

# The Tenerife Property & Business Guide



Part of the Spanish Property Guides Group | May 2019 Issue 175

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Call **TENERIFE PROPERTIES TODAY** to view this fabulous 4 bedroom detached villa with pool in a wonderful location!

See also Pages 2 and 3

**TENERIFE PROPERTIES**

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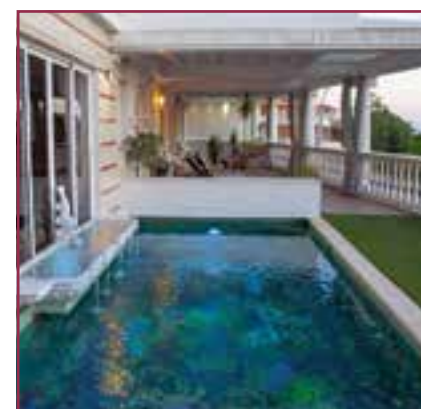
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### Luxury Villa



## TENERIFE PROPERTIES

*This beautiful detached and private villa can be found on a prestigious location in San Eugenio Alto.*



The villa is finished to a very high standard and has a unique and luxurious style. Entering at the ground level the entrance hall has a bespoke staircase complete with fountain leading up to the main area of the house. The first floor comprises a spacious and light living room with atrium allowing the light to filter through the stained glass. There is also a dining room and open plan, fully fitted and

equipped modern kitchen with separate utility room and larder. The outside



terrace leads out from the lounge area and has a chill-out area plus a

31m2 swimming pool, heated with solar panels and a counter flow system allowing you to swim against the current. You can access the upper level either by the staircase or by the internal lift, where you can find 4 x large bedrooms, each with their own bathroom, the master bedroom features a huge ensuite bathroom with hydromassage bath and also a gym with views over the coast. There is a large upper terrace and a very large roof terrace all with amazing sea views. At the ground level is a garage with room for 3 x cars, the pump room for the pool and even a bodega!

This truly amazing and individual villa must be viewed to see the quality of materials used and the unique style to which it has been designed.

**The asking price is 2.500,000 Euros.**

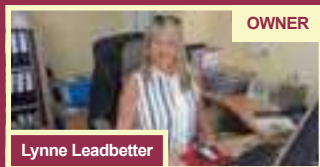
To organize a viewing and for further information please contact **Lynne or Rachel** at **Tenerife Properties:**

**(00 34) 922 724 110**

**(00 34) 608 573 443**

[lynne@tenerifeproperties.net](mailto:lynne@tenerifeproperties.net)





# TENERIFE PROPERTIES



ENGLISH / ESPAÑOL / FRANÇAIS / ITALIANO - 608 573 443

Контактный телефон для русскоговорящих - 648 525 024

**Playa Honda,  
Playa de Las Americas**

**NEW INSTRUCTION!**

1 bedroom, 1 bathroom refurbished apartment.

€175,000 Ref: N1327

**Castle Harbour,  
Los Cristianos**

**NEW INSTRUCTION!**

Studio apartment 42m2. Pool views.

€140,000 Ref: A403

**Ocean View,  
San Eugenio Alto**

**NEW INSTRUCTION!**

1 bedroom apartment with sea views. Refurbished.

€138,000 Ref: N1326

**Andalucia,  
Torviscas Alto**

**FRONT LINE!**

1 bedroom, 1 bathroom apartment with large terrace and sea views.

€199,000 Ref: N1324

**Amarilla Bay,  
Costa del Silencio**

**NEW INSTRUCTION!**

1 bedroom, 1 bathroom apartment front line to the sea.

€199,000 Ref: N1330

**Residenciál Tilo, Fañabe**

**NEW INSTRUCTION!**

3 bedroom, 2 bathroom penthouse located on residential complex in Fañabe town, only a short drive to the resorts of Costa Adeje and near to local amenities and schools. The apartment is very spacious, measuring 95m2 total and it has a fantastic, private roof terrace with views to the sea and the mountains. This property is sold fully furnished and complete with 2 x garage spaces and a large storeroom.

€250,000 Ref: I1279

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**El Naranja, El Madroñal**

**EXCLUSIVE!**

2 bedroom, 1 bathroom apartment located on the gated, residential complex of El Naranja, very close to the Costa Adeje school and within easy walking distance of the Gran Sur Shopping Centre. This well-presented apartment comprises 2 double bedrooms, 1 bathroom, lounge, American-style kitchen and terrace with views to the swimming pool, gardens and to the sea. It is sold with a parking space and also a very well looked after car!

£225,000 Sterling Ref: T1144

**Monterrey,  
San Eugenio Alto**

**NEW INSTRUCTION!**

2 bedroom, 2 bathroom duplex bungalow with sea views.

€260,000 Ref: T1142

**El Tesoro de Galeón,  
El Galeón**

2 bedroom, 2 bathroom luxury penthouse apartment.

€330,000 Ref: T1105

**The Sunset,  
Torviscas Alto**

2 bedroom, 1 bathroom apartment with closed garage.

€210,000 Ref: T1146

**Townhouse,  
El Camison**

3 bedroom townhouse in central Playa de Las Americas.

€320,000 Ref: I1275

**Winter Gardens,  
Golf del Sur**

**NEW INSTRUCTION!**

3 bedroom apartment on complex with pool.

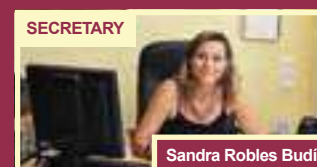
£180,000 Sterling Ref: I1280



Translators available for any other languages.



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





### Torviscas Alto, Balcon del Atlantico



**BALCON DE ATLANTICO**

- Studio
- Residential area
- Popular urbanisation
- Close to amenities
- Close to restaurants / bars / cafes
- American kitchen
- Fully furnished
- Renovated
- Street parking

42 0

Price: 72,000€

Ref: 0S3372

### San Eugenio Alto, Ocean View



- 1 bed
- 1 bath
- Apartment
- Residential area
- American kitchen
- Close to amenities
- Close to restaurants / bars / cafes
- Cosmetic work needed
- Street parking

40 0

Price: 58,000€

Ref: 1A3371

### San Eugenio Alto, Ocean View



- 2 beds
- 1 bath
- Popular urbanisation
- American kitchen
- Views to La Gomera
- Close to amenities
- Fully furnished
- Sunny balcony
- Street parking

57 4

Price: 125,000€

Ref: 2A3370

### San Eugenio Alto, Caledonia Park



- 1 bed
- 1 bath
- Close to amenities
- Sea views
- Fully furnished
- Renovated
- American kitchen
- Air conditioning
- Roof terrace

50 8

Price: 147,000€

Ref: 1D3369

### San Eugenio Bajo, Garden City



**VIEWING RECOMMENDED!**

- Studio
- Centrally located
- Close to amenities
- Touristic area
- Views to La Gomera
- Fully furnished,
- Sunny terrace
- Heated communal pool
- Parking nearby

35 6

Price: 135,000€

Ref: 0S3365

### Playa San Juan



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

45 6

Price: 133,000€

Ref: 2A3364

### San Eugenio Bajo, Ocean Park



**IMMACULATE CONDITION**

- 1 bed
- 1 bath
- Gated community
- Close to amenities
- Touristic area
- Fully furnished
- Sunny terraces
- Communal pool
- Renovated

43 19

Price: 249,000€

Ref: 1A3362

### San Eugenio Alto, Laguna Park II



- 1 bed
- 1 bath
- Popular urbanisation
- Close to amenities
- Centrally located
- Sea views
- American Style Kitchen
- Fully Furnished
- Terrace
- Communal parking

44 13

Price: 139,500€

Ref: 1A3354

### Amarilla Golf, Sun Bay Villas



**BARGAIN!**

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

96 35

Price: 297,000€

Ref: 2TH3353

### Costa Adeje, Bellamar II



- 2 beds
- 2 baths
- Gated community
- Touristic area
- Centrally located
- Sea and mountain views
- Fully furnished
- Sunny terrace
- Close to amenities

73 0

Price: 336,000€

Ref: 2A3351

### San Eugenio Alto, Altavista



- 2 beds
- 1 bath
- Close to amenities
- Gated community
- Touristic area
- Sea views
- Fully furnished
- Sunny terraces
- Communal pool

64 32

Price: 245,000€

Ref: 2A3347

### Torviscas Alto, Las Mimosas



- 3 beds
- 2 baths
- Close to amenities
- Popular urbanisation
- Sea and La Gomera views
- Open plan kitchen
- Unfurnished
- Sunny terrace
- Underground parking

100 60

Price: 345,000€

Ref: 3V3273



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CC San Eugenio,  
San Eugenio Bajo

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VALLE SAN LORENZO, VILLA

**L**ovely part-furnished villa in great position giving great sea and mountain views. The property is made up of a main house with 2 guest apartments (total 7 bedrooms and 6 bathrooms - several en suite), lounge/dining area, sep.dining room, independent fully equipped kitchen, basement, wine cellar, storerooms, garden, various terraces ideal for al fresco dining, and a private garage. Situated close to all amenities and schools.



Price: 449,750€

Ref: 7V3360

Built: 303sqm

Terrace/Garden: 965sqm

LAS AMERICAS, VERA CRUZ



**L**ovely, fully furnished and equipped 1 bed, 1 bath apartment on popular, centrally-located 'Touristic' complex with pool, sunbathing terraces and communal parking, close to the sea front and all amenities. The property has a lounge/dining area, American-style fitted kitchen, and a terrace overlooking the Community gardens.



Price: 199,500€

Ref: 1A3318

Built: 48sqm

Terrace: 6sqm



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# Homes & Away

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info@homesandaway.com

www.homesandaway.com

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

## SALES



## AMARILLA GOLF

Situated in elevated location with stunning views down to the sea and over the golf course. Detached villa with 3 bedrooms, 2 bathrooms, private pool, own driveway and carport. Quick sale required.

**€429,000**

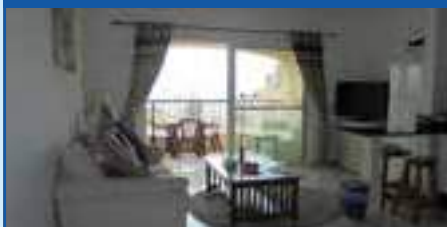


Address: C/ Colon, C.C. Centro Playa, Local 9,  
Puerto Colon, Las Americas, Adeje 38660

Phone: 922 719925

E: info@thepropertygallery.com

www.thepropertygallery.com

OCEAN GOLF & COUNTRY CLUB,  
GOLF DEL SUR

Stunning 1 bed, 1 bath apt with lovely sea views. It also has American style kitchen with breakfast bar, good size lounge area & covered terrace with amazing views.

Ref: B1721 €130,000

ALTAVISO,  
CALLAO SALVAJE

Lovely 2 bed duplex apartment, consisting of fully fitted kitchen, lounge/dining room, cloakroom, and with a good sized terrace overlooking the pool, plus a very large roof terrace with great views.

Ref: C1826 €195,000

OCEAN PARK,  
SAN EUGENIO BAJO

1 bed apt in good order and with excellent views to both the sea & mountains. 1 shower room, lounge-diner, open plan fully fitted kitchen, and a good sized terrace (17 m2). Communal pool.

Ref: B1699 €250,000

## REPOSSESSIONS:

## SAN ISIDRO

2 bed, 2 bath apartment of 60.25sqm sold with garage parking.

€105,300

Ref: 53069

C/ LA JURADA,  
PUERTO SANTIAGO

1 bed, 1 bath 84.70sqm apartment with communal pool.

€158,000

Ref: 00015

URBAN PLOT,  
GUIA DE ISORA

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

€117,700

Ref: 37861

DINASTIA, AV.  
SAN FRANCISCO,  
LOS CRITIANOS

2 bed, 2 bath 84.15sqm apartment with lounge/diner, kitchen, and terrace. Communal pool.

€245,601

Ref: 65508

## EL MADROÑAL



Detached house with private pool. Built over 3 floors; 5 bedrooms, 3 bathrooms, terraces, private pool and parking for 2 cars.

Ref: D1785 €580,000



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

## SAN EUGENIO ALTO



Completely renovated property to a very high level with high quality materials and showing great attention to detail and design. 6 bedrooms, 7 bathrooms. Private heated pool. Double garage.

Ref: D1778 €1,070,000



**Dorothee Robert**  
Commercial Director  
+34 628 608 469  
commercialdirector@secondhometenerife.com  
www.2ndhometenerife.com



Ref: ROA3437

**Porta Nova**  
Apartment, Tanviscas  
Price: 295.000 €  
Bedrooms: 3

147 m<sup>2</sup> EEC/CEE **G**



Ref: ROA5040

**La Mareta**  
Detached House - Villa, El Médano  
Price: 369.000 €  
Bedrooms: 5

456 m<sup>2</sup> EEC/CEE **G**



Ref: ROA3199

**Montaña de Yaco**  
Detached House - Villa, San Isidro  
Price: 285.000 €  
Bedrooms: 3

363 m<sup>2</sup> EEC/CEE **G**



Ref: ROA0026

**Santa María**  
Studio, San Eugenio  
Price: 173.250 €

38 m<sup>2</sup> EEC/CEE **G**



Ref: ROA3197

**Los Abalos**  
Townhouse, El Galeón  
Price: 430.000 €  
Bedroom: 3

170 m<sup>2</sup> EEC/CEE **G**



Ref: ROA2212

**Abama Golf**  
Apartment, Golf de Isora  
Price: 720.000 €  
Bedrooms: 2

EEC/CEE **G**



Ref: RD1098

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

100 m<sup>2</sup> EEC/CEE **G**



Ref: RPP37

**Paraíso I**  
Apartment, Playa Paraíso  
Price: 210.000 €  
Bedrooms: 3

140 m<sup>2</sup> EEC/CEE **G**



Ref: RP2123

**Punta Rasca**  
Townhouse, Palm-Mar  
Price: 385.000 €  
Bedrooms: 2

175 m<sup>2</sup> EEC/CEE **G**



Ref: RP1211

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

73 m<sup>2</sup> EEC/CEE **G**



Ref: RP1209

**Laderas del Palm-Mar**  
Apartment, Palm-Mar  
Price: 183.000 €  
Bedroom: 1

68 m<sup>2</sup> EEC/CEE **G**



Ref: RD2132

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

176 m<sup>2</sup> EEC/CEE **G**



Ref: RC2020

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

271 m<sup>2</sup> EEC/CEE **G**



Ref: RD2427

**Island Village**  
Apartment Penthouse, San Eugenio  
Price: 270.000 €  
Bedrooms: 2

140 m<sup>2</sup> EEC/CEE **G**



Ref: RD1078

**Bellamar II**  
Apartment, El Duque  
Price: 245.000 €  
Bedrooms: 1

82 m<sup>2</sup> EEC/CEE **G**



Ref: RPP2417

**Marazul**  
Apartment, Adeje  
Price: 350.000 €  
Bedrooms: 2

100 m<sup>2</sup> 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 Paraíso**  
Av. Playa Paraíso, 2  
Edf. Gran Azul, local 11  
38678 Playa Paraíso  
Tel. 922 741 866

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

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CC San Blas - Golf del Sur

Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas



## 2 BED RESIDENTIAL APARTMENT

Las Chafiras

**A HOME ON A BUDGET!**

A spacious residential apartment of 83m<sup>2</sup> 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: €114,950 (approx. £101,725)



## 1 BED GARDEN APARTMENT

Amarilla Golf

**IDEAL HOLIDAY HOME IN THE SUN!**

This spacious and very well presented ground floor one bedroom apartment is perfect to escape those long, miserable winter months at home! Located in the ever improving Amarilla Golf area, with its pretty golf course and the San Miguel marina close by. The apartment has a new modern kitchen, a new bathroom with walk-in shower, a comfortable lounge and one of the biggest bedrooms you will find!

Ref: AMG00498

Price: €125,000 (approx. £110,619)



## 1 BED FRONTLINE APARTMENT

Golf del Sur

**AMAZING VIEW FROM THE TERRACE!**

A very affordable one bedroom apartment located on a frontline complex. This property boasts fantastic views of the community pool area, the Atlantic Ocean and the pretty San Miguel Marina. Located in the heart of Golf del Sur with all amenities close by, this is a perfect base to relax and enjoy the wonderful Tenerife climate. View this and we are sure you will fall in love with the view! This is an ideal holiday home.

Ref: GOLFO1558

Price: €145,000 (approx. £128,318)



## 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)



## 2 BED APARTMENT

Golf del Sur

**A GREAT BASE FOR THE WINTER!**

This spacious two bedroom, two bathroom apartment is located on arguably one of the best complexes in Golf del Sur. If you fancy a winter base to escape the cold winters at home then this is perfect! Large living areas, good size bedrooms, open plan kitchen and dining area and plenty of outdoor space to enjoy the beautiful climate. Fancy a swim? The community pool is heated as well!

Ref: GOLFO1556

Price: €210,000 (approx. £185,840)



## 2 BED RESIDENTIAL APARTMENT

El Galeon, Adeje

**PERFECT FOR RELOCATING TO TENERIFE!**

This spacious two bedroom two bathroom apartment is perfectly located in the heart of the pleasant residential area of El Galeon very close to Adeje town centre. Everything is close by for comfortable living including the town centre, local shops, the excellent El Galeon Shopping Centre and local schools, parks and sports centres! The complex has a community pool and kid's playground.

Ref: OUT01126

Price: €232,000 (approx. £205,309)

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Pristine three bedroom, two bathroom ground floor apartment, located on Amarilla Golf. Substantial m<sup>2</sup> both internally & externally. Marble floors throughout. Fully equipped kitchen with granite worktops. Three bedrooms (the master bedroom has en-suite). Spacious lounge with patio doors leading to the terrace and garden. Beautifully furnished throughout. Includes underground garage and storeroom.

Ref: AMG00512

Price: €385,000

(approx. £340,707)

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



**EXCLUSIVE**  
**LUXURY**  
 New Development  
 ON AMARILLA GOLF  
**BUY-OFF-PLAN**  
 SEE OUR ADVERT ON PAGE 29



Thinking of **SELLING** your property? **Buyers** **contact us EVERY DAY...** **TO REGISTER YOUR PROPERTY FOR SALE WITH US... Call 922 714 700**



**NEW!**

**3 BED BUNGALOW**  
 Chayofa  
**IDEAL FOR HOLIDAYS / PERMANENT LIVING!**  
 This charming bungalow style property is perfectly located by the pool of this pleasant residential development. Located in the heart of the popular village of Chayofa which is only a five minute drive from the main tourist town of Los Cristianos. Comprising of three double bedrooms, a full bathroom and a further en-suite shower room, spacious lounge with dining area, a fitted kitchen and a private terrace & garden.  
 Ref: OUT01129  
 Price: €250,000 (approx. £221,238)



**NEW!**

**2 BED LINKED HOUSE**  
 Golf del Sur  
**SUPERB TURNKEY PROPERTY WITH VIEWS!**  
 This beautiful bungalow style property enjoys a stunning position with frontline views to the Atlantic Ocean! Private manicured garden and pleasant patio area takes full advantage of its enviable location. Want to see more? Then climb to the fantastic solarium on the upper level of the property and take breakfast overlooking the ocean! A perfect home or winter base in an amazing location.  
 Ref: GOLF01557  
 Price: €285,000 (approx. £252,212)



**1 BED FRONTLINE APARTMENT**  
 Playa de las Americas  
**LOCATION LOCATION LOCATION!**  
 Ever dreamed of owning a frontline holiday home with the beachfront and the best restaurants and designer shops all on your doorstep? Based on one of the most sought-after complexes in the south, this one bedroom duplex has excellent views of the beautiful communal pool, gardens and mountains beyond. All amenities are here! Just relax and soak up the sun with a choice of two terraces.  
 Ref: LA01846  
 Price: €350,000 (approx. £309,734)



**3 BED TOWNHOUSE**  
 Palm Mar  
**PEACEFUL & PLEASANT SURROUNDINGS!**  
 If you're looking for a spacious modern family home, we are sure you will like this! Three bedrooms, two bathrooms, WC, independent fully equipped kitchen and separate utility room, split level lounge and dining area, front and rear garden, roof terrace and private underground garage. Located on a pleasant residential development in Palm Mar and enjoys an excellent microclimate.  
 Ref: PM00106  
 Price: €399,000 (approx. £353,097)



**4 BED COUNTRYSIDE HOME**  
 San Miguel  
**A BEAUTIFUL RURAL PROPERTY!**  
 Ever dreamed of owning a beautiful Canarian country house with the most stunning views of the countryside and down to the Atlantic Ocean? The main property was built by the current owner in 1996 and follows the typical style of a rural house as well as cleverly converting an original Canarian cottage which was originally dated from 1934. The plot is 750m<sup>2</sup> and has a private pool.  
 Ref: OUT01123  
 Price: €595,000 (approx. £526,548)



**6 BED DETACHED VILLA**  
 San Eugenio Alto  
**PANORAMIC VIEWS AND A PRIVATE POOL!**  
 An excellent, high quality independent villa located in the prestigious San Eugenio Alto area of Costa Adeje. Six bedrooms, five bathrooms, independent kitchen, a spacious and bright lounge with dining area, multiple terrace and patio areas and a newly renovated private heated pool. Panoramic views from all aspects of the property. A fantastic villa with too many features to list here!  
 Ref: LA01844  
 Price: €895,000 (approx. £792,035)

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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

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## 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

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

Office: 922 797 438 / 922 751 587  
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# Tenerife Island Rentals & Buy Tenerife

## Sales

### Sur y Sol, Los Cristianos



Fantastic, fully furnished ground floor apartment with large double bedroom with fitted wardrobes, good sized living/dining area with American style kitchen and bathroom. There is a good sized terrace, community swimming pool, and beautifully kept gardens. This is a very popular complex due to its location. The complex is extremely well maintained with security entrance, WiFi and international TV channels available throughout the community.

Ref: AP0464

€185,000

### Castle Harbour, Los Cristianos

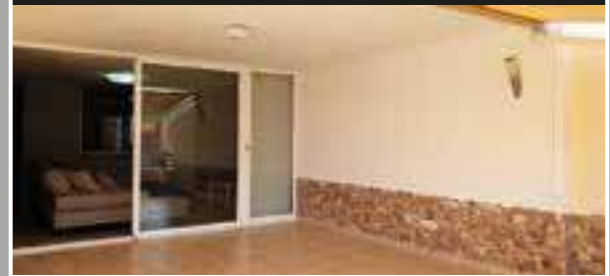


This pristine apartment would make an ideal holiday home. Large community pool which is heated in the winter and attractive terrace and garden areas. On site restaurant, pool bar, and tennis courts. The complex has been kept to a high standard over the years and has an excellent reputation with many nationalities. The apartment is in top class condition, the terrace offers views to Los Cristianos and buyers will appreciate the sunny aspect. The property has an American style kitchen, large lounge, and plenty of storage room. The double bedroom has fitted wardrobes and the bathroom has a walk in shower.

Ref: AP0461

€165,000

### 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 en suite 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

### El Galeon, Adeje



Top floor apartment in the El Galeon area of Adeje. The property comprises of two double bedrooms, the master with en suite bathroom, further bathroom, separate fitted kitchen with laundry room and a large living/dining room with patio doors to the balcony area with views over the park and towards the sea. On the complex there is a community swimming pool and children's play park. The property also comes with an underground enclosed garage.

Ref: AP0450

€230,000

### Duplex, 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 storeroom. 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: DUP0416

€155,000

### Three bed apartment, Costa del Silencio



Situated in a well-manicured complex, this spacious three bedroom, front line apartment has the most amazing views to the Atlantic Ocean. The apartment has a large lounge and dining room with a separate modern kitchen. With two bathrooms and three good sized double bedrooms each with a sea view. The apartment is light and spacious and a viewing is highly recommended to appreciate the most stunning feeling of being so close to the sea. Large secure storeroom on the same floor and two car spaces in the gated complex car park.

Ref: AP0381

€337,000

### La Capitana, El Galeon



Beautiful four bedroom property located on the ground floor. There is a large living room, kitchen, bedroom and bathroom and on the upper floor there are three good sized bedrooms and two bathrooms, the master bedroom is en suite. Although located on a complex with community pool, this property feels like a detached property. Wrap around terraces make outdoor living a pleasure in this property. The property comes with its own garage and wine cellar. Viewing is highly recommended to appreciate this home. Close to the El Galeon shopping centre, schools and the main town centre of Adeje is just five minutes away.

Ref: PUE0402

€420,000

### Jardin Botanico, Adeje



Large three floor townhouse located in the Los Olivos area of Adeje. Consisting of three bedrooms, bathroom and W.C., large living room with dining area and independent fitted kitchen. Large ground floor terrace, private garage and community swimming pool. Sought after area close to local amenities.

Ref: PUE0329

€255,000

### Moncayo, Parque de la Reina



Two bedroom, two bathroom property for sale in the very popular area of Parque de la Reina. This large apartment has a separate kitchen with laundry room and large living room with balcony. There is lift access in the property and there is a garage space with storeroom. Community swimming pool and gardens. There is a primary school in the area, park, bars, restaurants, shops and a new secondary school is currently being built. The property is also being sold fully furnished.

