

The Tenerife Property & Business Guide



Part of the Spanish Property Guides Group | July 2019 Issue 177

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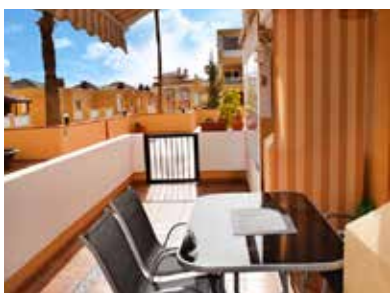


2 Bed Apartment
Golf del Sur

£199,000
(approx. €224,870)

GOLF01572

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MY THAI LOUNGE
PUERTO COLON MARINA

See Page 53 for details

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

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

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9 Luxury Homes

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PRIVACY & HEAT REDUCTION

With Nu Arte Solar Screen Window Tint

Keeping Your Cool in the HOT Summer Days

It's great to have a view of the sea, the mountains, the golf course or even just the glorious Tenerife blue skies, though with that comes the glare and the intense heat of the sun that first convinced many of us that living on this island, is a dream come true. But there are times, especially now that the summer days are closing in, that sweltering in your own home, drawing the curtains or blinds to keep out the blinding, all intrusive glare of the sun, that it is occasionally not as welcome as it once was.

But what are the options?

Close the curtains or draw the blinds and the view is gone and the heat is locked in, stuffy, heavy and oppressive. Turn on the fans, and the hot air trapped in the room is repeatedly pushed uncomfortably into your face. Turn on the air con and Endesa are rubbing their hands together with glee, bleeding your hard earned money from your bank account with every whir of the air conditioning motor. *You just can't win!* so is there a solution? **YES THERE IS!**



Nu-arte Solar Screen supply a specialist heat reflective and solar control window film, specifically designed to block out the heat within your home, apartment or conservatory, while enhancing your privacy at the same time.

Windows are an important part of any home, from the light they let in to views they reveal. However, they can also create a host of problems ranging from excessive glare, heat build-up and high energy costs as you're forced to run the air conditioner more often to stay comfortable. Residential window tinting with Nu-arte Solar Screen window films can help you control these problems while providing increased comfort and lower overall energy costs.

Easy and quick to install, either by yourself or by our experienced fitters, our high quality, industrial grade Solar Screen films are UV resistant unlike the inferior, cheaper products available on the market, and come fully guaranteed to Block out that unwanted heat, reducing the heat penetrating through your windows by 98% and also filters the glare of UV rays by 99%. An added bonus is that the Solar Screen Film has a mirrored effect, so prying eyes are met with their own re-

flected image and not a view of you and yours watching your favourite tv shows in the comfort of your own home. With this mirrored one way effect your privacy is enhanced while at the same time allowing you to see out clearly during daylight hours.

There's nothing more annoying than finally having a relaxing day off and wanting to kick back and watch your favourite tv show that you've been looking forward to all week, cool drink in hand, feet up, and an annoying glare bursts through the window at just that angle that the tv is virtually unwatchable due to the glare.

“Block out the HEAT, let in the LIGHT and enjoy the Sunny days this beautiful Island has to offer”!

Or maybe you work from home and that same problem is interfering with the screen of your computer, very irritatingly. Little things like that makes life a touch less productive and enjoyable. Solar control window film will help to reduce that intrusive glare. So whether it be the low-lying sun of the winter months or the bright light of summer, solar control window film will help to reduce that intrusive glare. An additional bonus is that it doesn't block out the light entering your home, only the heat! so your house remains bright and cheerful instead of dark and gloomy, letting the brightness in while keeping the heat out.

Conservatory too hot?

An all too common problem with conservatories is the heat, with temperatures often rising to uncomfortable levels. Due to primarily being made of large windows the heat that enters hovers around inside, lurking in the tepid air with nowhere to go, and in effect creating a barrier to enter - unless you're in the mood for a sauna. With the Solar Screen window film your home can be enjoyed to its fullest on any given day.

Enjoy your life in sunny Tenerife, and in the comfort of your own home stay, cool, calm, private and sweltering free.

