Minimarket

€51,000

FRINA Tenerife offers this unique opportunity to buy a Traspaso Minimarket and Fast Food Shop in Los Cristianos. This business sales both fast food like kebab, fries and burgers. Moreover, is the store installed with shelves and fridges to sell everyday goods like alcohol, chips, sweets, ice cream, sun cream etc. The premises are 60 m2 inside and has a... For full information see website or contact:

Ref: 2431 | FRINA Tenerife SL - Business Sales | 922 085 191

UNDER €50,000

Los Cristianos, Bar/Cafe

€49,500

FRINA Tenerife now offers this amazing French Café in Los Cristianos. 2 Years ago the owners refurbished this Cafe. Where they also installed a wine boutique. This café serves French healthy food and it does tapas and wine tasting. And has done so for more than 8 years, and has a good reputation. furthermore, with the addition of the boutique, the new own... For full information see website or contact:

Ref: 2539 | FRINA Tenerife SL - Business Sales | 922 085 191

Tel: 922 703 725
Mobile: 619 180 888

C/ Luciano Bello Alfonso No. 5,
 1st Floor, Office C,
LAS CHAFIRAS
 38639 Santa Cruz de Tenerife



FOR SALE!

Wonderful opportunity to purchase 10 businesses on the West coast of the island offering the best dishes from around the world (Sushi from Japan, National dishes from Morocco, tapas and other classic dishes from the Canary Islands, the absolute best steaks on the island, Burgers to die for and even the best British cod and chips!). Each business can be purchased individually – either via traspaso or, in three cases, freehold. Dis-

counts are available for quick sale!

Canarian cheeses and wine	Moroccan Cuisine
Canarian Cuisine	Traditional British fast foods
Tapas with a twist	The best steaks in Tenerife
Sushi from Japan	Dishes from around the world
Burgers to die for!	

SALE PRICE: €1,500,000

Contact us for more information or to arrange a meeting with the Vendors

FRINA Tenerife

tenerifebusinessforsale.com

Bar in Las Veronicas for Sale



This bar is known for its delicious street food and cocktails. Located in the busiest party area in Tenerife it is open in the evenings until late night. It is 30m2 with a terrace for 20 people. The monthly rent is: 2,200€.

Ref.: 2718

Price: 129,000€

Large Beach Restaurant



Located just next to Playa las Vistas is this large and always busy restaurant of 400m2 that moreover has a terrace of 85m2. It is a turn-key business that has been established for more than 10 years. The monthly rent is 13,000€

Ref.: 2788

Price: 120,000€

Leasehold Gym for Sale



With a spacious area of 285m2 spread over two floors, you get a fully equipped gym to serve every clients needs. You have the machine and fitness area and 2 spacious rooms for boxing and fitness classes. Monthly rent is: 2,062€

Ref.: 2797

Price: 109,000€

Turn-Key Cafe in Fanabe



This cafe in a shopping centre in Fanabe is a popular and well-known breakfast, brunch and lunch cafe with a healthy income. Employees manage it, hence a good investment case. The monthly rent is: 2,200€

Ref.: 2790

Price: 110,000€

Cozy Pool Bar in Los Cristianos



This pool bar is 70m2 and is in a lovely and busy complex. The bar was recently renovated and has a fully equipped kitchen and a bar open to the terrace. And the license allows you to stay open after the pool closes. Monthly rent: 1,100€

Ref.: 2770

Price: 48,000€

Sea View Bar in Puerto Colon



This bar spans 49m2, equipped with a large serving area and a small stage perfect for live music. The terrace is 20m2 and offers stunning views of the harbour, La Gomera and sunsets. Monthly rent: 1,500€.