Ref: AP0379

€140,000

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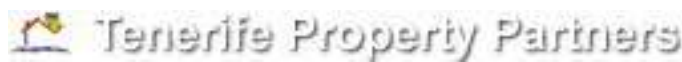
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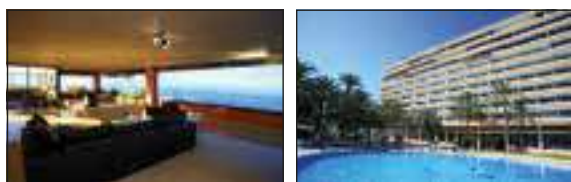
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Calle Tagara,  
 Jardin Botanico  
 Local 8  
 ADEJE



**CALLAO SALVAJE**



Beautiful, fully furnished, 1,000sqm luxury penthouse in Marazul, with 4 bedrooms, 4 bathrooms, living room and kitchen. The property is very light and spacious and has a large terrace which enjoys panoramic sea views.

Ref: 1027 €1,680,000

**LOS MENORES**



Great finca in the Adeje area with 12,881sqm of land, a 2 storey main property with 5 apartments, and 2 independent guest apartments. The property has a private pool and enjoys beautiful views. Lots of potential to extend.

Ref: 687 €1,550,000

**ADEJE**



Beautiful, fully furnished, 4 bed, 4 bath independent villa with own pool and lovely new American-style kitchen. This centrally-located property is in a quiet residential area with terraces, garage, and is close to all amenities.

Ref: 1039 €725,000

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**Puerto Santiago**



4 bed, 3 bath villawith living room, kitchen, garage and own pool. Lovely sea views.

Ref: 1003 €750,000

**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

**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

**Arona**



Unfurnished 7 bed, 5 bath independent house on 3 floors with living room, kitchen, several terraces, barbecue area, patio garden and 2 large garages. Sea views.

Ref: 998 €473,000

**Piedra Hincada**



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

Ref: 1021 €336,000

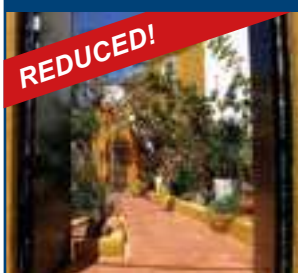
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Ref: xx €Various

**Chio**



Beautiful 4 bed, 3 bath rustic house with living room and kitchen plus a small, separate studio. The property enjoys sea views and has gardens and a parking space.

Ref: 935 €199,000

**Guia de Isora**



Totally reformed 4 bed, 2 bath Canarianhouse with terrace/BBQ area on a 400sqm plot. Locted in quiet village.

Ref: 316 €300,000

**El Poris, Abades**



5,000sqm finca with 72sqm., 1 bed, 1 bath house with living room, kitchen, nice terrace, garden, storeroom and nice sea views.

Ref: 1002 €180,000

**El Desierto, Granadilla**



12,000sqm finca with water tank (3,000m irrigationpipes and 4,000sqm of greenhouse-ing). Plus 2 bed, 1 bath 90sqm house with kitchen.

Ref: 1033 €283,000

**Arico**



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

Ref: 1005 €135,000

**Los Abrigos**



Fully furnished 2 bed, 2 bath duplex apartment with 2 balconies, garage and private roof terrace. Sea and mountain views.

Ref: 1032 €158,000

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**Guargacho**



Fully furnished 2 bed, 1 bath first-floor apt. situated in a well-looked after building with lift and rooftop storage room. The property has a bright lounge/diner, American kitchen, and small terrace which enjoys views of the park. There is the option to buy a parking space for an additional €10,000.

Price: €117,000

Ref: G-CHAQ117

**El Fraile**



Bright and airy 3 bed, 2 bath (1 recently renovated) first-floor apt. in small, quiet building with only 3 apts. (1 per floor). The building is well-kept with low community fees. The property has a brand new American kitchen, lovely terrace, and would make a perfect family home or ideal investment for monthly rental income.

Price: €124,000

Ref: EL-CSC124

**Las Chafiras**



Stunning, fully furnished 2 bed, 1 bath ground-floor apt. in small and quiet 2-storey complex with minimarket and children's play park. The property has a spacious lounge/diner which leads onto a small terrace, fully-equipped independent kitchen, and parking space and storage room included in the price. Close to all amenities and ready to be moved into.

Price: €132,000

Ref: LC-EK137

**Green Park, Golf del Sur**



Studio apt. on complex with large pool, beautiful gardens, and children's play park. The property has a living room which leads out onto the cosy terrace, kitchen, and bathroom with bathtub. It is located in the shade so keeps cool during the summer months and is ready to be furnished to your liking. Close to all amenities.

Price: €79,000

Ref: GDS-GP79

**Guargacho**



Fantastic, modern 3 bed, 4 bath 3-storey terraced house located in a quiet area with garage, storage, and 2 large terraces at the front and rear. The property has an open plan lounge, fully-equipped and recently renovated kitchen, and Aircon on the bottom 2 floors. There is also a storage/laundry room with pool fittings pre-installed.

Price: €273,600

Ref: G-RA273

**Granadilla**



Gorgeous, part-furnished 4 bed, 4 bath (2 en suite) 2-storey detached house on large plot with open-air private garage for 2 cars, beautifully kept gardens, and multiple terraces. The property has a fully-equipped kitchen, lots of open air spaces with sea and mountain views, and would be ideal for a family as each bedroom has its own privacy.

Price: €329,000

Ref: GDA-CA329

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**FAIRWAYS, Amarilla Golf**

**LEASE-HOLD**

Ref: 518-CL

Traspasso 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€**

**ROYAL PALM, Los Cristianos**

**REDUCED!**

Ref: 471-S

Large, very well presented studio apartment. Located within this popular, quality holiday community with pools and gardens. Offering bathroom, kitchen/lounge and bedroom area. Private terrace. Close to shopping centres, and walking distance to the town center and coast. Viewing highly recommended.

**0 bed, 1 bath 149.950€**

**OCEAN PARK, San Eugenio Bajo**

**REDUCED!**

Ref: 494-S

Just reduced. Large studio with sunny terrace and pool views located on popular and central gated community. Still in original condition, with the possibility of making into a one bedroom apartment. Community parking and pool.

**0 bed, 1 bath 147.500€**

**PRIMAVERA, Palm Mar**

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€**

**CASTLE HARBOUR, Los Cristianos**

**STUNNING!**

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€**

**LAS FLORITAS, Las Americas**

**NEW LISTING!**

Ref: 523-A1

Well presented, fully furnished one bedroom apartment on the first floor, new to the market. Great pool views and private terrace. Offering large double bedroom with fitted wardrobes, bathroom, fitted kitchenette, and lounge/dining room. Very popular community with large swimming pool, pool bar, supermarket and reception. Close to all amenities, low community fees.

**1 bed, 1 bath 170,000€**

**JARDIN DE SAN MIGUEL, Llano de Camello**

**REDUCED!**

Ref: 335-TH4

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

**4 bed, 2 bath 225.000€**

**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€**

**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€**

**LA QUINTA, Amarilla Golf**

**NEW LISTING!**

Ref: 522-B2

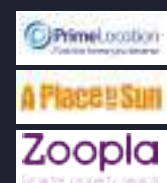
Modern two bedroom villa with possibility to develop another en-suite bedroom. New and modern fully-fitted kitchen, lounge/dining room and stunning terrace with golf and sea view. The property has an alfresco dining area, private pool, and private garage.

**2 bed, 1 bath 345.000€**

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5 3

Ref: 6697

### GUIA DE ISORA



A lovely detached, completely renovated village house in the town of Guia de Isora, built on one level and approximately 120 years old. In total the house has 5 double bedrooms but currently only 3 are being used as bedrooms with 2 ensembles. The other 2 bedrooms are currently being used as a second lounge area and an office but could be changed back if required. There is also another family bathroom, spacious lounge with lovely wooden beamed ceilings and an independent fully fitted kitchen. In addition to the kitchen there is another room with a second kitchen area if more space is needed for storage, food preparation, laundry, etc. The inside of the house is much bigger than you would imagine, from the street to the house there is a courtyard/garden with a lovely seating area perfect for enjoying your morning coffee. Here you can also access a large roof terrace to enjoy panoramic views. When you exit the house through back you come into a large private garden with various seating and sun-bathing areas plus barbecue & entertainment area and W.C. This really is a remarkable property that needs to be seen to be fully appreciated.

House

€435,000



4 4

Ref: 7147

### SAN EUGENIO ALTO



Offering delightful views this detached Andalusian style villa is situated in a prestigious area of San Eugenio Alto. Spread over 3 floors the property boasts a large living area comprising of an independent fully fitted and equipped kitchen, utility area, lounge with dining area and shower room on the ground floor, upstairs there are 3 double bedrooms (one is currently used as an office) the master bedroom has an ensuite bathroom, dressing area and private balcony with stunning views and sunsets. Basement level has a double garage, shower room and 4th bedroom with independent access. Large private heated pool, pergola with sitting area, sunny terraces, easily maintained garden and much more. Must be seen.

Villa with private pool

€735,000



5 3

Ref: 7378

### CHAYOFA



A spacious family home with private pool and jacuzzi. The house offers a living area over two floors with independent fitted kitchen, dining room, lounge, w.c and a double ensuite bedroom on the ground floor plus a further four bedrooms upstairs, large landing and family bathroom, two of the bedrooms share a Jack and Jill bathroom and offer a private balcony. Off road parking for 2 cars, pergola, sunny terrace and a covered terrace for those who prefer to be in the shade. Chayofa is a popular choice, a quiet residential area with a small selection of bars/restaurants yet just a 5 min drive to the busy coastal town of Los Cristianos.

Villa with private pool

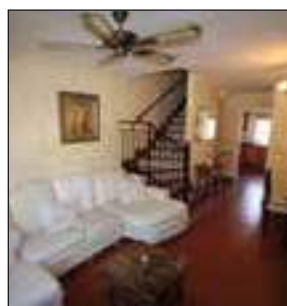
€550,000



3 2

Ref: 7288

### ADEJE



A large family home in the residential complex of Jardin Botanico in Adeje town. This complex is one of the nicest in the area due to its lovely communal pool and garden area. The house itself is built over 4 floors. The garage is on the ground level. The first floor consists of an independent kitchen, lounge and dining area and a guest toilet. The second level has 2 double bedrooms, balcony with fabulous mountain views and a family bathroom. The upper level then has a large open room with bedroom and shower plus a barbecue terrace with all day sun and sea views. There is a school and sports centre close by.

Townhouse

€255,000



2 2

Ref: 7307

### TORVISCAS ALTO



A beautiful 2 bedroom apartment for sale on the quiet residential complex of Windsor Park in Torviscas Alto. This apartment has been fully refurbished and is in fantastic condition. The apartment consists of 2 double bedrooms, 2 bathrooms with walk in showers, an open plan American style kitchen and a spacious, modern, nicely furnished living area. From here you access a large terrace with fantastic sea and coastal views. The complex has 2 community pools and it is possible to rent a private garage also. This would make an ideal holiday home for extended winters or even a permanent residence.

Apartment

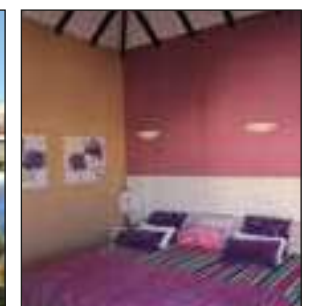
€239,000



1 1

Ref: 7290

### FANABE BEACH



An immaculate top floor apartment in the highly sought-after Yucca Park complex. The apartment has been refurbished and offers a stylish living area with open plan fitted kitchen, lounge leading onto a sunny terrace, modern shower room and a double bedroom featuring a beamed high ceiling, fitted wardrobes and compact balcony overlooking the pool. Secure and well-maintained complex with pool bar, just a 5 min stroll to the beautiful Fanabe beach and promenade with a wide selection of shops and restaurants. Must be seen.

Apartment

€265,000





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INTERNATIONAL ESTATE AGENTS

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Ref: 7380

SAN EUGENIO ALTO



A fully renovated apartment in the quiet residential complex of Las Brisas in San Eugenio Alto. The apartment is on the top floor, has 2 terraces and is south facing with sea views. The apartment consists of a large double bedroom with extra space for office or dressing room,



modern family bathroom with bath and separate walk-in shower, an open plan kitchen with high end appliances and a spacious, bright lounge and dining area. You have a small balcony off of the bedroom and a large terrace off of the lounge with all day sun shine. This gated complex has a large community swimming pool and you can be back in the heart of San Eugenio surrounded by bars and restaurants within a 5 minute walk. Absolutely immaculate throughout, this real turn-key property must be seen!



**Apartment**

**€175,000**





C.C. El Trebol, Local 37,  
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**Santa Ana, Costa del Silencio**

Beautiful, fully furnished 3 bed, 1 bath semi-detached house on complex with pool. The property has a large living room with 14sqm patio, American kitchen, and the upstairs bedrooms has its own terrace. Close to amenities.

Ref: 1478-0319 €170,000



**Primavera, Tenbel**

Totally renewed, fully furnished 1 bed, 1 bath apt. on complex with pool and gardens. The property has an open plan kitchen, ceiling fans, and is a 5 minute walk from Las Galletas.

Ref: 1369-0418 €115,000



**Costa del Silencio**

Fully furnished 1 bed, 1 bath apt. on quiet and cozy complex with pool. The property has a fully-equipped open-plan kitchen, balcony which enjoys pool views, and has been completely renovated with high quality materials.

Ref: 1412-0718 €125,000



**Costa Sol**

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



**Eureka, Costa del Silencio**

Nice, fully furnished 1 bed, 2 bath apt. on complex with pool. The property has an open-plan kitchen and large 32sqm terrace which overlooks the communal gardens. Community fees: €110/month, electricity consumption included.

Ref: 1481-0419 €130,000



**Primavera, Tenbel**

Centrally located, fully furnished 1 bed, 1 bath apt. on complex with large pool, gardens, and parking. The property has a spacious bedroom, open-plan kitchen, and north-facing 10sqm terrace which overlooks the gardens.

Ref: 1482-0419 €125,000



**Parque Don Jose**

Modern, fully furnished 1 bed, 1 bath apt. on complex with pool. The property has been completely renovated and has a kitchen with cooking island, light bathroom, and south-west facing terrace. Monthly community fees: €96.

Ref: 1483-0419 €167,000



**La Hacienda, Costa del Silencio**

Part-furnished 1 bed, 1 bath first-floor apt. with sunny south-facing balcony and large roof terrace on complex with pool. The property has an American kitchen and a parking space is included in the price.

Ref: 1322-1017 €139,000



**Costa del Silencio**

Very bright, part-furnished studio on complex with pool. The property is in excellent condition and has an open-plan kitchen, 9sqm terrace with pool views, and close to all amenities. Community fees: €60/month.

Ref: 1473-0219 €86,000



**Parque don José, Costa del Silencio**

Fully furnished 2 bed, 1 bath apt. on complex with heated pool. The property is wheelchair friendly, has a lovely large terrace, and spacious American kitchen. Close to all amenities.

Ref: 1476-0319 €169,000



**Sales and Rentals**



Over 15 years' experience  
in business on the island.

Calle La Ballena, 17 bajo  
derecha, LOS ABRIGOS,  
Granadilla de Abona.

Tel: 922 738 653  
Mob: 626 274 040

**RESIDENTIAL SALES**



**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



**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



**LONG TERM RENTALS**



**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**

**Tel: 922 703 725 / 627 230 360**

Email: carolhale.tpp@gmail.com • Web: www.tenerifeproperty.com



## Beautiful Semi-detached House **FOR SALE** in Abades



**PRICE: €179,000**

**Property Details**

- Bedrooms: 3
- Bathrooms: 2
- Interior: 127 m2
- Plot size: 130 m2

**DESCRIPTION:** This is an ideal family home or holiday home set in the quiet residential area of Abades, just 20 minutes from the airport, and only a 5 minute walk down the road to the Sea front/beach, shops and restaurants.

This three bedroom semi-detached house has two upstairs bedrooms, a family bathroom, plus one downstairs bedroom and WC / Shower room, large lounge/ dining room & separate kitchen. Patio to the front & side of the house, (which can be used as off-road parking). Patio has built-in BBQ & outside storage.

For more information or a viewing call or email [angie@nu-arte.es](mailto:angie@nu-arte.es)

**Tel: (+34) 678 675 171 / (+34) 617 78 75 77**

# Residential Property Sales

## Over €350,000

### Adeje Town, Villa

€1,950,000

Ref: 950. Great hotel in Adeje, near the sea, divided into a villa, two bungalows and three apartments. In total it has ten bedrooms, ten bathrooms, living

amenities such as the Commercial Centre Gran Sur which has several shops, cinema, restaurants and bars and the well-known supermarket Mercadona. The closest beach is situated only a 10 min drive away, 15km away from Tenerife South Airport. The centre of Las Americas... For full information

**Tropical Country House Ref: 946 607 933052**

### San Eugenio Alto, Villa

€625,000

Large 6 bed, 5 bath Villa with two separate lounges Detached garage and off street parking Stunning panoramic views Double glazing throughout Swimming pool and entertainment area - Jacuzzi hot tub Furnished to an extremely high standard This a must see property  
**Homes & Away Ref: 899 922 737 044**

### Arona, Detached House

€590,000

Fantastic villa with 2 bedrooms and 2 bathrooms located in the are of Las Rosas, close to Las Galletas. The house offers a huge terrace, a private pool and a small vegetable garden. There is also a 1 bedroom apartment situated on the same plot. Including a huge garage (98 m<sup>2</sup>) with capacity for 3 cars as well as a storage room. This beautiful house is equ... For full information see website or contact:  
**Tenerifehome.com Ref: 1307-0817 922 783066**

### Buzanada, House

€580,000

Les recordamos que tenemos en venta una villa en la zona de Buzanada de 250m2 con 2.500m2 de terraza y un total de parcela de 10.056m2. En planta baja: Hall, cocina independiente con salida directa a una terraza, despensa,

apartment with 2 beds , 2 baths and terraces. Groundfloor :1- bed guest apartment. Basement: large garage/workshop, office and toilet. All bedrooms with aircon. Resort with community pool. This nice property is completely renovated and will be sold part furnish... For full information see website or contact:

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

### La Caleta, Adeje Park

€450,000

Beautiful, fully furnished 3 bedroom townhouse on luxury complex just 100 metres to the beach. The property has a lounge, separate kitchen, and a large sunny terrace.

**MK Properties Ref: AdejePark 922 751 693 / 630 994991**

### Valle de San Lorenzo, Villa

€449,750

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

**Property Alliance SL Ref: 7V3360 922 777747**

### Los Olivos, House

€445,000

Fully furnished 3 bed, 2 bath villa in residential complex. The property measures: Int. 146sqm., Ext. 386sqm.

**Property Alliance SL Ref: 3V2931 922 777747**

### Palm Mar, Apartment

€420,000

This is a very nice apartment of 120 m<sup>2</sup>. It has 2 bedrooms and 2 bathrooms. It is located in a very nice complex with shared swimming pool and it has a beautiful sea view!

**Tenerifehome.com Ref: 1331-1217 922 783066**

### Los Menores, Barrio Los Menores

€399,990

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

**Tenerifehome.com Ref: 1121-1115 922 783066**

### Tabaiba, Apartment

€399,000

Environment <br><br> This modern apartment is situated in Tabaiba, a small village built

against the rocks next to the sea on 10 minutes from the capital of Tenerife, Santa Cruz, on 20 minutes from the North airport and 30 minutes from the South airport. Various local supermarkets, bars and restaurants are near to the apartment. Furthermore you can find th... For full information see website or contact:

**ETEN/Christie's International Real Estate Ref: 266 922 717374**

### San Eugenio Alto, Villa

€399,000

Beautiful detached villa in San Eugenio with spectacular sea views. The property has 3 bedrooms with fitted wardrobes and 2 complete bathrooms, one with bath and the second one with shower. Also there is a fully fitted kitchen, a utility room, a guest toilet and a large living room with lots of natural light and splendid views over Costa Adeje. The villa ... For full information see website or contact:

Torviscas Alto has now become one of the most attractive areas, just outside Las Americas. Resid. complex with lovely pool area\* Bung. with 2 bedrooms and 2 bathrooms ( 1 ensuite)\*Sun all day \*Unique views of Las Americas, Atl. and La Gomera . This beautiful property will be sold furnished with garage space and store room... For full information see website or contact:

**Dr Stange International Ref: 85-306 922 793271 / 649 957267**

### Golf del Sur, Las Adelfas I

€375,000

Converted 4 bedrooms villa with private pool, ideally suited for a growing family.

**Homes & Away Ref: 1964 922 737 044**

### Palm Mar, Villa

€367,500

Lovely detached Villa in Palm Mar with 4 large bedrooms, 3 bathrooms, lounge, separate fitted kitchen, storeroom, laundry room with surrounding gardens and

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room and kitchen. With several terraces, private pool, gardens, garage and excellent views.

**Tropical Country House Ref: 050 607 933052**

### Tenerife South, Finca

€990,000

This villa was built in 1993 on a plot of 5000m2, it offers space, privacy and spectacular views. It consists of three constructed elements: a detached house of 315 m2, a garage with room for 2 cars and a maisonette. The set is built in the traditional Canarian style , very charming with traditional wooden windows. The main house is divided in two separat... For full information see website or contact:

**2nd Home Tenerife Ref: ROA4067 628 608 469**

### Costa Adeje, Villa

€895,000

Ref: 967. Beautiful Arab style villa located in Armenime, in the municipality of Adeje, has four bedrooms, three bathrooms, living room and open kitchen, is fully furnished and equipped. Outside there are several terraces, gardens, a waterfall and a private pool with spectacular views of the sea.

**Tropical Country House Ref: 967 607 933052**

### Las Moraditas, House

€892,500

Fully furnished 5 bed, 3 bath villa with pool and sea view in residential complex. The property measures: Int. 450sqm., Ext. 1000sqm.

**Property Alliance SL Ref: 5V2605 922 777747**

### Taicho, Villa

€790,000

Environment Taicho belongs to the Municipality of Adeje, which includes numerous popular settlements on the southwest coast of Tenerife, which are known in their entirety and together with the local coastline as Costa Adeje. Under the protection of the volcano Teide, which opposes the trade winds mostly coming from the northe... For full information see website or contact:

**ETEN/Christie's International Real Estate Ref: 359 922 717374**

### Torviscas Alto, Villa

€760,000

Environment The area of Torviscas Alto, Roque del Conde is located near many local

see website or contact:

**ETEN/Christie's International Real Estate Ref: 724 922 717374**

### Alcala, Rural

€750,000

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

**Dr Stange International Ref: 86-372 922 793271 / 649 957267**

## FRINA Tenerife

business & property agent

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Calle Colón, 1<sup>st</sup> Floor, local 213, Puerto Colón, 38660 Adeje

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### Golf del Sur, Villa

€749,000

A fantastic 5 bed (with option to add 3 more) villa under construction. Spacious living room and the kitchen are currently being built. There is also private pool well developed, a cosy garden with a separate built-in BBQ and bar. Parking for 4 cars.. 70,000 to complete (will decrease as work progresses).  
**Tenerifehome.com Ref: 1220-1216 922 783066**

### Taicho, Villa

€695,000

Ref: 968. Beautiful villa in Taicho with four bedrooms, four bathrooms, dining room and kitchen. Outside there are several terraces and an infinity pool with spectacular views. It has a private garage and 2,500 square meters of land.

**Tropical Country House Ref: 968 607 933052**

### Adeje Town, Villa

€630,000

Ref: 946. Wonderful villa located in Adeje, completely renovated, with four bedrooms, four bathrooms, living room and kitchen. It is fully furnished and equipped. It is very spacious and comfortable. With garage for three cars. Views to the sea and the mountain.

comedor, salon con chimenea, 3 habitaciones con armarios empotrados, 2 banos - uno de ellos en la habitacion principal ... For full information see website or contact:

**Wady Properties Ref: V0688 922 712254**

### Arona, Apartment

€520,000

furnished, sea views  
**Vym Canarias Ref: VS5523D 922 787210 / 635 881888**

### Playa Paraiso, Villa

€495,000

Location - First line to the coast - Quiet location - Close to amenities - Touristic area - Close to restaurants / bars / cafes - Close to the coast - Close to transport Views - Pool - Sea Additional - Viewing recommended Rooms - Lounge and dining area - Bathroom - Ensuite - Family bathroom - Fitted wardrobes - Independent kitchen Quality - Part refur... For full information see website or contact:

**Island Estates Ref: 520-V3 922 790767 / 670 605414**

### San Eugenio Alto, Detached House

€490,000

3-storey detached house in the upper part of Las Americas ( San Eugenio Alto).Upper floor: main

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**KEYBOARDS FOR HIRE**

### 2nd Home Tenerife Ref: ROA3069 628 608 469

### Golf del Sur, Townhouse

€385,000

Spacious three bedroom house in Residencial San Blas. There are two bathrooms, one en suite and a cloakroom downstairs. Part of a small phase of only 16 houses with both sea and mountain views. The property is fully furnished and benefits from aire conditioning throughout. There is a large garage with useful storeroom accessed directly from the house... For full information see website or contact:  
**Palm Mar Sales and Rentals Ref: PMSR0001 677-623713 / 671-129558**

### El Galeon, Villas La Capitana

€385,000

Priced to sell. Beautiful semi-detached villa, on residential gated complex, in the exclusive area of El Galeón, in Adeje town, and within walking distance to shopping facilities, sports centers, schools, and only a few minutes drive to the exclusive beach of El Duque. The house is furnished and equipped to very high standards, and comprises 3 double bedr... For full information see website or contact:

**Tenerife Alizes Properties Ref: KV0141 922 738653 / 626 274040**

### Torviscas Alto, House

€375,000

With the opening of CC Gran Sur ,

terraces. Property is being sold fully furnished.