“Nu-arte solar screen films successfully combines UV Protection, Privacy, Heat reduction & Comfort, throughout your home”

For a FREE No-Obligation Quote Call or WhatsApp 📞 678 675 171 Before the hot days get HOTTER!



NU ARTE SOLAR SCREEN



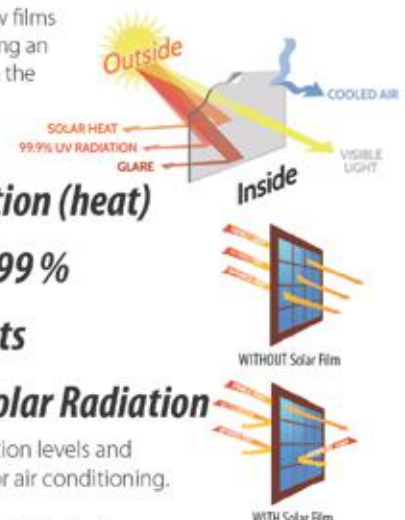
Smart Solutions for Windows



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SOLAR SCREEN Mirror range - offers complete PRIVACY & BLOCKS OUT 98% HEAT-RAYS!

The Exterior Mirror range of SOLAR SCREEN window films Successfully combines efficiency and design, offering an elegant aesthetic solution, while offering privacy in the way of mirrored one-way glass and blocking out unwanted excessive heat and UV Solar radiation.



- * **Reduces 98 % infrared radiation (heat)**
- * **Reduces Solar Glare by up to 99 %**
- * **Reduces Air Conditioning Costs**
- * **Complete absorption of UV Solar Radiation**

Solar control films help improve overall insulation levels and can help reduce or even eliminate the need for air conditioning.

For a **no-obligation quote** call or WhatsApp:

(+34) 678 675 171 (with the width & height of the window)



San Eugenio Alto, Colina Blanca



- Studio
- 1 bath
- Gated community
- Touristic area
- Close to bars restaurants
- Sea views
- Furnished
- Sunny terrace
- Community pool

38 12
Price: 119,000€ Ref: 0S3350

San Eugenio Alto, Laguna Park II



- 1 bed
- 1 bath
- Apartment
- Gated community
- Touristic area
- American kitchen
- Fully furnished
- Communal pool
- Various terraces

44 12
Price: 115,000€ Ref: 1A3275

Torviscas Alto, Aloha Gardens



- Studio
- 1 bath
- Residential area
- Gated community
- Close to amenities
- Sea and La Gomera views
- American kitchen
- Fully furnished
- Street parking

33 6
Price: 115,000€ Ref: 0S3296

Guia de Isora, Edif. El Campo



URGENT SALE!

- 2 bed
- 1 bath
- Residential area
- Close to amenities
- Central
- American kitchen
- Furnished
- Cosmetic work needed
- Street parking

50 0
Price: 70,000€ Ref: 2A3379


San Eugenio Alto, Malibu Park



- 1 bed
- 1 bath
- Gated community
- Fully furnished
- Mountain views
- Open plan kitchen
- Sunny terrace
- Street parking
- Communal pool

43 33
Price: 140,000€ Ref: 1A3256

San Eugenio Bajo, Santa Maria



- Studio
- 1 bath
- Central
- Close to amenities
- Close to beach
- Touristic area
- Fully furnished
- Terrace
- Communal pool

33 8
Price: 140,000€ Ref: 0S3388

Torviscas Bajo, Benimar



- 2 bed
- 2 bath
- Central
- Close to amenities
- Close to beach
- Sea views
- Furnished
- Large roof terrace
- Communal pool

88 74
Price: 370,000€ Ref: 2A3391

San Eugenio Alto, Mirador del Sur



- 3 bed
- 3 bath
- Touristic area
- Quiet location
- Sea views
- Independent kitchen
- Fully furnished
- Private pool
- Private garage

240 90
Price: 550,000€ Ref: 3V3386

San Eugenio Alto, Oasis



INVESTMENT OPPORTUNITY

- 2 bed
- 2 bath
- Central
- Close to amenities
- Close to beach
- Fully furnished
- Bright
- Sunny terrace
- Communal pool