Ref.: 2793

Price: 45,000€

Excursion Shop in Las Americas



Great option to get a well-established excursion business in a central location in Las Americas, showing a healthy profit both summer and winter – a turn-key opportunity both with employees or if you work here yourself. Monthly rent: 3,000€

Ref.: 2801

Price: 70,000€

Bar-Cafe in Busy Complex



This bar-café is in a large and busy complex in Torviscas Bajo. It is known for its British menu, friendly service and live entertainment. The business has tables for 25 guests and is perfect for a couple. Monthly rent: 1,000€

Ref.: 2803

Price: 79,500€

Sea View Cafe in Los Cristianos



This cafe in San Telmo offers a stunning view over Playa las Vistas and benefits from having a double terrace, hence you can fit up to 30 guests. It is a busy location and perfect for all types of catering businesses. Monthly rent: 2,400€

Ref.: 2795

Price: 82,000€

Bar Restaurant in Los Cristianos



This bar-restaurant is 60m2 with a spacious terrace. In total, the premises can accommodate 35 people and is in a commercial center. It is open from early morning to late evening with many regular guests. Monthly rent is: 1,300€

Ref.: 2766

Price: 65,000€

Profitable Brunch & Dessert Cafe



This turnkey business features a fully-equipped kitchen and a 60m2 dining area for 50 guests who can enjoy the sea view. It has been established for more than 10 years and is famous in Golf del Sur. Monthly rent: 2,000€

Ref.: 2794

Price: 200,000€

Diving Center for Sale



This diving center is located centrally and close to the diving start point. It has been established for more than 10 years and has a healthy profit. The office and storage locals are 110m2 and the monthly rent is: 650€

Ref.: 2810

Price: 79,000€

Bargain Freehold Pool Bar



Do not miss this chance to get a pool bar sold as freehold. It is 67m2 and in a complex in San Eugenio Bajo with both tourists and residents. It is the perfect place for a first-time buyer or a couple who wishes to work together.

Ref.: 2773

Price: 140,000€

Commercial Freehold for Sale



This freehold office is 92m2 and offers a large open office area, a meeting room, a directors office, a toilet, a storage and a kitchen. It was fully refurbished in 2019 and is perfect as office, shop or a beauty salon.

Ref.: 2477

Price: 135,000€

Bakery & Bar for Sale



This stylish bar & bakery is in Palm Mar offers everything you need to run a busy breakfast, lunch and take away business. It has a large and lovely terrace and 90m2 fully furnished local with a spacious kitchen. Monthly rent: 1,650€

Ref.: 2808

Price: 170,000€

Laundry Business for Sale



You find this business in an easily accessible location Playa Paraiso. It is 70m2 and fully equipped, offering both self-service machines and dedicated washing services. The monthly rent is 675€.

Ref.: 2760

Price: 79,000€

Prestigious Charter Boat



This Prestigious Princess 45 Fly Charter Boat, is located in the vibrant Marina Las Galletas. It has a Caterpillar 425 horsepower Engine, was renovated in 2022 and accommodates up to 10 guests. The monthly rent: 996€

Ref.: 2791

Price: 225,000€

Freehold Pool Bar in Golf del Sur



This freehold pool bar of 129m2 was recently renovated. It is in a busy complex in Golf del Sur where you have both residents and tourists. Today the bar is closed and just waiting to reopen and serve all the daily guests enjoying the pool.

Ref.: 2786

Price: 190,000€

Sailing Charter for Sale



This charter boat and business is in Los Gigantes and includes a 45-foot Bavaria with the Blue Flag and a van for driving with customers. Both are fully licensed for client transportation. The monthly rent is 2,500€

Ref.: 2748

Price: 490,000€

Thriving Boat Rental Business



This business in Puerto Colon rents out self-operated boats so the clients can enjoy a private day at the ocean. Each boat accommodates up to 6 passengers and can be sailed without a license. Monthly rent: 1,050€

Ref.: 2792

Price: 175,000€

+34 670 63 60 04

+34 922 08 51 91

frina@tenerife-business.com

tenerifebusinessforsale.com

we are here too

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

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