**Tenerife Prime Property Ref: S-04 1173 627-230360**

### Los Abrigos, Los Abrigos

€350,000

Rare opportunity to buy a seafront house in this popular fishing village! Currently divided into 2 self-contained apartments: Main apartment has 2 double bedrooms, 1 bathroom, large living room, large separate kitchen, sunny terraces. Massive ground floor garage & store with built in kitchen. Top floor apartment has 2 double bedrooms, living room, separa... For full information see website or contact:

**Tenerife Alizes Properties Ref: 13-H4-001-S 922 738653 / 626 274040**

### Golf del Sur, San Blas Village

€350,000

Beautiful 3 bed, 2 bath semi-detached villa with a double garage and large private garden. Located in a quiet residential complex


**Homes & Away Ref: 1767 922 737 044**

### Torviscas Bajo, Santa Maria del Mar

€349,950

♦ Location: Central, Close to amenities, Close to the beach, Close to the Harbour ♦ Close to: Beach, Coast, Harbour, Medical Facilities, Restaurants / Bars / Cafes, Shops, Town, Transport ♦ Views: Sea, Pool, La Gomera ♦ Rooms: Hall / Entrance, American Style Kitchen, Bathroom ♦ Quality: Furnished, Spacious accommodation ... For full information see website or contact:

**Property Alliance SL Ref: 2A3356 922 777747**



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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

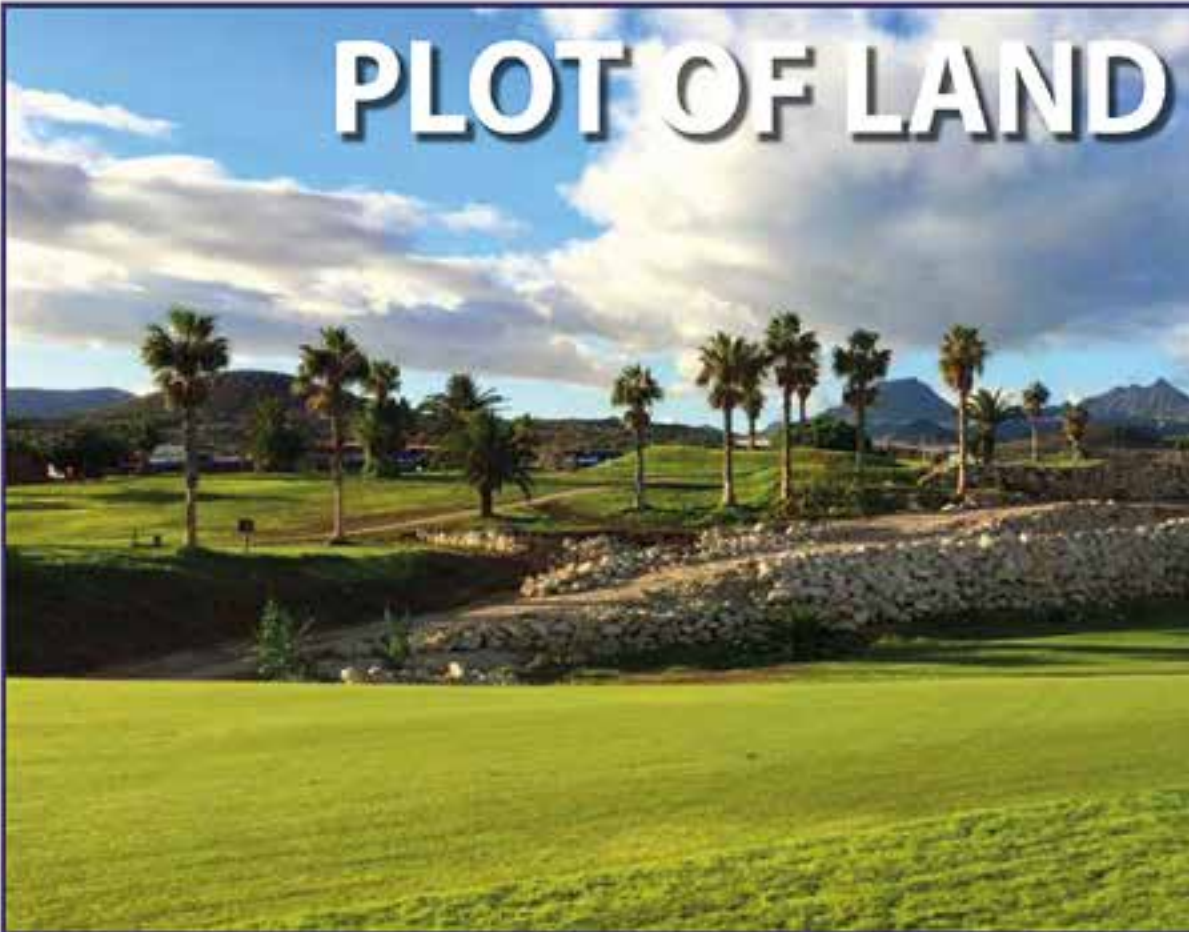
**PRICE WAS: 420.000 €**

**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.

**INCREDIBLE INVESTMENT OPPORTUNITY.**



Tel: 677 467 873 / Office: 922 71 37 84

Avenida Bruselas, C.C. Fañabé Plaza Local 159, Playa de Fañabé, Adeje, Tenerife.

www.patenerife.com email: info@patenerife.com

**Amarilla Golf, Villa****€345,000**

Two bedroom villa on a plot of 346m<sup>2</sup>, one full bathroom, 69m<sup>2</sup> constructed this can be extended. Fully equipped kitchen. Sold fully furnished. Lounge/dining area. Two terraces, gardens surrounding the property, private swimming pool. Views over the Golf Course. Property was constructed in 1988 but was totally refurbished in 2014. Air-conditioned, suitable... For full information see website or contact:

**The Property Gallery Ref: C1796 922 719925 / 922 719889**

**Palm Mar, Las Olas****€340,000**

Stunning two bedroom, two bathroom on this exceptionally modern complex in beautiful Palm Mar. The property is situated on the ground floor and so has a good sized garden as well as a terrace overlooking the pool. The apartment is sold fully furnished to a very high standard and must be viewed. The price ... For full information see website or contact:

**Palm Mar Sales and Rentals Ref: PMSR0052 677-623713 / 671-129558**

**Amarilla Golf, Pebble Beach****€340,000**

Excellent light apartment with 2 bedrooms, 2 bathrooms with showers, american kitchen and large terrace of 30m<sup>2</sup> with ocean view. The complex has a swimming pool.

**Wady Properties Ref: 1RB9072 922 712254**

**Golf del Sur, Villa****€340,000**

Villa with large lounge, beautiful wooden kitchen, 3 beds and 2 baths, 2 gardens. All day sun. Pool on complex. Jacuzzi. Close to golf courses - Amarilla Golf and Golf del Sur. The villa is only 10 mins from the airport.

**Tenerifehome.com Ref: 1102-0915 922 783066**

offer. There are two terraces, one that overlooks the swimming pool. The property is sold fully...

shopping center of San Blas. The house has a large front garden and terrace. It consists of

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KEYBOARDS FOR HIRE

For full information see website or contact:

**Palm Mar Sales and Rentals Ref: PMSR0051 677-623713 / 671-129558**

**Tejina de Guia, House****€330,000**

Fully furnished 3 bed, 1 bath villa with sea view. The property measures: Int. 205sqm., Ext. 116sqm.

**Property Alliance SL Ref: 3V2477 922 777747**

**Las Americas, Apartment****€321,000**

Parque Santiago III has been built in 1987 /1988 and is situated in front of a beach. It is one of the most prestigious holiday apt. complexes in the south of Tenerife. Unique pool (2000 m<sup>2</sup> !!), sunbathing area, immaculate garden floral/ fauna and rest./ pool bar on site. Apt. on the ground floor ( one level ) \*Sun in the morning, large terrace and garden ... For full information see website or contact:

**Dr Stange International Ref: 82-739 922 793271 / 649 957267**

**Arona, Apartment****€300,000**

garden & pool views  
**Vym Canarias Ref: VS5503D 922 787210 / 635 881888**

**Amarilla Golf, Penthouse****€299,000**

quiet area we have for sale an apartment, penthouse with 3

large living room, dining room with American style kitchen, and four bathrooms. Would do a great family home! Certain... For full information see website or contact:

**Tenerife Alizes Properties Ref: 13-V4-053-S 922 738653 / 626 274040**

**Palm Mar, Paraiso del Palm Mar****€285,000**

Spacious two bedroom, two bathroom apartment situated in the charming coastal village of Palm Mar; The apartment has a sunny aspect with three terraces including a large rooftop terrace and stunning views out to sea and overlooking the nature reserve; The property is sold partially furnished.

**Palm Mar Sales and Rentals**

**Ref: PMSR0050 677-623713 / 671-129558**

**Tijoco Bajo, Townhouse****€284,000**

Environment The unique and ancient place Tijoco Bajo belongs to the municipality of Adeje. The village lies at an altitude of 250 meters and offers fantastic views to the island La Gomera. Nearby there are 2 golf courses: "Abama Golf Resort" and "Golf Adeje". In Tijoco Bajo you will find everything for your daily needs, such ... For full information see website or contact:

**ETEN/Christie's International Real Estate Ref: 394 922 717374**

**Malpais, Rural****€280,000**

Lovingly restored, fully furnished and equipped 3 bedroom Canarian house (170sqm) with 2,700sqm of land (500sqm in gardens with fruit trees/vegetables and a hen coop/run with 15 laying hens). The house comprises a large lounge/dining room, separate kitchen, large bathroom, 50sqm east-facing sun terrace, an electrically-operated garage and a large roof terrace... For full information see website or contact:

**Tenerife Prime Property Ref: S-03 1155 627-230360**

**Arona, Apartment****€278,000**

near beach, furnished, sea views  
**Vym Canarias Ref: VS5639K 922 787210 / 635 881888**

**Arona, Apartment****€260,000**

Great apartment in the complex Victoria Court, Los Cristianos. It consists of one bedroom, bathroom, open-plan kitchen, living room with access to a large terrace overlooking the pool. The apartment is sold with furniture. The total area of 64m<sup>2</sup>. The complex has a swimming pool. Near many restaurants, shops, a few minutes to the beach.

**Vym Canarias Ref: VS5565D 922 787210 / 635 881888**

**Costa Adeje, Townhouse****€252,000**

Opposite the house is the largest park in Adeje, with exotic trees and plants. The house has a

direct view of the park, the sea and the mountains. The main entrance of the house is through a secondary road so it is very quiet and little traffic but a few meters from all services and shops of Adeje.

**The Property Gallery Ref: D1656 922 719925 / 922 719889**

**Los Cristianos, Apartment****€250,000**

This apartment, situated at Los Cristianos, has 4 bedrooms, 2 bathrooms and a semi-separate kitchen. The apartment is completely renovated and in perfect condition. There are also 2 balconies.

**Tenerifehome.com Ref: 991-0514 922 783066**

€249,999 - €150,000

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

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

**Palm Mar Sales and Rentals**

**Ref: PMSR0025 677-623713 / 671-129558**

**Amarilla Golf, Golf Hermitage****€249,000**

Beautiful, modern, spacious, new construction 3 bed, 2 bath (1 en suite) apartment (120,20sqm) with a huge terrace of 120,73sqm. Located in recently completed complex with pool and close to Amarilla Golf course and San Miguel marina. Pool and mountain views.

**Tenerifehome.com Ref: 1157-0316 922 783066**

**Los Cristianos, Yaiza****€240,000**

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

**Palm Mar Sales and Rentals**

**Ref: PMSR0018 677-623713 / 671-129558**

**Parque de la Reina, House****€237,000**

Beautiful 3 bedroom, 2 bathroom house of 100m<sup>2</sup> with large lounge, separate kitchen with laundry room, wrap-around terraces and balconies, BBQ-corner and driveway. In short, you can enjoy sun all day. Pre-installation of solar panels, fruit trees, double glazing.

**Tenerifehome.com Ref: 745-0512 922 783066**

**Palm Mar, Apartment****€235,000**

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

**Tenerifehome.com Ref: 1315-0917 922 783066**

**Parque de la Reina, Townhouse****€230,000**

Lovely, fully furnished, townhouse with 3 bedrooms, 2 bathrooms (1 en suite), lounge and dining room and a separate fully fitted kitchen. There is a 2 car garage and storeroom and a large roof terrace with a wooden pergola. This is a lovely family home.

**Tenerife Prime Property Ref: S-03 1305DM 627-230360**

**Palm Mar, El Mocan****€225,000**

Third floor, 2 bed, 2 1/2 bath apartment with views to the pool on popular complex. Store room

and secure garage space included. Close to all amenities  
**Homes & Away Ref: 1819 922 737 044**

**Costa del Silencio, Townhouse****€220,500**

For sale on the Jardines del Coral resort is a 3-storey townhouse with 3 bedrooms, 2 bathrooms, 1 toilet, American style kitchen, lounge, 27 m<sup>2</sup> garden, courtyard of 18 m<sup>2</sup> and garage for 3 cars of 57 m<sup>2</sup>. The apartment is also fitted with air conditioning and double glazing.

**The Property Gallery Ref: D1132 922 719925 / 922 719889**

**Los Cristianos, Granada Park****€219,000**

Location: Golf Course, Touristic Area, Popular urbanisation, Close to amenities Close to: Shops, Schools, Restaurants / Bars / Cafes Views: Pool, Sea, Golf Rooms: Fitted wardrobes, Attic, Independent Kitchen Quality: Quality residence, Spacious, Well presented, Immaculate condition, Furnished, Quality construction Features: Satellite system, J... For full information see website or contact:

**Property Alliance SL Ref:****1D3329 922 777747****Aldea Blanca, House****€219,000**

Fully furnished 3 bed, 2 bath villa

**922 790767 / 670 605414****Poris de Abona, Detached House****€212,000**

Beautiful, renovated, 3 bed (2 double), 3 bath house in quiet coastal village with semi open kitchen and a cozy living room. Huge garden. Within walking distance there are supermarkets, restaurants, bars and a nice beach. Also a wonderful area for walking.

**Tenerifehome.com Ref: 1152-0116 922 783066**

**Palm Mar, El Mocan****€210,000**

Location: Gated community, Quiet location, Popular urbanisation Close to: Restaurants / Bars / Cafes, Beach, Transport Rooms: Independent Kitchen, W.C. Quality: Furnished, Good condition, Well presented Features: Satellite system Outside: Sunny Terrace, Sunny Balcony Parking: Electric garage door, Underground parking Community facilities: ... For full information see website or contact:

**Property Alliance SL Ref:****2A3260 922 777747****Las Americas, Parque Santiago II****€205,000**

60sqm duplex penthouse on sea front complex. Totally reformed and furnished. Nice views. Complex with lovely Gardens and



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in residential complex with pool and gardens. The property measures: Int. 85sqm., Ext. 154sqm.

**Property Alliance SL Ref:****3V2930 922 777747****Roque del Conde, Roque del Conde IV****€215,000**

Lovely, fully furnished and equipped 2 bed, 1 bath apartment in an exclusive complex with lovely pool and sunbathing terrace. The property has a lounge/dining area, American-style kitchen and large, sunny terrace with sea views.

**Tenerife Prime Property Ref:****S-02 1309 627-230360****Palm Mar, Apartment****€215,000**

Location - Close to the coast - Close to transport - Central - Exclusive development - Close to amenities - Gated community - Close to restaurants / bars / cafes - Popular urbanisation - Close to shops Views - La gomera - Sea Additional - Viewing recommended Rooms - American style kitchen - Bathroom - Lounge and dining area Quality - Bright - Modern ... For full information see website or contact:

**Island Estates Ref: 501-A2**

heated pools, pool bar, restaurants, and close to excellent shopping etc.

**MK Properties Ref: Parque**

**Santiago 2 922 751 693 / 630 994991**

**Llano del Camello, Jardin de San Miguel I****€200,000**

Large family house, in residential complex, in the area of Llano del Camello, only a few minute drive to Las Chafiras commercial area. Set on 3 floors the house comprises of 3 bedrooms, 2 bathrooms, separate kitchen, living with terrace, patio with access to private garage, laundry room and large roof terrace. Views to the communal pools.

**Tenerife Alizes Properties Ref:**

**KV0192 922 738653 / 626 274040**

**Tijoco Alto, Finca****€200,000**

Location: Quiet location, Rural Location Views: Sea, Teide, La Gomera, Mountain, Garden Quality: Cosmetic work needed Features: Automatic watering system, Fruit Trees, Landscaped garden, Tropical garden, Trees, Water tank / reserve Outside: Covered Terrace Parking: Ample private parking Property Alliance SL Ref: 13249 922 777747

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€349,999 - €250,000

**Palm Mar, Bungalow****€339,000**

Brand new luxury townhouse of about 107 m<sup>2</sup> useful, distributed in 2 floors. On the ground floor: American kitchen furnished, 1double bedroom, living room, toilet, terrace and garden 103 m<sup>2</sup>. Upstairs: 2 double bedrooms, 2 bathrooms and 1 balcony of 17m<sup>2</sup> with sea view. Has 2 parking spaces. It has good quality of construction, Located in a quiet environment... For full information see website or contact:

**Tenerifehome.com Ref: 1244-0317 922 783066**

**Palm Mar, Las Olas****€330,000**

Beautiful, bright and spacious two bedroom, two bathroom apartment on the modern Las Olas complex which stands at the entrance to Palm Mar; A short walk takes you to the sea front and all of the amenities that this up and coming village has to

bedrooms, kitchen living room, two balconies and a terrace with fantastic views of the sea and the golf course. private garage for two cars, community pool.

**The Property Gallery Ref:**

**D1602 922 719925 / 922 719889**

**Callao Salvaje, Sueno Azul****€295,000**

Location: Touristic Area, Popular urbanisation, Close to the beach Close to: Shops, Transport, Town, Beach, Restaurants / Bars / Cafes Views: Sea Rooms: Fitted wardrobes, Open plan kitchen Quality: Spacious, Unfurnished Outside: Alfresco Dining area, Pagoda, Large Terrace, Sunny Terrace Parking: Street parking  
**Property Alliance SL Ref: 3A3259 922 777747**

**Golf del Sur, San Miguel Village****€295,000**

Large 4 bedroomed villa on popular complex of Golf del Sur, very well maintained with stunning pool area, close to the seafront walkway and to the



# VYM CANARIAS – APRIL 19

## Modern villa in Golf La Caleta



5 bed, 2 bath villa with luminous dining room overlooking the swimming pool. Located on the golf course with private access.

€2,280,000

Ref: VS5043DN

## Insigne Luxury Villas, Costa Adeje



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



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

### Los Corales, Los Cristianos



Fully furnished 4 bed, 3 bath corner townhouse with large 210sqm private garden. The property has a living room and separate kitchen, roof solarium with Jacuzzi, and garage for 3 cars.

€520,000

Ref: VS5700D

### El Jable, Callao Salvaje

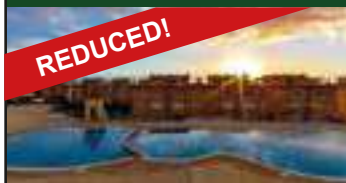


Bright 2 bed, 2 bath townhouse on quiet complex with pool, children's pool, and garage. The property has a living room leading to a large terrace and independent kitchen.

€225,000

Ref: VS4540DE

### Playa la Arena, Santiago del Teide



Great 2 bed, 2 bath apt. on community with garage and 6sqm storeroom. The property has a living room with access to the terrace which enjoys sea and garden views, a kitchen, and fitted wardrobes.

€225,000

Ref: VS5269D

### Los Cristianos, Edf. Ceylea



Nice 2 bed apt. in the heart of Los Cristianos. The property has a living room leading onto the terrace, open-plan kitchen, and is close to the beach and amenities.

€215,000

Ref: VS5562D

### Apartment Front line in Callao Salvaje



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

**Las Americas, Vera Cruz****€199,500**

◆ Location: Central, Close to amenities, Close to the beach, Close to the coast, Gated community, Touristic Area ◆ Close to: Beach, Coast, Medical Facilities, Restaurants / Bars / Cafes, Transport, Town, Shops ◆ Views: Garden ◆ Rooms: Hall / Entrance, American Style Kitchen, Lounge and dining area, Bathroom ◆ Quality: Furnished ◆ Outside: Terrace ◆ Parkin... For full information see website or contact:

**Property Alliance SL Ref: 1A3318 922 777747**

**Los Cristianos, Dinastia****€199,500**

Spacious, part-furnished 2 bed, 1 bath apartment (converted from a 1 bed) on popular complex with pools. The property has a lounge/dining area, American style kitchen and 20sqm terrace with fabulous sea views. PROPERTY GREATLY REDUCED FOR QUICK SALE.

**Tenerife Prime Property Ref: S-02 1319 627-230360**

**Aguilas del Teide, Apartment****€199,500**

Miradores del Atlantico; Chayofa. Two bedroom ground floor apartment of 73 m2 internal + 10m2 and 12m2 terraces and a garden of 18m2. Two full bathrooms, fully equipped kitchen, lounge, garage, communal swimming pool, community fees

**€189,000**

◆ Location: Central, Close to amenities, Close to the beach, Close to the coast, Touristic Area, Close to the Harbour ◆ Close to: Beach, Coast, Harbour, Medical Facilities, Restaurants / Bars / Cafes, Shops, Town, Transport ◆ Views: Pool, Garden ◆ Rooms: Hall / Entrance, American Style Kitchen, Bathroom ◆ Quality: Furnished, Well presented ◆ Outside: Terr... For full information see website or contact:

**Property Alliance SL Ref: 1A3333 922 777747**

**Palm Mar, Apartment****€189,000**

Location - Quiet location - Close to shops - Close to the coast - Close to transport - Central - Exclusive development - Close to amenities - Gated community - Close to restaurants / bars / cafes Views - Garden Additional - Viewing recommended Rooms - Lounge and dining area - Store rooms - American style kitchen - Bathroom - Fitted wardrobes Quality -... For full information see website or contact:

**Island Estates Ref: 499-A2 922 790767 / 670 605414**

**Llano del Camello, House****€189,000**

Nice house close to all amenities for a competitive price. From the on suite terrace you can enjoy a partial seaview in all privacy. Central location from the different

## Affordable advertising with The TPG. Boost your sales today!

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Apartment in a quiet area of Roque del Conde in Torviscas Alto. Apartment of 2 separate bedrooms, 2 bathrooms, fully equipped kitchen, spacious living room and a large terrace with panoramic views of the ocean. The apartment is for sale fully furnished. Price of the apartment includes own parking space and a pantry. The complex features a lovely swimming p... For full information see website or contact:

**2nd Home Tenerife Ref: ROA2100 628 608 469**

**Parque de la Reina, Apartment****€179,000**

Fully furnished 2 bedroom, 2 bathroom duplex on popular, centrally-located complex with pool. Lounge, kitchen, and huge roof terrace (60sqm). Just 10 mins drive to Los Cristianos and the airport.

**Tenerifehome.com Ref: 999-0614 922 783066**

**Callao Salvaje, Arco Iris****€178,500**

Location: Close to amenities, Gated community, Touristic Area Close to: Restaurants / Bars / Cafes, Transport Views: Mountain Rooms: Independent Kitchen, Fitted wardrobes, Utility room Quality: Well presented, Furnished, Good condition Features: Satellite system Parking: Private parking Community facilities: Children's swimming pool, Heated swimming p... For full information see website or contact:

**Wady Properties Ref: ARC0916 922 712254**

**Playa Paraiso, Ocean Garden****€176,000**

OCEAN GARDEN. Luxury modern residential complex under construction with 151 apartments! The complex is planned to be finished end 2017. Located in the small tourist village Playa Paraiso which offers a small sandy beach, bars, restaurants and the famous Hard Rock Hotel. Available 1, 2 and 3 bedroom apartments all with good size terraces (the ground floors... For full information see website or contact:

**2nd Home Tenerife Ref: OCEAN GARDEN 628 608 469**

**Palm Mar, Apartment****€173,250**

bathroom Quality - Bright - Modern - Newly built -... For full information see website or contact:

**Island Estates Ref: 497-A2 922 790767 / 670 605414**

**Palm Mar, Terrazas del Faro****€170,000**

Terrazas del Faro is a fully residential complex with 75 properties, all with good views, great location and a well kept pool with gardens. There are apartments with 1, 2 or 3 bedrooms, as well as townhouses for sale. The properties are very well finished, have double glazed windows, marble flooring throughout, fully fitted luxury bathrooms and kitchens, ... For full information see website or contact:

**2nd Home Tenerife Ref: Terrazas del Faro 628 608 469**

**Costa del Silencio, Westhaven Bay****€168,000**

◆ Location: Close to the Harbour, First line to the coast, Close to amenities, Central ◆ Close to: Transport, Town, Shops, Schools, Restaurants / Bars / Cafes, Medical Facilities, Harbour, Coast ◆ Views: Teide, Pool, Mountain, Garden ◆ Rooms: W.C., Bathroom, Fitted wardrobes, Lounge and dining area, American Style Kitchen, Hall / Entrance ◆ Quality: Bright... For full information see website or contact:

**Property Alliance SL Ref: 2TH3324 922 777747**

**Palm Mar, Los Balandros****€165,000**

One bedroom, one bathroom apartment situated on this well run complex in the peaceful coastal village of Palm Mar. The apartment overlooks one of the two large pools and attractive, well-tended gardens. The apartment is sold fully furnished and the price includes an underground storeroom and secure parking spac... For full information see website or contact:

**Palm Mar Sales and Rentals Ref: PMSR0059 677-623713 / 671-129558**

**Torviscas Bajo, Orlando****€165,000**

◆ Location: Popular urbanisation, Gated community, Close to the coast, Close to the beach, Close to amenities, Central ◆ Close to: Transport, Town, Shops, Restaurants / Bars / Cafes, Medical Facilities, Coast, Beach ◆ Views: Pool, Garden ◆ Rooms: Bathroom, Fitted wardrobes, Lounge and dining area, American Style Kitchen, Hall / Entrance ◆ Quality: Good co... For full information see website or contact:

**Property Alliance SL Ref: 1A3310 922 777747**

**Parque de la Reina, Apartment****€165,000**

Location - Close to medical facilities - Close to town - Gated community - Residential area Views - Garden Rooms - Bathroom - Independent kitchen Quality - Spacious accommodation Outside - Large terrace - Sunny terrace Community facilities - Swimming pool - Tennis courts Parking - Garage

**Island Estates Ref: 477-A3****922 790767 / 670 605414****Callao Salvaje, Arco Iris****€163,000**

Duplex of 110 m2 with terrace, distributed in 2 bedrooms, 2 bathrooms, kitchen, living room and terrace with marniffaces views, Garage.