80 21
Price: 249,800€ Ref: 2A3382

Valle San Lorenzo



INVESTMENT OPPORTUNITY

- Villa
- 7 beds
- 6 baths
- Rural and quiet location
- Sea and mountain views
- Part-furnished
- Spacious
- Private garage
- Many extras

303 965
Price: 449,750€ Ref: 7V3360

San Eugenio Alto, Altavista



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

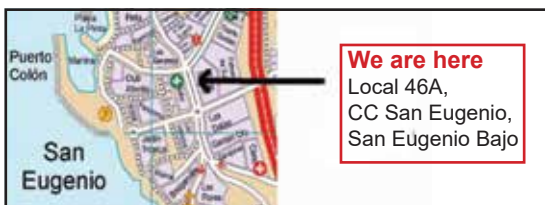
64 32
Price: 245,000€ Ref: 2A3347

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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- Relocation Assistance

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GOLF DEL SUR, TERRAZAS DE LA PAZ

Unfurnished 1 bed, 1 bath ground floor apartment requiring renovation on popular residential gated complex with lovely swimming pool and sunbathing terraces, close to all amenities and two golf courses. The property, which enjoys views over the golf course, has a lounge-diner, open plan kitchen and large sunny terrace/garden.



Price: 125,000€

Ref: 1A3341

Built: 49sqm

Terrace/Garden: 12sqm

COSTA ADEJE, SUNSET BAY



Fully furnished and equipped 1 bed, 1 bath apartment on sought after 'Touristic' complex with lovely pool area, close to the beach and all amenities and communal parking. The property has a lounge/dining area, open plan kitchen, a large sunny terrace and enjoys views over the gardens out to the sea.



Price: 225,000€

Ref: 1A3390

Built: 56sqm

Terrace: 19sqm



- Bank Repossessions
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- Investment Opportunities
- New Developments
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SALES



AMARILLA GOLF

Two bed, two bath ground floor apartment with two terraces giving all day sun. Great location, close to the sea and with golf course views.

£139,000 Sterling



GOLF DEL SUR

Well-appointed, top floor, one bed apartment with large south-facing sunny terrace and sea views. Walking distance to all amenities.

€130,000



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GOOD OPPORTUNITY!

Costa del Silencio, Balcon del Mar
Well-maintained, fully furnished, 1 bed, 1 bath 1st floor apartment on sea front complex with lovely pool area. The property has a lounge/diner, open plan kitchen and sunny terrace with lovely sea view. Garage included.

Ref: 1486-0519

€159,000



GREAT OFFER!

Costa del Silencio
Bright and spacious fully furnished 2 bed, 1 bath apt. in very good condition. The property has a patio with BBQ and a beautiful south-west facing terrace which overlooks the communal pool.

Ref: 1487-0519

€169,000



Costa Adeje

Beautiful 2 bed, 1 bath apartment with lovely sea view located in a well-maintained complex with pool. The property has a lounge-diner, sep. kitchen, laundry, 10sqm terrace with beautiful sea view and a parking space and storeroom.

Ref: 1484-0519

€245,000



Costa del Silencio, Sunflower

Fully furnished 2 bed, 1 bath apt in charming complex with communal pool and garden. The property was converted from a 1 bed duplex. 2 minutes' walk to bars, shops, and restaurants.

Ref: 1452-1218

€129,000



EXCELLENT CONDITION!

Granadilla de Abona

Very nice, fully furnished 3 bed, 3 bath country house on 1,500sqm plot in a quiet area with private pool and parking. The property has been prepared to become a hotel for cats and dogs.

Ref: 1469-0219

€395,000



REDUCED!

Costa del Silencio, Villa

Well-maintained, 3 bed, 2 bath detached house (125sqm on plot of 369sqm). The property has a fully equipped kitchen, roof terrace, garage and is surrounded by terraces and gardens.

Ref: 1373-0418

€295,000



EXCLUSIVE!

Costa del Silencio, Atlantic View

Fully furnished 1 bed, 1 bath ground-floor apt. in quiet location with 2 terraces. The property has a semi-separate kitchen, Aircon in the bedroom, and has easy parking.

Ref: 1489-0619

€126,900



Costa del Silencio, Los Geranios

One of the four original 2 bed units on this complex. Sold unfurnished, the property has a living room with small terrace, and roof terrace. Located very close to the sea.

