

The Tenerife Property & Business Guide



Part of the Spanish Property Guides Group | April 2019 Issue 174

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



We are proud to present this beautiful 4 bedroom, 5 bathroom villa in San Eugenio Alto with its own swimming pool and enjoying spectacular sea and mountain views! See page 2 for more information and details on how to arrange a viewing.



COME AND VISIT THE BEAUTIFUL

MY THAI LOUNGE

PUERTO COLON MARINA

See Page 53 for details

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Tenerife Island Rentals & Buy Tenerife

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

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

www.tenerifeislandrentals.com
info@tenerifeislandrentals.com



San Eugenio Alto – Beautiful villa!

Large villa of 250m² recently refurbished to an incredibly high standard on a plot of 850m² in this highly sought after suburb. The property is very bright and spacious with four large bedrooms, three of which are ensuite, plus a further two bathrooms, and a fantastic open plan living area with beautifully fitted kitchen. Large patio doors open on to the swimming pool and sun terrace with wonderful, uninterrupted views along the coastline. There are wrap-around terraces and a large garage that could also be used as a self-contained apartment. Extras include solar panels and pre-installation for air conditioning, an alarm system and brandnew appliances throughout.

€1,470,000



APOLOGY

Error on Front Page of The TPG – March 19 issue

The TPG would like to apologise for the mistake on last month's front page which stated that the beautiful property advertised under the name of our valued client, Island Estates, was owned by one of Ireland's favourite sons, Daniel O'Donnell, when, in fact, it was not.

We try our best to ensure that all information appearing in The TPG is correct, and apologise unreservedly to Mr O'Donnell for any upset caused, and to our friends at Island Estates and their clients, whose property is correctly advertised on Page 26 of this issue.



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Tenerife Island Rentals & Buy Tenerife

Sales

Los Menores, Charco del Valle



Large townhouse with three bedrooms, the master with en suite bathroom, a further bathroom and a WC. There is a large living room with patio doors leading to the terrace and a separate fitted kitchen. A large roof terrace enjoys fantastic views to the sea with outdoor dining area. The property has a parking space behind closed gates and there are no community fees. The property is being sold partly furnished. The new motorway is easily accessible from the property.

Ref: ADO0448

€220,000

Malibu Park, San Eugenio Alto



This apartment is located on the ground floor with ramp access from all areas. The apartment has a large living room with American style kitchen, large double bedroom with fitted wardrobes and a good sized bathroom with corner bath. From the living room there are patio doors onto a very large terrace with garden area with views to the mountains and the sea. Fantastic community swimming pool and pool bar. There is also a reception on the complex which means the apartment could be used for holiday rentals making it an ideal investment property.

Ref: AP0456

€149,995

Los Girasoles, El Madroñal



Three bedroom two bathroom townhouse with fully fitted kitchen and utility area, WC and large living room with direct access to the front terrace on the ground floor. On the upper floor there is a large master bedroom with ensuite bathroom and terrace with fantastic sea and coastal views and a further two double bedrooms and bathroom. There is also a small office area on the upper level. Parking area behind secure gates.

Ref: ADO0438

€330,000

Luxury Villa, Callao Salvaje



Recently refurbished stunning villa distributed over two floors. The property has several terraces for outdoor living and there are three double bedrooms, all with ensuite bathrooms and a further separate bathroom. Bright, spacious open plan living dining room with a large kitchen with island and state of the art appliances and quality fittings and separate lounge area. The private salt water swimming pool is heated and surrounded by spacious sun terraces. Fitted with air conditioning and solar power.

Ref: LUX0457

€680,000

Las Rosas



Three storey property located in a very peaceful area close to Las Galletas. On the ground floor of this property there is a large indoor barbecue area with kitchen and WC with access to the wrap around terrace. On the main floor of the house there is a very large living dining room with open plan kitchen fitted with top of the range appliances. There is also a double bedroom and bathroom. On the upper floor there are three double bedrooms and a family bathroom. The master bedroom has a very large walk in cupboard and en suite bathroom with corner bath. There is also a self contained apartment in the property.

Ref: CHA0441

€735,000

Las Chafiras



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

Ref: AP0382

€155,000

Avda Europa, San Eugenio Alto



Large villa of 250m² recently refurbished to an incredibly high standard on a plot of 850m². With four large bedrooms, three of which are en suite, a further two bathrooms, fantastic open plan living area with beautifully fitted kitchen. Large patio doors open on to the swimming pool and sun terrace with fantastic, uninterrupted views along the coastline. There is a large garage that could also be used as a self-contained apartment. Solar panels and installation for air conditioning. Located in a very sought after area of San Eugenio Alto.

Ref: LUX0449

€1,450,000

Victoria Court I, Los Cristianos



Ground floor apartment renovated to a very high standard with direct access to the pool area from the terrace. The property consists of a large double bedroom, shower room, large living room with American style kitchen and large terrace. The complex has a pool bar, laundrette, international TV channels and pool area. The complex also has a tourist licence meaning that this property would be an ideal investment opportunity allowing weekly holiday rentals.

Ref: AP0434

€220,000

La Perla, Cho



Bright and spacious three bedroom villa the master has an en suite and separate dressing area, modern family bathroom and a fully fitted kitchen with quality appliances. The family lounge area has doors leading out to the wrap around garden area which has a large swimming pool and covered dining area and there are also gardens to the front of the property with parking. The current owners have created a mezzanine level for an additional sleeping/office area. There are many extras including electric gates, alarm system and viewing is highly recommended to appreciate this property.

Ref: LUX0293

€598,000



Playa San Juan



- 2 beds
- 1 bath
- Central location
- Close to beach
- Close to amenities
- Sea views
- Furnished
- American kitchen
- Sunny terrace

Ref: 2A3364

45 6

Price: 133,000€

San Eugenio Alto, Ocean Park



- 1 bed
- 1 bath
- Furnished
- Close to amenities
- Close to beach
- Gated community
- Touristic area
- Sea and pool views
- Sunny terrace

Ref: 1D3363

52 23

Price: €194,950

San Eugenio Bajo, Ocean Park



- 1 bed
- 1 bath
- Gated community
- Communal pool
- Touristic area
- Various terraces
- Furnished
- Sea views
- Close to amenities

43 19

Price: 249,000€

Ref: 1A3362

San Eugenio Bajo, Los Geranios



- 1 bed
- 1 bath
- Gated community
- Touristic area
- Close to beach
- Sea and La Gomera views
- Furnished
- Renovated
- Communal pool

40 15

Price: 259,950€

Ref: 1A3361

Valle San Lorenzo



- 7 bed
- 6 bath
- Rural location
- Private garage
- Various terraces
- Part-furnished
- Part-renovated
- Sea views
- Close to amenities

303 965

Price: 449,750€

Ref: 7V3360

Amarilla Golf, Sun Bay Villas



- 2 beds
- 2 baths
- Close to amenities
- First line to the coast
- Touristic area
- Sea and harbour views
- Private garage
- Communal pool
- Various terraces

96 35

Price: 297,000€

Ref: 2TH3353

San Eugenio Alto, Altavista



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

64 32

Price: 245,000€

Ref: 2A3347

Golf Del Sur, Las Adelfas I



- 2 beds
- 2 baths
- Close to amenities
- Gated community
- Touristic area
- Views to pool and garden
- Furnished
- Large garden
- Heated communal pool

110 120

Price: 247,000€

Ref: 2TH3343

Costa del Silencio, Westhaven Bay



- 2 beds
- 2 baths
- Central
- Close to amenities
- First line to coast
- Sea views
- Furnished
- Various terraces
- Heated communal pool

67 21

Price: 168,000€

Ref: 2TH3324

Los Cristianos, Beverly Hills Suites Hotel



- 1 bed
- 1 bath
- Close to amenities
- Gated community
- Touristic area
- Views to garden and sea
- Furnished
- Sunny terrace
- Heated communal pool

55 13

Price: 172,200€

Ref: 1A3309

El Medano, Medano Beach



- 3 beds
- 3 baths
- Residential area
- Gated community
- First line to beach
- Sea and mountain views
- Private garage
- Part-refurbished
- Furnished

100 200

Price: 260,000€

Ref: 3TH3303

Torviscas Alto, Colina Blanca



- 1 bed
- 1 bath
- Gated community
- Touristic area
- Popular urbanisation
- Sea views
- Furnished
- Communal pool
- Various terraces

48 18

Price: 164,000€

Ref: 1A3246

Palm Mar, El Mocan



- 2 beds
- 2 baths
- Close to amenities
- Popular urbanisation
- Mountain views
- Furnished
- Sunny terrace
- Underground parking
- Communal pool

83 8

Price: 189,000€

Ref: 2A3110

El Madroñal, Oasis de Fañabe Fase I

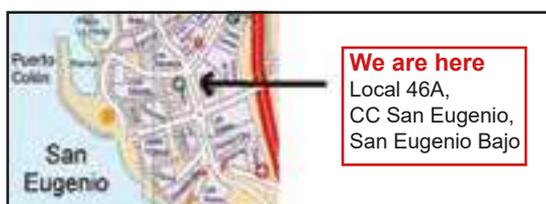


- 3 beds
- 3 baths
- Close to amenities
- Sea views
- Furnished
- Various terraces
- Underground parking
- Communal pool
- Many extras

119 115

Price: 390,000€

Ref: 3TH3085



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CC San Eugenio,
San Eugenio Bajo

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PALM MAR, EL MOCAN

Lovely, spacious, fully furnished 2 bed, 2 bath apartment on sought after residential complex with pool, tennis courts, UKTV and on-site supermarket. The property has a lounge/dining area, independent fully fitted kitchen, a sunny terrace with pool and mountain views, and private parking. Close to all amenities.



Price: 183,000€

Ref: 2A3110

Built: 83sqm

Terrace: 8sqm

EL MADROÑAL, OASIS DE FANABE I

Lovely, spacious, fully furnished 3 bed, 3 bath (master en suite) townhouse in popular, secure residential complex with pool. The property has a lounge/dining area, independent fully equipped kitchen, utility room, various sunny terraces with sea/mountain views, and a private garage. Extras incl. satellite TV, sun blinds security shutters. Close to all amenities.

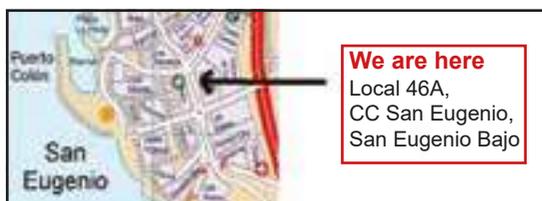


Price: 390,000€

Ref: 3TH3085

Built: 119sqm

Terrace/garden: 115sqm



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Local 31, CC San Blas, GOLF DEL SUR, Tenerife

SALES

SOTOVENTO



2 bed, 3 bath luxury townhouse with integrated double garage. Residential complex with swimming pool and tennis courts. Close to the beach.

€250,000

GOLF DEL SUR



Spacious 2 bed, 2 bath apartment with large terrace giving good views. Close to the pool and elevator on residential community. Secure parking space included.

£215,000 Sterling

GOLF DEL SUR



Lovely 2/3 bed, 2 bath bungalow with secluded front and rear gardens in a sought after area. The property also has a terrace with golf course views.

€275,000

AMARILLA GOLF



Top floor, 1 bed, 1 bath apartment with terrace overlooking the pool on popular complex.

€119,000

SAN MIGUEL



Spacious, 3 bed, 2 bath apartment with large roof terrace and utility room located in Spanish town.

€139,000

GOLF DEL SUR



Nicely presented, 1 bed apartment with good sea and marina views. Sold with garage space and storeroom.

€145,000

GOLF DEL SUR



Large, west-facing studio apartment on popular holiday complex. Close to all amenities.

€79,000

AMARILLA GOLF



Beautiful, fully refurbished 1 / 2 bed duplex apartment with 2 terraces in sought after location adjacent to the San Miguel Marina. Golf course, sea and marina views.

€178,000

AMARILLA GOLF



Well-appointed, 2 bed duplex apartment on residential complex with heated pool.

€165,000

AMARILLA GOLF



Modern 3 bed, 3 bath villas with private pool and garage space in sought after residential area. Close to the sea and the golf course.

€475,000

ALDEA BLANCA



3 bed bungalow in quiet residential complex with 50sqm basement and good outdoor space. Ideal family home in Luther King catchment area.

€199,000

GOLF DEL SUR



Nicely presented, 1 bed apartment with good sea and marina views. Sold with garage space and storeroom.

€145,000



Dorothee Robert
Commercial Director
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Ref: ROA3437

Porta Nova
Apartment, Tonviscas
Price: 295.000 €
Bedrooms: 3

147 m² EEC/CEE **G**



Ref: ROA2089

Modern fully apartment
Apartment, Los Abrigos
Price: 147.000 €
Bedrooms: 2

EEC/CEE **G**



Ref: ROA3203

Beautiful Canarian house
Townhouse, Vilaflor
Price: 350.000 €
Bedrooms: 3

790 m² EEC/CEE **G**



Ref: ROA0026

Santa Maria
Studio, San Eugenio
Price: 189.000 €

38 m² EEC/CEE **G**



Ref: RD1109

Bellamar
Apartment, El Duque
Price: 210.000 €
Bedroom: 1

115 m² EEC/CEE **G**



Ref: ROA2169

Brisas del Mar
Apartment, El Madroñal
Price: 249.000 €
Bedrooms: 2

120 m² EEC/CEE **G**



Ref: RD1098

Baobab Suites
Apartment, El Duque
Price: 349.500 €
Bedroom: 1

100 m² EEC/CEE **G**



Ref: RPP2417

Marazul
Apartment, Adeje
Price: 350.000 €
Bedrooms: 2

100 m² EEC/CEE **G**



Ref: RP2215

Laderas del Palm-Mar
Apartment Penthouse, Palm-Mar
Price: 365.000 €
Bedrooms: 2

175 m² EEC/CEE **G**



Ref: RP1211

San Remo
Apartment, Palm-Mar
Price: 245.000 €
Bedroom: 1

73 m² EEC/CEE **G**



Ref: RP1120

Laderas del Palm-Mar
Apartment Penthouse, Palm-Mar
Price: 198.000 €
Bedroom: 1

63 m² EEC/CEE **G**



Ref: RD2132

Baobab Suites
Apartment, El Duque
Price: 740.000 €
Bedrooms: 2

176 m² EEC/CEE **G**



Ref: RC2020

Magnolia Golf Resort
Apartment, La Caleta
Price: 577.500 €
Bedrooms: 2

271 m² EEC/CEE **G**



Ref: RD1110

Altamira
Apartment, La Caleta
Price: 380.000 €
Bedroom: 1

56 m² EEC/CEE **G**



Ref: RD2140

Bellamar
Apartment, El Duque
Price: 395.000 €
Bedrooms: 2

100 m² EEC/CEE **G**



Ref: RPP3427

Gran Azul
Apartment Penthouse, Playa Paraiso
Price: 325.500 €
Bedrooms: 3

160 m² EEC/CEE **G**

Terrazas del Duque
Av. Bruselas, 18
Edf. Terrazas del duque. Local 6
Costa Adeje
Tel. 922 715 591

Plaza del Duque
CC Plaza del Duque
Nivel -1, Kiosko E
38660 Costa Adeje
Tel. 922 718 193

Palm-Mar
C/ La Garza, 2
Edf. Terrazas del Faro
Arona
Tel. 922 748 006

Playa Paraiso
Av. Playa Paraiso, 2
Edf. Gran Azul, local 11
38678 Playa Paraiso
Tel. 922 741 866

Jardin La Caleta
Av. de Las Gaviotas, 35
Local 1
La Caleta
Tel. 922 168 058

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Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas



STUDIO APARTMENT

Golf del Sur

A PERFECT BOLT HOLE IN THE SUN!

A rare chance to own a low cost, economical bolt hole in the sunshine that is the perfect lock up and leave property. Close to all amenities. This studio apartment is situated within a vibrant complex that features a cascading waterfall, heated communal pool, childrens playground, pool bar/restaurant with entertainment, satellite TV and is fully gated. Within walking distance of the beautiful San Miguel Marina.

Ref: GOLF01544

Price: £84,950 (approx. €95,993)



2 BED APARTMENT

Valle San Lorenzo

IDEAL STARTER HOME!

Spacious top floor, two bedroom apartment, conveniently located in between the Canarian villages of Buzanada and Valle San Lorenzo. Ideal starter home or rental investment. Situated in a residential building and has a fantastic roof terrace which is ideal as extra 'living area'. The views are pretty good too! Good size lounge and open plan kitchen, bathroom and two bedrooms.

Ref: OUT01112

Price: €110,000 (approx. £97,345)



2 BED APARTMENT

Las Chafiras

A HOME ON A BUDGET!

A spacious residential apartment of 83m² located in the very convenient residential and commercial area of Las Chafiras, just 10 minutes from the south airport, local schools and close to two golf courses and a well placed commercial zone. The building has lift access and the property comes with an underground parking space and access to a community roof terrace. Ideal as a home on a budget!

Ref: OG00192

Price: €119,950 (approx. £106,150)



2 BED APARTMENT

Amarilla Golf

A GOOD RENTAL INVESTMENT!

Two bedroom apartment, ideal for permanent living or as comfortable holiday home. The open plan kitchen and lounge offers a light, bright and airy ambience. Two terraces, one is north facing views of Mount Teide, the other has a partial sea view and sun from midday until sunset. The complex has a communal swimming pool and an on-site supermarket. Close to amenities, golf course and San Miguel Marina.

Ref: AMG00496

Price: £150,000 (approx. €169,500)



2 BED SEMI DETACHED HOUSE

Golf del Sur

A LOVELY FAMILY HOME!

A fantastic opportunity to purchase a two bedroom, two bathroom villa on a well maintained complex. Situated within a golf course urbanisation. The property looks directly over the communal swimming pool which can be observed from one of the two terraces. This fabulous complex with a low-rise appearance boasts four communal pools, tropical gardens, community TV and WIFI and an on-site bar/restaurant.

Ref: GOLF01541

Price: €207,500 (approx. £183,628)



1 BED DUPLEX APARTMENT

Los Cristianos

HOLIDAY HOME / RENTAL INVESTMENT!

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

Ref: LC00582

Price: €210,000 (approx. £185,840)

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A beautiful two bedroom, two bathroom detached villa with private pool located in the prestigious San Eugenio Alto area of Costa Adeje. If you are searching for a holiday home or a permanent residence then this is perfect. Excellent location, panoramic views to the coast and surrounding areas from the pool and the roof terrace! There is also an impressive double garage under the villa.

Ref: LA01843
Price: €675,000
(approx. £597,345)

EXCLUSIVE ★★★★★ PROPERTY OF THE MONTH! ★★★★★

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NEW!