**Wady Properties Ref: 1RB9039 922 712254**

**Sotavento, Apartment****€160,000**

Selection of brand new apartments on residential complex with pools, close to La Tejita beach and to Medano town. Seaviews, terraces or gardens, 1 bed apartments from €155,000

**Tenerife Alizes Properties Ref: KV0197 922 738653 / 626 274040**

**Costa del Silencio, Chayofita****€160,000**

Fully furnished and reformed 3 bed, 2 bath (1 en suite) semi detached house on popular complex with pool. Open, fully equipped kitchen, separate dressing room and terrace on the 1st floor with a nice view to Mount Teide. Easy parking just in front of the house.

**Tenerifehome.com Ref: 1161-0316 922 783066**

**Valle de San Lorenzo, Apartment****€159,950**

Second-floor apartment situated in a residential building with lift, in a Canarian village approximately 6 kilometres from the fishing town of Las Galletas. Consists of three bedrooms, two bathrooms, lounge, separate fitted kitchen, small balcony, large roof terrace (partial closed to include utility room) with partial mountain views



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

and basement parking ... For full information see website or contact:

**Tenerifehome.com Ref: 188-0907 922 783066**

**Torviscas Alto, Apartment****€159,000**

1 bed, 1 bath apartment with sea view in residential complex. The property measures: Int. 85sqm., Ext. 20sqm.

**Property Alliance SL Ref: 1A2388 922 777747**

**Llano del Camello, El Faro****€158,000**

Beautiful, fully furnished, 2 bedroom apartment situated in a residence with 3 swimming pools (1 heated indoor, 1 outdoor and 1 for children), 2 padel courts and a gym. Parking space included in the price.

**Tenerifehome.com Ref: 1267-0417 922 783066**

**Sotavento, Las Terrazas de Sotavento****€155,000**

◆ Location: Close to the beach, Gated community, Quiet location ◆ Close to: Airport, Beach, Restaurants / Bars / Cafes ◆ Views: Pool, Sea, Teide, Mountain ◆ Rooms: American Style Kitchen, Fitted wardrobes, Store rooms ◆ Quality: Quality construction, Part furnished, Immaculate condition, Quality residence, Built to a high standard, Spacious accommodation, ... For full information see website or contact:

**Property Alliance SL Ref:****1A3036 922 777747****Arona, Apartment****€155,000**

Bank property servihabitat Floor distributed in living room with open kitchen, 1 bedroom, 1 bathroom and large terrace. Well located, close to sports facilities and shopping area. Good communication by public transport.

**Vym Canarias Ref: VS5624BS 922 787210 / 635 881888**

**Tenbel, Carabela****€152,800**

Large, refurbished 2 bedroom, 1 bathroom apartment, with ample terrace and small courtyard. It is a very bright apartment, with electricity and plumbing completely renewed.

**Tenerifehome.com Ref: 1226-0117 922 783066**

**Torviscas Alto, Apartment****€149,500**

Fully furnished 1 bed, 1 bath apartment in touristic complex with pool, gardens and satellite TV. The property measures: Int. 54sqm., Ext. 20sqm.

**Property Alliance SL Ref: 1A2937 922 777747**

**€149,999 - €100,000**

**Palm Mar, El Mocan****€149,000**

central, close to amenities, close to town, quiet location, residential area. For full information see website or contact:

**Island Estates Ref: 451-A1 922 790767 / 670 605414**

**Palm Mar, El Mocan****€149,000**

◆ Location: Residential Area, Quiet location, Close to the coast ◆ Close to: Transport, Restaurants /

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**The Property Gallery Ref: C1442 922 719925 / 922 719889**

**Costa del Silencio, Penthouse****€195,000**

Cosy penthouse located on the first floor of the neat complex: La Hacienda, in Costa del Silencio. It has 2 bedrooms, 2 bathrooms (with massage showers), a spacious terrace overlooking the pool of 27 sm and a delightful large roof terrace of 53 sm.

**Tenerifehome.com Ref: 998-0614 922 783066**

**Arona, Studio****€189,000**

Great offer! Estudio in complex "Parque Santiago 2", Playa las Americas. The property is overlooking the ocean and the pool, dining room, living room with kitchen, hallway and bathroom, without furniture. Living area of 33 m2. Balcony area of 4 m2. The complex is situated on the seafont and there is a heated pool.

**Vym Canarias Ref: VS5419K 922 787210 / 635 881888**

**Palm Mar, Primavera****€189,000**

Les recordamos que tenemos en venta una villa en la zona de Buzanada de 250m2 con 2.500m2 de terraza y un total de parcela de 10.056m2. En planta baja: Hall, cocina independiente con salida directa a una terraza, despensa, comedor, salon con chimenea, 3 habitaciones con armarios empotrados, 2 banos - uno de ellos en la habitacion principal ... For full information see website or contact:

**Island Estates Ref: 449-A2 922 790767 / 670 605414**

**Torviscas Bajo, Santa Maria del Mar**

touristic places in the south, 15 minutes driving to El Medano, Los Cristianos, Palm Mar, Costa Del Silencio etc. 3 double bedrooms, 2 bathrooms, separate kitchen, large living room, sev... For full information see website or contact:

**Tenerifehome.com Ref: 620-1011 922 783066**

**Los Cristianos, Dinastia****€185,000**

1 bed, 1 bath apartment for sale on popular complex in Los Cristianos. There is a lounge, American style kitchen, terrace, community swimming pools and lifts throughout the complex. This property has been priced to sell.

**Tenerife Prime Property Ref: S-01 1333 627-230360**

**Callao Salvaje, Mariben****€185,000**

Semi-detached house on 3 floors with 2 bedrooms, 2 bathrooms,



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

kitchen and large garage. The complex has heated swimming pools, childrens playground, and tennis court.

**MK Properties Ref: Mariben, Callao 922 751 693 / 630 994991**

**Roque del Conde, Apartment****€180,000**

Location - Close to restaurants / bars / cafes - Quiet location - Close to shops - Close to the coast - Close to transport - Central - Gated community - Close to amenities - Popular urbanisation Additional - Viewing recommended Rooms - Lounge and dining area - American style kitchen - Bathroom - Family





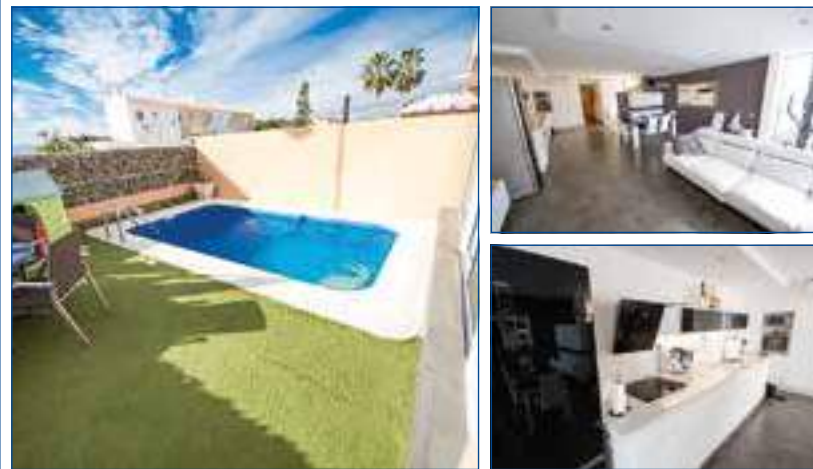
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**EL MADROÑAL**



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**

**LOS BALANDROS**



Well-maintained, fully furnished 2 bed apt. on complex with pool. The property has a large living/dining room, fully-equipped kitchen, and a spacious terrace which enjoys sea views. Secure garage space included.

**€225,000**

**Ref: AP216-AG**

**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**

**PARQUE DE LA REINA,  
TIGAIGA I**



**LOVELY PENTHOUSE!**

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 views.

**€168,000 Ref: A215-BP**

**PARQUES DEL CONDE,  
TORVISCAS ALTO**



**NEW LISTING!**

Fully furnished 2 bed apt. with communal pool. The property enjoys lovely sea views from the terrace and a parking space is included in the price.

**€185,000 Ref: AP208-HP**

**PARQUE SANTIAGO 2**

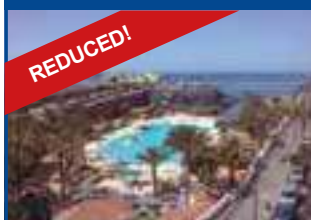


**NEW LISTING!**

Excellent opportunity to purchase a studio apt. in a great location with communal pool. The apartment has been fully renovated and the terrace has been closed in to gain more living space.

**€170,000 Ref: ST103-HP**

**PLAYA PARAISO,  
PENTHOUSE**



**REDUCED!**

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.

**€180,000 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**

**PLAYA PARAISO,  
ADEJE PARADISE**



**EXCLUSIVE!**

Fully furnished 1 bed, 1 bath apt in nice complex with pool. Lounge-diner, open kitchen and sunny terrace with sea views. Great complex for either holidays or permanent living, with various pools (one heated), pool bar, and 24 hour security.

**€149,500 Ref: AP127-AG**

**PLAYA SAN JUAN**



**GOOD RENTAL POTENTIAL**

1 bed apt. on small, well-kept complex of only 10 apartments with lift and secure garage space. The property is just a few steps from the sea front and enjoys the best climate on the island.

**€135,000 Ref: AP116-BP**

**LA CONCEPCION,  
LLANO DEL CAMELLO**



**VIEWING RECOMMENDED**

Immaculate, fully furnished 1 bed apt. on complex with pool. The property has a spacious bedroom with fitted wardrobes, bathroom with walk-in shower, and fully-fitted independent kitchen and utility room. Garage space, terrace, and garden area.

**€135,000 Ref: AP162-AG**

**Arona, Studio****€145,000**

Reduced price! A spacious and comfortable studio is located on the ground floor of Parque Cattleya complex. The studio is 33m2 and a terrace of 8m2. The studio is sold fully furnished. Complex with pool and garden areas. It has a very good location in the center of Las Americas and near the seafront and the beach.

**Vym Canarias Ref: VS4880D**  
922 787210 / 635 881888

**Taucho, Villa****€145,000**

Building 3,000 m2 finca with a Canarian house with 1 bedroom and 2 baths, living room, separate kitchen, garden, parking, and panoramic views of the sea and the mountains. The property is located in the municipality of Adeje Taucho.

**ETEN/Christie's International Real Estate Ref: 786 922 717374**

**Palm Mar, Villas de Palm Mar****€144,100**

Small and brand new complex of only 29 duplex properties, with 1, 2 or 3 bedrooms. Each house has its own sun roof terrace, and private garage. The houses have fully fitted bathrooms and kitchens, terraces and garden.

**Property Alliance SL Ref:****1A3256 922 777747****Costa del Silencio, Apartment****€139,000**

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

**Tenerifehome.com Ref: 1322-1017 922 783066**

**Candelaria, Townhouse****€137,736**

C/Cuchillos, Cuevecitas, Araya. Candelaria Town house on 153m2 with three bedrooms, three bathrooms, on 3 floors. Lounge-dining room, kitchen, patio & terrace & garage. Constructed in 2005.

**The Property Gallery Ref: 60202107 922 719925 / 922 719889**

**Arona, Studio****€136,500**

We are please to offer this great apartment in complex Flamingo, Palm-Mar. Comprising one bedroom, bathroom, kitchen and living room leading to a terrace

residential complex built in several phases. There are apartments, townhouses and villas. The last phase of Balcon del Atlantico was finished in 2003. There are several pools and it is a quiet area, as it is residential only. All properties enjoy great sea views.

**2nd Home Tenerife Ref: Balcon del Atlantico 628 608 469**

**Costa del Silencio, Duplex****€127,900**

Lovely duplex with view on the new park of Costa del Silencio. 2 Bedrooms, 1 bathroom, open kitchen, living room and spacious balcony (South orientated, lots of sun!). Comes completely furnished. Possibility to rent a parking space in the communal parking

**Tenerifehome.com Ref: 495-0211 922 783066**

**San Eugenio Alto, Aloha Gardens****€126,000**

1 bed, 1 bath fully furnished apartment with lounge and American style kitchen. There is a community swimming pool and sea views.

**Tenerife Prime Property Ref: S-01 1332 627-230360**

**Aguilas del Teide, Apartment****€126,000**

**Wady Properties Ref: RA1126**  
922 712254

**San Eugenio Alto, Ocean View****€125,000**

♦ Location: Residential Area, Popular urbanisation ♦ Close to: Restaurants / Bars / Cafes ♦ Views: La Gomera, Sea ♦ Rooms: American Style Kitchen ♦ Quality: Furnished ♦ Outside: Sunny Balcony ♦ Parking: Street parking

**Property Alliance SL Ref: 2A3370 922 777747**

**San Eugenio Alto, Paradise Court****€125,000**

Beautifully furnished, 1 bedroom, 1 bathroom apartment in popular complex with pool. Good views.

**MK Properties Ref: Paradise Court 922 751 693 / 630 994991**

**Cabo Blanco, Apartment****€125,000**

♦ Location: Central, Residential Area ♦ Close to: Medical Facilities, Restaurants / Bars / Cafes, Schools, Shops, Town, Transport ♦ Rooms: Hall / Entrance, Store rooms, Independent Kitchen, Lounge and dining area, Bathroom ♦ Quality: Furnished ♦ Outside: Terrace ♦ Parking: Private parking ♦ Community facilities: Lifts ♦

**Property Alliance SL Ref: 1A3301 922 777747**

**Costa del Silencio, Apartment****€122,850**

Opportunity to buy into this popular holiday complex ideally situated on the sea front and only minutes to the towns, shops, banks, restaurants & bars. Some of these properties have recently been reformed, others are in need of some upgrading, and this is reflected in the prices. The complex boasts of what must be the biggest sea water swimming pool on th... For full information see website or contact:

**The Property Gallery Ref: B1321 922 719925 / 922 719889**

**Playa Paraiso, Apartment**

overlooking the ocean and Palm Mar. Great location with restaurants, bars, shops and Bahia beach within few minutes walk and Los Cristianos only 10 minutes drive!

**Vym Canarias Ref: VS5148D**  
922 787210 / 635 881888

**Golf del Sur, Parque Albatros****€135,000**

Second floor, one bed apartment overlooking the pool. Good rental investment.

**Homes & Away Ref: 1601 922 737 044**

**Golf del Sur, Apartment****€135,000**

Beautifully and tastefully refurbished third floor apartment overlooking the pool. New windows, grilles, and fly screens. Situated on popular holiday complex.

**Homes & Away Ref: 1972 922 737 044**

**Valle de San Lorenzo, Apartment****€135,000**

Large spacious apartment being sold fully furnished with 3 bedrooms, 2 bathrooms (1 en suite), lounge and separate fitted kitchen. There are 2 front balconies overlooking the main road and 2 enclosed terraces at the back of the apartment. There is a parking space underneath the complex and lifts throughout. Nice family home.

**Tenerife Prime Property Ref: S-03 1324 627-230360**

**Llano del Camello, Apartment****€132,500**

South facing, spacious top floor, one bed apartment with separate kitchen and utility area. Terrace giving pool and sea views

**Homes & Away Ref: 1979 922 737 044**

**Torviscas Alto, Balcon del Atlantico IV****€129,000**

In the residential area of Torviscas Alto, Balcon del Atlantico is a big



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**Las Rosas, Apartment****€110,000**

Fully furnished 1 bed, 1 bath apartment in residential complex with pool and gardens. The property measures: Int. 45sqm., Ext. 10sqm.

**Property Alliance SL Ref: 1A2447 922 777747**

**Palm Mar, Apartment****€120,000**

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

**2nd Home Tenerife Ref: RP1040 628 608 469**

**Guargacho, El Monte****€119,500**

This penthouse is situated in a small complex and has 2 bedrooms, a bathroom, separate, fully equipped kitchen, dining room, living room and a fantastic, spacious terrace with sauna and jacuzzi! The apartment is located just 2 minutes walk from the school, 5 minutes from shops, restaurants and bars, and 5 minutes to Las Galletas or Costa del Silencio.

**Tenerifehome.com Ref: 1192-0816 922 783066**

**Arona, Apartment****€115,000**

furnished, garden & pool views

**Vym Canarias Ref: VS5633D**  
922 787210 / 635 881888

**Costa del Silencio, Apartment****€114,000**

Beautifully renovated 1 1/2 bedroom apartment, located on the top floor. It consists in a very spacious bedroom, a fully equipped kitchen and a balcony facing South. The apartment is located in the complex: Primavera. Within walking distance of the Centre of Costa del Silencio and Las Galletas.

**Tenerifehome.com Ref: 1283-0617 922 783066**

**Los Abrigos, Los Abrigos****€110,000**

Bright ground floor apartment, in residential building, within walking distance to the sea and to the centre of the village. It has 2 bedrooms, one bathroom, living room with american style kitchen, and it is fully equipped and furnished. Use of the communal roof terrace, includes a private laundry room on the roof.

**Tenerife Alizes Properties Ref: KV0163 922 738653 / 626 274040**

**7390088 922 719925 / 922 719889**

**Under €100,000****La Estrella, Apartment****€99,900**

Very nice 1 bedroom, 1 bathroom ground floor apartment. Spacious, fully furnished, with garage space and storeroom included. Roof terrace.

**Tenerifehome.com Ref: 1277-0517 922 783066**

**Amarilla Golf, Apartment****€99,900**

Excellent option for those who like golf and sailing! 1 bedroom apartment located just in front of the "Amarilla Golf" course and 5 min. walking from the Marina San Miguel. South-West orientated terrace with very nice views. American style kitchen, bedroom with fitted wardrobes. Communal parking and beautiful pool area! Community with many garden areas.

**Tenerifehome.com Ref: 801-1012 922 783066**

**Costa del Silencio, Apartment****€99,900**

Beautiful 1 bed, 1 bath apartment (48sqm) in quiet location with fully equipped, sep. kitchen, and 8sqm balcony with nice views of the mountains and complex pool. It enjoys a very quiet location in the complex, which has excellent parking. Great value for money!

**Tenerifehome.com Ref: 1028-1014 922 783066**

**Candelaria, Apartment****€99,330**

C/lcerse, Candelaria Apartment + garage + storeroom in Candelaria, constructed in 2002.

**The Property Gallery Ref: 73240245**  
922 719925 / 922 719889



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**Tejina de Guia, Apartment****€99,000**

\*Spacious duplex apartment located in the small Canarian village of Tejina which is an approximate 20 minute drive west from Las Americas on the main road to Guia de Isora. Property consists of large duplex apartment of 80 m2 which includes two terraces one off the lounge and a larger one off the lower level. On the ground floor level is a double bedroom o... For full information see website or contact:

**Property Alliance SL Ref: 1A2995 922 777747**

**Golf del Sur, Green Park****€105,000**

Fully refurbished and furnished 1 bed, 1 bath apartment with air conditioning, newly fitted kitchen and refurbished bathroom. This apartment is on the 3rd floor and there are lifts throughout the complex. Views from the terrace onto the community swimming pool.

**Tenerife Prime Property Ref: S-01 1343 627-230360**

**Costa del Silencio, Apartment****€105,000**

Renovated 1 bedroom apartment in a complex with swimming pool. Interior of 45 m² with South facing terrace!

**Tenerifehome.com Ref: 1288-0617 922 783066**

**Alcala, Apartment****€100,700**

New Promotion in Alcala, Guia de Isora. One / two & three bedrooms with garage spaces and storerooms. Constructed with very good quality materials. Building has a lift. Very central location. Prices from 100.700.

**The Property Gallery Ref:**

**Santa Cruz de Tenerife, Apartment****€98,700**

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

**The Property Gallery Ref: 60207088 922 719925 / 922 719889**

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The development boasts a lovely pool and sun terrace with landscaped garden. Located very close to the seafront, very quiet. As the complex... For full information see website or contact:

**2nd Home Tenerife Ref: Villas del Palm-Mar 628 608 469**

**Arona, Studio****€142,000**

Modern studio apartment in complex Castle Harbour, Los Cristianos. Comprising living area with open plan kitchen and bathroom. This property has a balcony overlooking the pool. The communal pool is heated in winter. The complex is situated few minutes walk from shopping centre La Pepa, restaurants, bars, supermarkets, bus stop and beach Playa de los Crist... For full information see website or contact:

**Vym Canarias Ref: VS5196D**  
922 787210 / 635 881888

**Torviscas Alto, Villas Canarias****€141,000**

♦ Location: Close to amenities ♦ Close to: Restaurants / Bars / Cafes, Schools, Shops, Transport ♦ Views: Sea ♦ Rooms: American Style Kitchen ♦ Outside: Large Terrace, Sunny Terrace ♦ Parking: Street parking ♦

**Property Alliance SL Ref: 1A2941 922 777747**

**San Eugenio Alto, Malibu Park****€139,000**

♦ Location: Gated community, Close to amenities, Central ♦ Close to: Transport, Shops, Restaurants / Bars / Cafes, Medical Facilities ♦ Views: Mountain ♦ Rooms: Open plan kitchen ♦ Quality: Bright, Furnished ♦ Outside: Large Terrace, Sunny Terrace ♦ Parking: Street parking ♦ Community facilities: Satellite television, Swimming pool, Gardens, Bar, Pool Bar... For full information see website or contact:

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**Los Cristianos, Apartment****€97,750**

Well presented studio apartment on the Touristic complex San Marino in Los Cristianos. Internally there is an open plan living space with a lounge/sleeping area, having a settee and dining table chairs plus 2 single beds, modern American style kitchen and a renovated family bathroom. PRICE 97,750 EUROS

**Crown Property Services Ref: 41478 922-176883 / 677-539153**

**Santa Cruz de Tenerife, Apartment****€97,400**

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

**The Property Gallery Ref: 60199850 922 719925 / 922 719889**

**Las Americas, Apartment****€95,000**

For sale this well situated one bedroom apartment on the Acapulco Complex in Playa Las Americas. Being sold furnished with basic items, benefits from a new refitted American style kitchen. South facing with pleasant sea views. Well maintained complex with well maintained communal areas and large swimming pool. PRICE OPEN TO SENSIBLE

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Parking and community parking Recently reformed, it is sold fully furnished.

**The Property Gallery Ref: A381 922 719925 / 922 719889**

**Las Americas, Apartment****€90,000**

Super little holiday home, situated on the touristic complex Borinquin in Playa Las Americas. Positioned on the 3rd floor hence has lovely views out to sea and overlooking the recently refurbished swimming pool area. The owner has only recently completed a complete overhaul of the property, ie: new floor tiling, new electrics, new kitchen, re-tiled bathro... For full information see website or contact:

**Crown Property Services Ref: 35212 922-176883 / 677-539153**

**Las Americas, Apartment****€89,995**

One bedroom apartment in

**60199865 922 719925 / 922 719889**

**Santa Cruz de Tenerife, Apartment****€87,600**

C/ Saucos "Urb. La Florita" Santa Cruz de Tenerife. Three bedroom apartment on 97m2 with one bathroom, Building has a lift. Constructed in 1979. Officially Protected

**The Property Gallery Ref: 60057201 922 719925 / 922 719889**

**Costa del Silencio, Studio****€85,000**

Nice studio located in the center of Costa del Silencio in a complex with communal pool area and gardens. The studio has been completely renewed and is sold furnished!

**Tenerifehome.com Ref: 1287-0617 922 783066**

**Arona, Apartment****€85,000**

This apartment offers all the luxury comforts for living in there the whole year: Air conditioning, fully equipped kitchen, a bathroom and 2 double bedrooms with fitted wardrobes. It is located in the village of Guargacho.

**Tenerifehome.com Ref: 1190-0816 922 783066**

**La Concepcion, House****€84,950**

MASSIVE PRICE REDUCTION.....We have just taken recent instructions to sell this prime plot of building land situated in the tranquil rural village of La Concepcion overlooking the west coastline. The plot consists of 1050 m2 of which has current planning permission, which has been granted for the construction 2 townhouse style properties of approx 140 m2... For full information see website or contact:

**Crown Property Services Ref: 39165 922-176883 / 677-539153**

**Santa Cruz de Tenerife, Apartment****€84,200**

C/Maestro Estany, Santa Cruz de Tenerife. Three bedroom apartment on 79 m2 with one bathroom. Lounge-dining room, kitchen. Constructed in 1995. Building has a lift. Officially Protected Building.