Ref: 1490-0619

€169,000



EXCLUSIVE!

Costa del Silencio

Fully furnished 1 bed, 1 bath apt. with west-facing terrace and pool views. The property has a semi-separate kitchen, electric sun blind, and heated communal pool. €95/month community fees.

Ref: 1495-0619

€139,900



REDUCED!

Charco del Pino

MUST BE SEEN! Amazing fully furnished 3 bed, 2 bath house which has been completely renovated with quality materials. It has various terraces, a private swimming pool, and nice furniture.

Ref: 510-0311

€395,000

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38660 Costa Adeje
Tel. 922 718 193

Palm-Mar
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Edf. Terrazas del Faro
Arona
Tel. 922 748 006

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Edf. Gran Azul, local 11
38678 Playa Paraiso
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Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas

**STUDIO APARTMENT**

Golf del Sur

BARGAIN HOLIDAY HOME!

This spacious studio apartment is an ideal opportunity to get yourself on the Tenerife property ladder at a bargain price! Located on a holiday complex in the heart of Golf del Sur with all amenities on site including poolside cafeteria and bar, reception area and supermarket.

The complex has a large central pool area with two smaller pools and there is plenty of parking!

Ref: GOLF01573

Price: €63,000 (approx. £55,752)

**1 BED APARTMENT**

Amarilla Golf

GOLF COURSE AND MOUNTAIN VIEWS!

Ground floor, one bedroom apartment in a quiet location with golf course and mountain views. A perfect Tenerife starter home... low community fees, secure and well maintained complex. Three communal pools, pool bar and gardens. The apartment has been refurbished throughout. Good sized terrace. Close to all amenities. Ideal blank canvas, just needs your choice of furniture adding.

Ref: AMG00516

Price: £110,000 (approx. €124,300)

**1 BED APARTMENT**

Torviscas Alto

CENTRAL TOURISTIC LOCATION!

Based on a popular tourist complex in Torviscas Alto, this one bedroom apartment is ideal as a holiday home. You will find all the amenities you would expect including large attractive pool area, 24 hour reception, pool bar/restaurant and supermarket on site.

Just a short walk into town and close to both fantastic water parks! The property is rented through the on-site reception!

Ref: LA01852

Price: €130,000 (approx. £115,044)

**1 BED GARDEN APARTMENT**

Amarilla Golf

AN IDEAL HOLIDAY HOME FOR THE WINTER!

A beautiful top floor apartment with two terraces from which to enjoy views over the golf course. Located at the end of the row, this one bedroom home has a walk in wardrobe, and enjoys sun all day. Based on a well run community with a communal pool, and a short walk to the seafont, marina, shops and bars. If you are looking for a holiday home or a base for a winter retreat, this is for you.

Ref: AMG00522

Price: £125,000 (approx. €141,250)

**3 BED TOWNHOUSE**

Abades

WITHIN WALKING DISTANCE TO THE BEACH!

If you would love to live in a house within walking distance to the beach, but the prices are too high then think again!...

This attractive two storey, three bedroom, two bathroom house is located in the pleasant residential urbanization of Abades, just a short distance up the East Coast.

A comfortable, spacious interior, ample exterior patio area and private off road parking as well!

Ref: OUT01130

Price: €179,000 (approx. £158,407)

**STUDIO APARTMENT**

San Eugenio Bajo

SOUGHT AFTER LOCATION!

A perfect location! If you enjoy being in the centre of the action, but also prefer some peace and relaxation, this studio apartment is in the heart of the popular San Eugenio area and just a short walk to the pretty Puerto Colon Marina and adjacent La Pinta Beach. Simply chill by the pool or explore Costa Adeje...the choice is yours! With a little imagination this property could be a real gem. Hurry and view this soon!

Ref: LA01849

Price: €195,000 (approx. £172,566)

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A RARE OPPORTUNITY!!! If you are looking for an apartment in immaculate condition, then you won't do better than this spacious two bedroom, two bathroom home. Close to the sea, shops, restaurants and golf course. Decorated in a modern style with leather furniture. Lovely views over the pool and gardens. Perfect for holidays, residential or a rental investment AND priced low for a quick sale!