2 BED DETACHED VILLA
 Valle San Lorenzo
PEACEFUL LOCATION WITH COASTAL VIEWS!
 This excellently presented 2/3 bedroom single storey house is located in the quiet residential area of La Florida, close to the local towns of Valle San Lorenzo and La Camella. The main tourist areas of Los Cristianos and Playa de las Americas are less than a 10 minute drive away. Based on a very pretty corner plot of over 350m² with landscaped gardens and open views to the coast.
 Ref: OUT01127
 Price: €349,950 (approx. £309,690)



EXCLUSIVE
NEW!

2 BED DETACHED VILLA
 Amarilla Golf
SUPERB TURNKEY PROPERTY!
 Immaculate two bedroom detached villa, located alongside the fairways of the Amarilla Golf course. Private heated outdoor pool and the interior refurbished to a high standard. There is a separate lounge that can be used as an extra sleeping area, complete with its own shower room. The San Miguel Marina is just a short stroll away. Close to all amenities. This is a must view!
 Ref: AMG00510
 Price: €420,000 (approx. £474,600)



4 BED VILLA
 Costa Adeje
OPEN TO OFFERS!
 This luxury four bedroom villa is located in one of the most prestigious areas of Costa Adeje. Within walking distance of top quality restaurants, designer shopping centres and arguably one of the best beaches, Playa del Duque. Located on a high quality residential complex with lovely communal pools and garden areas. The property also has its own private pool and garden!
 Ref: LA01756
 Price: €650,000 (approx. £575,221)



NEW!

2 BED PENTHOUSE APARTMENT
 Golf del Sur
SUPERB TURNKEY PROPERTY!
 A wonderful opportunity to acquire a two bedroom, two bathroom penthouse with stunning views to the sea, the "red rock" and the golf course. This apartment retains a light, bright, airy location with a superb balance of internal and external square metres. There are three terraces, one from the master bedroom and two from the lounge, the larger terrace is the perfect place for al fresco dining.
 Ref: GOLF01553
 Price: €350,000 (approx. £309,734)



EXCLUSIVE

2 BED FRONTLINE APARTMENT
 Golf del Sur
LOCATION, LOCATION, LOCATION!
 A truly magnificent location. This spacious two bedroom apartment is fully air conditioned and the views are absolutely stunning. Wrap around terraces make for all day sun so you can sit back, relax and listen to the sound of the waves lapping up to the shore. The complex offers all the benefits you would expect of a 5 star hotel. With a heated communal pool and secure parking. Viewing is a must!
 Ref: GOLF01530
 Price: €599,500 (approx. £530,530)



3 BED DETACHED VILLA
 Golf del Sur
A WONDERFUL FAMILY HOME!
 If you appreciate the finer things... then this designer villa should be at the top of your viewing list! As you enter, the reception room greets you and all the main areas of the house are accessed from there. Spacious lounge, dining room, fully equipped kitchen, three bedrooms and three bathrooms. Private pool. Beautiful gardens.
 This property has been reduced from €795,000.
 Ref: GOLF01434
 Price: €760,000 (approx. £672,566)

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Paraiso del Palm Mar II



Beautifully presented, bright and spacious 2 bedroom, 2 bathroom apartment with a rooftop solarium that has all day sunshine. The property is sold fully furnished to a high standard and has marvellous views over the village and out to sea.



Price: €285,000

Palm Mar, Lovely villa



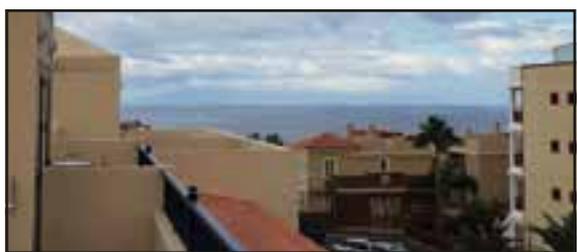
Fully refurbished, spacious and bright, 4 bedroom, 2 bathroom villa in the heart of the village. The property enjoys sea views from the large solarium and there is an integrated garage. All furniture is included in the price.



Price: €499,500

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

Palm Mar, Club de Mar



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

Price: €410,000

Palm Mar, Cape Salema



One bedroom apartment with marvellous views over Palm Mar and out to sea. Conveniently located for all of the amenities on offer in this lovely, tranquil village. The property is sold fully furnished to a good standard.

Price: €160,000

Palm Mar, Los Balandros



Sold fully furnished this apartment has 1 bedroom and 1 bathroom. The price includes a parking space and storeroom.

Price: €165,000

Palm Mar, San Remo



This spacious duplex apartment enjoys sea views and has a large solarium with all day sunshine. There are 2 bedrooms, 2 bathrooms and a cloakroom. The property is sold fully furnished.

Price: €350,000

Palm Mar, Los Balandros



Spacious two bedroom, two bathroom apartment with a large garden on the ground floor which enjoys plenty of sunshine. The price includes an underground parking space and storeroom. The property is sold partly furnished.

Price: €228,500

Palm Mar, Laderas del Palm Mar



Delightful one bedroom apartment facing the pool and with a sunny aspect. This bright and spacious property is sold fully furnished.

Price: €199,000

TENERIFE PROPERTIES

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Контактный телефон для русскоговорящих - 648 525 024

Orlando, Torviscas



1 bedroom apartment (studio converted). Views to pool.

€165,000 Ref: N1291

Castle Harbour, Los Cristianos



Studio apartment 42m2. Pool views.

€140,000 Ref: A403

Caledonia Park, San Eugenio Alto



Large studio apartment, fully refurbished.

€125,000 Ref: A406

Club Atlantis, San Eugenio



1 bedroom, 1 bathroom penthouse apartment. Sea views, double terrace.

€450,000 Sterling Ref: N1323

Ocean Park, San Eugenio



1 bedroom, 1 bathroom apartment. Big terrace, sea views.

€249,000 Ref: N1277

Andalucia, Torviscas Alto



Spacious corner apartment with 1 bedroom, 1 bathroom, large lounge, kitchen and very large terrace from which you can enjoy spectacular sea views. Andalucia is a very well-maintained, touristic complex with many facilities including a heated swimming pool, restaurants / bars, jacuzzi and supermarket. This lovely apartment is in a great corner position with easy access from the top road.

€205,000 Ref: N1324

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Los Geranios, San Eugenio



Very well presented 1 bedroom, 1 bathroom apartment with good-sized terrace, situated on the front-line complex of Los Geranios in the heart of San Eugenio. The complex benefits from a reception, pool bar / restaurant and heated swimming pool. The apartment is to be sold fully inclusive of all furnishings and fittings.

€210,000 Ref: N1304

Garden City, San Eugenio



2 bedroom, 1 bathroom apartment. South facing terrace.

€310,000 Ref: T1137

Las Rosas de Los Vientos



2 bedroom, 2 bathroom penthouse. Closed garage and storeroom.

€231,000 Ref: T1136

Mareverde, Torviscas



3 bedroom, 1 bathroom duplex apartment. 2 x terraces.

€270,000 Ref: I1271

Detached villa, Palm Mar



Luxury detached villa on front line to sea. 4 x bedrooms.

€995,000 Ref: I1265

Linked villa, El Madroñal



3 bedroom, 2.5 bathroom linked villa. Sea views.

€520,000 Ref: I1274



Translators available for any other languages.

Tel: 922 724 110 • Fax : 922 795 934 • Conveyancing: 922 792 110
 Sales: Lynne: 699 250 870 Rachel: 608 573 443
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PLAYA PARAISO, MARINA PALACE

Spacious ground floor apartment located in this popular complex close to Playa Paraiso and also conveniently located for easy access to Callao Salvaje. The apartment comprises: entrance hall, fully fitted open plan kitchen, dining area, lounge with access to the large, 36sqm terrace, bathroom with shower cubicle and a double bedroom with mirror wardrobes.

The complex has the benefit of a beautiful large pool with pool bar.

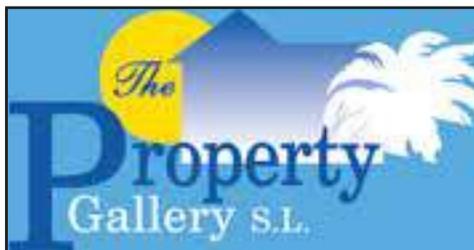
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CLUB LA MAR, PUERTO SANTIAGO



Attractive complex with pool & close to all amenities and beach. 2 bed, 2 bath apt with double terrace.

Ref: C1814 €142,500

PORTANOVA, TORVICAS ALTO



Spacious 2 bed, 1 bath ground apt on quiet complex close to shops, sport & spa centre, bars & restaurants. Communal pool.

Ref: C1829 €235,000

OCEAN PARK, SAN EUGENIO



Refurbished 1 bed apt with excellent view from its 17m2 terrace. Communal pool.

Ref: B1699 €250,000

REPOSSESSIONS:

GUIA DE ISORA, CHIO, LAS CRUCITAS
2 bed, 1 bath 142 sqm ground floor apt.
€81,000
Ref: UV_n_UV00150897

two rooms, bathroom and toilet, plus a roof terrace.
€112,200
Ref: UV_n_UV00053230

BUZANADA CAMINO LOS MIGUELES
1st floor apt in the building LITORAL 3. Sold with parking space in the garage and storeroom.
€97,600
Ref: UV_n_UV00165364

VALLE SAN LOR-ENZO, CR GENERAL TF-28
2 bed, 1 bath apt with separate kitchen, terrace & patio.
€117,045
Ref: UV_n_UV00045212

GUARGACHO, C/ OASIS
4th floor 2 bed apt with long terrace. Renovation needed.
€100,000
Ref: UV_n_UV00168011

PARAISO DEL SOL, C/ POLKA
Duplex. 3 beds, 2 baths. Ground floor: sep. kitchen, utility, lounge-diner, WC & external patio. Basement: storeroom & garage parking space. Communal pool.
€160,000
Ref: UV_n_UV00154816

GUÍA DE ISORA
Village house located in the old part of town with

LAS CARABELAS, SAN EUGENIO



A hidden gem! Duplex 2 bed, 2 bath apt in excellent condition & large sunny terrace. Communal pools.

Ref: C1846 €375,000



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FINCA IN VICACARO, GRANADILLA



Colonial house, located in ideal land for rural tourism. 3 bed, 1 bath, living & dining room, kitchen, swimming pool & good size terrace.

Ref: C1838 €474,000

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 Fax: 922 781523
 Mobile: 607 933 052
 Mobile: 625 950 517



Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE



EL PORIS, ABADES



5,000sqm finca with spacious (72sqm) 1 bed, 1 bath house. The property has a lounge/diner, open kitchen, nice terrace, garden and storeroom.

Ref: 1002 €180,000

ADEJE, LOS OLIVOS



RENT TO BUY! Lovely 3 bedroom, 2 bathroom townhouse in nice complex with swimming pool. The property has a living room, kitchen, rooftop solarium, terrace and private garage. Easy payment arrangements.

Ref: 682 €245,000

MARAZUL



Beautiful, fully furnished, 4 bedroom, 4 bathroom luxury penthouse in sought after sea front complex with community pool. This bright and airy property (1,000sqm built) has a living room, kitchen, a large terrace and panoramic sea views.

Ref: 1027 €1,680,000

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

**PROPERTIES WANTED FOR RENT
 CLIENTS WAITING!**

Puerto Santiago



4 bed, 3 bath villa with living room, kitchen, private pool and garage. Sea views!

Ref: 1003 €750,000

Charco del Pino



Great 4 bed, 3 bath villa with heated private pool, dining room, full kitchen, garden, terrace and garage. Extras incl. water softeners and solar panels.

Ref: 989 €578,000

Charco del Pino



Main 2 bed house with 2 shower rooms plus sep. 1 bed, 1 bath annex in the orchard. New kitchen, garage, hot tub, water tank and orchard with fruit trees and grape vines.

Ref: 1022 Price: €295,000

Playa la Arena



Luxury, fully furnished, 3 bed, 2 bath (+ 2 WCs) duplex with living room, kitchen, large terrace overlooking the sea, and garage and storage room. Community pool.

Ref: 1013 €350,000

Piedra Hincada



Fully furnished, 3 bed, 3 bath townhouse on 2 floors with living room, independent kitchen, small garden, private pool, garage and storeroom.

Ref: 1021 €336,000

Guia de Isora



Finca (6,300sqm) with 2 renovated and furnished houses (one with 2 beds 125sqm; the other with 1 bed 60sqm). Each has terrace garden, and parking.

Ref: 1026 €550,000

Chio



Beautiful 4 bed, 3 bath rustic house with living room, kitchen, garden and parking. Plus sep. small studio. Sea views.

Ref: 935 €220,000

Guia de Isora



Totally reformed 4 bed, 2 bath Canarian house with BBQ area and terrace. Quiet village. 400sqm plot.

Ref: 316 €300,000

Tejina de Guia



Beautiful, fully furnished 3 bed, 2 bath detached house with living/dining room, kitchen, wonderful terraces with incredible views and a large garage.

Ref: 817 €320,000

Palm Mar, Los Balandros



Lovely 2 bed, 1 bath duplex penthouse with living room, kitchen, terraces with sea views and private parking. Pool on complex.

Ref: 985 €220,000

Arico



Finca (9,000sqm) with small house (70sqm) suitable for reform. Several terraces. Excellent views.

Ref: 1005 €160,000

Guia de Isora



Finca (12,000sqm) with small (50sqm) house to be reformed. Water tank.

Ref: 663 €145,000

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



Spectacular finca near El Medano



Spectacular property 3.5km from the main Tenerife South airport, consisting of 190 urban buildings on 15,000 square meters of rustic/agricultural land, completely fenced in with full mains water and electricity supplies.

The property is mostly flat and enjoys unique 360 degree views from the south coast all the way to Mount Teide, with the main, 2 bedroom situated in total privacy while being very close to all services and beaches. Roughly fifty meters away from the main house a chalet has been created using an American motorhome, completely restored and featuring a rustic veranda.

The location, size and views make this incomparable with other similarly-priced properties in the South of the Island.

Price: €595,000

Ref: AF-595



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FAIRWAYS, Amarilla Golf

LEASE-HOLD

Ref: 518-CL

Traspaso now available on the popular, refurbished and very well presented cabaret bar/ restaurant. Well located and very profitable, with a great existing client base. Equipped kitchen, toilets, pool table. Viewing highly recommended.

0 bed, 1 bath 75.000€

THE PALMS, Golf del Sur

REDUCED!

Ref: 454-B2

Fully refurbished bungalow with two bedrooms, bathroom, large modern fitted and equipped kitchen, and lounge/dining rooms opening to the large sunny terrace. This property also has a front and roof terrace. Excellent community facilities including four swimming pools, pool bar and gardens.

2 bed, 1 bath 157.500€

VISTA HERMOSA, Los Cristianos

NEW LISTING!

Ref: 519-A2

Large, well presented, part-furnished, 2 bed, 2 bath apartment in this quality gated community. Fully equipped independent kitchen, lounge / diner, large terrace and private parking space. Excellent community facilities including swimming pool and gardens.

2 bed, 2 bath 249.950€

PRIMAVERA, Palm Mar

NEW LISTING!

Ref: 500-A2

Modern, well presented 2 bed, 1 bath apartment well located in a residential community with pool. Offering American style kitchen and lounge/dining room. Well presented, and offered part furnished. Community with pool.

2 bed, 1 bath 168.000€

JARDIN SAN MIGUEL, Llanos de Camello

IMMACULATE!

Ref: 335-TH4

Well presented, part-furnished 4 bed, 2 bath townhouse on popular complex with pool, gardens and playpark. The property has a separate fitted kitchen, lounge/dining room and private double garage with direct access. Viewing highly recommended.

4 bed, 2 bath 225.000€

WINTER GARDENS, Golf del Sur

JUST REDUCED!

Ref: 475-A1

Rare opportunity to purchase large penthouse apartment on this quality resort. This apartment offers one double bedroom with fitted wardrobes, and two bathrooms. Separate fitted kitchen and lounge / dining room. Sunny terrace are large private roof terrace of over 50m². This property includes private space in underground garage, with lift access. Viewing highly recommended.

1 bed, 1 bath 159,500€

OASIS DE FAÑABE, El Madroñal

STUNNING!

Ref: 507-TH4

Stunning 4 bed, 3 bath (+WC) townhouse, well located on this quality residential resort. Further offering kitchen / diner, covered internal patio and large private garage. Furnished to a high standard. Viewing essential.

4 bed, 4 bath 379.500€

OCEAN PARK, San Eugenio Bajo

NEW LISTING!

Ref: 494-S

Spacious studio apartment, with pool views. This property hasn't been refurbish and has all original fittings, many possibilities. Viewing essential. Communal pool, pool bar and parking.

0 bed, 1 bath 147.500€

WINTER GARDENS, Golf del Sur

NEW LISTING!

Ref: 483-A3

Exclusive! Immaculate 3 bed, 2 bath corner apartment on complex with pool and bowling green. The property has a bright and spacious lounge/diner, independent kitchen, utility room, sunny terrace and private parking.

3 bed, 2 bath 250.000€

VILLA, Playa San Juan

NEW LISTING!

Ref: 521-V6

FIRST LINE TO THE SEA. Stunning views from this 6 bedroom villa, with private swimming pool. Spacious and with private parking, this is a unique property in an unbeatable location. Viewing essential to see exactly what is on offer.

6 bed, 3 bath 1.175.000€

VILLA, Playa Paraiso

NEW LISTING!

Ref: 520-V3

Very well presented, part-refurbished, fully furnished villa with private heated pool and uninterrupted sea views. 3 beds, 3 baths, kitchen, dining area, lounge and private parking. Excellent location. Viewing is highly recommended.

3 bed, 3 bath 495.000€

LA QUINTA, Amarilla Golf

NEW LISTING!

Ref: 517-V3

Spacious villa, with private swimming pool, and stunning sea and golf views. 3 beds, 3 baths (master bedroom has large walk-in wardrobes). Large lounge with connected kitchen / diner. Many terraces, and private double garage. Huge potential, viewing highly recommended.

3 bed, 3 bath 475.000€

CASTLE HARBOUR, Los Cristianos

NEW LISTING!

Ref: 516-A2

Fully refurbished, modern 2 bed, 2 bath apartment in this popular resort location. Quality material used throughout, stunning modern design. Viewing essential. Community with heated swimming pool. More photos on our web page.

2 bed, 2 bath 255.000€

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CLEAR BLUE SKIES GROUP SL
INTERNATIONAL ESTATE AGENTS

G Ref: 7204

SAN EUGENIO ALTO



REDUCED!

The first floor has an additional 2 en-suite guest bedrooms and a master bedroom with luxury en-suite including hydro-massage bath. The upper level has a spacious terrace and garden area with fantastic sea and coastal views. There is also a vast roof terrace which can be utilised for additional outdoor space or garden if required. Many special features including a heated swimming pool with a counter flow system to swim against the current, outdoor bar and BBQ area for entertaining, marble flooring, air conditioning throughout and much more. The villa is priced unfurnished however there is an option to include the high quality furniture if required.