**The Property Gallery Ref: 60217164 922 719925 / 922 719889**

**Cabo Blanco, Apartment****€84,000**

Location - close to transport, quiet location, residential area, close to amenities, close to schools For full information see website or contact:

**Island Estates Ref: 379-A2**

**922 790767 / 670 605414**

**Los Silos, House****€84,000**

Very large house in need of renovation. Downstairs there is a 130 m2 large open room. Upstairs 113 m2 with several bedrooms, kitchen and a bathroom. All rooms need total renovation, hence the low price. There is a small patio on the back, terrace on the front and a 30 m2 garage and roof terrace. The house has been closed up for many years, so normal to ... For full information see website or contact:

**Tenerife Belfin Properties Ref: VH106-BP 692 146808**

**San Isidro, Apartment****€83,100**

C/ Anaga, San Isidro de Abona ( South) 92 m2 apartment on a third floor, constructed in 2006. Residential area.

**The Property Gallery Ref: 60298962 922 719925 / 922 719889**

**Santa Cruz de Tenerife, Apartment****€83,000**

Ctra. Del Rosario, Santa Cruz de Tenerife. Two bedroom apartment on 84.76 m2 with one bathroom, located on a second floor, storeroom. Building constricted in 1966 was reformed in 2002.

**The Property Gallery Ref: 60397628 922 719925 / 922 719889**

**Costa del Silencio, Chaparral****€80,000**

Ground floor studio apartment being sold fully furnished with lounge, American style fully fitted kitchen and an enclosed terrace made into bedroom area.

**Tenerife Prime Property Ref: S-00 1358 627-230360**

**Callao Salvaje, Apartment****€79,000**

A ground floor 1bed apartment offered for sale at a great price. The property comprises of lounge/dining room, American style modern kitchen double bedroom. Patio and good size garden with views over the attractive communal areas.

**Tenerife Business Services SL Ref: 103 922 740464 / 638 357059**

**San Isidro, Apartment****€77,800**

BANK REPOSSESSION: Edif. Elfos, Calle Abona: Lovely 2 bedroom apartment situated on the 2nd floor of the building. It consists of a separate fitted kitchen, utility room, lounge with a terrace facing Avenida Abona, a full bathroom. It is in good condition and so are the communal areas. Fitted wardrobes. It is being sold with a garage and store room on lev... For full information see website or contact:

**The Property Gallery Ref: n\_267191 922 719925 / 922 719889**

**San Isidro, Apartment****€76,300**

San Isidro de Abona. Two bedroom apartment on 75.36m2 with one bathroom, balcony, building has a lift.

**The Property Gallery Ref: 60400871 922 719925 / 922**

**719889**

**Costa del Silencio, Apartment****€75,000**

This studio, with a spacious bedroom, is located directly at the sea in the complex: Chasna C, with its wonderful heated swimming pool. From the living room, which is oriented to the South, you have a magnificent view of the sea. There is also a bathroom with shower and a kitchen in American style. Within walking distance you will find various supermarket... For full information see website or contact:

**Tenerifehome.com Ref: 1332-1217 922 783066**

**Costa del Silencio, Chaparral****€73,500**

Bright studio apartment, groundfloor with terrace, living room, sleeping area, kitchenette, bathroom with shower, to be sold furnished. Complex with pools, bars, restaurants and shops within walking distance.

**Tenerife Alizes Properties Ref: KV0217 922 738653 / 626 274040**

**San Isidro, Apartment****€73,500**

Apartment For Sale in San Isidro, Tenerife

**The Property Gallery Ref: D1130 922 719925 / 922 719889**

**Santa Cruz de Tenerife, Apartment****€73,170**

C/Princesa Dacil, Santa Cruz de Tenerife. Three bedroom apartment on 82m2 with one bathroom, washroom, terrace. Constructed in 1976. Apartment

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**The Property Gallery Ref: 60180447 922 719925 / 922 719889**

**San Isidro, Apartment****€72,000**

San Isidro is one of the most dynamic entities in the municipality of Granadilla, being its most populous city and the third largest. It is situated around 300 meters, in a strategic location a few kilometers from the South Airport and the tourist areas of El Medano, Los Cristianos or Playa de las Americas. Although San Isidro emerges as "dormitory suburb... For full information see website or contact:

**The Property Gallery Ref: 12674630 922 719925 / 922 719889**

**Tenbel, Primavera****€65,000**

Top floor studio apartment with lounge, American style kitchen and terrace overlooking the community gardens. There is a large community swimming pool and the complex is close to all local amenities.

**Tenerife Prime Property Ref: S-00 923 627-230360**

**Tacoronte, Apartment****€65,000**

Lovely studio apartment in Mar y Sol complex at the sea front in Mesa Del Mar in the municipality of Tacoronte. This studio apartment has been completely renewed, including the electric wiring, plumbing, new kitchen

and appliances and new bathroom. Tastefully furnished with all new furniture. The terrace has been closed in to gain more inside space. Unbea... For full information see website or contact:

**Tenerife Belfin Properties Ref: ST104-BP 692 146808**

**Playa Paraiso, Apartment****€64,500**

Studio apartment in Paraiso del Sur Playa Paraiso Tenerife. The studio offers fantastic views from the balcony, down the ravine and out to sea.

**Crown Property Services Ref: 42317 922-176883 / 677-539153**

**San Eugenio Alto, Ocean View****€58,000**

♦ Location: Residential Area ♦ Close to: Restaurants / Bars / Cafes ♦ Rooms: American Style Kitchen ♦ Quality: Cosmetic work needed ♦ Parking: Street parking ♦

**Property Alliance SL Ref: 1A3371 922 777747**

**San Isidro, Apartment****€57,000**

La Jurada, San Isidro. 200 m2 of flat land, aligned with the street. No building permission at the moment but can be obtained from the local townhall, for a building on 3 floors or a warehouse.

**The Property Gallery Ref: LA103 922 719925 / 922 719889**

**Santa Cruz de Tenerife, Apartment****€51,100**

C/ Pedro Bernardo Forstall,



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**NEGOTIATIONS**

**Crown Property Services Ref: 41895 922-176883 / 677-539153**

**Costa del Silencio, Apartment****€95,000**

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

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

**Adeje Town, Apartment****€94,500**

Fully furnished 2 bed, 1 bath apartment in residential complex. The property measures: Int. 68sqm., Ext. 2sqm.

**Property Alliance SL Ref: 2A2827 922 777747**

**Las Galletas, Apartment****€94,500**

3rd floor 1 bedroom, 1 bathroom apartment with lounge and American style kitchen with a large sunny terrace and fabulous sea views and very low community fees.

**Tenerife Prime Property Ref: S-01 843 627-230360**

**Costa del Silencio, Apartment****€93,000**

Great 1 bedroom apartment in a quiet residential complex in Costa del Silencio. Well kept complex with communal pool and garden areas.<br><br>Ground floor with direct access to the pool area. Great price!

**Tenerife Belfin Properties Ref: AP135-AG 692 146808**

**Costa del Silencio, Studio****€91,000**

Torres de Yomely Las Americas. This one bedroom apartment is right in the centre of Playa de Las Americas and is situated on the 8th floor of the building...

**Crown Property Services Ref: 41052 922-176883 / 677-539153**

**Puerto de La Cruz, Apartment****€89,000**

Nice 1 bedroom apartment located in the tranquil area of Puerto de la Cruz. This first floor apartment has a bright and spacious lounge/ dining area, a double bedroom, bathroom and a separate kitchen. Sunny balcony with views to the gardens and the mountains. Tranquil location only a short walk from the famous Loro Parque. Great holiday apartment! &... For full information see website or contact:

**Tenerife Belfin Properties Ref: AP167-BP 692 146808**

**Playa Paraiso, Apartment****€89,000**

One bedroom apartment which is well maintained to a high standard situated in Paraiso Del Sur with incredible sea views.

**Tenerife Business Services SL Ref: 82 922 740464 / 638 357059**

**Santa Cruz de Tenerife, Apartment****€88,500**

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

**The Property Gallery Ref:**



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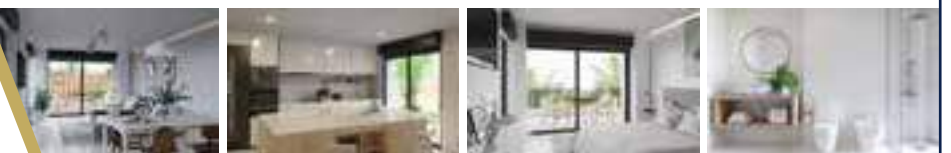
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### 2 Bedroom in Cabo Blanco - 127,000€



**NEW**

**FRINA Tenerife**  
Business & Property Agency



- 2 bedrooms, 1 bathroom
- Large sunny terrace
- BBQ Area
- Mountains & panoramic view
- Excellent condition
- Ref: D889

Completely renovated apartment offering 55m<sup>2</sup> living space with an open plan kitchen and a huge terrace of 48m<sup>2</sup>. It is located in the small Canarian village of Cabo Blanco – Just a 5 minute drive to Los Cristianos.  
**PRICE: 127,000€**

### 1 Bedroom in Green Park - 105,000€



**NEW**



- 1 bedroom, 1 bathroom
- Open plan kitchen
- Air Condition
- Pool view
- Good Condition
- Ref: D903

Refurbished apartment in Golf Del Sur offering 44M<sup>2</sup> 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.  
**PRICE: 105,000€**

# 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



Spacious, part-furnished 2 bed, 1 bath apartment (converted from a 1 bed) on popular complex with pools. The property has a lounge/dining area, American style kitchen and 20sqm terrace with fabulous sea views. **GREATLY REDUCED FOR QUICK SALE.**

**S-02 1319**

**€199,500**

### Llano del Camello, Biltmore

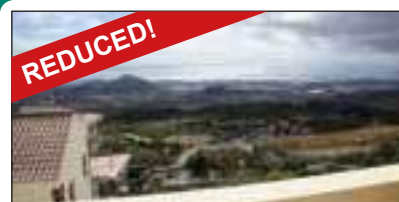


Nice, spacious, fully furnished, 2 bed, 2 bath apartment on sought after residential complex with lovely pool area. The property has a lounge-diner, separate fully fitted kitchen, utility room and a sunny, 11sqm terrace overlooking the pool.

**S-02 1330**

**€148,000**

### 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**

### Costa del Silencio, Chaparral



Ground floor studio apartment being sold fully furnished with lounge, American style fully fitted kitchen and an enclosed terrace made into bedroom area.

**S-00 1358**

**€80,000**

### 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

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Townhouse, Los Cristianos

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Bedrooms: 3



Ref: 1-AP3-1720

### Los Alamos

Penthouse, Los Cristianos

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Bedrooms: 3



Ref: 1-BU2-1443

### Florida

Bungalow, Valle San Lorenzo

Price: €349,950  
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### San Eugenio Alto

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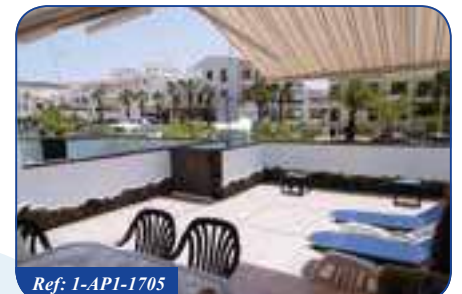


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Studio, Los Cristianos

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**Parque Don Jose**  
Apartment, Costa del Silencio  
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## Brexit delay fails to reverse the Pound's losses

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

The pound continued to give up ground in the past couple of weeks, with another delay to Brexit failing to energise Sterling due to concerns over prolonged uncertainty. This has seen GBP/EUR slip from €1.16 to €1.15, and pushed EUR/GBP up nearer to £0.87. Meanwhile, GBP/USD has fallen back from \$1.30 to \$1.29, while EUR/USD was left at \$1.12, despite briefly reaching \$1.13.



Carol Schleisman -  
Manager, CD Tenerife

Although the UK may have avoided a no-deal Brexit this month - the prospect of another six months of uncertainty

and some mixed UK data has left the pound on the defensive. In the meantime, trade in the euro has been mixed in the past couple of weeks, with the single currency relinquishing its initial gains after some gloomy Eurozone PMI figures stoked fears the bloc could face a recession this year.

At the same time, after initially being clipped by improved risk appetite, the US dollar leapt back to life in mid-April on the back of some robust US economic data.

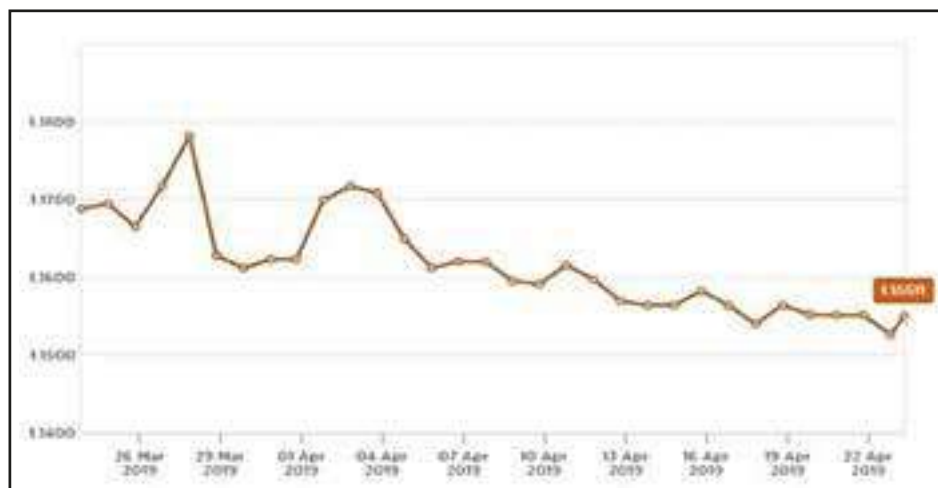
While Brexit will remain a priority for GBP investors, expect to see Sterling increasingly influenced by UK economic data in the coming weeks as the immediate threat of the UK crashing out of the UK fades.

In addition to the latest Eurozone data, the euro is likely to become increasing politically sensitive as we near the European elections in a month's time.

Finally, the outlook for

the US dollar will likely depend on the outcome of US-China trade talks, with USD likely to relinquish ground again if it looks likely the two powers are able to finalise a deal.

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# Earth Day: How to be more eco-friendly in everyday life

By Imran Rahman-Jones, Newsbeat reporter

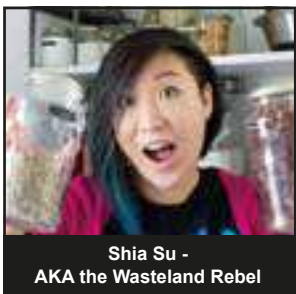
**We've been hearing so much about climate change recently, and the facts don't look good.**

The evidence shows that, thanks to human activity, global temperatures are rising at a level which isn't sustainable for the environment to be able to survive. That's partly why there are people taking their clothes off in parliament and school kids going on strike. (Plus, when the nation's grandad David Attenborough starts talking, it's probably worth listening.)



Climate Change - The Facts

But it's difficult. We're being bombarded with scary stories and told that we must change our ways - and soon. So what can we actually do? How can we make a difference when it seems like everything has a bad impact on the climate? Well, Radio 1 Newsbeat has been chatting to sustainable bloggers for tips on easy changes we can make to help reduce our impact.



Shia Su - AKA the Wasteland Rebel

The first is not to beat yourself up if you forget your bag for life or your reusable cup - it will probably just add to your eco-anxiety. "I never had the notion that I had to be perfect," says Shia Su from zero-waste blog Wasteland Rebel. "I had no intention of going zero-waste. I read about it and I just thought it was cuckoo and unrealistic," she says. But one day she decided to take a jar to her local coffee

shop instead of asking for a takeaway one - and she grew greener from there.



Immy Lucas

So how did Shia get to the point where she now says she can fit her entire year's waste into a litre-sized jar? Her second tip - shared by most of the bloggers we spoke to - is about turning your good intentions into good habits. Do whatever you can, and after a while it will become a habit," she says. "Normally, when you leave the house you grab your phone, you grab your wallet, you grab your keys. After a while you'll grab your bottle, your food container and then you're good to go - it will become a habit."



Keep it minimal

And the third tip that all our bloggers share is probably the one which involves the biggest change. It's about living a minimal lifestyle - cutting out needless buys. "Living a sustainable lifestyle is about consuming less in general," Shia says. "I only buy a new piece of clothing if another one needs replacing." Shia says it's not as hard as it sounds: "A lot of things have already been done - we're just going back to them." Ask your grandparents, they can teach you a lot about how to not create trash. "It's a really nice bonding experience as well. I think

it makes them smile when I get out my hanky to blow my nose [instead of a disposable tissue]."

**What else can I do to help me live a greener life?**

We got other eco-bloggers and Instagrammers to give us their top tips on different areas of life.

## Fashion

**Tolmeia Gregory blogs about ethical fashion under the name TollyDollyPosh.**



Tolmeia Gregory

**Go vintage:** "Do things like shopping second-hand and vintage, going to your local charity shop. You can also buy on sites like eBay and Depop." **Buy less:** "If you can, just not shopping at all is a really great way to do it. Embracing what you already own and what's already in your wardrobe. There's a great phrase you hear a lot: 'Loved clothes last'."

**Look for eco-friendly materials:** "Look out for more natural fibres - go for cotton over polyester. Not only do they feel a lot nicer when you wear them, but don't contain things like microfibres that go into our water and into marine life when we wash our clothes."

**Learn to DIY:** "It doesn't take much to learn how to hand-sew and stitch up a hole. Or if you have a pair of ripped jeans that are becoming a bit too ripped, you could always cut them and keep them as shorts."

## Food

**Immy Lucas is a blogger and YouTuber who goes under the name**

**Sustainably Vegan.**



Immy Lucas

**Consider a more plant-based diet:** "I don't think everyone has to go vegan to make a huge change. The more realistic thing is for the majority of people cutting down meat consumption to a couple of days a week."

**Eat as locally as possible:** "If you're eating soy beans that are shipped from China or bananas that have been shipped from Colombia, that's not as sustainable as if you're eating apples grown in Kent. If you support your local farmers' market, you're also supporting more low-scale food agriculture which tends to be more kind to the Earth."

**Eat as seasonally as possible:** "If you're eating tomatoes from the UK that aren't in season, then you know they've been grown in some huge greenhouse that uses a massive amount of resources to basically fake the weather. So you're using a massive amount of heat energy to grow the tomatoes out of season."

**Think about packaging:** "There are zero-waste shops where you buy unpackaged food. But you can also go to the supermarket, and make better choices by buying unpackaged fruit and vegetables, or opting for cans and cardboard that are widely recycled instead of plastic. So there are better choices that you can make in regular shops."

## Beauty

**Nicole Whittle - AKA**



**VeganBeautyGirl - blogs about living a vegan life.**

## Travel



Nicole Whittle

**Ditch the face wipes:** "Just use a good old flannel like your nan's got in her bathroom, and a nice oil-based cleanser to help break down make-up at the end of the day. If you've got a baby and you need that on-the-go reliability, then you can find biodegradable wipes."

**Buy package-free:** "You can get shampoo, conditioner and body wash bars - they might cost a bit more but they last much longer. So the cost-per-use is a lot lower."

**Think about your menstrual products:** "Tampons and pads are single-use items, and not everyone disposes of them properly. The big change you can make is going to a menstrual cup, which is a silicone cup that catches all the blood and can be reused each month - they're not as scary as they sound. There's also menstrual underwear these days which is a lot more sustainable."

**Big brands can also be eco-friendly:** "A lot of the big beauty brands are really taking inspiration from the vegan environmental movement. It's great to see these changes happening. It's taken them a while but these brands have seen that there's future in these sorts of products."

**Florine Hofmann runs The Wasted Blog, where she tries to find eco-friendly alternatives to everyday habits.**



Florine Hofmann

**Think about your journey:** "We're so fortunate here in Europe - I usually try to take the train whenever I can. I'm conscious of trying to fly as little as possible."

**Pack sustainably:** "I recently bought a second-hand suitcase because it was already something that was made, and it was cheaper. I try to pack as minimally as possible - for instance my toiletries I try to reduce to soap and a shampoo bar, stainless steel razor and toothbrush. I don't want that much plastic trash in another country. I try to leave as little behind as possible."

**Plan where you eat:** "I usually do some research beforehand. I'm a massive foodie, so it's very important in my everyday life. But also because I want to support restaurants for instance that do think about their waste or whether they compost or not."

**Local knowledge is best:** "I love renting a bike in a new city and just exploring new areas. You find the best spots through talking to people and getting all the hidden gems."

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Prof Barry C Smith

## Why blend? Exploring the art and science of blending

Humans are the blending species, says philosopher of the senses Barry Smith, but what makes some blends work when others don't? What does the skill of a good blender consist in? And is blending an art or a science?

Whether your favourite drink is tea or coffee, champagne or Scotch whisky, you may be surprised to learn that what you're drinking is probably a blend. Whisky lovers often prize single malt whiskies more highly than the blended Scotch that combines them, but even single malts will be mostly blends of spirits from different casks.

The urge to blend, it seems, is everywhere, and it is also a distinctly human act. We alone go in for these repeated experiments of combining what is known and familiar to create something new, and this marks us out as the blending species.

The blending of words and phrases to express new thoughts, like the blending of sounds to create music, provide examples of a productive process in which we generate novel experiences by

rearranging recognisable parts into previously unencountered wholes, and it is this process that makes blending fundamental in our creative ingenuity.



Blending Drambuie in Edinburgh, 1940

When did the human urge to blend first appear? It is hard to put a date on it but the blending of flavours in teas or aromas in perfume has been with us for as long as we've known these products and the seemingly inexhaustible possibilities of creating

new fragrances and new blends of teas continues apace. A blend is a combination of ingredients mixed together to produce something unique and

distinctive and the success of a blend lies in its ability to unite separate elements into a seamless whole - or, a harmonious and unified arrangement of parts.

The greater the number of elements, the harder it is to achieve overall balance and harmony, where all the parts make a contribution and no one element dominates the others. It may surprise you to learn that in a bottle of Johnnie Walker Black Label whisky there can be as many as 30 single malts in the blend, mixed together with grain whisky.

What is more astonishing still is that from year to year the blenders must attempt

to reproduce the sought-after flavour of Black Label even though the malt whiskies they use to blend are in a different condition each year - and even when some of those malts may be unavailable. This is the skill of the blender: to aim at the same thing each time while ingredients change from year to year.

It is the same story with champagne. Veuve Clicquot's Yellow Label wine is a blend of more than 450 wines, made from different grapes - Chardonnay, Pinot Noir and Pinot Meunier - picked from different vineyards, combined with reserve wines made in previous years that have evolved with time. This famous blend depends on place, time and type of grape variety, to which are added the carbonated bubbles produced by a second fermentation of the wines in the bottle, making champagne perhaps the ultimate blended product.

The secrets of blending are built up through a lifetime of experience. Perfumers know when two aromas

equipment that our noses treat some collections of molecules as a single note and others as a diverse collection of odours?

A single molecule, such as benzaldehyde, can smell

behind the straining for puritans. The direct line back to a single source ensures that nothing has been lost or adulterated.

Unfortunately, we sometimes encounter the same line of thought

**“The art is knowing which mixtures are likely to work”**

like a mixture of cherry and almond, whereas collections of more than 800 molecules can smell like a single thing, coffee. The neuroscience of olfaction has several unresolved mysteries concerning the way we code and smell odours, which is why no artificial nose can yet predict which arrangements of scents we will experience as a whole let alone which ones we will find agreeable. For now, at least, the blending of aromas and flavours still relies on art as well as science.

But why blend in the first place? Why not stick to the best quality ingredients without combining them?

The urge to blend has been opposed by an equally strong urge for purity. There are passionate advocates of single-leaf teas, single-cask malt whiskies and single-vineyard champagnes, who argue that only here will we find true quality. The thinking

when it comes to the mixing of races or cultures. Opposed to this is cosmopolitanism, which says it doesn't matter where we come from, it's all about fitting in. Is this the right view?

Philosopher Kwame Anthony Appiah is suspicious of the search for purity and he points out that hardly any of the things we care about in the domain of culture fit that model. "Shakespeare wouldn't have been very interesting if he'd said, 'I can't write a play about Hamlet because he's a Dane,'" he says. "Basho wouldn't have been much of a poet in Japan if he had said, 'I can't use Buddhism and I can't use this Chinese script to write my poetry, so I can't write haiku.'" It seems to be the natural condition of music and literature and so on to want to borrow and mix and rethink in order to make new things. "At the same time Appiah is keen to stress that the importance of origins has

A teabag may contain 35 different teas



The blending room in a French champagne vineyard

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Tasting and blending Gonzalez Byass sherry in 1954

been unduly neglected by some cosmopolitans.

"I like what Gertrude Stein said about this. She said,

Ghana. And I am pleased to be able to connect myself to both of those places both by ancestry and by experience. I

it, if they were to become the same."

Stories of origins are important to most of us, and perhaps we can all agree that it's what's in the mix that matters - but also how well it's blended.

*Prof Barry C Smith is director of the Institute of Philosophy at the University of London's School of Advanced Study, and the founding director of the Centre for the Study of the Senses*

It's a delicious structure consisting of a small sponge with a chocolate cap covering a veneer of orange jelly. It is arguably Britain's greatest invention after the steam engine and the light bulb. But is a Jaffa Cake actually a biscuit, asks David Edmonds.