Ref: GOLF01575
Price: €250,000
(approx. £221,238)

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2 BED APARTMENT WITH GARDEN
 Golf del Sur

PEACEFUL & PLEASANT SURROUNDINGS!
 A fabulous opportunity to purchase a two bedroom, two bathroom apartment in a well maintained development, in a great location. This ground floor apartment boasts a healthy balance of square metres both internally and externally. Garden and terrace at either end of the property. South facing garden and a terrace that overlooks the tropical gardens and communal pool. Underground parking space.
 Ref: GOLF01546
 Price: £189,000 (approx. €213,570)



2 BED SEMI-DETACHED HOUSE
 Golf del Sur

A PROPERTY WITH REVENUE INCENTIVE!
 If you are in the market for a property with a revenue incentive, then this could be the answer! Originally a two bedroom, two bathroom semi-detached property that has now been cleverly separated and offers a one bedroom apartment and a studio apartment. This property is set over two levels. On the lower level is a good size one bed apartment. On the upper level is the studio apartment.
 Ref: GOLF01571
 Price: €205,000 (approx. £181,415)



2 BED APARTMENT
 Amarilla Golf

TURNKEY PROPERTY!
 Looking for a property that is ready to move in to? Then look no further than this immaculate, top floor two bedroom, two bathroom apartment. Refurbished throughout, new kitchen with marble worktops, new floors, new double glazed windows and doors. Tastefully furnished. The apartment has comfortable living areas and plenty of outdoor space offering 360° views. Close to all amenities.
 Ref: AMG00521
 Price: €229,000 (approx. £202,654)



3 BED TOWNHOUSE
 Llano del Camello

IDEAL FAMILY HOME
 Immaculate townhouse situated on a very pleasant residential development with attractive pool area. This secure gated complex is in a very convenient area for a family to enjoy. Local schools, public parks, local amenities and excellent motorway connections make Llano del Camello an ideal location. The property has undergone many improvements to make this a little different. Partly furnished. Parking space.
 Ref: OG00194
 Price: €255,000 (approx. £225,663)



2 BED DETACHED BUNGALOW
 Valle San Lorenzo

SEE THE VIDEO TOUR ON OUR WEBSITE!
 This lovely two/three bedroom bungalow is located in the quiet residential area of La Florida, close to the towns of Valle San Lorenzo and La Camella. Based on a very pretty corner plot of over 350m² with landscaped gardens and open views to the coast. The main tourist areas of Los Cristianos and Playa de las Americas are less than a 10 minute drive away.
 Ref: OUT01127
 Price: €349,950 (approx. £309,690)



4 BED DETACHED VILLA
 Las Moraditas, Adeje

SUPERB LOCATION. PANORAMIC VIEWS!
 A stunning independent country style villa located in the picturesque area of Las Moraditas, just on the outskirts of Adeje. Situated on a beautiful plot of 5,000m² with a large manicured garden, natural landscaped areas surrounding the property and a private heated pool with retractable roof. The property also has fantastic panoramic views to the Costa Adeje coast. This is a unique property in a beautiful setting with wonderful potential.
 Ref: OUT01124
 Price: €1,300,000 (approx. £1,150,442)

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Palm Mar, Bahia de Los Menceyes



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

Price: €310,000

Palm Mar, Laderas de Palm Mar



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

Price: €190,000

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

Palm Mar, Paraiso del Palm Mar II



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

Price: €285,000

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, Laderas del Palm Mar



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

Price: €210,000

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, Lovely villa



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

Price: €499,500

Palm Mar, Club de Mar



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

Price: €410,000



TENERIFE PROPERTIES



ENGLISH / ESPAÑOL / FRANÇAIS / ITALIANO - 608 573 443

Контактный телефон для русскоговорящих - 648 525 024

Panorama, San Eugenio

NEW INSTRUCTION!

Penthouse studio apartment. Front line.

€225,000 Ref: A410

Caledonia Park, Torviscas Alto

NEW INSTRUCTION!

1 bedroom, 1 bathroom apartment. Big terrace.