An impressive villa in the hills of San Eugenio Alto in the south of Tenerife. This villa is truly unique in its size and architecture. Built over 4 levels, there is ample space to get lost in this grand property. The ground level consists of a 3 car garage, workshop and bodega. The lift then takes you straight up into the living area where you are greeted by a grand entrance and centre atrium with California glass that allows a great sense of space and light coming into the villa whilst keeping the heat out. From here you have a separate dining room, independent kitchen and utility room and guest bedroom with en-suite.

Villa with private pool **€2,500,000**

F Ref: 7283

GOLF DEL SUR




There is also a storage gardeners shed in the garden and the villa benefits from solar power. To top it off the villa benefits from all day sun on the garden pool area and the sea views are unforgettable. A real must see property. The open plan kitchen and dining room feature every mod-con imaginable and just off the kitchen is a fantastic laundry/utility room on the upper floor of the villa is located a huge master bedroom with double size bathroom/wet room and dressing room. The main bedroom opens onto a fantastic terrace with unbelievable panoramic views.



A unique chance to acquire a detached luxury villa in prime location, corner plot position, with private pool, on Golf del Sur. This beautiful villa is built on a plot of 1000 m2 so there is ample outside living space to relax and enjoy the pool and gardens etc. The ground floor of the villa benefits from 3 double bedrooms all en-suite with a further guest cloakroom in the entrance hall. The house is beautifully decorated, fully air-conditioned, is tastefully furnished and could make an excellent family home or a luxury holiday home. There is a private garage for at least 2 cars and has a work bench area.

Villa with private pool **€749,000**

We are looking for properties in the following complexes: Parque Albatross, Club Atlantis, Oasis La Caleta, Parque Santiago, Parque Tropical and El Mirador.

G Ref: 7357

EL MADROÑAL



Bungalow with private pool **€530,000**

G Ref: 7344

COSTA DEL SILENCIO



House with pool **€295,000**

G Ref: 7347

SAN EUGENIO BAJO



Apartment **€248,000**

G Ref: 7329

LOS CRISTIANOS



Apartment **€209,995**

E Ref: 7317

PLAYA PARAISO



Villa **€1,350,000**

A Ref: 7264

ABAMA GOLF



Luxury property **€750,000**

G Ref: 7326

SAN EUGENIO ALTO



Villa with pool **€1,470,000**

E Ref: 7361

LA CALETA



Apartment **€585,000**



CLEAR BLUE SKIES GROUP SL
INTERNATIONAL ESTATE AGENTS



Ref: 7324

ABAMA GOLF



EXCLUSIVE TO CLEAR BLUE SKIES. As soon as you arrive, you can see the most stunning, modern architectural design has been magically blended with beautiful local Canarian materials to create the most relaxed and harmonious feeling around the whole property. Enjoying breathtaking views over the fairways and out to sea, this fantastic villa embraces you as soon as you enter the open plan lounge kitchen diner, which has huge glass walls and a fabulously designed kitchen. All on one level, the house has 2 guest bedrooms with family bathroom, a master suite with en-suite bathroom, separate utility area, driveway, outdoor kitchen and that all important infinity pool surrounded by sunny and shaded terrace areas. Located on the most exclusive urbanisation in the Canary Islands and just a short distance to local fishing villages and beaches, you really must view this amazing home... but be warned, you may not want to leave!



Luxury villa

€1,700,000



EXCLUSIVE!





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Arona

Beautiful, fully furnished 1 bed, 1 bath apt on complex with pool. The property has a fully equipped open-plan kitchen, fitted wardrobes, and a south-east facing terrace. Close to all amenities.

Ref: 1412-0718 €125,000



Costa del Silencio

Unique, fully furnished 2 bed, 2 bath (1 en suite) house on complex with heated pool. The property has an open-plan living room, fully equipped kitchen, and a beautiful roof terrace enjoying spectacular sea views!

Ref: 1454-0119 €545,000



Costa del Silencio

Cozy, part-furnished 1 bed, 1 bath apt on complex with pool. The property has an American kitchen, a spacious 12sqm terrace, and is conveniently located. Close to all amenities.

Ref: 1460-0119 €110,000



Costa del Silencio

Spacious, part-furnished 2 bed, 1 bath house on modern sea-front complex with large communal pool. Complete with reformed kitchen, 2 balconies and terrace, and large garage.

Ref: 1463-0219 €290,000



Tajinaste, Garañaña

Spacious part-furnished 2 bed, 2 bath centrally located apt on complex with pool. The property has an open-plan kitchen, south-east facing balcony, and views over the park.

Ref: 1465-0219 €140,000



Costa del Silencio

Spacious, fully furnished 1 bed, 1 bath house spanning 2 floors on complex with pool. The property has lots of space, a fully equipped kitchen, and a lovely large terrace.

Ref: 1467-0219 €180,000



Granadilla de Abona

Beautiful fully-furnished 3 bed, 3 bath country house on 1,500sqm plot with private pool and large garden. Several enclosures outside suitable for cats/dogs with small cottage and outdoor space.

Ref: 1469-0219 €395,000



San Miguel de Abona

Beautiful and spacious 3 bed, 2 bath bungalow with large garden on lovely complex with heated pool and children's pool. High quality furnishings and parking spaces available.

Ref: 1470-0219 €247,000



Costa del Silencio

Very bright, part-furnished studio in excellent condition with 9sqm terrace enjoying a pool view. Located in the heart of Costa del Silencio. Community fees €60 / month.

Ref: 1473-0219 €86,000



Costa del Silencio

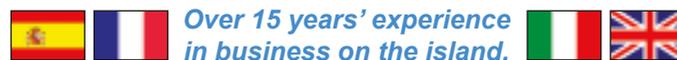
Spacious 2 bed, 1 bath apt on complex with pool. The property has an American kitchen, lovely large terrace, and is wheelchair friendly. Close to amenities.

Ref: 1476-0319 €169,000



Sales and Rentals

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RESIDENTIAL SALES

LONG TERM RENTALS



San Isidro, 2 bed apartment

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

Ref: KV-0214 €115,000



Golf del Sur, Aguamarina

Spacious, fully furnished, 1 bed, 1 bath 4th floor apartment on sought-after seafront complex with pool. The property has an American kitchen and living room which opens to a good size balcony offering sea and marina views. Ideal as holiday home or for investments. Close to amenities.

Ref: KV0213 €140,000



Costa del Silencio, Chaparral

Bright, fully furnished, ground-floor studio in popular complex with pool, close to shops, bars and restaurants. Shower room, kitchenette, living room with terrace, separate sleeping area, easy parking nearby. Ready to move into. Ideal for holidays or lettings.

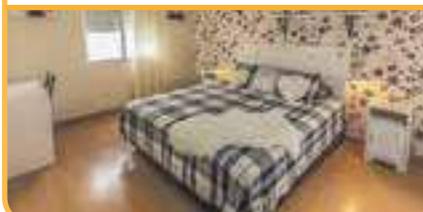
Ref: KV0217 €73,500



3 bed, 3 bath linked house in El Medano

Beautiful property in residential area close to the coast and the beach, living room with open kitchen, set up on two floors, plus underground secure garage, garden, sun terrace and private pool. Partially furnished. Pets not allowed. Bills extra.

Ref: KV0201 €1,300 / month



Tenerife Prime Property

Los Blanquitos, Casa Pico



Luxury country home and equestrian facilities with stables. 3 bedroom, 2 bathroom house and a 2 bedroom, 2 bathroom apartment with its own access. There are caves which have been transformed into sitting and chill rooms with beds and own bathrooms & gardens. There is an orchard with lemon, almond and grapefruit trees and a private solar heated outdoor swimming pool and a gym. There is air conditioning and under floor heating throughout the property and car parking for several vehicles. This amazing property stands on 5 hectares of land.

S-05 1356 €1,950,000

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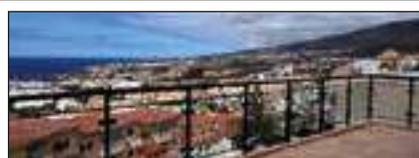


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Local 57, Playa de Las Américas
Arona 38660

922 096 466 / 651 625 353

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La Tagora, San Eugenio Alto



Modern 5 bed 439sqm villa on gated community with private pool and sea views overlooking La Gomera.

Ref: 32337

€790,000

Puerto Santiago, Los Gigantes



Renovated 1 bed, 1 bath 60sqm east-facing apt. The property has an equipped kitchen, interior wood carpentry and parking.

Ref: 32303

€130,000

Sotavento 3, La Tejita



Spectacular, semi-furnished 2 bed, 2 bath (1 en suite) 126sqm penthouse with two terraces on quiet complex with pool.

Ref: 32245

€294,000

Sotavento 1, La Tejita



Fully furnished 2 bed, 2 bath duplex located in quiet area with 2 heated pools and fantastic views.

Ref: 32103

€220,000

El Galeon, Adeje



Modern 2 bed, 2 bath apt on complex with pool. The property enjoys fantastic views, garden area and parking. €100 community fee.

Ref: 32029

€250,000

Torre De Sol, Los Cristianos



1 bed, 1 bath 46sqm east-facing apt on complex with pool. 50m from beach, many extras.

Ref: 32350

€229,000

Compostela Beach, Los Cristianos



Excellent 1 bed, 1 bath penthouse on complex with heated pool. Close to all amenities, direct access to beach.

Ref: 31989

€350,000

Playa Paraiso – Adeje



Luxurious 4 bed, 4 bath villa with private pool. The property has many extras and enjoys wonderful views.

Ref: 32376

€1,390,000

La Caleta, Costa Adeje



Exclusive, fully furnished 4 bed, 3 bath penthouse with surrounding 250sqm terrace with fabulous views.

Ref: 32407

€1,400,000

La Caleta, Costa Adeje



2 bed, 1 bath penthouse on complex with pool just 50m from the beach. Beautiful views and close to amenities.

Ref: 32368

€278,000

San Eugenio Alto



3 bed, 4 bath villa spanning 3 floors on complex with garden and pool. Unbeatable views, Jacuzzi, and many extras.

Ref: 32379

€780,000

Los Blanquitos, Granadilla de Abona



Beautiful 4 bed, 2 bath villa on large 11,920sqm plot complete with 4 independent apartments which can be rented.

Ref: 30426

€890,000



TENERIFE PROPERTY GROUP

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 **C.C. Sun Beach, local 18,
Calle Londres, PLAYA
FAÑABE, 38679, Tenerife**

BUZANADA

445.000€

Beautiful 5 bed, 2 bath detached house with two 1 bed, 1 bath apartments ideal for creating extra income. There's a recently refurbished kitchen, loads of outside space a wo/man cave and fantastic views of both the mountainous countryside and down to the coast.

7  4  Ref: 1021



LOS CRISTIANOS 140.000€

Studio 1  Ref: 1002



LAS AMERICAS 210.000€

Apartment 2  1  Ref: 1024



EL MADROÑAL 257,250€

Apartment 2  1  Ref: 993



COSTA DEL SILENCIO 129.000€

Apartment 1  1  Ref: 1026



PLAYA PARAISO 164.000€

Apartment 1  1  Ref: 1003



PLAYA FAÑABÉ 355.000€

Apartment 2  1  Ref: 1033



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OPPORTUNITY NOT TO BE MISSED - MASSIVE PRICE REDUCTION



Price REDUCED!

TOWNHOUSE Amarilla Golf

Ref: ADOV0102

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

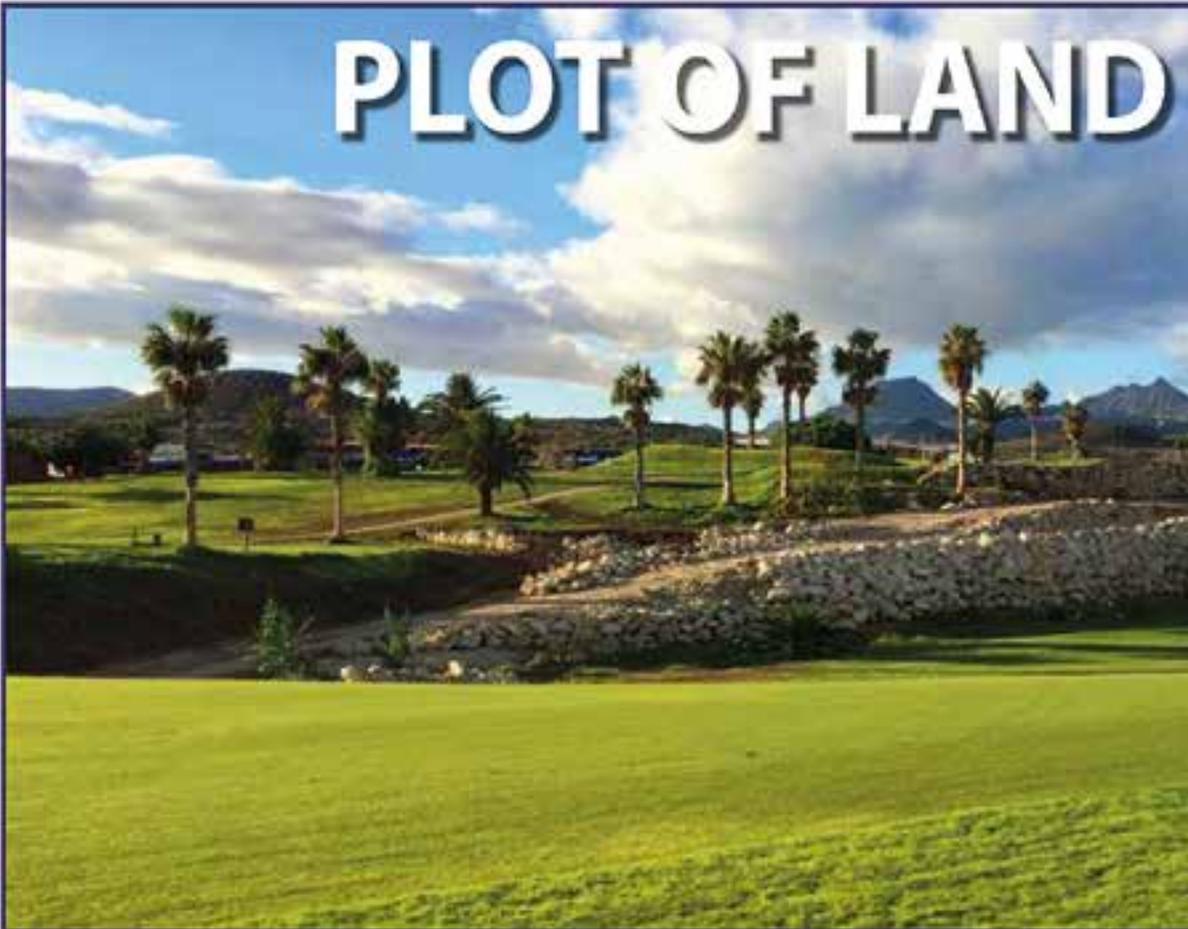
PRICE WAS: 420.000 €

REDUCED TO: 368.000 €

PLOT OF LAND

FOR SALE

1,800.000€



Urban Land for Villas: 4,920 M2.

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

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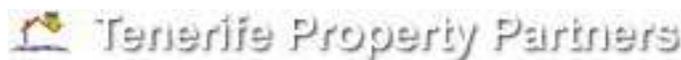
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 (Asesores: Laynez & Fornies)

INTEGRITY · SECURITY · TRANSPARENCY





VYM CANARIAS – MARCH 19

Roque del Conde, Torviscas Alto



Magnificent 5 bed, 9 bath villa on 950sqm plot with private pool and garden. The property has a spacious living room, large surrounding terraces, and enjoys ocean and mountain views. Also includes independent apartment.

€1,800,000

Ref: VS5799D

Insigne Luxury Villas, Costa Adeje



NEW BUILDS!

New two-storey villas with pool, amazing views, 3 bedrooms, 3 bathrooms (+1 WC), large terrace and garden. High quality materials, air-conditioners (cold-heat), TV satellite, telephone!

€940,000

Ref: VS4670K

La Baranda, San Eugenio Alto



NEW!

Outstanding 2 bed, 2 bath 159sqm apt on complex with pool. The property has a great living/dining room, 40sqm private terrace, and underground parking garage.

€419,000

Ref: VS5848D

Apartment in San Eugenio Alto



Recently refurbished, the apartment consists of a large living room, independent kitchen, utility room, washing room, 3 bedrooms, 2 bathrooms. Living space of 108m.

€550,000

Ref: VS5640D

Detached House in Mariben, Callao Salvaje



2 bed, 2 bath (1 with Jacuzzi) detached house on quiet complex with pool. The house has a large garden, solarium with terraces, and private garage.

€335,000

Ref: VS5834D

Townhouse in Las Adelfas I, Golf del Sur



3 bed, 2 bath house with private pool. The property has a living room, dining area, and semi-independent kitchen which leads outside to the 80sqm garden.

€247,000

Ref: VS5707D

El Madroñal, Oasis Fañabe



REDUCED!

Good area near shopping center, international school. 3 bedrooms, 2 bathrooms, independent kitchen, garage, terrace, living room. Surface 180m2.

€299,000

Ref: VS4820DE

Paraiso I, Playa Paraiso



REDUCED!

Great 3 bed, 2 bath apt with separate kitchen and large terrace with BBQ area. Sold with garage and storage room. The complex is very quiet and has two swimming pools.

€210,000

Ref: VS5029D

Los Cristianos, Victoria Court



Great one bed, one bath apartment, open plan kitchen, living room with access to a large terrace overlooking the pool. Lots of restaurants and shops nearby, and only few minutes to the beach.

€220,000

Ref: VS5567D

Los Cristianos, Los Angeles



Beautiful and bright apartment, completely renovated and fully furnished. 1 bed, 1 bath open plan kitchen with living room and terrace. Pool, bar and a solarium in the complex.

€182,000

Ref: VS5337D

Apartment Front line in Callao Salvaje



REDUCED!

Totally refurbished 1 bed, 1 bath apt with a large 26sqm terrace with sea views on complex with pool and private access to beach. The property has a kitchen and spacious living area.

€159,000

Ref: VS5013D

Golf del Sur, Sand Club



Block of apartments with 1 or 2 bedrooms in popular complex. Good location near golf courses, commercial center, shops and restaurants.

From €127,000 Ref: VS5423D

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



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

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

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

Tenerife Prime Property

Amarilla Golf, Augusta Park

REDUCED FOR QUICK SALE!



Beautiful, ground floor 1 bed, 1 bath apartment being sold fully furnished. There is a lounge and fully equipped American style kitchen, air conditioning, electric shutters over windows and an 8m2 terrace overlooking the community swimming pool. (Pool to be heated this year). Low community fees. This is a lovely well maintained apartment.