**"Gertrude Stein said, 'What good are roots if you can't take them with you?'"**



Kwame Anthony Appiah with his Gloucestershire grandmother in 1962

'What good are roots if you can't take them with you?' And I think all of us in fact can claim connection back down many branching routes through the family tree to many different places," he says. "I grew up in two places and each of them was very different from the other - one was a village in Gloucestershire and the other was the second largest town in

wouldn't want them not to be different from each other; there wouldn't be anything additive about



Craig from Guinness World Records measures the Jaffa Cake

the type bars all flew up at the same time into the same spot.

Fun for a nine-year-old boy, less so for a professional typist. Typing at 60 words per minute (wpm) - no stretch for a good typist - means five or six letters striking the same spot each second. At such a speed, the typist might need to be slowed down for the sake of the typewriter. That is what qwerty supposedly did. Then again, if qwerty really was designed to be slow, how come the most popular pair of letters in English, T-H, are adjacent and right under the index fingers? The plot thickens. The father of the qwerty keyboard was Christopher Latham Sholes, a printer from Wisconsin who sold his first typewriter in 1868 to Porter's Telegraph College, Chicago. That bit's important.

The qwerty layout was designed for the convenience of telegraph operators transcribing Morse code - that's why, for example, the Z is next to the S and the E, because Z and SE are indistinguishable in American Morse code. The telegraph receiver would hover over those letters, waiting for context to make everything clear. So the qwerty keyboard wasn't designed to be slow. But it wasn't designed for the convenience of you and me, either.



and put it on the market for \$125 - perhaps \$3,000 (£2,271) in today's money, many months' income for the secretaries who would have used it.

It wasn't the only typewriter around - Sholes has been described as the "52nd man to invent the typewriter" - but the qwerty keyboard emerged victorious. The

the keyboard layout on today's iPads. Nobody then was thinking about our interests - but their actions control ours. And that's a shame, because more logical layouts exist: notably the Dvorak, designed by August Dvorak and patented in 1932.

It favours the dominant hand (left and right-hand layouts are available) and puts



Christopher Latham Sholes' daughter Lillian Sholes Fortner with her father's typewriter in 1939

Remington company cannily provided qwerty typing courses, and when it merged with four major rivals in 1893, they all adopted what became known as "the universal layout". And this brief struggle for market dominance in 1880s America determines

the most-used keys together. The US Navy conducted a study in the 1940s demonstrating that the Dvorak was vastly superior: training typists to use the Dvorak layout would pay for itself many times over. So why didn't we all switch to Dvorak? The problem lay in co-ordinating the switch.

Qwerty had been the universal layout since before Dvorak was born. Most typists trained on it. Any employer investing in a costly typewriter would naturally choose the layout that most typists could use, especially when economies of scale made it the cheapest model on the market.

## How did the *qwerty* keyboard become so popular?

By **Tim Harford**, BBC World Service

It isn't easy to type "QWERTY" on a qwerty keyboard.

My left-hand little finger holds the shift key, then the other fingers of my left hand clumsily crab sideways across the upper row. Q-W-E-R-T-Y. There's a lesson here: it matters where the keys sit on your keyboard. There are

good arrangements and bad ones. Many people think that qwerty is a bad one - in fact, that it was deliberately designed to be slow and awkward. Could that be true? And why do economists, of all people, argue about this?

It turns out that the stakes are higher than they might first appear.

But let's start by figuring out why anyone might have been perverse enough to want to slow down typists. In the early 1980s, I persuaded my mother Deb to let me use her mechanical typewriter, a miraculous contraption which would transcend my awful handwriting. When I hit a key, a lever would flick up from behind the keyboard and whack hard against an inked ribbon, squeezing that ink against a sheet of paper. On the end of the lever - called a type bar - would be a pair of reversed letters in relief. I discovered that if I hit several keys at once,

### So why do we still use it?

The simple answer is that qwerty won a battle for dominance in the 1880s. Sholes' design was taken up by the gunsmiths E Remington and Sons. They finalised the layout

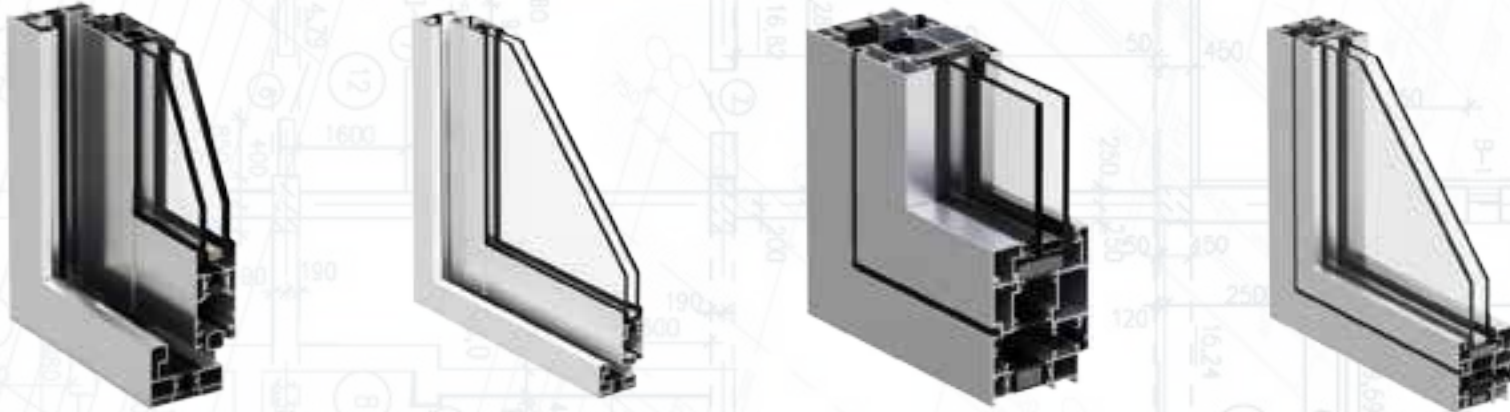




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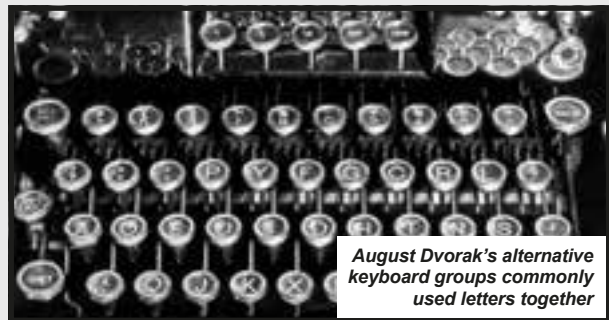


**Dvorak keyboards never stood a chance.**

So now we start to see why this case matters. Many economists argue qwerty is the quintessential example of something they call "lock in". This isn't really about typewriters. It's about Microsoft Office and Windows, Amazon's control of the online retail link between online buyers and sellers, and Facebook's dominance of social media.

If all your friends are on Facebook

apps such as Instagram and WhatsApp, doesn't that lock you in as surely as a qwerty typist? This matters. The lock-in is the friend of monopolists, the enemy of competition, and may require a robust response from



regulators. But maybe dominant standards are dominant not because of lock-in, but just because the alternatives simply aren't as compelling as we imagine.

Consider the famous Navy study that demonstrated the superiority of the Dvorak keyboard.

Two economists, Stan Liebowitz and Stephen Margolis, unearthed that study, and concluded it was badly flawed. They also raised an eyebrow at the name of the man who supervised it - the Navy's leading time-and-motion expert, one Lieutenant-Commander... August Dvorak.

Liebowitz and Margolis don't deny that the Dvorak design may be better: the world's

fastest alphanumeric typists do use Dvorak's layout. In 2008, Barbara Bradford was recorded maintaining a speed of 150 words per minute (wpm) for 50 minutes, and reached a top speed of 212 wpm using such a keyboard.

But they were just not convinced that this was ever an example where an entire society was desperate to switch to a hugely superior standard yet unable to co-ordinate.

And in fact these days, most of us peck away at our own emails, on devices which can actually let you switch your keyboard layout. Windows, iOS and Android all offer Dvorak layouts.

You no longer need to persuade your co-workers, other employers and secretarial schools to switch with you. If you want it, you can just use it. Nobody else is even going to notice. Yet most of us stick with qwerty. The door is no longer locked, but we can't be bothered to escape. Lock-in seems to be



August Dvorak, seen here teaching a typing class, was a professor of education at the University of Washington, Seattle

entrenching the position of some of the most powerful and valuable companies in the world today - including Apple, Facebook and Microsoft. Maybe those locks are as unbreakable as the qwerty standard once

seemed. Or maybe they risk being crowd-barred off if restless consumers are tempted by something better. After all, it wasn't that long ago that people worried about users being locked in to MySpace.



# A History of the G-Mobile Generations:

It would be heedless to say that we haven't come a long way as far as mobile technology is concerned. The first cell phones could barely keep a call connected let alone

## 2G Rises to the Challenge

When smart phones were first introduced, there was no texting as well as undoubtedly horrible con-

net. Slowly technological innovation strengthened and information rates were raised, by having the latter types of 2G getting to speeds of about 56kb/s and we thought that was fast!

## 3G is Introduced

3G or the 3rd Generation of mobile technology innovations took us by storm with speeds of about 4 times quicker than the old 2G standards. With initial speeds of around 200kb/s and steady transformation of the technological innovations saw maximum speeds of up to 7.2 Mb/s and we were awed by the things that could be accomplished. The latter speeds were just numbers because the highest rates were not achievable unless you were in the right spot at the right time. Still quite an improvement.

Currently 4th and 5th Generation technologies are being presented around the world and devices are

being made available that may enjoy this brand-new mobile advancement in speeds and reliability.

## However exactly what is 4G?

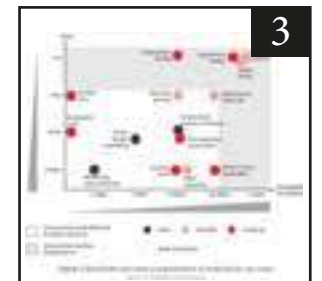
4G or the 4th Generation Mobile standards is a series of measures that defines the demands of a 4G network and also the standards that must be met. The existing common standard specifies a 4G network as one that offers 100Mb/s for individuals on the move as well as which supplies 1Gb/s to an immobile location or one shifting at a slow-moving speed, or standing still in that perfect spot for instance. There are many variable involved that profusely degenerates the speed that

you will actually be capable of utilizing. Yes there are 4G devices available that can take advantage of the high speed networks being built but that network has a long way to go before most of us realize the true potential. When it was first introduced, the term 4G was being thrown around a lot but true 4G was never widely recognized. 4G is faster than 3G but it has to meet the specifications of the standards to be called true 4G. LTE is the closest we have come to using a True Fourth Generation mobile technology.

## 5G is the Next Big Thing

The 5G buzzword has recently been being thrown around. As far as I can tell, the standards are not spe-

cifically set but it is actively being tested. It is supposed to be faster at 1-20Gbps, more reliable and accessible, and probably more expensive. We will keep you posted as we learn more about this new 5G technology. Sprint, T-Mobile and Verizon have announced their goals and have begun



testing their versions of the 5G technology. We will keep you updated as the 5G race starts heating up.

A couple good sources to watch the 5G development are the Next Generation Mobile Networks Alliance and GSMA Intelligence. Here (pic 1) is our take on the the 5G technology.

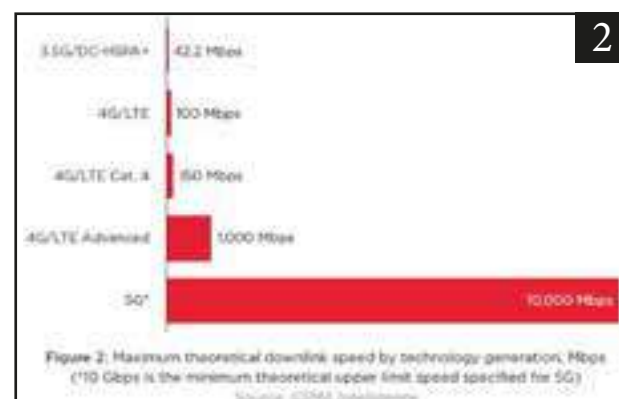
Here (pic 2) is the GSMA take on the speeds of the past, current and future generations of the G.

Here (pic 3) are the potential 5G use cases and their associated network requirements.



send a text message and now we are streaming content across the wireless spectrum. A History of thrwhile cruising the web and talking to friends. A long way indeed. Where does it go from here and will the wireless spectrum stand up to the test? We will soon find out.

nections. Then came 2G or 2nd Generation networks as well as by having them came the capability to transfer and get information, although the velocities were actually sluggish - 9.6 kb/s - slower than the old, screechy, modems that we used to utilize in the early days of the Inter-



2

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## Why stretching might not make you a better runner

**Limbering up before and stretching after exercise might seem sensible, but there are some other more surprising ways of improving your performance.**

By Richard Gray



Running has increased in popularity in recent years, particularly among those taking part in organised non-competitive events

They can be seen in city streets and parks all over the world, aggressively leaning against trees or propping their legs up on benches. It seems that most runners love a good stretch. Whether they do this before or after they have exercised, however, is still hotly debated in the running circles – some believe it is the best way to warm up cold muscles, while others insist stretching once already warm delivers the most benefits. But they might all be doing it wrong if a new analysis of the science behind running is to be believed. All that comical bending and limbering may have no impact on a running performance at all.

It is one of a set of “rules for running” compiled by a group of scientists at the University of California, Santa Barbara after they analysed 70 studies on running and performance. They produced what is known as a “scientific synthesis” of tips for how runners can improve their performance. “Some of the findings we came across were really surprising and others confirm what many runners will already know,” says Chris Lortie, a biologist at The National Center for Ecological Analysis and Synthesis in Santa Barbara who led the analysis and an amateur runner himself. “But we are not trying to say this is how people should train.

**“Everyone needs to look at their individual outcomes, what they are trying to achieve and apply what works for them. People run for all sorts of reasons – some do it to stay fit, others want to win medals and some do**

**it because they just want to get outside.”**

Running has seen an increase in popularity in recent years with record numbers applying to enter events like the London Marathon and the New York City Marathon. Nearly 18.3 million people took part in organised road races in the USA in 2017, while more social running events like the UK’s Parkruns now attract more than three million participants. Few of these people, however, can afford expensive coaches or training advice, relying instead upon the mishmash of information available in running magazines and on-line. “This is what made me decide to apply the kind of analysis I use for big ecologi-



Icing the skin on your neck can help to trick the brain into thinking your body is cooler than it is, allowing you to push that little bit harder during a run

cal problems, like the effects of climate change, to running,” says Lortie, who is also a biology professor at York University in Toronto. Some of the more surprising “rules” – they consider them more guidelines than hard rules – that he and his colleagues came up with are:

**Use cooling to increase endurance**

For most runners, the idea

of cooling down before going on a run seems to make little sense. The perceived wisdom is that it is better to warm up first to reduce the risk of injury and to get your muscles working at an optimal level. But Lortie and his colleagues found that a bit of pre-race cooling can actually have a positive impact in long distance running. “It would seem to make sense that you want to warm the muscles up to improve performance,” says Lortie. “But if you put ice on the back of your neck, it can trick the body into thinking you are cool. You never want to ice your muscles, but putting it on your skin lets you work out harder as your body thinks its core temperature has gone down rather than up while you are running.”

Pre-cooling in this way essentially creates a buffer that enables athletes’ bodies to do more work for longer before it starts to overheat. The exact mechanism for why this works is not completely understood, but there are a number of theories. One is that it delays the natural safeguards that dial back muscle activity in response to overheating from kicking in. Another theory suggests that cooling may reduce lactic acid build up, which can increase at higher tem-

peratures. Unfortunately for those runners who prefer sprinting, however, the evidence did not show that the same trick could improve their performance. Instead it tends to work in situations where athletes are engaging in prolonged periods of exercise.

**Skip stretching if injury free**

Stretching has become al-

most a performance in itself for anyone engaging in exercise, but few of us have probably stopped to ask what we are doing it for. While it can help to improve flexibility, Lortie’s analysis suggests that if you are stretching in the hope gaining boosts in performance during your run, you are wasting your time. “This was a huge surprise,” says Lortie. “It is an accepted thing that you do some stretches after you have exercised – you see all these people doing it in parks and it looks absurd. But from a performance point of view, there is no benefit, it is not going to make you run faster or better.

**“A lot of professional coaches think that getting all loosey-goosey – when**



Many runners stretch before or after their run but while it may increase their flexibility it does little to improve performance

**your limbs are all over the place – may make it more likely that you will injure yourself. You want to be like one of those tight, robotic runners from that point of view. It only seems to make sense to stretch if you are recovering from an injury as it helps the muscle fibres elongate as they heal.”**

**Jump for speed**

Professional sprinters know this one already, but plyometric exercises, or jump training, helps muscles exert a maximum force in a short space of time. The studies that Lortie and his team looked at showed that doing 10 weeks of at least 15 sessions per week of 80 high-intensity jumps could increase sprint speeds. “This is a lot of jumping,” says Lortie. “But it gives your muscles the ability to suddenly be explosive and turn it on.”

**Recovery is critical**

For most of us, a recovery day might involve relaxing in front of the television or spending some time in the pub with some friends. For anyone wanting to improve their running, however, Lortie has some bad news. “This



It might not seem logical but reducing the amount of training you do before a race can your performance on the day

was the one that probably most interesting for the researchers and coaches I work with,” he says. “There was one study where they had a very high number of cross-country skiers who were competing and training. They told half to go enjoy the next couple of days in the chalet and the other half did some light jogging or

for marathons, for example, recommend cutting down your mileage in the last two weeks,” he says. “For a lot of people that is going to seem counterintuitive, but the research really shows it can bring a big increase in performance. It is perhaps important to remember that not all runners are going to see a 40% increase in their performance, but on average there does seem to be this kind of increase.”

**Get a goal-centred mental state**

“This is often the secret sauce that a lot of people who are do sport are missing,” says Lortie. “It’s about keeping your eye on the prize throughout the suffering. Once you lose that, it is all over. There are a lot of physical things that you can do, you can get all the right equipment but unless you have the right mental state, you will never give your best performance.”

For those just starting out running he recommends picking small, achievable goals that can help you push that little bit harder during a run. “I pick a tree or something else that I am going to run to and when I reach it pick another one,” he says. “In a race I might pick someone ahead of me who I am going to try to keep up with and it has made me run far faster than I ever could when training.” This sort of goal-centred thinking has implications outside the world of running too. “Being mindful of your goals and outcomes is probably a good exercise in life whatever your endeavour is,” Lortie adds.



Running at altitude can help to increase endurance as it trains the body to work with lower levels of oxygen



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# Focus on *how* you work, not *why*

By Bruce Daisley

**How you can feel more fulfilled, and less anxious, on the job.**

Why does modern work feel so dissatisfying? Are we making the mistake of searching for the 'why' of modern work when we're desperately in need of answering 'how'? If we were inventing jobs today, we'd struggle to come up with something engineered to be as dissatisfying as employment in the early 21st Century. Endless meetings where we start to forget our own name and emails that seem identical to those we got rid of yesterday, all done against the drone of vast open-plan offices.

I've spent the last two years researching and writing a book about improving the modern workplace culture – and what I observed was a shocking reminder of what needs fixing. The challenges with modern workplaces go beyond distraction into

something more substantial. The Mental Health Foundation says that 74% of Brits felt overwhelmed by stress at some point last year, with work being the biggest cause.

It's no wonder. Since we all started taking emails on our mobile phones the aver-

of extra hours to the working day clock up the highest recordable levels of stress.

That's why the exhortations of self-declared visionaries like Simon Sinek seem to be increasingly hitting a bum note with those in the workplace.



*Dissatisfaction on the job is always talked about, but we need to better understand its root causes*

age working day has lengthened by two hours. By some estimates, workers who are expected to stay connected to their colleagues are clocking up over 70 hours plugged into the office each week. Half the people who add a couple

## When 'why' isn't enough

Sinek achieved fame and recognition from his insistence that millennials needed to understand the 'why' of work before they could

commit themselves to the endeavours involved. "Great companies don't hire skilled people and motivate them, they hire already motivated people and inspire them," Sinek declared.

## The challenges with modern workplaces go beyond distraction into something more substantial

Inspiration took the form of telling them 'why' they were doing the job. But it's becoming clear that this singular focus on a north star of 'purpose' is creating dissonance and dissatisfaction on the shop floor. Workers of all ages are faced with reconciling the ultimate 'first world problem': "How can I be working at this noble, purpose-driven organisation and still not feel happy?" An increasing number of employers are seeing their workers take them to task on the disparities between what was promised to them as candidates and the realities of their jobs. The Google walkout in 2018 followed Susan Fowler's Uber blog post as another high-profile milestone on a long road of workplace discontent despite lofty answers to the 'why' question.

It's becoming obvious that while focusing on the 'why' of work might create a compelling vision for a warrior CEO to stand behind, that doesn't help the workers feeling crushed with fatigue at their desks. Increasingly it's feeling like it's time for us to move from the adrenalised bravado of 'why' to the comparatively mundane discussion of 'how': 'How can I feel more fulfilled and less anxious in my job?'

## The power of small changes

What does the 'how' of improved work culture look like? While it's certain that there will be no Steve Jobs of the workplace unveiling the newer, shinier version of employment, it's becoming clear that we can personally make changes to the design of our day that can help make work less awful.

*"How can I be working at this noble, purpose-driven organisation and still not feel happy?"*



*Google staff stage a walkout at the company's UK headquarters in London on 1 November 2018*

Once workers accept that 'how' is important, many of us feel energised by the realisation that we have the autonomy to initiate change. The biggest burden of work for most of us is that cursed time spent in meetings. The simple act of halving the number of people present can be an act of mercy.

Investment bankers Bridgewater Associates realised that having fewer people in meetings seemed to be highly effective at improving the quality of discussions. The challenge, of course, was that we're convinced that the meeting we're not in is the one where all the good stuff is happening. To prove that this FOMO was misplaced, they started recording all their meetings – with the end result that no one complained when they were stood down from the attendee list.

There are other things: workers are increasingly aware that taking a proper lunchbreak three or four times a week is proven by research to improve decision making and reduce the Friday fatigue that plagues so many of us. Going further, borrowing the Swedish tradition of fika by taking a walk with a colleague as part

out the working day.

In fact, the science of walking can even be extended to switching meetings from sedentary to mobile occasions. Stafford scholar Marilyn Oprezzo found that walking improved creative thinking for 81% of those she tested. Introducing a new meeting to the calendar might seem heretical when we're trying to declutter the working week, but the power of social meetings is gaining currency – perhaps replacing the human synchronisation that many British workplaces used to derive from an adjournment to a local pub.

Five-time CEO Margaret Heffernan described her introduction of a weekly social meeting at one of her US-based firms as "absolutely transformational" for the working culture. Heffernan observed that encouraging workers to spend time socialising with each other in the working day made them more likely to collaborate during the rest of the week.

Workplaces are beset with the hurry sickness that is a consequence of the relentless demands of modern work – and the impact of that burnout can be hard, especially on the most junior



*The biggest burden of work for most of us is that cursed time spent in meetings*

of a routine to get our daily dose of caffeine appears to have positive effects. It makes us less email weary and refreshes our minds as we close

workers. When work is unrelenting, a focus on the lofty goal of 'why' we work won't help, maybe right now we need to take care of 'how'.

## What can bees teach economists about how markets work?



**It's a little known fact that economists love bees - or at least, the idea of bees.**

The Royal Economic Society's logo is a honeybee. The Fable of the Bees, published in 1732, uses honeybees as a metaphor for the economy - and anticipates modern economic concepts such as the division of labour and the "invisible hand"

that means "greed is good". And when a future winner of the Nobel Prize in economics, James Meade, was looking for an example of a tricky idea in economic theory, he turned to the honeybee for inspiration. The tricky idea was what economists call a "positive externality" - something good that a free market won't produce enough of,

meaning that the government might want to subsidise it.

For James Meade, the perfect example of a positive externality was the relationship between apples and bees. Imagine, wrote Meade in 1952, a region containing some orchards and some beekeeping. If the apple farmers planted more

Continued on page 48...

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Ancient Egyptians attached great religious and spiritual significance to the honeybee

...continued from page 46

apple trees, the bee-keepers would benefit, because that would mean more honey. But the apple farmers wouldn't enjoy that benefit, that positive externality, and so they wouldn't plant as many apple trees as would be best for everyone. This was, according to Meade, "due simply and solely to the fact that the apple farmer cannot charge the bee-keeper for the bees' food". But there's a problem with his thesis. Apple blossom produces almost no honey. And that's only the first thing James Meade didn't know about bees.

To understand Meade's more fundamental error, we need a brief history of humans and honeybees. Once upon a time, there was no bee-keeping - only honey hunting, trying to steal honeycombs from wild bees. We see this depicted in cave paintings. Then, at least 5,000 years ago, the practice was formalised. The Greeks, the Egyptians, and the Romans were all partial to domesticated honey.

By the Middle Ages, bee-keepers were using skep hives - they're the classic woven beehives that look like a tapering stack of straw tyres. But the trouble with skep hives is that if you want the honey, you need to get rid of the bees - and bee-keepers would generally poison them with sulphurous smoke, shake them off, scoop

out the honey, and worry about building another bee colony in due course. In time, though, people started to worry about this waste and disdain for a creature that not only gives us honey but also pollinates our plants. In the 1830s, a bee-rights movement emerged in

bottom, confined by a "queen excluder" - a mesh that prevents her entry but permits worker bees through. This keeps her bee larvae out of the honeycombs. The honeycombs are easily pulled out and harvested by a spinning centrifuge that flings



Writer Sylvia Plath, whose father was a bee expert, wrote a series of vivid poems about the physicality of bee-keeping and extracting honey



Bees play a crucial role in California's almond industry

the US, with the motto: "Never kill a bee." And, in for a moveable-frame beehive.