€135,000 Ref: N1343

Malibu Park, San Eugenio Alto

PENTHOUSE!

1 bedroom, 1 bathroom penthouse apartment with sea views.

€165,000 Ref: N1339

Balcon del Atlantico IV, Torviscas Alto

1 bedroom, 1 bathroom apartment with sea views.

€179,000 Ref: N1325

Amarilla Bay, Costa del Silencio

1 bedroom, 1 bathroom apartment on front line.

€199,000 Ref: N1330

Roque del Conde, Torviscas Alto

Fully furnished 4 bedroom, 2 1/2 bathroom corner townhouse with views to the sea and mountains. This spacious property comprises a separate kitchen and utility room, lounge/diner, 2 bathrooms, WC, garage, storeroom, very large terrace and garden with space for a pool.

€379,000 Ref: I1232

PROPERTIES ARE IN DEMAND! WE OFFER A FREE VALUATION!

SPECIAL OFFER: ENERGY EFFICIENCY CERTIFICATES PLEASE CALL US FOR MORE INFORMATION!

Los Geranios, San Eugenio

PENTHOUSE!

Spectacular 1 bedroom, 1 bathroom penthouse apartment with a double terrace, south facing with stunning views both over the Puerto Colon harbour and the communal heated swimming pool. This apartment has been fully refurbished to a high standard and is within easy walking distance of Puerto Colon and Torviscas Beach.

€295,000 Ref: N1336

Andalucia, Torviscas Alto

2 bedroom, 2 bathroom apartment with views to the pool.

€200,000 Ref: T1143

Mareverde, Torviscas

3 bedroom, 1 bathroom duplex.

€259,000 Sterling Ref: I1271

Edif. Seina, Adeje

NEW INSTRUCTION!

Luxury apartment 3 bedrooms, 2 bathrooms.

€230,000 Ref: I1287

Detached Villa, San Eugenio Alto

5 bedroom villa plus studio.

€950,000 Ref: I1204

Parque San Eugenio, San Eugenio

2 bedroom, 1 bathroom bungalow with garden & parking.

€325,000 Ref: T1124

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





Tenerife Island Rentals & Buy Tenerife

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

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



www.tenerifeislandrentals.com
info@tenerifeislandrentals.com

Property Rentals

We specialise in long term property rentals in all areas of the south of the island. If you would like to rent your property then please contact our team who will be pleased to help you get the best from your property.

Property Sales

Our successful sales records makes us a company to consider if you want to sell your property. Contact us to discuss our sales package.

Renovations

Does your property need a makeover? From small improvements to full renovations we can help you



Sales

Timanfaya II, Parque de la Reina



Spacious attic apartment with three bedrooms, the master having an en suite and a further family bathroom. Large living/dining room and separate fitted kitchen. The internal staircase leads to a large roof terrace with an extra room that could be used as a fourth bedroom or living room. There is an independent garage included in the price. In the area there is a primary school and a secondary school (under construction), large park and ample bars, restaurants and supermarkets. There is a pool on the complex and tennis courts.

Ref: ATC0478

€182,000

Sur y Sol, Los Cristianos



One bedroom apartment in this popular complex. Upper floor apartment consisting of large living dining room, American style kitchen, bathroom with fitted wardrobes and bathroom. There is a good sized terrace for outdoor dining or sunbathing. On the complex there is a swimming pool with children's area of the pool and ample sun terraces. Wifi is available on the complex and international TV channels. On street parking and just a two minute walk to the beach front of Los Cristianos. Fantastic holiday apartment or second home in the sun. Rarely available.

Ref: AP0470

€185,000

Los Menores, Charco del Valle



Large townhouse in this popular area just a 10 minute drive to Adeje. The property has three bedrooms, the master with en suite bathroom, a further bathroom and a WC. There is a large living room with patio doors leading to the terrace and a separate fitted kitchen. There is a large roof terrace with fantastic views to the sea. The property has a parking space behind closed gates and there are no community fees. This is an ideal family home or for people wanting to buy a home in the sun that they can lock up and leave. The property is being sold partly furnished. The new motorway is easily accessible from the property.