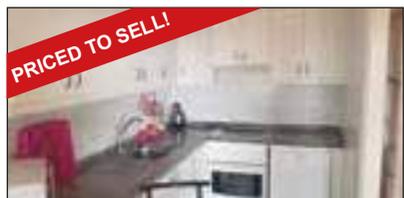
S-01 1354

€164,950



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

Los Cristianos, Dinastia



Very nice, fully furnished, 1 bed, 1 bath apartment on popular complex with community pools and lifts throughout. The property has a lounge-diner, American-style kitchen, and sunny terrace. Close to amenities.

S-01 1333

€185,000

Llano del Camello, Biltmore



Nice, spacious, fully furnished, 2 bed, 2 bath apartment on sought after residential complex with lovely pool area. The property has a lounge-diner, separate fully fitted kitchen, utility room and a sunny, 11sqm terrace overlooking the pool.

S-02 1330

€158,000

El Roque, San Miguel de Abona



Large, fully furnished, 4 bed, 3 bath (master en suite) house on a plot of 750m2 with large lounge, sep. fully fitted kitchen, a games room and two roof terraces. This is a very lovely family home in the quiet village of El Roque – Reduced for a quick sale.

S-04 1335

€315,000

Llano del Camello, Jardin de San Miguel



Lovely family townhouse being sold fully furnished with 4 bedrooms, 3 bathrooms (1 en suite), good size lounge and separate fully fitted kitchen. There are 2 terraces and a large roof top sun terrace with sea views. There is an integral garage for 2 cars and 3 community swimming pools on the complex.

S-04 1351

€210,000

Las Americas, Parque Santiago I



Luxuriously furnished, 2 bed, 2 bath (1 en suite) semi-detached house with stunning sea views in sought after sea front complex with pool. The property has a lounge-diner, sep. fitted kitchen, sunny terrace and garden. Built size: 220sqm, Plot: 345sqm. Aircon throughout. Project for 3rd bedroom in place.

S-02 1334

€650,000

El Galeon, Villas La Capitana



Lovely, fully furnished, 4 bed, 3 bath (1 en suite) villa on sought after community with pool. This substantial property has a large lounge, sep. luxury fitted kitchen, utility room, various terraces, including one off the master bedroom with amazing sea views, and a 5-car garage.

S-04 1337

€420,000

Costa del Silencio, Los Lirios



Nice, ground floor, fully furnished 1 bed, 1 bath apartment in small residential complex with a fully fitted American style kitchen, lounge and a huge 60m2 terrace. There is also an underground parking space and storeroom included in the price with lifts throughout.

S-01 1350

€165,000

Los Cristianos, Port Royale



Large, fully furnished, 2nd floor studio apartment in sought after complex with swimming pool, sunbathing terraces and UKTV.

S-00 1323

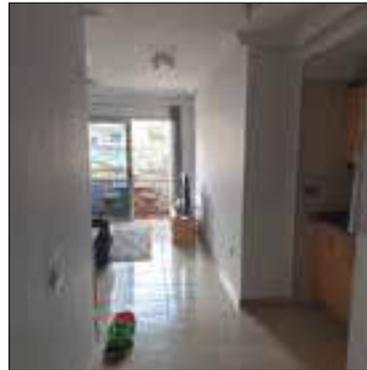
€126,000

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Tenerife Prime Property

Buzanada, Edf. Eos



Lovely 2 bed, 1 bath apartment being sold fully furnished in a block of only 8 apartments with lounge and American style fully fitted kitchen. The property has its own private 70m2 roof terrace with direct access from inside the apartment.



S-02 1357

€149,950

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

Adeje Town



Lovely, fully furnished, 2 bed, 1 bath apartment with a fully equipped separate kitchen, good size lounge and balcony, there are also balconies off each bedroom. This is a first floor apartment with lifts. Also included in the price is a private parking space and storeroom. Apartment is fully air conditioned.

S-02 1349

€159,900

Golf del Sur, Green Park



Fully refurbished and furnished 1 bed apartment with air con, newly fitted kitchen and refurbished bathroom. The property is on the 3rd floor (lifts throughout) and overlooks the community pool.

S-01 1343

€105,000

Golf Del Sur, Las Adelfas I



Large fully furnished, 3 bed, 2 bath (1 en suite) bungalow-style property in touristic complex with community pools. The property has a lounge-diner, separate kitchen, utility room, sunny roof terrace with lovely sea and mountain views and large private garden.

S-03 1339

€269,500

Los Cristianos, Dinastia



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

S-02 1348

€285,000

Golf del Sur, Las Adelfas II



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

S-02 1342

€256,950

Valle San Lorenzo, Edf. JJ Efigenia



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

S-03 1324

€135,000

Los Abrigos, La Lapa



Lovely 2 bed, 1 bath apartment being sold fully furnished on the first floor with an American style fully equipped kitchen, spacious lounge, air conditioning and a 6m2 balcony. There is also a parking space in the underground community garage.

S-02 1355

€157,500

Golf del Sur, Parque Albatross



Fully furnished, 1 bed, 1 bath 1st floor apartment popular complex with pool. The property has a lounge-diner, American-style kitchen and 2 balconies.

S-01 1347

€135,000

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THE PALMS, Golf del Sur



Ref: 514-V4

Luxurious 4 bed, 4 bath villa on exclusive development in quiet location with private swimming pool. The property has a lounge/dining area, open plan kitchen, and large sunny terrace which enjoys sea, mountain and pool views. Built to a high standard and conveniently located close to town and all amenities.

4 bed, 4 bath €1,470,000



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Riviera Resort

San Eugenio Alto

Our luxurious development has only 3 villas remaining, each with 4 bedrooms, 4 bathrooms, a private swimming pool, and fantastic views!

**Presented by:
 SVYZ Inversiones y Construcciones SL!**

Located in one of the most prestigious residential environments in Southern Tenerife, this lovely development consists of 5 independent villas and 8 semi-detached villas - all enjoying wonderful views of the Atlantic Ocean and unique sunsets.

Each of the last remaining villas has 4 bedrooms, an integrated open plan kitchen and spacious living room, lots of leisure space: gardens, wide terraces with wooden parquet floors, air conditioning and private, 'infinity' pools with underwater, LED coloured lighting.

Riviera Resort properties offer an extraordinarily high quality of living due to their spaciousness, luminosity, the tranquillity of the environment, and security (one of the most important

aspects of life in Tenerife). Whether you are looking for a luxury residence in which to live and spend the long summer or winter seasons, or you are an investor, you will find a high return on your investment here when acquiring one of these wonderful properties.

Our villas represent excellent value at the Prices offered - compared with second-hand prices of adjacent, similar properties - which are already quite old and would need substantial amounts of money spent on them to bring them to same high standard as found in **Riviera Resort!**

Furthermore, by renting a villa in Riviera Resort, the ROI is so huge it makes this **INVESTMENT IN LUXURY A VERY PROFITABLE PURCHASE!**



Riviera Resort



PROJECT COMPLETE! LAST 3 VILLAS!



Price: €1,150,000 Villa (Ref: 09)

4 bedrooms, 4 bathrooms
Infinity swimming pool
Plot: 499sqm; Habitable: 321sqm; Terrace: 300sqm
Sea, mountain and pool views. Close to beach and golf courses



Price: €1,075,000 Villa (Ref: 013)

4 bedrooms, 4 bathrooms
Infinity swimming pool
Plot: 550sqm; Habitable: 306sqm; Terrace: 396sqm
Sea, mountain and pool views. Close to beach and golf courses



Price: €990,000 Villa (Ref: 012)

4 bedrooms, 4 bathrooms
Infinity swimming pool
Plot: 422sqm; Habitable: 300sqm; Terrace: 272sqm
Sea, mountain and pool views. Close to beach and golf courses

**TO VIEW ANY OF OUR LAST 3 VILLAS,
PLEASE CALL US TO ARRANGE AN APPOINTMENT**

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REF: 82-808 FLAMINGO, PALM MAR

1 41 m²
1 7 m² €128.000,-



REF: 82-817 EL MIRADOR, LOS CRISTIANOS

1 45 m²
1 45 m² €165.000,-



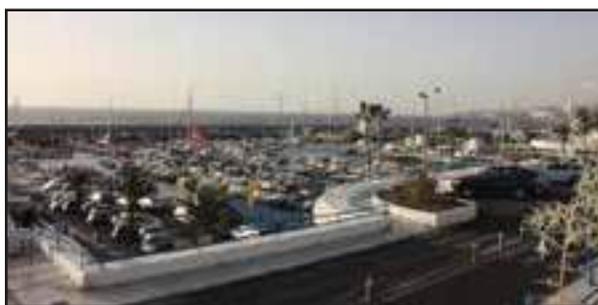
REF: 82-798 APARTMENT, LOS CRISTIANOS

1 40 m²
1 9 m² €198.000,-



REF: 82-816 APARTMENT, COLON 1

1 47 m²
1 19 m² €239.000,-



REF: 84-336 TERRACED HOUSE, CLUB ATLANTIS COSTA ADEJE

3 121 m²
2 23 m² €475.000,-



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Only 9 Properties on this EXCLUSIVE New Development of luxury link detached villas, each one beautifully designed for contemporary living. These fantastic four bedroom properties will be located in a prime position on Amarilla Golf, boasting stunning mountain and golf course views.

Due for completion in the Autumn/Winter of 2021. **THESE PROPERTIES CAN BE RESERVED EXCLUSIVELY AT TENERIFE PROPERTY SHOP**, with a deposit of just €10,000. CHOOSE YOUR PREFERRED POSITION NOW.

These are all **Buy-Off-Plan** properties and prices start from **€390,000!!!**

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9 Luxury Homes

Beautifully designed to suit the needs of contemporary living...



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2 Bedroom apartment in Cabo Blanco - D889

NEW



FRINA Tenerife
Business & Property Agency



- 2 bedrooms, 1 bathroom
- Large sunny terrace
- BBQ Area
- Mountains & panoramic view
- Excellent condition
- **Price: 127.000€**

Completely renovated apartment offering 55m² living space with an open plan kitchen and a huge terrace of 48m². It is located in the small Canarian village of Cabo Blanco – Just a 5 minute drive to Los Cristianos.

1 Bedroom apartment in Green Park - D903

NEW



- 1 bedroom, 1 bathroom
- Open plan kitchen
- Air Condition
- Pool view
- Good Condition
- **Price: 105.000€**

Refurbished apartment in Golf Del Sur offering 44M² living space with balcony and brand new kitchen and bathroom. The complex has reception, swimming pools, tennis and basketball courts, green areas, and community parking.



A UNIQUE VILLA ON EL HIERRO'S SEA FRONT!



We are proud to present this unique property located on the picturesque island of El Hierro, located on the east coast of the island in a small village by the Timijiraque nature reserve. A great location as the ferry port of

but fully renovated by the current owners 10 years ago. The villa is set on three levels: entering from the road side is a 40sqm terrace leading to the front door; inside is the entrance hall, 2 double and one single

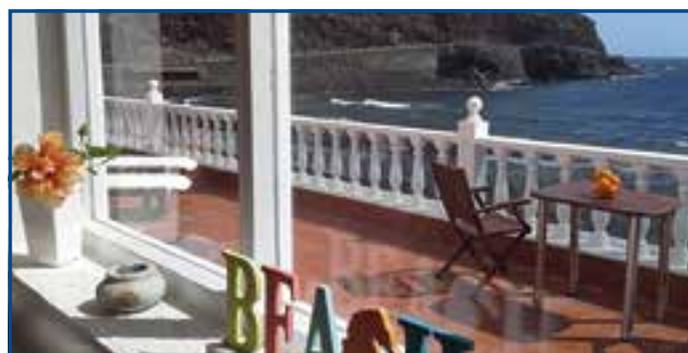


La Estaca is only 2 minutes away and the airport 10 minutes! In the village there is a minimarket and a restaurant, so there is no need to go far for your daily needs!

The stunning sea front position is rare to find anywhere, hence making this a very special property!

The villa sits on a 5,500 m2 plot on the edge of the sandy beach, with a road at the back and the ocean in front. It was originally built in the 1980's,

bedrooms, and a bathroom; a few steps down is the main living area, with a fully equipped kitchen and a spacious and bright lounge, which opens on to a 120 m2 terrace



with breathtaking ocean views! There is also a partly closed-in terrace with barbecue and kitchen – just perfect for al fresco dining! The basement level has a lounge/working room that



can also be used as a guest bedroom, a Finnish sauna and shower room, a good sized storage area, a guest toilet, and the garage.

The villa is sold fully furnished with quality furniture and there is under floor heating in the kitchen and in the downstairs sauna area.

A driveway leads down to the villa from the main access road and there are some lovely landscaped gardens. The fantastic



L-shaped terrace facing the sea has plenty of space for sunbathing and relaxing to the sound of waves lapping on the shore!

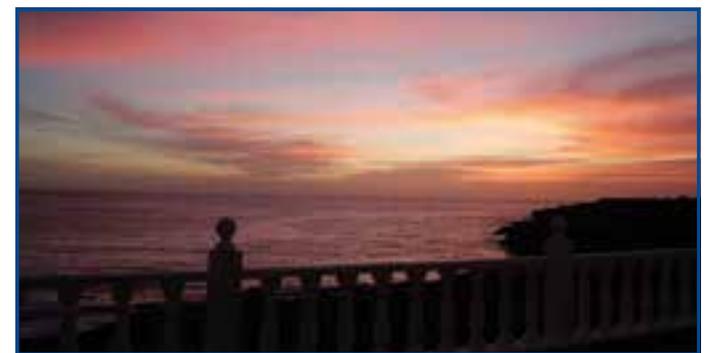
This is such a unique property, absolutely perfect for those who appreciate nature and tranquillity in its sheer beauty.

El Hierro is the smallest, and farthest

a haven for those who seek peace!

There are excellent connections to Tenerife by plane and ferry. The port of La Estaca, though used mainly for merchant shipping and ferries, also has moorings at very reasonable prices.

For more information and to arrange a viewing contact us now!



south and west, of the Canary Islands and has been declared a UNESCO World Biosphere Reserve. Unlike the other Canary Islands, here there is no hustle and bustle of traffic or mass tourism. Its natural beauty is stunning with the contrast of lava on the coast and green fields and forests in the mountains. It is truly

Ref: **V411-BP**
Price: **€435,000**





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EL MADROÑAL



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

€499,000

Ref: V418-BP

PARQUE DE LA REINA, TIGAIGA I



Lovely, fully furnished 3 bed, 2 bath penthouse apartment on 2 floors in popular residential complex with pool. The property has a large lounge/dining room, fully fitted galley-style kitchen, utility room, terrace and rooftop solarium with great sea and mountain views, plenty of storage space, and a secure garage and storeroom. Close to all amenities.

€168,000

Ref: A215-BP

TORVISCAS BAJO, ATALAYA COURT



Great price! Fully furnished 1 bed, 1 bath apartment in popular residential complex with communal pool. The property has a lounge-diner, American-style kitchen and sunny terrace with sea views. Close to Gran Sur and sea front.

€110,000 Ref: AP125-HP

SAN EUGENIO BAJO, LOS GERANIOS



Reduced! Fully furnished, 2 bedroom, 1 bathroom apartment in sought after complex with heated pool. The property, a short stroll to Puerto Colon marina and beach, has a lounge-diner, American-style kitchen and terrace with sea views.

€230,000 Ref: AP217-HP

ARONA



Stunning finca with various buildings and a main house, with landscaped and vegetable gardens. Total 5 beds, 3 1/2 baths, 2 lounges, library, large kitchen, outside pizza oven and lots of outside seating. So much potential either as a luxury home or rural hotel.

€1,400,000 Ref: F104-HP

SAN EUGENIO BAJO, OCEAN PARK



Studio apartment in popular complex near the sea front and harbour and all amenities. Nice sunny terrace with views to the swimming pool, parking. Great rental potential.

€150,000 Ref: ST108-HP

GRANADILLA, VILLAGE HOUSE



Large 3 bed, 3 bath village house in quiet position on a 330sqm urban plot with 2,500sqm of rustic land. The property has a lounge-diner, open plan kitchen, additional room, terrace with nice views, garden, and basement with garage and storage space.

€262,500 Ref: VH104-BP

PLAYA PARAISO, PENTHOUSE



Lovely, fully furnished 1 bed, 1 bath penthouse apartment in complex adjacent to The Hard Rock Cafe (annual permit held for use of the Cafe's pool and amenities). The property has a lounge-diner, American-style kitchen and sunny terrace.

€199,000 Ref: AP115-AG

ROQUE DEL CONDE



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

€255,000 Ref: TH205-HP

NEAR GRANADILLA



Superb, fully furnished, 4 bed, 3 bath (master en suite) villa with pool on double plot. Bright and spacious lounge/dining area, independent kitchen, office, various terraces (incl. solarium) with lovely views and a huge basement/garage.

€578,000 Ref: V402-BP

ROQUE DEL CONDE



Very nice, fully furnished, 3 bed, 3 bath (master en suite) townhouse on residential complex with pool. The property (originally 2 bed, 2 bath) has a lounge/dining area, open plan kitchen, large sunny terrace, balcony and private garage.

€330,000 Ref: TH306-AG

SAN MIGUEL DE ABONA, BUILDING PLOT



A great location to build your dream home - only 10 minutes' drive from the TF1 motorway. Excellent sea views. Contact us for more information.