The Langstroth hive is a wooden box with an opening at the top and frames that hang down, carefully separated from each other by the magic gap of 8mm (0.3in) "bee space" - any smaller, or larger, and the bees start adding their own inconvenient structures. The queen is at the

out, filters and collects the honey. A marvel of design and efficiency, this new hive allowed the industrialisation of the bee. And it's this industrialisation that James Meade hadn't quite grasped. The honeybee is a thoroughly domesticated animal.

With Langstroth hives, bees are portable. Nothing stops farmers coming to some financial arrangement with bee-keepers to locate hives amid their crops. A couple of decades after James Meade's famous example, another economist, Steven Cheung, became curious about it - and he did something we economists perhaps don't do often enough: he called up some real people and asked them what actually happens. He discovered that apple

farmers routinely paid bee-keepers for the service of pollinating their crops. For some other crops, the bee-keepers do indeed pay farmers for the right to harvest their nectar, the market Meade said should exist but could not. One example is mint, which doesn't need any help from bees but which produces good honey. So apples and bees aren't a good example of a positive externality, because the interaction does take place in a marketplace. And that marketplace is huge. These days, its centre of gravity is the California almond industry. Almonds occupy almost a million acres (4,000 sq km) of California - and farmers sell about \$5bn (£3.9bn) worth per year. Almonds need honeybees - five colonies per hectare (10,000 sq m), rented for about \$185 (£144) a colony.

Langstroth hives are duly strapped together, loaded on to the back of articulated lorries, 400 hives per truck, and

driven to the Californian almond groves each spring, travelling by night while the bees are asleep. The numbers are astonishing: 85% of the two million commercial hives in the US are moved, containing tens of billions of bees.



The fall in global bee numbers has been linked to the use of neonicotinoid insecticides

travel up to Washington state's cherry orchards, then east to the sunflower fields of North and South Dakota and then on to the pumpkin fields of Pennsylvania or the blueberries of Maine. Meade was quite wrong to imagine bee-keeping as some kind of rural idyll. Bees have been almost fully industrialised, and pollination thoroughly commercialised. And that presents a conundrum. Ecologists are worried about wild bee populations, which are in sharp decline in many parts of the world.

Nobody quite knows why. Candidates for blame include parasites, pesticides and the mysterious "colony collapse disorder", where bees simply disappear, leaving a lone queen behind. Domesticated bees face the same pressures, so you might expect to see some simple economics at work - a reduction in the supply of bees increasing the price of pollination services.

But that's not what economists see at all.

Colony collapse disorder appears to have had minimal effect on any practical metric in the

It appears that industrial bee-keepers have managed to develop strategies for maintaining the populations on which they rely: breeding and trading queens, splitting colonies and buying booster packs of bees. That is why there is no shortage of honey - or almonds, or apples, or blueberries - not yet, anyway. Should we celebrate economic incentives for preserving at least some populations of bees? Well, maybe.

Another perspective is that it's precisely the modern economy's longstanding drive to control and monetise the natural world that caused the problem in the first place. Before monocrop agriculture changed ecosystems, there was no need to lug Langstroth hives around the countryside to pollinate crops - local populations of wild insects did the job free of charge. So if we want an example of a positive externality - something the free market won't provide as much of as society would like - perhaps we should look to land uses that help wild bees and other insects.



Queen bees are vital to the wellbeing of their hive and there is a large market for specially bred ones

As Bee Wilson describes in *The Hive: The Story of the Honeybee and Us*, the big US bee-keepers manage 10,000 hives each and from California they may

bee market. Farmers are paying much the same for pollination, and the price of new queens - which are specially bred - has hardly budged.

Wildflower meadows, perhaps - and some governments are indeed subsidising these, just as James Meade would have advised.





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# How much water should you drink a day?

By Jessica Brown

**Whether you've had fatigue or even dry skin, you've probably been told to drink more water as a cure. But this advice comes from decades-old guidance... and may have no scientific basis.**

In the early 19th Century, people had to be close to death before deigning to drink water. Only those "reduced to the last stage of poverty satisfy their thirst with water", according to Vincent Priessnitz, the founder of hydrotherapy, otherwise known as "the water cure". Many people, he added, had never drunk more than half a pint of plain water in one sitting.

How times have changed. Adults in the UK today are consuming more water now than in recent years, while in the US, sales of bottled water recently surpassed sales of soda. We've been bombarded with messages telling us that drinking litres of water every day is the secret to good health, more energy and great skin, and that it will make us lose weight and avoid cancer.

Commuters are encouraged to take bottles of water onto the London Underground, pupils are advised to bring water into their lessons and few office meetings can commence without a giant jug of water sitting in the middle of the desk.

Fuelling this appetite for water is the "8x8 rule": the unofficial advice recommending we drink eight 240ml glasses of water per day, totalling just under two litres, on top of any other drinks.



Many of us believe we should drink at least eight glasses of water a day

That "rule", however, isn't backed by scientific findings – nor do UK or EU official guidelines say we should be drinking this much.

Where did it come from? Most likely, it seems, from misinterpretations of two pieces of guidance – both from decades ago.

In 1945 the US Food and Nutrition Board of the National Research Council advised adults to consume one millilitre of liquid for every recommended calorie of food, which equates to two litres for women on a 2,000-calorie diet and two-and-a-half for men eating 2,500 calories. Not just water, that included most types of drinks – as well as fruits and vegetables, which can contain up to 98% water.

In 1974, meanwhile, the book *Nutrition for Good Health*, co-authored by nutritionists Margaret McWilliams and Frederick Stare, recommended that the average adult consumes between six to eight glasses of water a day. But, the authors wrote, this can include fruit and veg, caffeinated and soft drinks, even beer.

## In thirst we trust

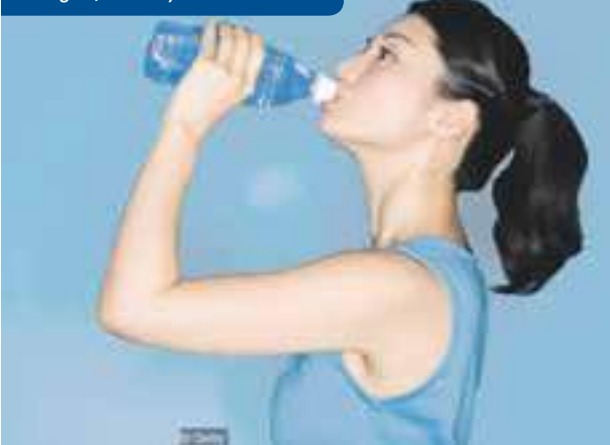
Water is, of course, important. Making up around two-thirds of our body weight, water carries nutrients and waste products around our bodies, regulates our temperature, acts as a lubricant and shock absorber in our joints and plays a role in most chemical reactions happening inside us. We're constantly losing water through sweat, urination and breathing. Ensuring we have enough water is a fine balance, and crucial to avoiding dehydration. The symptoms of dehydration can become detectable when we lose between 1-2%

of our body's water and we continue to deteriorate until we top our fluids back up. In rare cases, such dehydration can be fatal.

Experts largely agree that we don't need any more fluid than the amount our bodies signal for, when it signals for it

Years of unsubstantiated claims around the 8x8 rule have led us to believe that feeling thirsty means we're already dangerously dehydrated. But experts largely agree that we don't need any more fluid than the amount our bodies signal for, when it signals for it. "The control of hydration is some of most sophisticated things we've developed in evolution, even since ancestors crawled

A healthy body alerts us to dehydration by making us feel thirsty



out of sea onto land. We have a huge number of sophisticated techniques we use to maintain adequate hydration," says Irwin Rosenberg, senior scientist at the Neuroscience and Ageing Laboratory at Tufts University in Massachusetts.

In a healthy body, the brain detects when the body is becoming dehydrated and initiates thirst to stimulate drinking. It also releases a hormone which signals to the kidneys to conserve water by concentrating the urine. "If you listen to your body, it'll tell you when thirsty," says Courtney Kipps, consultant sports physician and principal clinical teaching fellow of Sports Medicine, Exercise and Health at UCL, and medical director of Blenheim and London Triathlons. "The myth that it's too late when you're thirsty is based on the supposition that thirst is an imperfect marker of a fluid deficit, but why should

everything else in the body be perfect and thirst be imperfect? It's worked very well for thousands of years of human evolution."

While water is the healthiest option since it has no calories, other drinks also hydrate us, including tea and coffee. While caffeine has a mild diuretic effect, research indicates that tea and coffee still contribute to hydration – and so do alcoholic drinks.

## Drinking to good health

There's little evidence suggesting that drinking more water than our body signals for offers any benefits beyond the point of avoiding dehydration. Still, research suggests there are some important benefits to avoiding even the early

stages of mild dehydration. A number of studies have found, for example, that drinking enough to avoid mild dehydration helps support brain function and our ability to do simple tasks, such as problem-solving. Some studies suggest fluid consumption can help manage weight. Brenda Davy, a professor of human nutrition, foods and exercise at Virginia Polytechnic Institute and State University, has carried out a few studies looking at fluid consumption and weight.

In one study, she randomly assigned subjects to one of two groups. Both groups were asked to follow a healthy diet for three months, but only one was told to drink a 500ml glass of water half an hour before eating each meal. The group who drank the water lost more weight than the other group. Both groups were also told to aim for 10,000



In the original guidance, your daily allotment of liquids could include fruits and vegetables

steps a day, and those who drank the glasses of water better adhered to this. Davy guesses this is because mild dehydration of around 1-2% is quite common, and many people may not realise when this happens – and even this mild level can affect our mood and energy levels.

But Barbara Rolls, a professor of intensive care medicine at University College London, says that any weight loss associated with drinking water is more likely to come from water being used as a substitute for sugary drinks. "The notion that filling up on water before a meal will melt the pounds away is not well established, and water consumed on its own empties out of the stomach really quickly. But if you consume more water through the food you eat, such as soup, this can help fill you up as the water is bound to the food and stays in the stomach for longer," she says.

## What does dehydration look like?

**Dehydration means you're losing more fluids than you're taking in. According to the NHS, symptoms of dehydration include dark yellow urine; feeling tired, lightheaded or dizzy; having dry mouth, lips and eyes; and urinating fewer than four times a day. But the most common symptom? Simply feeling thirsty.**

Another alleged health benefit of drinking more water is improved skin complexion and better moisturised skin. But there is a lack of evidence to suggest a credible scientific mechanism behind this. Those of us aiming for eight glasses of water per day aren't doing ourselves any harm. But the belief we need to drink more water than our bodies signal for can sometimes lead to dangerous waters. Too much fluid consumption can become serious when it causes a dilution of sodium in blood. This creates a swelling of the brain and

In the original guidance, your daily allotment of liquids could include fruits and vegetables





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lungs, as fluid shifts to try to balance out blood sodium levels.

*Over the last decade, at least 15 athletes have died from over-hydration during sporting events*

Over the last decade or so, Kipps has been aware of at least 15 cases of athletes who've died from over-hydration during sporting events. She suspects these cases



*We don't often think about it, but too much fluid consumption can be dangerous*

are partly because we've become distrustful of our own thirst mechanism and that we think we need to drink

more than our bodies are calling for to avoid dehydration. "Nurses and doctors in hospitals will see severely dehydrated patients who have serious medical conditions or who haven't been able to drink for days, but these cases are very different from the dehydration that people worry about during marathons," she says.

Johanna Pakenham ran the 2018 London Marathon, the hottest on record. But she can't remember most of it because she drank so much water during the race that she developed over-hydration, known as hyponatremia. She was rushed to hospital later that day. "My friend and partner thought I was dehydrated and they gave me a big glass of water. I had a massive fit and my heart stopped. I was airlifted to hospital and unconscious from the Sunday evening until the following Tuesday," she says. Pakenham, who plans to run the marathon again this year, says the only health advice offered by friends and marathon posters was to drink lots of water.

*I really want people to know that something so simple can be so deadly - Johanna Pakenham*

"All it would've taken for me to be okay was



*Many of us often are mildly dehydrated and don't realise it*

having a few electrolyte tablets, which increase the sodium levels in your blood. I've ran a few marathons before and I didn't know that," she says. "I really want people to know that something so simple can be so deadly."

**How much?**

The idea that we must be constantly hydrated means many people carry water with them wherever they go, and drink more than their bodies require. "The maximum a person in the hottest possible heat in the

middle of the desert might sweat is two litres in an hour, but that's really hard," says Hugh Montgomery, director of research at the Institute for Sport, Exercise and Health in London.

"The idea of carrying

*Carrying around 500ml of water for a 20-minute journey on the London Underground, you're never going to get hot enough to sweat at that rate - Hugh Montgomery*

around 500ml of water for a 20-minute journey on the London Underground - you're never going to get hot enough to sweat at that rate, even if you're dripping with sweat." For those who feel more comfortable going off official guidelines rather than thirst, the UK's NHS

advises drinking between six to eight glasses of fluid a day, including lower fat milk and sugar-free drinks, including tea and coffee.

It's also important to remember that our thirst mechanisms lose sensitivity once we're over 60.

"As we age, our natural thirst mechanism becomes less sensitive and we become more prone to dehydration than younger people. As we age, we may need to be more attentive to our fluid consumption habits to stay hydrated," says Davy. Most experts agree that our fluid requirements vary depending on a person's age, body size, gender, environment and level of physical activity. "One of fallacies of the 8x8

rule is its stark oversimplification of how we as organisms respond to the environment we're in," says Rosenburg. "We ought to think of fluid requirement in the same way as energy requirement, where we talk about the temperature we're in and level of physical activity were engaged in."

Most experts tend to agree we don't need to be concerned about drinking an arbitrary amount of water per day: our bodies signal to us when we're thirsty, much like they do when we're hungry or tired. The only health benefit of drinking more than you need, it seems, will be the extra calories you expend by running to the loo more often.



*The NHS advises drinking six to eight glasses of fluids a day, including tea and coffee*

# Should everyone be taking Vitamin D?

By Jessica Brown

**Vitamin D is said to help stave off fatigue, depression and even cancer. But some experts argue that for people with healthy levels, supplements are not helpful. What's the reality?**

As the days get shorter in the Northern hemisphere, concerns tend to arise about the lack of sunlight - and possible vitamin D deficiency. For many, a go-to fix is to take supplements. The supplement, after all, has been touted as a near-miracle. Both vitamin D2 and D3 supplements are available over-the-counter without a prescription and have been linked to improving immunity, tiredness and muscle weakness, bone pain, and depression. They've also been said to help stave off cancer and the consequences of ageing. But the debate over whether all adults need to

take vitamin D supplements is contentious.

**One study estimates that around 20% of the population in the UK has a profound vitamin D deficiency**

Few doubt the role that vitamin D plays in our bone

health to regulate calcium and phosphate in the body, which is why those who have a vitamin D deficiency are particularly encouraged to address it. And that may be more people than you think: one study estimates that around 20% of the population in the UK has a profound vitamin D

*A third of UK adults who supplement their diet with vitamins take vitamin D*



deficiency, for example.

But some experts say that people with healthy levels have no need of vitamin D supplements - which would be most people. In other words, they argue that in healthy people, vitamin D is not, as some have hoped, a way to prevent disease. So what's the reality?

**The basics**

Despite its name, vitamin D is not a vitamin. Instead, it is a hormone that promotes the absorption of calcium in the body. The challenge is that, aside from a few foods like oily fish, vitamin D is hard to find in the average diet. But in the presence of 'ultraviolet B' rays, our skin can produce its own from a common cholesterol.

There are two main types of D. The first is vitamin D3, which is found

in animals including fish and is the kind the skin makes when exposed to sunlight. The second is vitamin D2, which comes from plant-based foods including mushrooms. Studies have found that D3 is more effective, and the conclusions of a 2012 meta-analysis argue that D3 is the preferred choice for supplementation.

at risk of lower vitamin D levels, including people with darker skin, take a supplement year-round.

Other countries follow similar guidelines. In Canada, adults are advised to get 15 micrograms of vitamin D and have two servings of vitamin-D fortified milk or soy alternatives every day, while cow's milk and margarine

*Vitamin D is found in only a few foods, like oily fish*



Today, the UK's Public Health England (PHE) recommends every adult takes a 10-microgram supplement in autumn and winter, when the angle of the sunlight hitting the earth prevents as many UVB rays from penetrating the atmosphere. The government body also recommends that those

must be fortified with vitamin D by law. In the US, adults also are advised to get 15 micrograms, while much of the country's milk, breakfast cereals, margarine, yogurts and orange juice is fortified, too.

Those guidelines and fortification efforts came

**Continued on page 56...**

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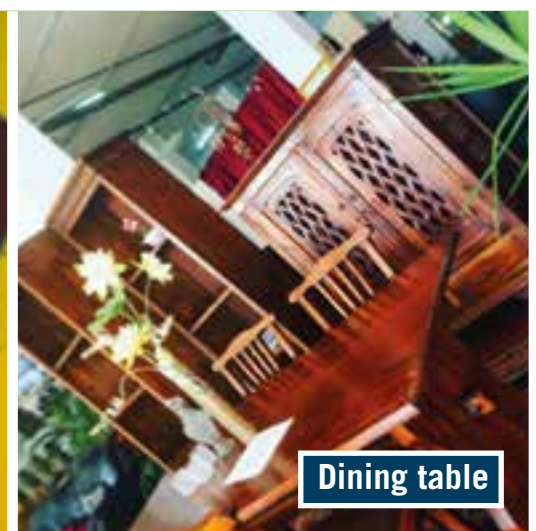


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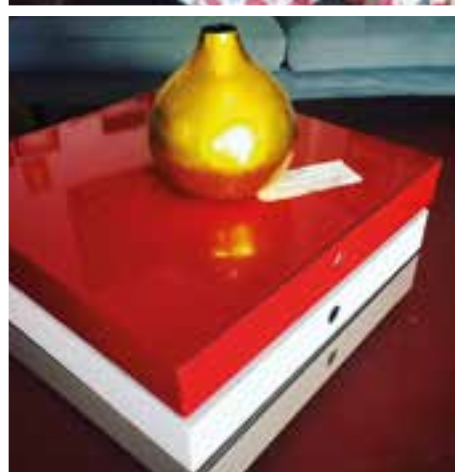


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...continued from page 52

about largely in an attempt to fight rickets in the mid-20th Century. We know that low vitamin D levels reduce the body's levels of calcium, which leads to a decrease in bone density and can cause rickets, particularly in babies and children.

We also know that low vitamin D may cause muscle weakness and fatigue. One study found that low vitamin D was high among people with fatigue and that their symptoms improved after five weeks of vitamin D supplements, while a small study from Newcastle University found that low vitamin D could cause fatigue as low levels cause mitochondria, the 'power stations' in every cell of the body, to be less efficient. Studies of cancer patients have found similar effects. Vitamin D may also help bolster and regulate the immune system by clearing bacteria.

#### Broken bones

But vitamin D's importance doesn't necessarily mean people with healthy levels of vitamin D require supplements. Consider one of the most common reasons for supplementation: bone growth and maintenance. The current guidelines on how much vitamin D to take were informed by research involving the elderly population living in care homes, who don't get as much exposure to the sun and are more prone to fractures and osteoporosis than the general population. But Tim Spector, professor of genetic epidemiology at King's College London, has argued that such studies are "probably flawed".

It's true that the evidence isn't clear-cut. One meta-analysis published in August 2018 concluded

that increasing the levels of vitamin D in the general population is unlikely to decrease the risk of bone fractures in healthy people. And a meta-analysis of 81

supplements."

Still, researchers haven't found clear evidence of that, either. One meta-analysis examining the prevention of fractures in

D on health, has found that vitamin D plays a role in improving respiratory infections.

When his team analysed raw data from 25 clinical trials involving 11,000 patients from 14 countries, they found a small benefit to taking daily or weekly vitamin D supplements to reduce the risk of respiratory infections, asthma attacks and bronchitis. Although the paper soon attracted robust criticism, Martineau points out that the reduction of risk, while slight, is still significant and comparable to the effects of other health measures: to prevent a single respiratory infection, you'd have to give 33 people vitamin D supplements – compared to, for example, giving a flu vaccination to 40 people to prevent a single case of flu.

Or take ageing. One paper looking at the link between vitamin D and life expectancy found that vitamin D3 can help with protein homeostasis – the process by which proteins are regulated within cells

One common reason to take supplements is to promote bone strength, but the evidence behind this isn't clear-cut



studies found that vitamin D supplementation doesn't prevent fractures or falls, or improve bone mineral density. The researchers concluded that guidelines should be updated to reflect this.

But Sarah Leyland, osteoporosis nurse consultant at the National Osteoporosis Society, says vitamin D supplements may be useful for at-risk groups who don't get any sunlight exposure. According to the NHS, people only need to be outside for a short period of time, with hands and forearms uncovered and without sunscreen, to get enough vitamin D between March and October. "We know that healthy people living in the community won't reduce their fracture risk by taking calcium and vitamin D supplements," Leyland says. "However, people who may not be getting enough – such as those who are housebound or live in sheltered accommodation – can benefit from these

community, nursing home and hospital inpatient populations concluded that vitamin D alone is unlikely to prevent fractures in the doses and formulations tested so far

One study found that vitamin D helps decrease the risk of respiratory infections – though only slightly



in older people. And some evidence suggests that high doses can actually result in an increased number of fractures and falls. One randomised study found that high-dose monthly vitamin D supplements increased the risk of falls among the elderly population by 20-30% compared to those on a lower dose.

#### D for disease

There is also conflicting research on the relationship between vitamin D and other diseases, even ageing. One main claim is that vitamin D supplements will boost the immune system. Adrian Martineau, professor of respiratory infection and immunity at The London School of Medicine and Dentistry, Queen Mary University of London, who leads a research group on the effects of vitamin

to maintain their health. "Our observation that D3 improves protein homeostasis and slows ageing highlights the importance of maintaining appropriate vitamin D serum levels," the researchers write.

But other studies have been less conclusive. One meta-analysis concluded that more research is needed to clarify the effect of vitamin D on mortality. The link between cardiovascular disease and vitamin D also has yet been properly established: the link could mean that heart disease is causing low vitamin D levels, not the other way around.

#### Correlation or causation?

This is an issue with nearly all of the studies that link low D to diseases. Ian Reid, professor in medicine at the University of Auckland, believes that diseases



cause low vitamin D levels, as being unwell often leads to spending less time outdoors exposed to sunlight, rather than vice versa. "If you take any group of patients with almost any disease, their vitamin D levels will be lower than in a healthy individual. This has led some to hypothesise it's low vitamin D developing the disease, but there's no evidence to prove it," he says.

Researchers have found that higher vitamin D levels are associated with a lower risk of colorectal cancer – it plays a role in stemming the formation of new blood vessels and stimulating

then, surely, help stave off cancer – and a recent meta-analysis failed to find that supplementation reduced cancer risk.

"This is likely to be a two-way street, with cancer causing vitamin D deficiency by affecting vitamin D metabolism, dietary intake and sun exposure, and vice versa via anti-proliferative effects of vitamin D. The two hypotheses are not mutually exclusive," says Martineau.

#### D for depression

Another oft-discussed condition is seasonal affective disorder (SAD), a mood disorder caused by the seasonal drop in exposure to sunlight. The link between light exposure and SAD is long-established. But again, a direct link to vitamin D has been difficult to prove.

Evidence suggests there may be a relationship since vitamin D is associated with levels of both serotonin, important for mood regulation, and melatonin, which regulates our sleep. Low levels of either hormone could contribute to SAD symptoms. Researchers have yet to carry out a definitive randomised control trial, however, and the exact mechanism by which vitamin D bolsters the hormones is unknown. One theory is that vitamin

Some experts believe people who are unwell have low vitamin D levels because they spend less time outdoors, not that their low levels cause health problems



of the link between vitamin D and liver cancer, breast cancer and prostate cancer, suggest there is good reason to think that low vitamin D plays a part in the spread of cancer cells. But taking supplements would

D receptors – which are found in many parts of the brain and concentrated in the hypothalamus, a region involved in our circadian timing – play a part in controlling the body's hormone levels.

In countries including the US, Canada and UK, foods like cereal and milk often are fortified with vitamin D





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...continued from page 52

Research has found that vitamin D plays a wider role in our mental health, from depression to schizophrenia, as well as in brain development, but how it plays a role also remains unclear. A meta-analysis published earlier this year found that while there is a correlation between lower vitamin D levels and depression, that didn't necessarily mean D caused depression. Again, perhaps depressed people just went out less and got less sunlight.

#### Sunshine serum

If studies are inconclusive, though, perhaps that doesn't reflect on the importance of vitamin D. Perhaps it's the fact that most of them are based on supplements, not sunshine.

Some scientists argue that getting vitamin D from supplements isn't as effective as getting it straight from the sun, as the process that happens before the body makes vitamin D from sun exposure is more beneficial. More conclusive research around this is currently underway.

Even so, most experts generally agree that even vitamin D supplements can benefit those who have very low levels. Martineau says his research found

who is at a highest risk of suffering from low vitamin D. As medical historian Roberta Bivins of the University of Warwick points out, the amount of

but with a blood test arranged through your medic.

#### Supplement levels

Then there is the question of exactly what level of supplementation people need. Reid says there's "no danger" in taking over-the-counter vitamin D of less than 25 nanomols per day.