Ref: ADO0448

€220,000

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



Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE



PIEDRA HINCADA



Finca with large, 120sqm, 3 bed house with terraces and various other buildings suitable for reform (total built: 500sqm) on plot of 5,000sqm. Fantastic views!

Ref: 1043

€460,000

LOS MENORES



Great 12,880sqm finca in Adeje Council area with a 2 storey main house, swimming pool, 5 apartments, and 2 independent guest houses. Potential to extend by building 2 or 3 additional apartments. Beautiful views.

Ref: 687

€1,550,000

EL PORIS, ABADES



Finca (5,000sqm) and 72sqm, 1 bedroom, 1 bathroom house with living room, kitchen, nice terrace, garden, storeroom and sea view.

Ref: 1002

€175,000

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

**PROPERTIES WANTED FOR RENT
 CLIENTS WAITING!**

Adeje



Beautiful, fully furnished 4 bed, 4 bath independent villa with own pool in great location. New American-style kitchen, terraces and garage. Close to all amenities.

Ref: 1036

€725,000

South Tenerife



We have several fincas/banana plantations with houses/villas in different sizes and altitude above sea level – all with fantastic views and much more! Come and have a look!

Ref: XX

€various

Guia de Isora



Totally reformed, 4 bed, 2 bath Canarian house with BBQ area/terrace in quiet village location. 400sqm plot.

Ref: 316

Price: €300,000

Guia de Isora



Finca (6,300sqm) with 2 renovated and furnished houses with terrac and garden: a 2 bed (125sqm); and a 1 bed (60sqm). Wonderful views and parking.

Ref: 1026

€550,000

Guia de Isora



Fantastic finca (3,126sqm) in rural location, with 80sqm., 2 bedroom house with kitchen, terraces, and much more.

Ref: 1037

€155,000

La Escalona



Finca with 4 bed, 1 bath, unfurnished house with swimming pool, living room, kitchen, terrace, patio, gardens with fruit trees and sea views. 2-car garage with workshop/tool room.

Ref: 939

€240,000

Arico



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

Ref: 1005

€119,000

Los Abrigos



Fully furnished and equipped 2 bed, 1 bath (+WC) duplex apartment with 2 balconies, private roof terrace and garage. Sea and mountain views.

Ref: 1032

€158,500

Chio



Beautiful 4 bed, 3 bath rustic house with living room and kitchen plus independent studio apartment. Sea views, garden and parking space.

Ref: 935

€199,000

Taucha



Beautiful, nicely decorated, 3 bed, 3 bath (+WC) house with internal patio and awesome sea views.

Ref: 317

€260,000

Alcala



Centrally-located house suitable for reform (Licence held to build and make 2 x 80sqm apartments on 1st floor with shop below).

Ref: 859

€178,000

Guia de Isora



Finca (16,000sqm+) with 39sqm 1 bed, 1 bath house with small kitchen. Panoramic sea views. Great potential.

Ref: 990

€210,000

Tenerife Prime Property

GOLF COSTA ADEJE LUXURY 5 BEDROOM VILLA WITH HEATED POOL



Magnificent, fully furnished and equipped, independent villa with own 60sqm heated pool and BBQ area, constructed in 2014 overlooking Golf Costa Adeje and the Atlantic Ocean, accessed via remote-controlled metal double doors, an elegant driveway through lovely low-maintenance lawned gardens with 60+ palm trees.

The property comprises a grand entrance hall accessed via a private gated courtyard and magnificent staircase, grand living room, TV lounge, office, fully equipped luxury kitchen, laundry, dining room, and 5 double bedrooms (all en suite with the breathtaking 'master' having both 'his' and 'her's' bathrooms and jacuzzi). All the upstairs rooms enjoy beautiful sea and golf course views.

Main features: Plot: 2,645sqm; Built 430sqm; Tinted double glazing, solid oak doors, solid oak floors. Porcelain floor tiles, LED lighting - indoor and outdoor; double garage; automated watering system; and aircon throughout.