€72,000 Ref: L101-BP



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Ref: 1-AP3-1827

Vista Hermosa IV
Apartment, Los Cristianos

Price: €374,950
Bedrooms: 3



Ref: 1-AP2-1670

Cristianmar
Apartment, Los Cristianos

Price: €279,950
Bedrooms: 2



Ref: 1-VI4-1850

San Eugenio Alto
Villa

Price: €1,470,000
Bedrooms: 4



Ref: 1-API-1825

Granada Park
Apartment, Los Cristianos

Price: €199,950
Bedrooms: 1



Ref: 1-AP2-1507

Playa Graciosa III
Apartment, Los Cristianos

Price: €344,950
Bedrooms: 2



Avenida Los Playeros No 26, Edf. Hotel Reveron Plaza, Los Cristianos



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Ref: 1-VI2-1845

Sun Bay Villas
Villa, Amarilla Golf

Price: €295,000
Bedrooms: 2



Ref: 1-AP2-1866

Parque Don José
Apartment, Costa del Silencio

Price: €169,000
Bedrooms: 2



Ref: 1-BU2-1443

La Florida
Bungalow, Valle San Lorenzo

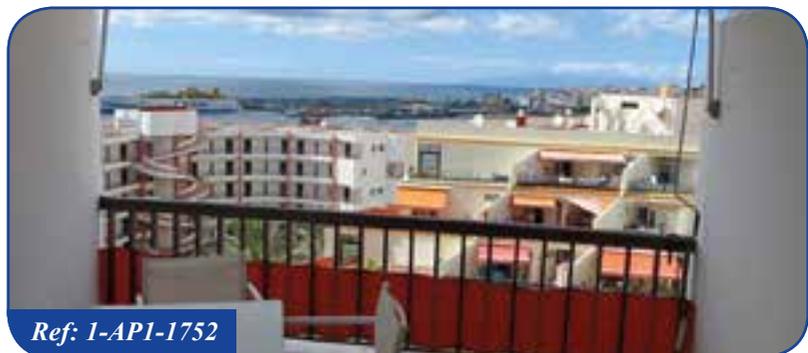
Price: €349,950
Bedrooms: 2/3



Ref: 1-ES0-1706

Port Royale
Studio, Los Cristianos

Price: €164,950
Studio



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Brexit chaos results in dramatic swings in Sterling



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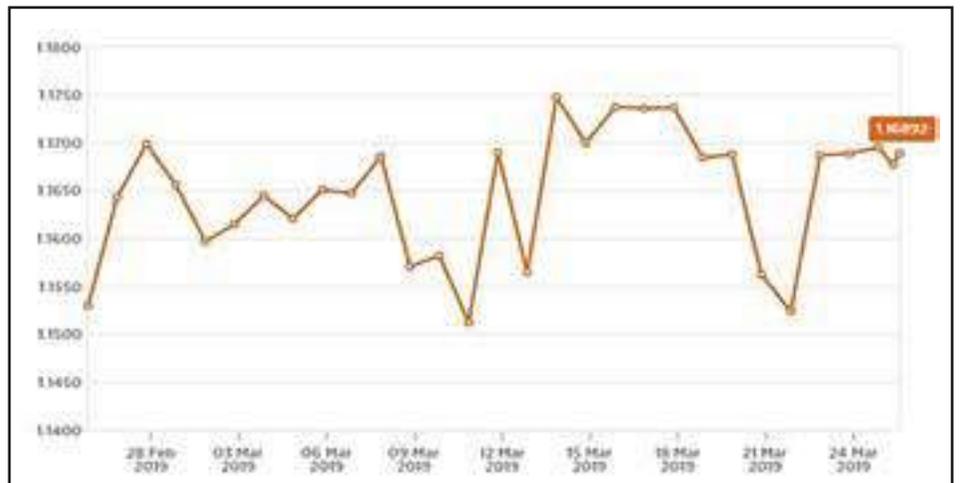
The pound has found itself the biggest mover and shaker in currency markets over the past couple of weeks as Brexit continued to dominate investor attention. This has seen GBP/EUR jump between 1.15 and a 21-month high of 1.17 before settling at 1.16, while EUR/GBP dipped from 0.86 to 0.85. Meanwhile, GBP/USD has climbed from 1.30

hold through 2019. A dovish turn by the Federal Reserve dented the appeal of the US dollar. The Fed recently indicated that it may leave interest rates on hold this year. Unsurprisingly Brexit will remain the key catalyst for movement in the pound over the next few weeks, likely overshadowing any UK economic data and driving further volatility. At the same time, we may see some upside in the euro in the coming weeks as economists forecast that the Eurozone data will begin to show signs of recovery. Finally, for USD investors the focus is likely to be back on the latest round of US-China trade talks

amidst hopes the two countries may be close to finalising a trade deal. At Currencies Direct, we're here to talk currency whenever you

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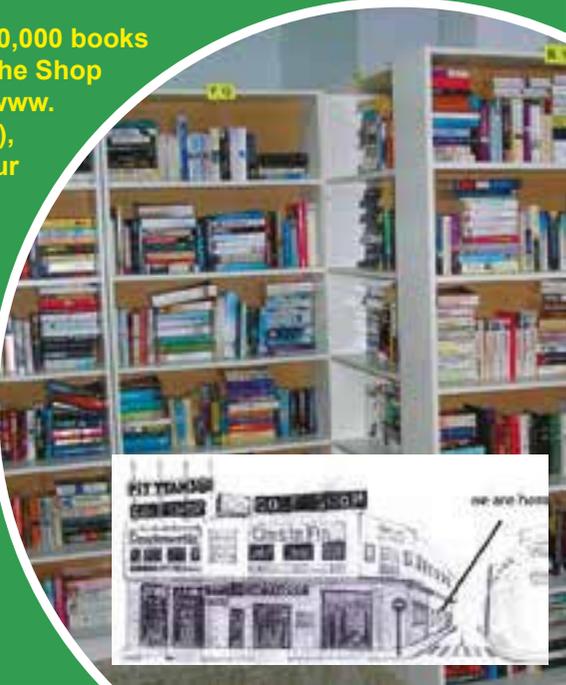
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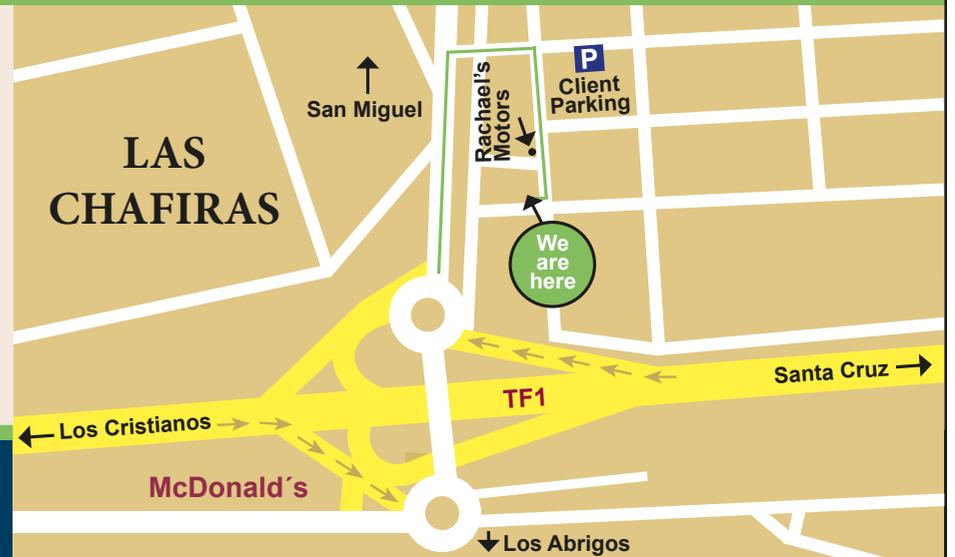
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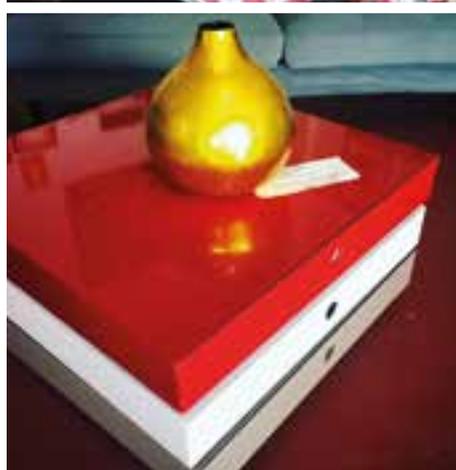


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ENERGY PERFORMANCE CERTIFICATES (EPC's) IN SPAIN

APRIL 19 UPDATE

The total number of Energy Performance Certificates carried out in the Canaries since June 2013 now stands at approximately 210,000, with some 2,672 being registered over the month of March. This is almost identical to the total for March 2018 and is the highest total recorded since July of last year. It seems to show that there are still a great number of properties

being registered with their certificates for either sale or rental purposes in the Canary Islands. This of course groups both residential and commercial properties and those for sale as well as for rent in all of the Islands which together form the Canaries.

For those of you who are not aware of Energy Performance Certificates (EPCs), they

were introduced in Spain and its dependencies by Royal Decree on 5th April 2013. This Law requires that, from 1st June 2013, an EPC must be obtained by the owner whenever a domestic or commercial property is Built, Sold or Rented.

Selling your property

From 1st June 2013 property owners are required by law to

present an Energy Performance Certificate when a property is placed on the market and prior to any advertising. When the property is sold, the Notary will need to see the EPC, termed the Certificado de Eficiencia Energética in Spain.

Renting your property

Either you or your agent, must obtain an EPC. An

1st June 2013, no EPC is required until one tenant leaves and the property is offered for long term rental again. If your property was built after 2007 you should already have an EPC provided by the seller. If you only rent your property out on a short term basis, for less than 4 months of each year, you may not need to have an EPC. If you are the tenant your landlord or the letting agent should

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

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How to arrange an EPC:

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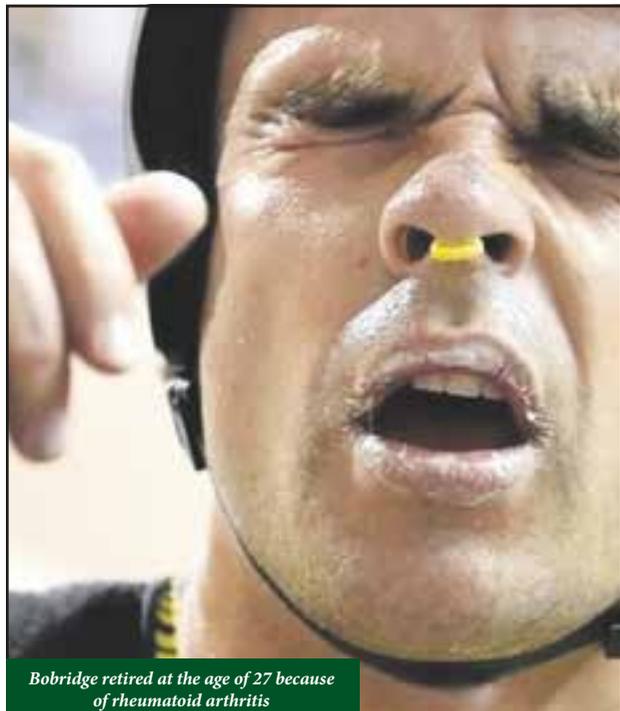
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Cycling & suffering - a special relationship

Jack Bobridge said it felt like “the closest you could come to death without actually dying”

By Patrick Jennings,
BBC Sport



Bobridge retired at the age of 27 because of rheumatoid arthritis

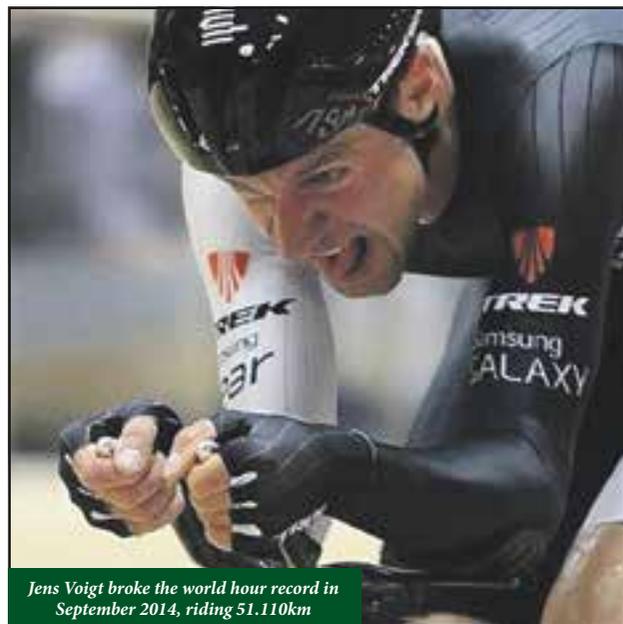
An Australian ex-professional road racer and Olympic track medallist, in 2015 he attempted to set a new world record for distance cycled in one hour. It took him to the brink of total exhaustion. Crumpled over his handlebars after coming to a stop, mouth hanging open and eyes twisted tightly shut, he struggled to stay on his feet and had to be helped into a plastic chair, where his body continued to throb and howl. In cycling it is often said that the rider who suffers longest, wins. The losers suffer plenty too. Bobridge fell about 500m short of breaking the hour record. But he came close because he pushed his body far further than many would think possible, through sheer will.

Cycling is full of such examples. It is a sport that holds a special place of admiration for those who can endure extreme hardship, even those entangled in its dark doping past. Frostbite in the spring Classics, Geraint Thomas' broken pelvis and the death of Tom Simpson.

Here, three riders of the modern age share insights into suffering on the bike. How do they cope with it? Where does the motivation come from? And how might

advances in neuroscience and physiology affect this relationship in the future?

“Now I am OK, but for some time I was actually happy to have the pain because I could release my demons in the right way,” Jens Voigt says. “Often people asked me what I would do without cycling, and I would say I’d be like the main character in Grand Theft Auto. Too much anger and too much energy.” I was glad



Jens Voigt broke the world hour record in September 2014, riding 51.110km

to have it because I could put myself into pain, I could hurt others, and I got paid for it. I even got applause. “Now retired and living with his wife and six children in Berlin, German Voigt, 47, is looking back on his career

as an incredibly aggressive professional cyclist. He was a breakaway specialist, a hardworking team member who always fought to the end, a cult figure admired for his audacity and charisma. You may have heard his catchphrase: “Shut up legs!”

Voigt believes his capacity to suffer - perhaps even why he relished doing so - stems from his childhood in communist East Germany. “My young life was basically built around discipline and resilience,” he says. “I wouldn’t say my life was terrible - far from it - but things didn’t come easy to me.” We were a poor family and my dad, who is turning 73 this year, was a blacksmith. “He worked hard. He was pretty beaten by life. He has had one knee replaced, one hip replaced.” He lost half a finger during work. He would do overhead welding and the molten metal would drip down into the sleeves of his work clothes, he still has burn marks.

“I remember when I was nine or 10, we went on a trip with my parents to the zoo and, just like any other kid in

the world, I was saying, ‘Dad, I’m thirsty. Dad, I’m tired. Dad, my legs are hurting.’” My dad said, ‘Son, the mind has to control the body, not the other way around.’ “That’s where ‘Shut up legs’ started!” Like Bobridge,

Voigt was one of several riders to take aim at the hour record following a May 2014 rule change brought fresh appeal. Voigt set the first record of that new era, at the age of 42 in September 2014, before immediately retiring from the sport. Part of his strategy was to distract his mind from the full extent of the intimidating challenge, breaking it down into 20-minute efforts.

kept me motivated to go through all the pain.” It still feels good to sweat, to go through a bit of pain, have a shower and feel like a completely new person. Like you’ve squeezed every bad chemical out of your body, you feel clean and whole. I still like that.”

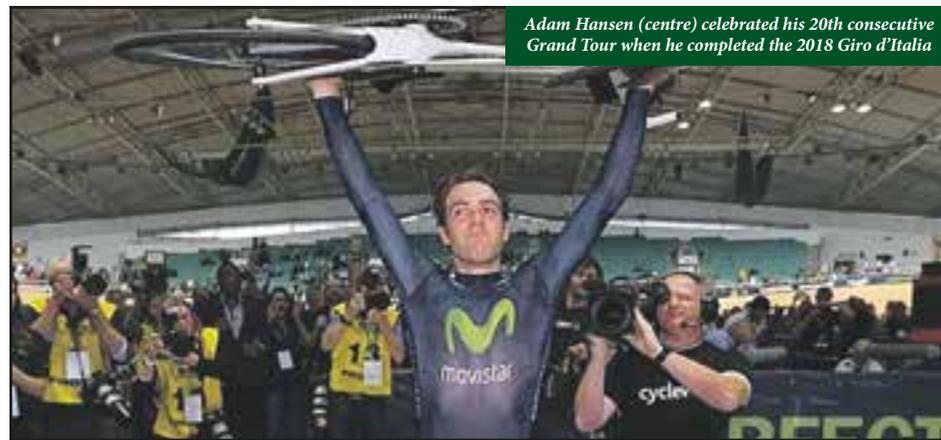
Voigt has told his kids to “shoot me in the knee if they ever hear me say the word ‘comeback’”.

But he takes his mountain bike off road, he enjoys running, and he still has an emotional connection with cycling. He even has a “secret hero” - Australian rider

anger described by Voigt.

He says: “I think I’m the most relaxed, calm person there is. When something goes wrong I never stress or panic and I never lose my temper. It even annoys people.” Maybe it’s related to the hard racing and the suffering, I don’t know. “I had no idea how much suffering was involved in cycling - it’s a totally different aspect to other sports. To me, it is more a mental game than a physical game.

“When you’re on the bike pushing yourself you have to constantly fight against your conscience.



Adam Hansen (centre) celebrated his 20th consecutive Grand Tour when he completed the 2018 Giro d’Italia

During road races, he would employ the same tactic - tricking himself into “hanging on longer than I thought I could” by setting short immediate goals to reach. The next tree, the next half mile, the next signpost, one more lap. Then repeat the technique again and again. But there comes a point when that strategy must run dry. So what happens when you still push yourself to go beyond? “You are almost in a trance. You don’t take in anything of what’s around you,” Voigt says. “The wheel in front is just a blur, the sounds of the crowd cut out. You just shut down everything to save energy - it all goes.” You don’t reach that very often. Those are some special moments.

After you go through so much suffering and you finish with the first group, you are proud; your body flows with happy hormones. I was a bit of an endorphin junkie. “That was my drugs, my motivation. The moment when it’s all over, the pain goes down and you are so proud and happy. Those were the moments that

Adam Hansen. Voigt describes Hansen as “very smart, softly spoken, an intelligent person with great humour”. He adds: “If I was younger I would have his poster on my wall. He is a tough cookie.”

Lotto-Soudal rider Adam Hansen holds the record for competing in the most consecutive Grand Tours, cycling’s biggest stage races - the Giro d’Italia, Tour de France and Vuelta a Espana. Three weeks of fierce mental and physical effort each one. His 20th in a row came at last year’s Giro.

Hansen has established a reputation in the sport for his ability to endure pain and extreme exhaustion. He rode through the 2013 Giro with a broken sternum. Now 37, he is relaxed and generous company during a phone conversation from his home in Czech Republic, where he manufactures his own carbon fibre racing shoes. Hansen’s resilience seems to run from a very different source to the “high testosterone” reserves of

You’re totally having an argument the whole time. “A bad sleep, the wrong food not digested properly - all these things magically come up in the race when you are at your limit, and you have to fight them with different arguments.” And at the Tour, Giro or Vuelta all the many outside pressures really mean you have to push yourself over your limit, every stage. “You bring up all the reasons in the world as to why you have to continue, while your brain is telling you all the reasons why you have to stop.”