But with supplements offering doses as high as 62.5 micrograms available over the counter, there are concerns around the risk of excessive vitamin D levels, which can, in rare cases, cause side effects, including nausea and vomiting. In the long term, some studies suggest too much vitamin D can increase risk of cardiovascular disease, although the research isn't conclusive. But others argue that even more vitamin D is needed.

In 2012, chief medical officer Sally Davies wrote a letter to GPs urging them to recommend vitamin D supplements to all at-risk groups, writing that a "significant proportion" of people in the UK probably have inadequate levels of

vitamin D. In June 2018, researchers from the University of Birmingham's Institute of Metabolism and Systems Research wrote that the death of a baby from complications of heart failure caused by severe vitamin D deficiency, and the serious health complications of two others, was just the "tip of the iceberg" in vitamin D deficiencies among those at risk.

Suma Uday, co-author of the paper and PhD doctoral researcher at the university, says these deficiencies occur because infant vitamin D supplementation programs are poorly implemented in the UK and not monitored. "In the infants we describe, deficiency occurred because infant vitamin D supplementation was not recommended or monitored. Any infant devoid of vitamin D for prolonged durations can develop low calcium levels, which can result in life threatening complications such as seizures and heart failure," she says.

With such conflicting results, it's unsurprising that medical experts themselves are deeply

divided over the benefits of widespread supplementation. Some even argue that vested interests are propping up the billion-dollar vitamin industry, with Spector calling vitamin D supplements a "pseudo-vitamin for a pseudo-disease".

While the debate continues, many experts are looking to Brigham and Women's Hospital, an affiliate of Harvard Medical School in Boston, whose researchers are carrying out a long-awaited randomised trial, VITAL, to investigate whether supplementation of vitamin D and omega 3 has any effect on cancer, stroke and heart disease in 25,000 adults.

It's hoped that these results, expected to publish later this year, will bring the debate closer to being resolved. In the meantime, it's widely agreed that vitamin D supplements, especially over winter, will be a waste of money at worst.

It's likely you won't get enough from your diet between now and next spring, but the impact this could have on your health is still up for debate.

US and Canada guidelines suggest taking 15 micrograms of vitamin D supplements each day, but some believe it's not enough



that those with low levels of vitamin D tend to see the most benefits of supplementation preventing respiratory infections, whereas the effects are a lot more modest when levels are moderately low.

Reid says his studies have also shown benefits in those with low levels. But as most people have vitamin D levels above that threshold, they wouldn't see benefits from supplementing.

The trouble is that it can be difficult to predict

vitamin D a person stores, and therefore requires over winter, isn't just dependent on skin tone and the amount of time a person spend outdoors.

"It's very individual how much sun exposure a person needs during summer, depending on the pigment in the skin to the amount of fat in the body and how quickly your body makes new bone. It's incredibly complicated," she says. That's why the best way to determine if

you have low vitamin D is not by symptoms alone,

## Sleep myths 'damaging your health'

By James Gallagher, Health and science correspondent, BBC News

**Widely held myths about sleep are damaging our health and our mood, as well as shortening our lives, say researchers.**



A team at New York University trawled the internet to find the most common claims about a good night's kip. Then, in a study published in the journal Sleep Health, they matched the claims to the best scientific evidence. They hope that dispelling sleep myths will improve people's physical and mental health and well-being. So, how many are you guilty of?

**Myth 1 - You can cope on less than five hours' sleep**

This is the myth that just won't go away. Former British Prime Minister Margaret Thatcher famously had a brief four hours a night. German Chancellor Angela Merkel has made similar claims, and swapping hours in bed for extra time in the office is not uncommon in tales of business or entrepreneurial success. Yet the researchers said the belief that less than five hours' shut-eye was healthy, was one of the most damaging myths to health. "We have extensive evidence to show sleeping five hours or less consistently, increases your risk greatly for adverse health consequences," said researcher Dr Rebecca Robbins. These included cardiovascular diseases, such

as heart attacks and strokes, and shorter life expectancy. Instead, she recommends everyone should aim for a consistent seven to eight hours of sleep a night.

**Thatcher: Can people get by on four hours' sleep?**

**Myth 2 - Alcohol before bed boosts your sleep**



The relaxing nightcap is a myth, says the team, whether it's a glass of wine, a dram of whisky or a bottle of beer.

"It may help you fall asleep, but it dramatically reduces the quality of your rest that night," said Dr Robbins.

stage of sleep, which is important for memory and learning. So yes, you will have slept and may have nodded off more easily, but some of the benefits of sleep are lost. Alcohol is also a diuretic, so you may find yourself having to deal with a full bladder in the middle of the night too.

**Myth 3 - Watching TV in bed helps you relax**

Have you ever thought "I need to wind down before bed, I'm going to watch some TV"? Well, the latest Brexit twists and turns on the BBC News at Ten might be bad for sleep. Dr Robbins argues: "Often if we're watching the television it's the nightly news... it's something that's going to cause you insomnia or stress right before bed when we're trying to power down and relax." And as for Game of Thrones, it's hard to argue the Red Wedding was relaxing. The other issue with TV - along with smartphones and tablets - is they produce blue light, which can delay the body's production of the sleep hormone melatonin.

**Will the light from your phone kill you?**

**Myth 4 - If you're struggling to sleep, stay in bed**

You've spent so long trying to nod off you've managed to count all the sheep in New Zealand (that's about 28 million). So what should you do next? The answer is not to keep trying. "We start to associate our bed with insomnia," said Dr Robbins. "It does take the healthy sleeper about 15 minutes to fall asleep, but much longer than that... make sure to get out of bed, change the environment and do something that's mindless." Her tip - go fold some socks.

**Myth 5 - Hitting the snooze button**

Who isn't guilty of reaching for the snooze button on their phone, thinking that extra six minutes in bed is going to make all the difference? But the research team says that when the alarm goes off, we should just get up.

Dr Robbins said: "Realise you will be a bit groggy - all of us are - but resist the temptation to snooze." Your



body will go back to sleep, but it will be very light, low-quality sleep. "Instead the advice is to throw open the curtains and expose yourself to as much bright light as possible.

**Myth 6 - Snoring is always harmless**

Snoring can be harmless, but it can also be a sign of the disorder sleep apnoea. This causes the walls of the throat to relax and narrow during sleep, and can briefly stop people breathing. People with the condition are more likely to develop high blood pressure, an irregular heartbeat and have a heart attack or a stroke. One of the warning signs is loud snoring.

Dr Robbins concludes: "Sleep is one of the most important things we can all do tonight to improve our health, our mood, our well-being and our longevity."

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# ENERGY PERFORMANCE CERTIFICATES (EPC's) IN SPAIN

## MAY 19 UPDATE

Since June 2013 the total number of Energy Performance Certificates carried out in the Canaries now stands at approximately 212,427, with some 2,427 being registered over the month of April. This is some 10% less than during each of the previous two months and around 13% less than in the month of April in 2018.

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 agent will not be legally allowed to offer or advertise your property for long term

leaves and the property is offered for long term rental again. If your property was built after 2007 you should already have an EPC provided by the seller. If you only rent your property out on a short term basis, for less than 4 months of each year, you may not need to have an EPC. If you are the tenant your landlord or the letting agent should be able to show you the EPC for your property.

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

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

### How to arrange an EPC:

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



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

### The EPC contains:

letting without one. Where a property has already been let prior to 1st June 2013, no EPC is required until one tenant

Information about a property's energy use

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# Long Term Rentals

## Palm Mar, Penthouse

€poa

Beautiful 2 bedroom/ 2 bathroom apartment with front terrace and large roof terrace overlooking the village and coastline of Palm-Mar, very special property!

**2nd Home Tenerife Ref:**  
VKT2RP213AC 628 608 469

## Palm Mar, Apartment

€poa

A beautiful house with two bedrooms, several sunny terraces, quiet in Palm-mar, in a beautiful complex with swimming pools. Unique opportunity!

**2nd Home Tenerife Ref:**  
VKT2RP214AC 628 608 469

## La Caleta, Magnolia Golf Resort

€poa

You will find this apartment with garden view and lots of sun in the tranquil yet attractive Magnolia Golf Resort in Costa Adeje. On the ground floor there is the kitchen connected with a living room and dining area, from here you have a direct access to the large and sunny terrace. Three bedrooms and two bathrooms. This apartment is very nicely furnished ... For full information see website or contact:

**2nd Home Tenerife Ref:**  
VKT3MGR4D 628 608 469

## El Duque, Terrazas del Duque I

€poa

Spacious apartment for rent in El Duque area, just 10 min from the famous El Duque beach. The apartment offers a comfortable accommodation in two spacious bedrooms with a king size bed, two

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the appl... For full information see website or contact:

**Tenerife Alizes Properties Ref:**  
13-H3-1031-R922 738653 / 626 274040

## 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:

**Tenerife Alizes Properties Ref:**  
KV0201 922 738653 / 626 274040

## Los Cristianos, Parque Margarita

€1,200

Three bedroom two bath penthouse apartment located centrally to Los Cristianos, within minutes walking distance to all local amenities, has a fully fitted independent kitchen, all

## Amarilla Golf, Palm Ridge

€1,100

Stunning apartment in a quiet complex, very bright and spacious. Front and back yards, separate kitchen, pool in complex. Very close to the medical centre, bars and restaurant. Definitely a must see.

**Rentals in Tenerife Ref:** 3071  
606 284883

## La Caleta, El Beril

€1,050

Beautiful corner bungalow located on El Beril just a five minute walk to the beach front. Large living dining room with American style kitchen, large double bedroom with fitted wardrobes and bathroom. The property has a very large garden surrounding the property and has wifi available.

**Tenerife Island Rentals Ref:**  
AP0439  
922 797438

## 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.

**Tenerife Prime Property Ref:** 01  
1211 627-230360

## 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:

**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

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bathrooms (one with a bath, one with a shower), fully equipped separate kitchen, living area with the access to a large private terrace with a partial sea view. The res... For full information see website or contact:

**2nd Home Tenerife Ref:**  
VKT2TDDE21 628 608 469

## El Duque, Habitats del Duque

€poa

Spacious villa with private pool for rent in the very center of El Duque and next to the luxury Plaza del Duque shopping centre. The villa offers 5 spacious bedrooms, 3 fitted modern bathrooms and one guest bathroom, a modern and fully equipped kitchen, big lounge, downstairs there is an extra lounge, winter garden, terrace, sun roof terrace, private pool... For full information see website or contact:

**2nd Home Tenerife Ref:**  
VLTHAB28 628 608 469

## Golf del Sur, House

€1,300

Luxury house, fully furnished and equipped to high standards. with garden and private underground secure garage with direct access from the house. The complex offers good facilities: pools and sun decks, tropical gardens and walkways. Air conditioning throughout, electric shutters, parquet floors. Separate fitted kitchen, fully equipped with all



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**Los Cristianos, Port Royale**

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One bed apartment located to the roadside to the top of this popular complex, it has a fully fitted kitchen, double size bedroom with plenty of fitted wardrobes, balcony from the lounge with partial sea views and has a pool on this complex.

**Tenerife Island Rentals Ref: AP0247 922 797438**

**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**

**Llano del Camello, El Faro**

€660

Beautiful apartment, ideal for young families. All new, modern furniture and fittings. The complex has an outdoor pool, an indoor heated pool, recently refurbished gym, tennis ground and a restaurant. Only 3 min away from Las Chafiras. It has a separate kitchen/ utility room, large bright dining/ lounge room with patio doors to terrace. Beautiful bathroom... For full information see website or contact:

**Rentals in Tenerife Ref: 1062 606 284883**

**Los Abrigos, Vistamar**

€500

Attic studio apartment, in

residential building with lift, situated in the centre of Los Abrigos. The flat consists of lounge with sleeping area, American style kitchen, nice and sunny terrace, and shower room. Good seaviews, quiet area, fully furnished and equipped. Bills incl. No pets. Contracts 6 months max.

**Tenerife Alizes Properties Ref: KV0193 922 738653 / 626 274040**

**Los Abrigos, Apartment**

€500

In central position, in the village of Los Abrigos, close to major amenities and a few minutes walk to the sea, this one bed apartment is furnished and consists of 1 double bedroom, bathroom, living with American kitchen, and a small balcony. Includes garage space. Pets not allowed. Bills extra. Available begin of May.

**Tenerife Alizes Properties Ref: KV0212 922 738653 / 626 274040**

**Los Abrigos, Apartment**

€450

Bright 1 bed Apartment on first floor of small building, central Los Abrigos, close to main amenities. 1 bathroom, living with American kitchen, balcony with seaviews. Pets not allowed. Bills extra. Avail from beginning of May.

**Tenerife Alizes Properties Ref: KV0222 922 738653 / 626 274040**

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# Business Section

## SALES

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

### Costa Adeje, Freehold Property

€780,000

This architect designed villa is a great property investment. Today the villa is already running in a rental program and is well booked year-round. Today the owners work together with a professional agency that takes care of the rentals, cleaning, keys etc. and the owner does not need to live on the island. The villa is architect designed and beautiful. I... For full information see website or contact:

**FRINA Tenerife SL Ref: 1963**  
**922 085191 / 670 636004**

### Las Americas, Restaurant

€650,000

This restaurant is one of the landmarks of Tenerife so if you are looking to buy a truly established and reputable business, you can't go wrong with this one! The restaurant was open in 1981 and since then it has seen millions of visitors many of whom have become regular customers. The restaurant occupies fantastic first line position in Tener... For full information see website or contact:

**FRINA Tenerife SL Ref: 1685**  
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### Las Americas, Bar/Cafe

€399,000

You will be hard pushed to find a better freehold cafeteria for sale in Las Americas than this business. The same owner has run this place for 30 years and this fact, the regular guests and the income speaks for itself. If you are ready to take over a Spanish cafeteria this business will make sure you earn money from day 1! The freehold premises of the ca... For full information see website or contact:

**FRINA Tenerife SL Ref: 1943**  
**922 085191 / 670 636004**

**€349,999 - €250,000**

### Los Cristianos, Commercial Property

€315,000

The location is totally empty and needs to be renovated, but can be

used for different activities; Gym, Restaurant, Bar, Spa, Supermarket, etc.

**The Property Gallery Ref: COM498**  
**922 719925 / 922 719889**

### Palm Mar, Local

€297,163

- Well finished properties, with exceptional building materials and modern fittings. - Private garages and parking space are available in the complex. Also lots of parking space outside the complex. - Easy access, almost all on one level, with big passage ways which lead to each property, and to the lovely pool surrounded by plants and flowers. - Lovel... For full information see website or contact:

**2nd Home Tenerife Ref: NPL01**  
**628 608 469**

### Palm Mar, Restaurant

€290,000

Full trading restaurant FOR SALE or for LEASEHOLD. Sold fully equipped and furnished. Been established for 8 years. On LEASEHOLD the price is 74.000 with a monthly rent of 1.100. **The Property Gallery Ref: COM537 922 719925 / 922 719889**

### Costa Adeje, Luggage Scale Business

€265,000

This unique business offers large luggage scales to hotels all over Spain. Today the business cooperates with 140 hotels on different Spanish Islands and in mainland Spain, and the Canary Islands and especially Tenerife and Gran Canaria are the main areas of business. When the scales have been installed at the hotels you visit the hotel 2 to 12 times p... For full information see website or contact:

**FRINA Tenerife SL Ref: 2125**  
**922 085191 / 670 636004**

### Tenerife South, Bar/Cafe

€250,000

Great value freehold bar/cafe

leasehold and as freehold. Due to high quality through many years this is a very well established business, which also can prove

you cannot ignore this large and beautiful Restaurant & Bar, well-known among the residents, and established for 5 years with a

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very good figures. The bakery has a big kitchen in the basement, where... For full information see website or contact:

**FRINA Tenerife SL Ref: 1816**  
**922 085191 / 670 636004**

### Torviscas Bajo, Restaurant

€215,000

PRESS HERE FOR TABLET/MOBILE VERSION; New with FRINA Tenerife is this freehold restaurant-bar located in Torviscas Bajo. The business opened 33 years ago and has 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:

**FRINA Tenerife SL Ref: 2133**  
**922 085191 / 670 636004**

### San Eugenio Alto, Local

€205,200

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

**The Property Gallery Ref: n\_234352 922 719925 / 922 719889**

### Los Cristianos, Other Business

€204,800

BANK REPOSSESSION: C/ Valle Menendez: It consists of 3 commercial properties, 380.17 m2. Local with 4 doors for access, 2 bathrooms, well situated in a central location with all kinds of services nearby. It is sold together with references n\_262697 and n\_260439.

**The Property Gallery Ref: n\_260439 922 719925 / 922 719889**

### Golf del Sur, Fairway Village

€195,000

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

**Rentals in Tenerife Ref: BAR\_363 606 284883**

### Icod de Los Vinos, Commercial Property

€190,000

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

**The Property Gallery Ref: COM552 922 719925 / 922 719889**

### Palm Mar, Restaurant

€180,000

If you look are looking for a business opportunity in Palm Mar

healthy income. Situated on the 1st floor of a Commercial Centre, with nice view, the inside is 80sqm, and terrace of 70sqm. There is a large bar, good-size kitchen an... For full information see website or contact:

**FRINA Tenerife SL Ref: 2053**  
**922 085191 / 670 636004**

### Los Cristianos, Restaurant

€175,000

If you look for a quality steak restaurant with classic Argentinian steaks, decoration, a good atmosphere and central location you cannot miss this business for sale. The restaurant is spacious 144 m2 with a well-equipped kitchen and a cozy terrace that offers a great view of both the sea, beaches, and Los Cristianos city life. Inside and out the restaur... For full information see website or contact:

**FRINA Tenerife SL Ref: 2117**  
**922 085191 / 670 636004**

### Los Cristianos, Restaurant

€175,000

This is a rare opportunity to buy a fully licensed pool bar, placed in an always busy complex in Los Cristianos. This pool bar is a great success with many returning customers, both residents and tourists. And moreover, it is the only bar and restaurant in the complex, which has 170 apartments and is fully booked year around. The business has the full... For full information see website or contact:

**FRINA Tenerife SL Ref: 1909**  
**922 085191 / 670 636004**

### Costa Adeje, Recycling company

€170,000

New on the market is this unique opportunity; an oil recycling company. This business collects and reuses waste oil from the 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 Ref: 2145**  
**922 085191 / 670 636004**

### Los Abrigos, Commercial Property

€163,900

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

**The Property Gallery Ref: 73053263 922 719925 / 922 719889**

### Costa Adeje, Commercial Property

€160,000

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

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

**Vym Canarias Ref: VS5357D**  
**922 787210 / 635 881888**

### Las Americas, Commercial Property

€159,000

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

**The Property Gallery Ref: Com536 922 719925 / 922 719889**

### Los Cristianos, Commercial Property

€157,500

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

**The Property Gallery Ref: COM529 922 719925 / 922 719889**

### 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:

**FRINA Tenerife SL Ref: 2073**  
**922 085191 / 670 636004**

### Las Americas, Local

€150,000

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

**The Property Gallery Ref: COM483 922 719925 / 922 719889**

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**€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 Ref: 2130**  
**922 085191 / 670 636004**

### San Miguel, Excursion Business

€130,000

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

**FRINA Tenerife SL Ref: 2138**  
**922 085191 / 670 636004**

### 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 Ref: 1936**  
**922 085191 / 670 636004**

### Costa Adeje, Commercial Property

€109,000

Opportunity to acquire a successful gourmet restaurant that's been trading for over 7 years with the same owner. The property occupies a ground floor of 320m2. Excellent views from the terrace, over the sea, garden and communal swimming pool.

### Los Cristianos, Bar/Cafe

€105,000

Established for more than 26

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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 Ref: 1953**  
922 085191 / 670 636004

### Granadilla, Commercial Property

€100,900

Located in a area well connected via T-64 and by bus service. Near to amenities. Total built: 271,89 m2 Store room: 135.68 m2

**The Property Gallery Ref: 06014753**

922 719925 / 922 719889

### 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 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 see website or contact:

**FRINA Tenerife SL Ref: 1949**  
922 085191 / 670 636004

### Los Cristianos, Bistro

€95,000

PRESS HERE TO SWITCH TO VIEW ON MOBILE/TABLET 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 Ref: 2142**  
922 085191 / 670 636004

### Guia de Isora, Commercial Property

€85,000

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

**Vym Canarias Ref: VS5641D**  
922 787210 / 635 881888

### 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

## FRINA Tenerife

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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 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 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 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 Ref: 2007**  
922 085191 / 670 636004

### Las Americas, Bar/Cafe

€69,000

PRESS here to switch to tablet/

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 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 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 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, 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**

### El Duque, Local

€45,000

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

Kitchen ♦ Quality: Furnished ♦ Outside: Large Terrace ♦ Additional: Investment opportunity ♦

**Property Alliance SL Ref: 0C3154 922 777747**

### 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

€32,000

Here you get an opportunity to take over the leasehold of this 14 years old cosy bar in the South of Tenerife. The bar is located in an amazing throughout building from 2003 where the bar has a big terrace, 2 toilets and private parking. The bar is located next to a family restaurant which attracts customers till the area as well. If you dream about a sma...

## Currencies Direct

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

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 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**

### Tenerife South, Bar/Cafe

For full information see website or contact:

**FRINA Tenerife SL Ref: 1827**  
922 085191 / 670 636004

### 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/moto 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 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! TRASPASO

**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 touristic area close to the centre of Playa de las Americas. M2: 46.93 Number of floor levels: 1 M2 at the back: 12.15 Number of access points: 1 Year of construction: 1975

**The Property Gallery Ref: 118647**  
922 719925 / 922 719889

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# FRINA Tenerife

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to BEGIN

## Large Bar-Restaurant



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€

## Bar In Las Americas

New



This bar is located centrally in Las Americas next to large hotels and a busy street. The current owner had the bar for 5 years and built a good reputation. It is perfect for a couple or a single person who wishes to run a bar-pub without cooking.

Ref.: 2215

Price: 49,500€

## French Bakery For Sale

New



This bakery has been open for almost 7 years and is known for homemade and mouth-watering pastries. The high quality of the product and the fact that all pastries are homemade secures the owner a high profit and a healthy business.

Ref.: 2188

Price: 110,000€

## Unique Water Sports Business



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€

## Large Music & Lounge Bar

NEW



This bar is 500 m2 and can fit 100 guests, but you could put even more tables if you wish. Today it is known for its lounge areas, music entertainment, football and pool tables, shishas and cocktails. There is also a fully equipped kitchen.

Ref.: 2194

Price: 79,000€

## 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€

## Cheap Freehold In Torviscas

NEW



Whether you are looking for an office, shop or bar/café, this freehold is a must see, located close beaches and parking in Torviscas. It is 110 m2 with 2 terraces of 35 m2. Inside is a bar, seating area, and toilets, but it needs a refurbishment.

Ref.: 2198

Price: 108,000€

## Dolphin & Whale Excursion

NEW



This long-established Dolphin & Whale Excursion includes 2 Bavaria sails boats and a busy excursion shop. Both boats can take out 12 people pr. trip and are sold with all sailing and safety equipment. The business is located in Puerto Colon.

Ref.: 2214

Price: 390,000€

## Gourmet Restaurant For Sale



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€

## 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: 44,500€

## Restaurant Leasehold/Freehold

NEW



This bar-restaurant is located in a large complex in San Eugenio and can be bought as a leasehold or a freehold. The premises are well-maintained 80 m2 plus a terrace of 40 m2 - altogether there are tables for 68 dining guests.

Ref.: 2209/2210

Price: 59,000/259,000€

## Tuk Tuk Excursion



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€

## Butcher In San Miguel

New



This shop is spacious 189 m2 and installed a meat preparation area, large cooling rooms, storage, and even room to expand with delicacies. The price includes all cooling display and meat cutting and packing machines.

Ref.: 2207

Price: 25,000€

## Sea View Restaurant



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€

## Excursion & Travel Agency

NEW



This agency opened 5 years ago and book everything from 1-day excursions to vacations like cruises, hotels, and flights. And it comes with many good contacts. The office is 40 m2 and faces a busy street in San Eugenio.

Ref.: 2200

Price: 69,500€

## Diving Center & Shop



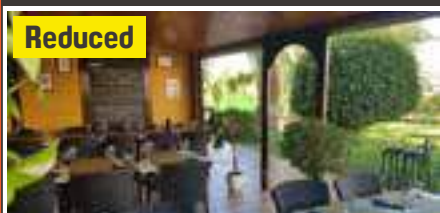
This center is spacious 200 m2 with storage, changing areas, office desks, shop area and toilets with a shower. The price includes the full inventory; the equipment for diving excursions and all new equipment for sale in the shop.

Ref.: 2213

Price: 105,000€

## Well-established Bistro

Reduced



This charming bistro is a known for quality food and is ranked as one of the best in the area on TripAdvisor. The inside measures around 105 m2 and the terraces is about 20 m2. Altogether there are tables for 40 guests.

Ref.: 2139

Price: 49,900€

## Bar & Cafe In Torviscas



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€

## Ice Cream & Cocktail Bar

New



This is a unique opportunity to obtain 2 business in 1 buy. During daytime you have an ice cream parlour facing a busy street. And in the evening the cocktail bar opens and welcome guests on the large and cozy terrace of 100 m2.

Ref.: 2202

Price: 220,000€

## Las Americas Excursion Shop

New



This excursion shop is 30 m2, fully equipped, and in an excellent location at the Golden Mile in Las Americas. This is the perfect opportunity if you are looking for a non-catering business which can be run by one person.

Ref.: 2208

Price: 29,000€

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we are here too

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