The human brain is an extremely mysterious thing. Take the anterior cingulate cortex. This is the part of the brain identified as being involved in the perception of effort. It is also involved in the solving of moral dilemmas, focusing attention and empathy. There is a technique called trans-cranial direct current stimulation (TDCS) which, when used to target this area of the brain, has the effect of reducing perception of effort, effectively expanding the limits of physical



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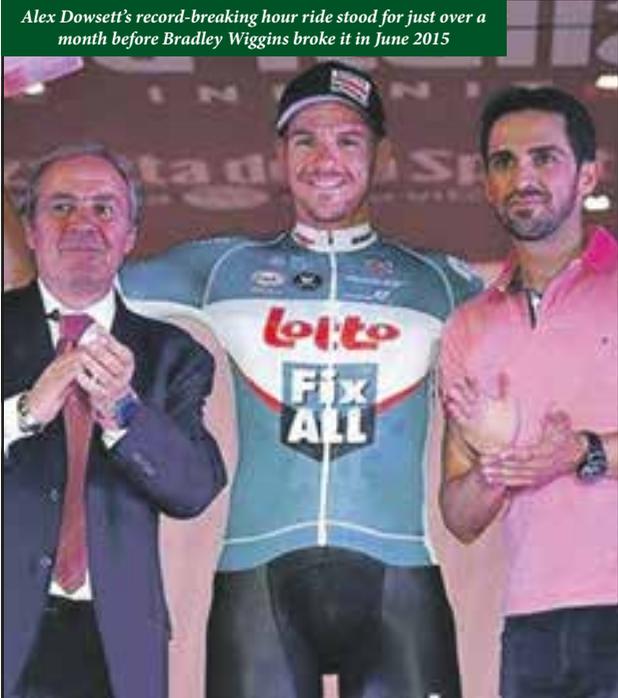
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Alex Dowsett's record-breaking hour ride stood for just over a month before Bradley Wiggins broke it in June 2015



exhaustion. It involves very low frequency electric currents being passed over the skull and is also employed in the treatment of depression, epilepsy, stroke, dementia and mental illness.

Experiments - many of which involve cycling as a test of endurance - have shown that athletes can perform harder for longer after it is administered. A commercially available product made by an American company for the sport market looks like a set of headphones. Portable, cheap, and easily administered. Several American professional sports teams have incorporated it into their training, and Team Sky boss Sir Dave Brailsford has tried it out.

Dr Walter Staiano says the idea of "hacking the brain to go beyond what we think of as our physical limits" has become "a hot topic in the past 10 years". "I think it will explode after Tokyo 2020," he adds. Staiano is an Italian neuroperformance consultant from the University of Valencia who has worked with elite sporting bodies

in Denmark and Australia. He has collaborated with Professor Samuele Marcora of the University of Kent, a leading researcher into the mind's role in endurance performance.

Marcora's 'psycho-biological model' states that in practical terms the mind fundamentally plays the biggest part in limiting our ability to maintain high levels of intense effort. Oxygen delivery to the muscles, glycogen levels, correct body temperature - these all play large roles but are not considered to be wholly decisive factors. Cognitive training involving intense, repetitive and dull mental exercise, TDCS, motivational self-talk and bombarding the senses with subliminal positive messages have all been found to boost the mind's ability to resist fatigue, in Marcora and Staiano's research.

There are simpler, more traditional ways to increase stamina, such as intensive physical training, targeted nutrition and correct practice in recovery. But Staiano says: "Athletes who are already maxed out in their physical training can turn

to these new areas of gains. It's becoming more and more relevant."

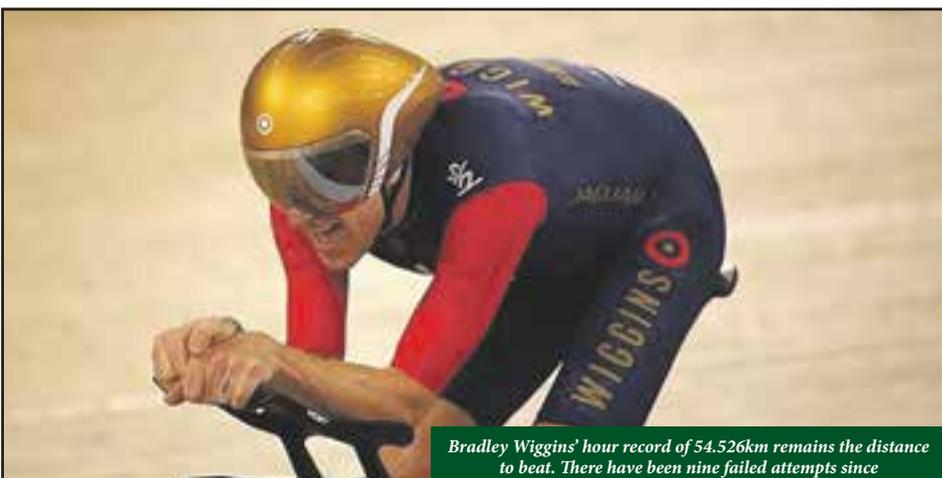
Still, one facet of the mind's power to compel the body on is difficult to fully understand in laboratory conditions: the transformative thrill of success. British cyclist Alex Dowsett, a time-trial specialist with KatushaAlpecin, did break the hour record, four months after Bobridge's failed attempt. He rode 52.937km in Manchester's velodrome in May 2015, a total bettered by Sir Bradley Wiggins a month later. Wiggins' 54.526km remains the mark to beat.

Like Voigt and Hansen, Dowsett often uses what Marcora describes as motivational self-talk naturally, without necessarily thinking to. But Dowsett says the most powerful message does not come from within. It instead comes from the team car, the race update that brings everything together, a year's worth of early morning training starts in one moment of clarity.

"I've found in the past if I'm told I'm being beaten significantly then I just get worse because I know there is no hope of pulling it back. I'm just suffering for nothing," Dowsett says. "The best message I ever get is: you're winning this and winning significantly."

"It's one of the best feelings in the world and the suffering and pain just seem to disappear. Then I find it very easy to go much, much harder. That comes from a euphoric kind of place.

"I feel like we all suffer probably within about 5-10% of each other, and the rest just comes down to talent." But the pain and effort, everything's for an end goal. "I know the rewards for suffering. I do all this to win bike races."



Bradley Wiggins' hour record of 54.526km remains the distance to beat. There have been nine failed attempts since

How avocados and kale became so popular

This story is from When foods get famous, an episode of The Food Chain on BBC World Service. It was presented by Emily Thomas and produced by Emily Thomas and Simon Tulett. Avocado toast. Kale shakes. Goji berry smoothies. Quinoa bowls.

Some foods get more buzz than others, bringing in billions of dollars and shaping our daily diets. But why chia seeds and quinoa and not apples and oranges?

If foods were celebrities, these would be just a handful of the treats that have received the red-carpet treatment in the last few years. But why do some fruits and vegetables become the A-listers of the food industry - highly desired produce with the ability to jump-start profits and shape the daily eating habits of billions? Why is that kale and avocado have seen such a meteoric rise in popularity and sit centre stage basking happily in the spotlight while the humble carrot or poor old turnip remain firmly on the Z-list? The answer is complicated and complex.

How avocados conquered the world

Let's start with the avocado - a millennial darling that's often found these days spread on toast at bistros for a bloated price. So famous is the avocado and so strong is its pull on hungry millennials, it's hard to find a company that isn't trying to cash in on the soft green fruit's star power.

There's no denying that millennials do eat lots of avocados, though. Humans have been eating them for thousands of years, but young people in their 20s and 30s have recently sent demand skyrocketing. According to the International Trade Centre, global avocado imports hit \$4.82 billion in 2016, with imports growing by 21% between 2012 and 2016. One London plastic surgeon said in 2017 that he'd treated so many patients who'd cut themselves slicing the fruit, his staff started calling the injury

"avocado hand". Pricy avocado toast has even been called a cash-sucking frivolity and the reason why so many millennials can't afford homes.

There are lots of factors that fuel a food's favourability among consumers: preened and pretty Instagram pictures of the dish, for example, or adverts funded by organisations that back certain food economies.

boosting properties. A community in the central Andes adores the gnarled, spindly root so much it has a 5-metre-tall statue of it in the town square, Loyer says. But she also flags some problems that can arise when a food hits the big time, especially if it is from a developing nation and the trend is taking off in developed ones. "It has good and bad points," she says. "Of

A café whose menu sports many famous foods, including açai, quinoa and of course, avocados



Long, exotic histories also generate an allure around certain foods, especially in regions far from the food's origin. Jessica Loyer, a researcher in food values at the University of Adelaide in South Australia, points to examples like "superfoods" acai berries and chia seeds. "A lot of these foods may have a history of being eaten in [the developing world]," she says. "Overall, the people I have met - the experience has been positive: they are quite happy to be taking the money."

She says one example is Peru's maca root, which is ground into a powdered supplement and is known for high quantities of vitamins, minerals, and fertility- and energy-

course, the benefits are not evenly distributed, but it will create jobs. Of course, that means there are opportunities for exploitation in those regions, as well, and exploitation of land rights of marginalised people... [and] it certainly has consequences for biodiversity."

Xavier Equihua is CEO of the World Avocado Organization based in Washington, DC. Its goal is to drive consumption of avocados in Europe. He says that a food like avocado is an easy sell: it's delicious and nutritious, after all, and a rather meaty substitute for vegetarians and vegans. But celebrities blasting photos on social media helps, too. People in China, where avocados are also taking off in popularity, see

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Former US First Lady Michelle Obama demonstrating how to make a kale smoothie at a White House Easter event in 2014



"Kim Kardashian and her Instagram, that she put an avocado mask on her hair. They see Miley Cyrus tattooed an avocado on her arm."

And why kale is king

If avocado is an A-list fruit, then its vegetable equivalent has got to be kale. The dark leafy green has built an image of the ultimate dietary staple for healthy, responsible, conscientious adults everywhere, whether it's throwing the roughage in a cholesterol-lowering salad or blending it in an antioxidant-brimming smoothie. The number

of kale farms in the US doubled between 2007 and 2012, and Beyoncé wore a sweatshirt in a 2015 music video with "KALE" emblazoned on it.

How did kale become cool? Vermont-based T-shirt-maker Robert Muller-Moore says he saw the trend coming from miles away and has sold "eat more kale" T-shirts across the globe over the last 15 years. He estimates having given away over 100,000 bumper stickers singing kale's praises.

He even got into a three-year-long legal dispute with Chick-fil-a, America's biggest fried chicken fast food chain,

whose slogan is the similarly worded "eat more chicken". "It got kale loads of attention," he says.

Still, like avocados, kale does have actual health benefits, so its celebrity status shouldn't just be boiled down to legal headlines or pop idol endorsements. But it's important to remain somewhat sceptical, and know that no one food is a silver bullet to perfect health, regardless of how famous or nutritious it actually is. Experts say that a varied diet of lots of fruit and vegetables is more nutrient-dense than just devouring the same one type of produce over and over – so mixing and matching between lettuce, spinach and watercress might be even healthier than eating kale only.

The unfortunate truth is, however, is that it's likely easier to put one vegetable on a pedestal, rather than trying to make an entire food group's brand sexier.

That's the challenge that's been facing Anna Taylor, who works at the

UK think-tank The Food Foundation. She recently helped create Veg Power, a primetime TV and film advertising campaign that sounds like a superhero movie trailer and tries to get children to change the way they think about all vegetables. ("For years, grown-ups have been keeping the veg invasion at bay," a deep voice-over announces.)

Taylor says the budget was £3m (\$3.95m), mostly donations from supermarkets and media companies. But it's a miniscule sum compared

to other food industry figures. "That compares to £120m on confectionery, £73m on soft drinks, £111m on sweet and savoury snacks," she says. "So fruit and vegetable advertising is 2.5% of the overall total."

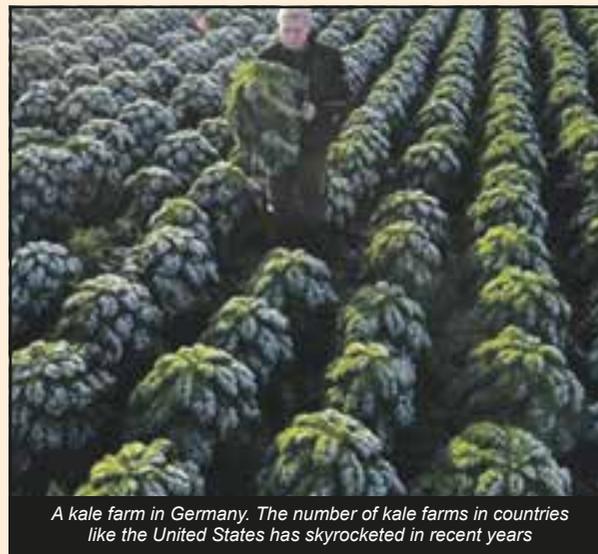
A big part of it is that produce isn't necessarily a brand, like a processed food item is, and without a brand, marketers are less willing to attach themselves to the effort. To help get that number for fruit and vegetable advertising spending up, there needs to be a

concerted effort among governments, farmers, advertising companies, supermarkets and many others.

So when things like kale or avocados come along, it's more of a specific item and thus easier to market and brand – as opposed to advocating for fruit and vegetables as a whole. Taylor says when one food becomes a runaway hit, it can be a problem. "Typically, what happens with those campaigns is they end up displacing other vegetables in the category. We see this in the UK where there's been the huge growth of the berry industry, which has been remarkably successful, but it's taken market share away from apples and bananas," she says.

No matter how big a star one particular food becomes, remember – your diet shouldn't be a one-veg show.

Taylor reminds us that if anyone ever said to you, "Kale's the only thing that's going to do x, y, and z for you" – that's patently ridiculous."



A kale farm in Germany. The number of kale farms in countries like the United States has skyrocketed in recent years

How meal timings affect your waistline

By Linda Geddes,
Science Journalist

Early starts followed by late weekend lie-ins can scramble our body clocks



Your body clock, metabolism and digestion interact in complex ways - meaning it's not just what you eat, but when you eat, that matters.

When young adults start university, they often gain weight. In the United States, they have a name for this phenomenon: the "freshman 15", referring to the 15lbs typically accrued during students' first year of living away from home. In part, this weight gain

can be explained by the substitution of home-cooked meals for ready meals and fast food, combined with reduction in physical activity.

Increasingly, however, scientists are fingering an additional suspect: circadian disruption, brought about by a culture

of late-night eating, drinking, and inconsistent sleep patterns.

For decades, we've been told that weight gain, together with associated diseases such as type 2 diabetes and heart disease, are a simple matter of the quantity and type of food we consume, balanced with the number of calories we expend through exercise. But mounting evidence suggests that timing is also important: it's not just what you eat, but when you eat that matters.

The idea that our response to food varies at different times of day dates back a long way. Ancient Chinese medics believed that energy flowed around the body in parallel with the sun's movements, and that our meals should be timed accordingly: 7-9am was the time of the stomach,

when the biggest meal of the day should be consumed; 9-11am centred on the pancreas and spleen; 11am-1pm was the time of the heart, and so on. Dinner, they believed, should be a light affair, consumed between 5pm and 7pm, which was when kidney function predominated.

Although the explanation is different, modern science suggests that there is plenty of truth in that ancient wisdom.

Dieters consumed most of their calories at breakfast lost two and a half times more weight than those who had a light breakfast and ate most of their calories at dinner

Consider studies of dieters. Most weight-loss schemes revolve around reducing the overall number of calories consumed – but

what if the timing also determined the benefits? When overweight and obese women were put on a weight-loss diet for three months, those who consumed most of their calories at breakfast lost two and a half times more weight than those who had a light breakfast and ate most of their calories at dinner – even though they consumed the same number of calories overall.

Many people think that the reason you gain more weight if you eat late at night is because you have less opportunity to burn off those calories, but this is simplistic. "People sometimes assume that our bodies shut down when asleep, but that's not true," says Jonathan Johnston at

the University of Surrey, who studies how our body clocks interact with food.

So, what else could be going on? Some preliminary evidence suggests that more energy is used to process a meal when it's eaten in the morning, compared with later in the day, so you burn slightly more calories if you eat earlier. However, it's still unclear how much of a difference this would make to overall body weight.

Another possibility is that late-night eating extends the overall window during which food is consumed. This gives our digestive systems less time to recuperate and reduces the opportunity for our bodies to burn fat – because fat-burning only

Continued on page 56...

Both the number of calories you consume - and when you consume them - might be important factors for weight gain



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occurs when our organs realise that no more food is coming their way.

The majority of North Americans eat over the course of 15 or more hours each day

Prior to the invention of electric light, humans woke at roughly around dawn and went to bed several hours after the sun set, with almost all food being consumed during daylight hours. "Unless we have access to light, we struggle to stay awake and eat at the wrong time," says Satchin Panda, a circadian biologist at the Salk Institute in La Jolla, California, and author of *The Circadian Code*. His own research has revealed that the majority of North Americans eat over the course of 15 or more hours each day, with more than a third of the day's calories consumed after 6pm, which is very different to how our ancestors must have lived.

Now consider those college students, eating and drinking long into the night. "A typical college student rarely goes to sleep before midnight, and they also tend to eat until midnight," Panda says. Yet, many students will still need to get up for classes the next day, which – assuming they eat breakfast – reduces the length of their night-time fast still further.

It also means that they are cutting short their sleep, and this too could make them more likely to gain weight. Inadequate sleep impairs decision-making and self-control, potentially leading to

rhythms are intimately connected to our digestion and metabolism in many other ways, through the body's intricate signalling pathways – a new understanding that could explain the long-term effects of jet lag and shift work.

Inside every cell of your body, there ticks a molecular clock which regulates the timing of pretty much every physiological process and behaviour, from the release of hormones and neurotransmitters, to your blood pressure, the activity of your immune cells, and when you feel more sleepy, alert, or depressed. There clocks are kept in synchrony with each other, and with the time of day outside, through signals from a small patch of brain tissue called the suprachiasmatic nucleus (SCN). And its window on the outside world are a subset of light-responsive cells at the back of the eye called intrinsically photoreceptive retinal ganglion cells (ipRGs).

The point of all these "circadian" clocks is to anticipate and prepare for regular events in our environment, such as the arrival of food. It means that different biochemical reactions are favoured at various times of day, allowing our internal organs to task-switch and recuperate.

When we travel abroad, the timing of our light exposure changes, and our body clocks are pulled in the same direction – although the clocks in different organs and tissues adapt at different rates. The result is jet lag, which not only

change the timing of our clocks. When we eat our meals can also shift the hands of the clocks in the liver and digestive organs, even though the clocks in our brain cells are unaffected. Recent



Both the number of calories you consume - and when you consume them - might be important factors for weight gain

evidence also suggests that the timing of exercise can tweak the clocks in our muscle cells.

When we fly across time zones, or eat, sleep and exercise at irregular times, the various clocks in our organs and tissues fall out of synchrony with one another. This is unlikely to be a problem if you just have the occasional late-night meal or lie-in, but if it's a regular occurrence this may have longer-term consequences for our health.

Complex processes, such as the metabolism of fats or carbohydrates from the diet, require the coordination of numerous processes occurring in the gut, liver, pancreas, muscle and fatty tissue. If the conversation between these tissues becomes scrambled, they become less efficient, which over the long term may increase our risk of various diseases.

In one recent study, researchers compared the physical effects of sleeping for five hours per night for eight days in a row, with getting the same amount of sleep but at irregular times. In both groups, people's sensitivity to the hormone insulin dropped and systemic inflammation increased, escalating the risk of developing type 2 diabetes and heart disease. However, these effects were even greater in those who were sleeping at irregular times (and whose circadian rhythms were therefore knocked out of alignment): in men, the reduction in insulin sensitivity and increase in inflammation doubled.

That could be a problem for frequent flyers, students who regularly sleep in, or any shift workers. According to European and North American surveys, some 15 to 30% of the working

population is engaged in some form of shift work, which often equates to eating or being active when the body isn't expecting it. Shift work has been linked to a host of conditions, including heart disease, type 2 diabetes, obesity and depression, and circadian disruption brought about by this irregularity is a prime suspect.

However, we are all shift workers at least some of the time, says Panda. An estimated 87% of the general population maintains a different sleep schedule on weekdays, compared to weekends, resulting in social jet lag. People also tend to eat breakfast at least an hour later at the weekends, which can result in so-called "metabolic-jetlag".

It's not only consistency in the timing of meals, but in the amount of food we eat at each meal that seems to be important.

Gerda Pot is a nutrition researcher at King's College London, investigating how day-to-day irregularity in people's energy intake affects their long-term health. She was inspired by her grandmother, Hammy Timmerman, who was rigorous about routine. Each day she'd eat breakfast at 7am; lunch at 12.30pm, and dinner at 6pm. Even the timing of her snacks was intransigent: coffee at 11.30am; tea at 3pm. When Pot came to visit, she soon learned that sleeping in was a mistake: "If I woke up at 10am, she'd still insist I ate breakfast, and then we'd

be having coffee and a cookie half an hour later," she says. Increasingly, though, she is convinced that her grandmother's rigid routine helped keep her in good health until she was almost 95.

There are some good reasons why this might be. Our sensitivity to the hormone insulin, which enables the glucose from the food we eat to enter our cells and be used as fuel, is greater during the morning than at night. When we eat late (as Hammy Timmerman never did), that glucose remains in our blood for longer, which over the long term can increase the risk of developing type 2 diabetes, where the pancreas no longer produces enough insulin. It can also damage tissues elsewhere, such as blood vessels or nerves in the eyes and feet. In the worst cases, this can result in blindness, or amputations.

Using data from a UK national survey which has tracked the health of more than 5,000 people for over 70 years, Pot found that, even though they

so by eating breakfast soon afterward, this reinforces the message that its morning to the clocks in our liver and digestive system. Eating a good breakfast may therefore be essential to keeping our circadian clocks running in synchrony.

Indeed, a recent study involving 18 healthy individuals, and 18 with type 2 diabetes, found that skipping breakfast led to disrupted circadian rhythms in both groups, as well as greater spikes in blood glucose levels when they finally did eat.

However, regularising our schedules shouldn't come at the expense of missed sleep. Although it's unlikely that the occasional lie-in will cause you any harm, we should generally be striving to go to bed at a time that will allow us to get adequate sleep – the recommended amount is seven to eight hours for most adults – on every day of the week. Here, light exposure could help. Dimming the lights in the evenings and getting more exposure to bright light during the day time



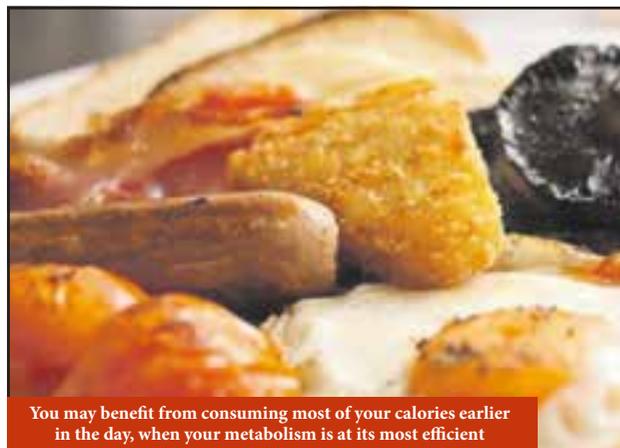
Eating at irregular times can contribute to conditions such as diabetes

consumed fewer calories overall, people who had a more irregular meal routine had a higher risk of developing metabolic syndrome – a cluster of conditions, including high blood pressure, elevated blood sugar levels, excess fat around the waist and abnormal fat and cholesterol levels in their blood, which together increase the risk of cardiovascular disease and type 2 diabetes.

So, what should we do about it? Striving for greater consistency in the timing of our sleep and meals is a good first step, and ideally, all our clocks should be operating on the same time zone. When we open the curtains and see bright light in the morning, this resets the master clock in the brain,

has been shown to shift the timing of the master clock in the brain (the SCN) several hours earlier, making people more lark-like.

Some are advocating a more hard-core approach of forgoing all food for at least 12 hours, and possibly for as long as 14-16 hours overnight. In a landmark study published in 2012, Panda and his colleagues compared one set of mice that had access to fatty and sugary foods at any time of day or night, with another group that could only consumed these foods within an eight to 12-hour window during their "daytime". Even though they consumed the same number of calories, the mice whose eating window was restricted appeared to



You may benefit from consuming most of your calories earlier in the day, when your metabolism is at its most efficient

poor food choices, and it disrupts levels of the "hunger hormones", leptin and ghrelin, boosting appetite.

It is now becoming clear that our circadian

leaves us feeling sleepy or awake at the wrong times, but can also trigger digestive problems and general malaise.

However, light isn't the only thing that can



The body's metabolism slows throughout the day, meaning that late-night takeaways may be especially bad for dieters

be completely protected from the diseases that began to afflict the other group: obesity, diabetes, heart disease and liver damage. What's more,

when mice with these illnesses were placed on a time-restricted eating schedule, they became well again.

"Almost every

animal, including us, evolved on this planet with a very strong 24-hour rhythm in light and darkness, and the associated rhythms in eating and fasting," explains Panda. "We think a major function [of these cycles] is to enable repair and rejuvenation each night. You cannot repair a highway when the traffic is still moving."

Human trials of time-restricted eating are just beginning, but some of the early results look promising – at least in certain groups. For instance, when eight men

with prediabetes were randomised to eat all their meals between 8am and 3pm, their sensitivity to insulin improved and their blood pressure dropped by 10-11 points on average, compared to when they consumed the same meals within a 12-hour period.

Quite what this means for the rest of us is unclear at this point, but the adage that you should breakfast like a king, lunch like a prince and dine like a pauper has never seemed truer. And it's almost certainly worth fitting a padlock on the fridge overnight.

archaeologist and who excavated some of the displayed items. "Pilgrims and visitors need to see these things."

But until recently that was not easy. The tens of thousands of artefacts the Franciscans had collected over the years were stored in the adjacent Studium Biblicum Franciscanum, a division of Rome's Pontifical University devoted to archaeological and Biblical research. Technically making up the city's oldest archaeological museum, they were only available to the public only by appointment, and most of those who spent time here were scholars.

"It really wasn't very accessible," recalled Masha Halevi, who visited the research centre many times while working on her 2010 doctoral thesis in geography at the Hebrew University of Jerusalem and several subsequent academic articles about religious orders and archaeology.

Alliata led me through the museum, past a column intricately carved with doves from a 4th-Century monastery in present-day Jordan, large pieces of colourful mosaic floors from monasteries in the Egyptian desert, and large stone burial coffins marked with crosses. Display cases were filled

with ancient coins, including the half-shekels referred to in the Bible; 2,000-year-old grape seeds and olive pits; and utensils, like dishes and cups, used in daily life.

Making these ancient artefacts public in the Terra Sancta Museum archaeology wing, which opened in 2018 and will soon be further expanded, is part of a larger trend of increased public engagement among the Franciscans, who have also recently opened to the public their large library in Jerusalem's St Saviour's Monastery and created an online catalogue for it as part of an ongoing effort to renovate various holy sites around the region.

These changes are happening as Israel is experiencing a surge in tourism, with about four million people visiting in 2018, a record high, according to the tourism ministry.

History finds its safest support in archaeology

In fact, it was during a previous surge of tourism and interest in the Holy Land in the 19th Century that the Franciscan order began to engage in archaeology.

In the Middle East, this emerging discipline began intensifying and

Jerusalem's Terra Sancta Museum, which displays ancient artefacts excavated by the Franciscan Order over the past 100 years, offers insight into life in the Holy Land By Sara Toth Stub

Inside the new archaeological wing of Jerusalem's Terra Sancta Museum, a hallway leads visitors past a deep water cistern, then becomes a bridge as it passes over an even deeper and older water cistern, built nearly 1,000 years ago.

Tucked under a Roman Catholic Franciscan monastery within the walls of the ancient Old City, the museum's location itself is a journey through the past of both Jerusalem and the religious order dedicated to preserving it.

"This was all filled with dirt," said museum director and Franciscan friar, Reverend Eugenio Alliata, as he stood on the metal bridge in his brown robe and sandals, overlooking the vast stone cistern below. "We weren't even sure what was here." Looking up and continuing to walk, I followed him into a stone room from the 13th Century, likely a workshop used by the Crusaders who ruled the Holy City back then, he explained. This room – now containing an elaborately carved stone that once sat atop a column at one of King Herod's luxurious palaces in the hills outside Jerusalem – was also, until recently, filled with earth.

Archaeology is important because it shows us how people lived, and we need that to understand the past, to understand our traditions

But a multi-year restoration project has made this underground

labyrinth – built and rebuilt in several layers from the time of King Herod in the 1st Century to the Mamluk sultans in the medieval period – into a museum that tells not only the history of Jerusalem, but also the story of the Franciscan Order's archaeological discoveries made

throughout Israel, the Palestinian territories, Egypt and Jordan over the last century. For more than 100 years, Franciscan friars have carried out dozens of excavations at some of the region's most famous Christian sites, including in Nazareth, Bethlehem and here in this sprawling Monastery

of the Flagellation complex, which has been a pilgrimage site since at least the 4th Century.

"Archaeology is important because it shows us how people lived, and we need that to understand the past, to understand our traditions," said Alliata, who is also an

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drawing more attention to debates about Biblical history in the late 19th Century. Ultimately, the Franciscans, who had been charged by the Vatican since the 13th Century with guarding Church property and aiding Christian pilgrims in the Holy Land, decided to embrace archaeology and join the growing body of public scholarly discourse about it.

"History finds its safest support in archaeology," wrote Reverend Prosper Viaud, one of the first Franciscans to participate in an excavation, having dug under the contemporary Shrine of the Annunciation church in Nazareth in 1889. The dig exposed an older structure, which illustrated a long history of devotion at the site. "I set out on this path not because I succumbed to an empty scientific thought, but because of a true will to meet the devotion of the pilgrims and make them know better the church of Nazareth.

In the early 20th Century, the Franciscans be-

gan digging at and around many of their churches and monasteries, publishing books with their results and building a massive library of artefacts in Jerusalem. In 1901 they established their "Studium Biblicanum Franciscanum,

by the Roman Catholic Dominican Order.

The Franciscans' excavations – from Mount Nebo, the Jordanian mountaintop revered as the place from which Moses first saw the biblical Promised Land; to

archaeologist at the Israel Antiquities Authority who has worked with Franciscan archaeologists at various digs. "Despite their religious beliefs, the research they produce is really pure archaeology. They give us facts and I can trust them."

containing vases made from delicate alabaster, considered a luxury item in the ancient world and rare to find intact. He related the Christian Bible story about a poor woman breaking an alabaster vase of perfume on Jesus' head.

where Jesus was convicted and handed over to be crucified. Today it is the second of 14 Stations of the Cross along the famous Via Dolorosa, or Way of the Cross, that eventually leads to the Church of the Holy Sepulchre, revered by many Christians as the place where Christ was crucified and entombed.

Not surprisingly, the Franciscans' excavations often raise more questions than they answer about Biblical events and ancient Jewish and Christian life in the Holy Land. According to Alliata, most Franciscans are looking to learn, rather than to prove particular stories. Holy sites are not abandoned simply because excavations didn't turn up anything. For example, at the site of the Church of the Nativity in Bethlehem, revered as the place of Jesus' birth, the oldest excavated artefacts date to the 3rd Century, nearly 200 years after the birth of Jesus.

"We never abandon tradition," Alliata said. "The stories could be proven or not proven, but religion is based on tradition."

The Terra Sancta Museum, on Jerusalem's Via Dolorosa



and since 1924, it has operated uninterrupted as one of a growing number of archaeological research institutions in Jerusalem, including the WF Albright Institute of the British School of Archaeological Research, the British School of Archaeology, the Institute of Archaeology at Hebrew University and the ÉcoleBiblioteque et Archaeologique, established

Caperneum, a town on the Sea of Galilee that contains an ancient synagogue and churches – made important contributions to archaeology in the region. Today many local archaeologists feel indebted to the Franciscans.

"Their research is an important piece of the huge puzzle of archaeology in Israel," said Dina Avshalom-Gorni, a district

For the Franciscans, archaeology remains a valuable tool for engaging the public and helping them understand the context for stories told in the Bible. "You have to know about the daily life to really understand Jesus, to understand the parables," Alliata explained.

In another room of the museum, Alliata pointed to a glass display case

Seeing the beautiful and delicate craftsmanship of an alabaster vase highlights the level of generosity and financial sacrifice this woman made for Jesus.

Making his way out of the dim underground archaeological wing, Alliata strolled across a sunny stone courtyard where a tour group was listening to a guide explain how this was the place

6 ways to supercharge your immunity

From Dr Jenna Macciochi

Beat those lingering coughs and colds – our guide by Dr Jenna Macciochi shares the latest thinking on supporting your immune system.

1 Deal with stress

The factors that affect our immune system can be surprising and not always obvious. For example, the impact of short-term stress on our immune system can often be beneficial. But frequent or long-term stress has been shown to directly suppress immune cell function. Immune cells have receptors for stress hormones, which directly influence their activity, making them less able to function. And long-term stress has been shown to elevate blood inflammatory markers, which leaves you with a lower capacity to fight off infections. Studies have shown decreased responses to vaccines in people who have chronic stress. Indirectly, stress

may affect the immune system by encouraging negative behaviours and habits, for example lack of sleep and poor diet.

2 Take vitamin D the right way

Vitamin D can help strengthen the immune system at key sites in the lungs. But in the winter, here in the northern hemisphere, we don't get enough sunlight for our skin to produce sufficient vitamin D so it's a good idea to take a supplement. It works with vitamins A and K. Vitamins A and D both bind to immune cells and promote effective immune cell processes, and vitamin K helps them work. A quality cod liver oil is an ideal way to get all the benefits. I'd argue it's advisable to take

it year-round – even in summer; it can be hard to know how much sun you need as everyone's skin tone is different.

3 Get plenty of fibre

You might be surprised by this, but more than 70 per cent of our immune system is located in the gut. The fibre in fruit and vegetables is very important as it feeds your good gut bacteria [which work synergistically with the immune system]. The good bacteria help you release important vitamins and minerals from food, such as short-chain fatty acids, which strengthen your protective barriers to the environment, such as the epithelial lining of the lungs and gut. Taking probiotics may also be useful as they can boost



the gut's immune cells.

4 Reset your body with sleep

Try to prioritise good quality sleep. It releases substances including melatonin, which direct the actions of other hormones such as growth hormones and cortisol. These play a role in helping the immune system regenerate. Sleep also gives your body time to regulate inflammation, which can affect how fast you recover from being sick. One study

also showed that your response to a vaccine is inadequate if you aren't getting enough sleep. Magnesium can be particularly helpful if you have trouble falling asleep as it relaxes muscles. Try rubbing magnesium oil on to your skin or have an Epsom salts bath before bed – a bath can be relaxing and turn off those stress hormones that keep you up late at night worrying.

5 Eat a rainbow

Lots of people reach for

vitamin C when they're coming down with a cold. But while immune cells do use vitamin C and there may be an increased need for it when you're fighting an infection, it's unlikely you'll be deficient so the effects of taking extra amounts will be negligible.

Research shows that a balanced diet with plenty of fruit and veg provides nutrients in the right context and the most bioavailable form to support the immune system. Zinc, B vitamins and vitamin E are also particularly important nutrients for immunity.

6 Get the exercise balance right

Exercise is good for your body – it releases stress and helps you sleep, among other things. But if you over-exercise, it can lead to elevated inflammation, which actually puts strain on your immune system, suppressing its ability to respond to infection. It's better to do a little exercise often, rather than pounding away at the gym.



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Los Abrigos, San Blas

€1,220

3 bed luxury house, on residential complex with pools and gardens, situated between Golf del Sur and Los Abrigos, and close to the coast. The house comes fully furnished and equipped with air conditioning and alarm systems, electric shutters, wooden floors,

El Roque, Rural Property

€880

Lovely, fully furnished Canarian House in quiet village close to San Miguel. There are 3 bedrooms, 2 bathrooms, separate fitted kitchen, lounge, dining room and upstairs roof terrace. There is large terrace and garden with a fish pond. Water, electricity and internet is included up to 80/month. Ideal property for anybody who enjoys rural life. THIS PROPER... For full information see website or contact:

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sea views, and private double secure garage with direct access from the house. The complex offers good facilities: pools and sun decks, tropical gardens and satellite TV. Air conditioning throughout, electric shutters, parquet Separate fitted kitchen, fully equipped with al... For full information see website or contact:

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El Medano, Las Dunas

€1,300

3 bed, 3 bath semi-detached villa, close to the sea and a few minute walk to the beach and the centre of Medano. Set up on 3 floors, including a large underground garage with storage room, living room with open kitchen, 3 double bedrooms, and 3 bathrooms. Private pool with sun terrace and garden. The house is partially furnished. Bills extra. NO PETS allow... For full information see website or contact:

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El Roque, Rural Property

€1,300

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Costa del Silencio, Penthouse

€1,100

Beautiful, recently renewed 2 bedroom apartment in the complex Parque Don José; in Costa del Silencio. Located on the 1st floor. Amazing communal swimming pool! available for several months.

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La Caleta, Oasis La Caleta

€1,045

Lovely 1 bed, 1 bath, fully furnished apartment with lounge and American style kitchen, good size terrace and community swimming pool. This is a very sought after complex in popular part of La Caleta. Bills to be paid by tenants.

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El Roque, Rural Property

€880

Lovely, fully furnished Canarian House in quiet village close to San Miguel. There are 3 bedrooms, 2 bathrooms, separate fitted kitchen, lounge, dining room and upstairs roof terrace. There is large terrace and garden with a fish pond. Water, electricity and internet is included up to 80/month. Ideal property for anybody who enjoys rural life. THIS PROPER... For full information see website or contact:

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Costa del Silencio, Parque Don Jose

€850

Comfortable, totally reformed 1 bedroom apartment with south-east facing terrace with electric sunscreens. Modern kitchen with island, combi-oven and dishwasher. Bedroom with fitted wardrobes and a bed of 1m60. Bathroom with Italian shower. The complex offers a beautiful, large and recently renewed swimming pool, a smaller ideal for children. Inter... For full information see website or contact:



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Tenerifehome.com Ref: R26-1118 922 783066

Costa del Silencio, Apartment €820

Very nice 1 bedroom apartment located on the ground floor in the quiet complex Tagoro Park. The apartment has a 20m2 terrace orientated South. American style kitchen, fitted wardrobes in the bedroom. Not available in January, February, March 2019. **Tenerifehome.com Ref: R23-1116 922 783066**

Llano del Camello, Apartment €810

Great 2 bed apartment for long term rental, on complex with pool, in Llano del Camello residential area. 1 bathroom. 1 toilet, living room with American kitchen, large patio, private garage space underground and storage room. Lift on the complex. Close to main shopping area and Chafiras, with easy access to motorway. Pets allowed. Bills extra. **Tenerife Alizes Properties Ref: KV0221 922 738653 / 626 274040**

Costa del Silencio, Apartment €750

The apartment may host up to four people thanks to the comfortable couch-bed in the living room. With south oriented balcony, grants you a welcoming atmosphere with a lovely lightening. tv in several languages available. Little pets friendly apartment! **Tenerifehome.com Ref: R06-0416 922 783066**

Golf del Sur, Aguamarina I €660

This 1 bed, 1 bathroom apartment is on the beautiful complex of Aguamarina. Close to the sea, marina, bars, shops and restaurants. Fully furnished to a very nice standard. Ideal for a retired couple. Lift and pool in

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Las Chafiras, Apartment €650

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been run by the same family in all those years, and it is only for sale since the owner needs to retire. The restaurant has a large terrace of 40 m2 and has tables for 32 guests and a poo... For full information see website or contact:

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Los Cristianos, Other Business

€204,800
BANK REPOSSESSION: C/ Valle Menendez: It consists of 3 commercial properties, 380.17 m2. Local with 4 doors for access, 2 bathrooms, well situated in a central location with all kinds of services nearby. It is sold together with references n_262697 and n_260439.

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FRINA Tenerife SL - Business

many cafe and restaurants e.g. for biodiesel. Today the company collects waste oil from 650 clients on the island and ship it to mainland Spain, where it is reused to benefit the environment. The owner started the company for alm... For full information see website or contact:

FRINA Tenerife SL - Business
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Los Abrigos, Commercial Property

€163,900
This local is also available for rent at 600 Euros / Month.

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Las Americas, Commercial Property

€159,000
Warehouse: Large with cellar, three offices, two toilets, one new large freezer room, 12m2 cold storage, linear shelves, furniture, fully equipped to start the activity. Local rent 1.700 per month (been established for 10 years)

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Las Americas, Freehold Property

€157,500
For sale with FRINA Tenerife is this freehold local in Las Americas, which can be turned

into a bar, cafe, shop or office. Today the freehold is empty, and it will need a refurbishment and a license to open. This empty freehold local for sale is 73 m3, has a toilet and electricity installed but needs a refurbishment. The local is located in the ... For full information see website or contact:

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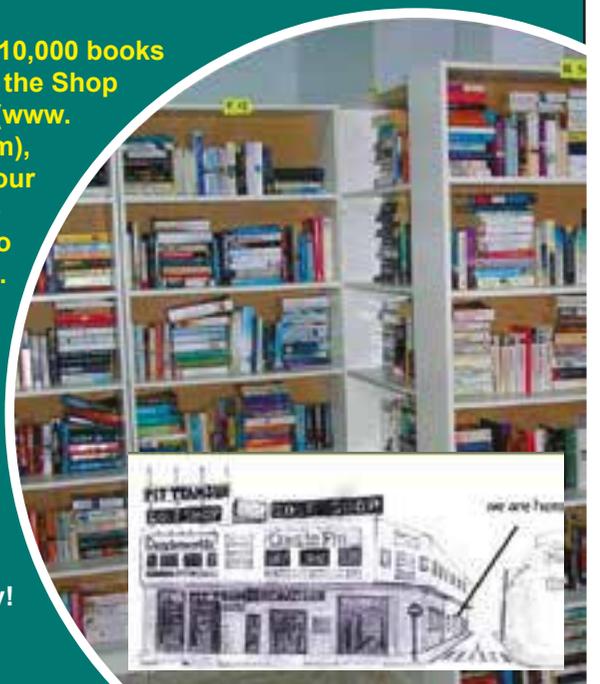
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Should you come to the shop and no one is in, just call us on either 609 714 276 or 627 230 360 - we're never very far away and will get back as fast as we can - while you have a coffee at one of the many cafés nearby!



€149,999 - €100,000**Callao Salvaje, Bar/Cafe****€140,000**

For sale in Callao Salvaje is this entertainment bar, which has all the necessary licenses to be open all night and offer live music, karaoke and other types of live music and entertainment. Today the bar is also known for great live music, pool games, private parties and so much more. Also, note the rental cond... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2130
922 085191 / 670 636004

San Miguel, Excursion Business**€130,000**

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

FRINA Tenerife SL - Business
Sales Ref: 2138
922 085191 / 670 636004

Torviscas Alto, Other Business**€120,000**

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

The Property Gallery Ref:
COM480 922 719925 / 922 719889

Los Gigantes, Supermarket**€115,000**

This mini market has been established since 1989 and the great figures speak for themselves. The new owner of this small supermarket can earn his investment back in only 1.5 years if it is run like today. Today the mini market is run by a couple with help from a single staff and it is a perfect business to take over for another family who wishes to reloca... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 1936
922 085191 / 670 636004

Los Cristianos, Bar/Cafe**€105,000**

Established for more than 26 years and with a great location, this bar and cafe is a good investment. The leasehold price includes all fixtures, fittings, machinery, and license. The

inside is very well organized with newly installed gas, toilets, great kitchen, and bar. The Cafe measures 77 m2 and the dining area has tables for 26 guests. The large terra... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 1953
922 085191 / 670 636004

Puerto Colon, Excursion Business**€100,000**

See the listing on a tablet/mobile friendly website here! If you love the sea and dream of relocating to Tenerife, we have this sailboat for sale in Puerto Colon. Today the boat is used for whale excursion, sunset trips, and private charters. The waters around Tenerife are amazing for charters and whale watching all year round. The boat is a Bavaria Sai... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2140
922 085191 / 670 636004

€99,999 - €50,000**San Eugenio Bajo, Bar/Cafe****€96,000**

Newly built and new on the market is this large restaurant in a great location next to large hotels and the beach. Today the menu is freshly made Asian food for both take away and dining in the restaurant. The inside is spacious and everything is newly built to high a standard. The premises measures 95 m2 and have a fitted bar, new toilet, and disabled to... For full information

FRINA Tenerife

business & property agent

visit us here

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English, Spanish, Dutch, Flemish, German, French, Danish

see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 1949
922 085191 / 670 636004

Los Cristianos, Bistro**€95,000**

If you are looking for an easy to run business in Tenerife, you have to visit this ice cream cafe and bistro in Los Cristianos. The local of the cafe for sale has the full restaurant license, so it is possible to expand the menu or change the concept. Today the menu is coffee, drinks, ice cream. For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2142
922 085191 / 670 636004

Los Gigantes, Bar/Cafe**€79,000**

New business for sale is this bar-cafe at Los Gigantes Marina. Since located just at the marina this bar & cafe have many tourists and regulars. Today the cafe is known for high-quality food and comes with a great reputation. The premises is 90 m2 and offers a professional kitchen, a storage room, and guest toilets. And all furni... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2134
922 085191 / 670 636004

Golf del Sur, Bar/Cafe**€76,000**

This night club in Golf del Sur has a relaxed vibe and tasteful decor. It is placed centrally close to complexes and is very well visited all year round. It is the perfect business for those who love working at night and prefer mixing cocktails in the bar instead of sweating in a hot kitchen. The bar is open 6 days a week from 18:00 to 02:00. It has been ... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 1921
922 085191 / 670 636004

Los Cristianos, Bar/Cafe/Restaurant**€72,000**

Cake shop open since 1986 being sold with all machinery and a Peugeot Van included in the price. 25% of sales made in the shop & 75% to customers delivered on a daily basis. Rent of 950.00 per month. Machinery includes: Rotating oven, fridge, 2 x freezers, laminator, 3 x display

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fridges, tables for working, mixer for pastry + other small machinery. Will al... For full information see website or contact:

Tenerife Prime Property Ref:
B-154 627-230360

San Eugenio Bajo, Bar/Cafe**€69,950**

If you are a British couple who dream of a pub in Tenerife then this is a great opportunity. Established 9 years with same owners this business has a great reputation and comes with many regular clients. The bar is 50sqm with tables for 16 guests inside, and a terrace of 12sqm for 9 guests. Located close to hotels and residential complexes.

Healthy income... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2007
922 085191 / 670 636004

Las Americas, Bar/Cafe**€69,000**

For sale with FRINA Tenerife is this successful Cafe & Pastry Shop in Las Americas. Today the cafe serves breakfast, sandwiches, drinks and sells a delicious selection of pastry. It is impossible to resist the cakes displayed and the cafe enjoys many returning guests... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2131
922 085191 / 670 636004

Los Gigantes, Restaurant**€69,000**

This restaurant is known as one of the absolute best in Los Gigantes. Moreover, the business is located just at the marina, which secures lots of traffic and a naturally a great view. The premises of the business have a large kitchen, storage, and guest toilets. There are a few tables inside, but since the terrace offer a stunning view of the marina most... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2135
922 085191 / 670 636004

Torviscas Bajo, Retail Food Shop**€65,000**

If you are looking for a well-established take-away business in a good location, you cannot miss this. The business is located in the area of Fanabe and Torviscas Bajo among large hotels and timeshare complexes. The terrace is facing a busy street and the customers are both tourists and residents. And the menu is fast... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2151
922 085191 / 670 636004

San Eugenio Bajo, Fish and Chip Shop**€64,000**

If you are looking for a successful Fish and Chips shop in Tenerife, you cannot miss this business for sale. This shop is known to serve some of the best, classic British fish and chips, and today you can both eat at the shop, order take away or use the delivery service. The shop has a large terrace of 60 m2, which offers a sea view and tables for about... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2123
922 085191 / 670 636004

Puerto Colon, Local**€60,000**

Local / office in Terranova, Puerto

Colon. Sold unfurnished. The building has a lift.

The Property Gallery Ref:
COM509 922 719925 / 922 719889

UNDER €50,000**Costa del Silencio, El Trebol****€49,000**

Small Local of 24m2 with bathroom for sale in El Trebol,

Currencies Direct

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

Costa del Silencio. This Local is currently set up as a hairdressers but can be used for other activities as well.

Tenerife Prime Property Ref:
Local 05 627-230360

Las Americas, Bar/Cafe**€49,000**

Fully furnished Rent: 890 Euros per month

The Property Gallery Ref:
Com550 922 719925 / 922 719889

Los Abrigos, Commercial Property**€40,000**

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

The Property Gallery Ref:
COM544 922 719925 / 922 719889

Las Galletas, Cafe/Cake Shop**€38,000**

Bread and Cake shop for lease which will include fixtures and fittings. This is a good opportunity for someone wanting to buy a small business in the busy fishing village of Las Galletas. Owners would consider a Rent only.

Tenerife Prime Property Ref:
B-114 627-230360

Los Cristianos, Bar/Cafe**€36,000**

See the business on our new website HERE. New on the market is this Los Cristianos bar-pub established since 1988. The current owner had the bar for 14 years and only sell due to retirement. Today the bar-pub is open in the evenings, but the opening hours can be expanded.

The bar-pub is classic and furnished with red chairs and dark wood giving this coz... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2107
922 085191 / 670 636004

Puerto de Santiago, Local**€35,000**

Local of 75m2 being sold freehold. This Local is close to 3 large

hotels and various residential complexes in the C.C. Santiago 1 in Puerto Santiago. The price has been reduced significantly for a quick sale.

Tenerife Prime Property Ref:
Local 04 627-230360

Los Gigantes, Excursion Business**€31,000**

NEW ON MARKET! Easy to run business an excursion shop and e-cafe in Los Gigantes both businesses operate from the same office selling excursions, car/motorcycle rentals, computers with internet access and printer, also offered are coffee and soft drinks. This is an easy to run business with low overheads perfect for a couple or even one person, opening Monday t... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2111
922 085191 / 670 636004

Las Americas, Commercial Property**€20,000**

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

Tenerife Belfin Properties Ref:
B401-BP 692 146808

Las Americas, Other Business**€17,200**

BANK REPOSSESSION: Calle Mexico: Commercial local on the ground floor of the commercial centre; with access from the gallery. Located in a tourist area close to the centre of Playa de las Americas. M2: 46.93 Number of floor levels: 1 M2 at the back: 12.15 Number of access points: 1 Year of construction: 1975

The Property Gallery Ref:
118647 922 719925 / 922 719889

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life is too short to live the same day twice

Large Bar-Restaurant

New



You find this large bar-restaurant in a great location less than a minute from the beach in San Eugenio Bajo. Here you get a newly renovated bar with a large kitchen and a terrace perfect for barbecues, sports events, and entertainment.

Ref.: 2203

Price: 70,000€

Lovely Pool Bar

New



This small and cozy pool bar for sale in San Eugenio is truly a hidden little gem, which can be run by a couple or even a single person. The owner has been here for 5 years and only wish serious clients, so contact FRINA directly for pictures.

Ref.: 2199

Price: 63,000€

New Refurbished Cafe-Bar

New



Are looking for a modern and cozy café-bar for sale in Costa del Silencio then do not miss this, known for delicious food and Belgium beers. The premises are newly refurbished 60 m2 + a terrace of 80 m2. It is a great opportunity for a couple.

Ref.: 2201

Price: 49,500€

Unique Water Sports Business

New



This unique business has been open for more than 6 years and runs year-round thanks to the great climate. The business includes among others fly-boards, jet-skis and a zodiac boat. This is both a healthy and super fun business.

Ref.: 2193

Price: 89,000€

Successful Bar & Restaurant

Reduced



This successful bar & restaurant in Chayofa is very spacious and known for barbecue nights, live music, a large terrace/garden and as the no. 1 bar in the area. If you are looking for a unique concept that works you cannot miss this business.

Ref.: 2076

Price: 180,000€

Promenade Bar & Cafe



This cafe in Los Cristianos has been established for more than 3 years and is known for homemade food and quality beers. The cafe is 100 m2 with tables for 25 guests and outside on the street terrace are tables for 25 guests.

Ref.: 2177

Price: 54,000€

Freehold Fish & Chips Shop



This shop located in San Eugenio opened 25 years ago and has a strong name! It is known for using local British products to make perfect fish & chips. **Note; the shop is also sold as a leasehold for 69,000€.**

Ref.: 2160

Price: 285,000€

Charter Sailboat For Sale

NEW



This sailboat offers whale & dolphin watching, sunset charters, and private trips. An average excursion is 3 hours and includes refreshments and time for swimming and snorkeling. The sailboat is a Bavaria 39 from 2006.

Ref.: 2182

Price: 220,000€

Family & Entertainment Bar

New



This well-established and spacious bar of 120 m2 is known for karaoke nights, sports nights and a classic British pub menu. It is very popular among British residents and tourists and is the perfect opportunity for another British couple.

Ref.: 2192

Price: 120,000€

Snack Bar & Sports Cafe

Reduced



This Bar & Café for Sale is located in Puerto de Santiago. It is run by a couple and known as a great place with friendly staff, good food and live music twice a week. The premises are 2 floors which measure 140 m2 altogether.

Ref.: 2096

Price: 49,000€

British Freehold Pub



After 20 years the owner wishes to sell this freehold pub located in Play Paraiso. The pub is 50 m2 and has a large terrace of 53 m2. The pub is very popular among British clients and is open 5 days a week from 12:00 to 00:00.

Ref.: 2170

Price: 139,000€

Tuk Tuk Excursion

Reduced



This tuk tuk excursion includes 2 electrical tuk tuks from 2016 and an excursion shop, which has a healthy turnover. Both garage and the shop is placed in San Eugenio and the trips go to the surrounding areas.

Ref.: 2026

Price: 99,000€

Snack Bar In Los Gigantes

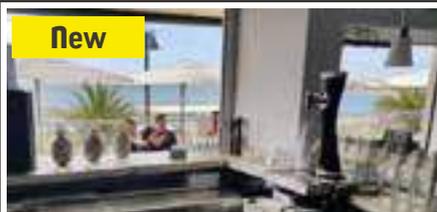


This spacious snack bar is located in a complex in Los Gigantes. It is fully renovated and has tables for 50 guests inside and 12 on the terrace. The owner has to leave Tenerife, so he is open to all serious offers.

Ref.: 2164

Price: 32,000€

New



If you are looking for a business with stunning views you cannot miss this! The newly refurbished premises have a local of 90 m2 with a large and well-equipped kitchen and a dining area and the terrace is 25 m2 with more tables.

Ref.: 2187

Price: 110,000€

Long-established Freehold Bar



This freehold bar in Costa del Silencio has been open for 15 years and is popular among British guests. It includes a covered terrace with tables for 24 guests – inside are tables for 28 guests. The owner is open to offers for a fast sale!

Ref.: 2162

Price: 89,000€

Garage & Workshop



This business has been established for 10 years and is located in an industrial area in the South. The premises are 1,460 m2 including outdoor parking and a fully equipped workshop with lifts and staff bathrooms.

Ref.: 2176

Price: 234,000€

Bar & Cafe In Torviscas

New



This renovated bar-café can be taken over without any further work. The local is 50 m2 and the terrace is spacious 150 m2 offering both shade and sun. And it is a popular bar with great reviews on TripAdvisor and Facebook.

Ref.: 2189

Price: 75,000€

Gourmet Restaurant For Sale

New



This lovely gourmet restaurant is known for its popular degustation menu combining fine dining and local Canarian products. The premises are newly renovated, 80 m2 inside with an open kitchen and a terrace of 14 m2.

Ref.: 2184

Price: 125,000€

Large Freehold Restaurant

New



This large freehold restaurant is located centrally in Las Americas measures 250 m2 and has a terrace of 50 m2. It has been open for 32 years, so it is more than well-established and today it is run by 8 employees.

Ref.: 2180

Price: 995,000€

Freehold Night Club & Bar



This freehold is located in a popular and busy area of Los Cristianos. The premises are 180 m2, which are fully refurbished with kitchen, bar, and DJ booth. Moreover, is a terrace of 60 m2. Today the bar is open 18:00 - 04:00.

Ref.: 2171

Price: 650,000€

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we are here too

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