PRICE: €3,200,000



Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeproperty.com

ISLAND ESTATES

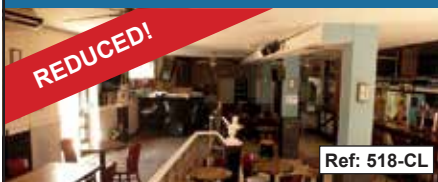
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CALL: +34 922 790767
 UK FREEPHONE: 0800 802 1669
 EMAIL: INFO@ISLANDESTATES.ES
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FAIRWAYS, Amarilla Golf



REDUCED!

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. **Urgent Sale!**

0 bed, 1 bath 50.000€

FAIRWAYS CLUB, Amarilla Golf



NEW LISTING!

Ref: 539-S

Penthouse studio apartment, sunny terrace golf and Sea views. Offered furnished. Very well located within this quality gated community with heated pool, pool bar, reception, and great local facilities. Excellent rental return. Community parking. Viewing recommended.

0 bed, 1 bath 99.950€

COLINA BLANCA, San Eugenio Alto



REDUCED!

Ref: 486-S

Large, refurbished studio apartment with sunny terrace and stunning sea views available in this popular, gated community with community pool. Offered fully furnished and equipped. Parking nearby. Very popular community. Was 129,000€...

0 bed, 1 bath Now 119.000€

TAJANASTES, Las Americas



PRICE DROP!

Ref: 532-A1

Fully furnished 1 bed, 1 bath. 4th floor apt with sea views, fitted kitchen, lounge/dining room and private terrace on popular community with pool, tennis courts and communal parking. Close to amenities, low community fees. Was 175.000€, NOW 169.950€!

1 bed, 1 bath €169,950

MALIBU PARK, San Eugenio Alto



BARGAIN!

Ref: 526-A1

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

1 bed, 1 bath 139.000€

CHIO, Guía de Isora



BARGAIN!

Ref: 538-CH3

Unique offer – traditional property located in centre of this picturesque village, close to amenities. The property is built around a central courtyard, and could be made into 3 separate properties (ideal for tourism). The guide price is 168.000€, however the owner has to sell, so come, see and make your best offer. Viewing highly recommended!

VERY NEGOTIABLE!
3 bed, 2 bath 168.000€

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€

TIMANFAYA II, Parque de La Reina



NEW LISTING!

Ref: 535-A3

Very large, unfurnished, 3 bed, 2 bath penthouse with additional bedroom/office in quality gated residential community with pool. Independent kitchen, lounge/dining room, large sunny roof terrace and an external storeroom and private parking space. Excellent opportunity – viewing essential.

3 bed, 2 bath 182.000€

CASTLE HARBOUR, Los Cristianos



REDUCED!

Ref: 531-D2

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

2 bed, 2 bath 185.000€

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



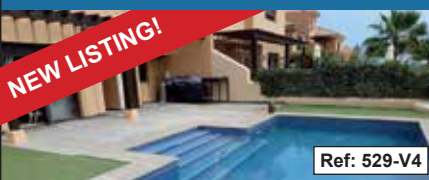
NEW LISTING!

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€

PALM RIDGE, Amarilla Golf



NEW LISTING!

Ref: 529-V4

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

4 bed, 3 bath 465.000€

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€

YOU'LL FIND OUR OFFICE ACROSS
 FROM THE FOOTBALL STADIUM
 IN PLAYA DE LAS AMERICAS

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Local 1, Las Floritas, , Avenida Arquitecto Gomez Cuesta 16, Playa de las Americas, Arona 38660, Santa Cruz de Tenerife







CLEAR BLUE SKIES GROUP SL
INTERNATIONAL ESTATE AGENTS

G Ref: 7440

TORVISCAS ALTO

Located on a quiet residential complex this wellordered property offers an open concept living/dining area, fitted kitchen, two bedrooms, three piece bathroom and ample terrace space with pleasant outlook to the sea, mountains and coast. Enjoying an elevated ground floor corner position this apartment is fully furnished and equipped. Gated complex with recently renovated pool area and lift to all floors, also included is a private parking space in the communal garage. Viewing recommended.

Apartment **€179,500**

G Ref: 7436

CALLAO SALVAJE




Completely renovated to a great standard and ready to be cherished by its new owners, this beautiful detached villa is distributed on one level and sits within its own large gardens. Located on a cul-de-sac and just a 10 minute stroll to the beach, restaurants and amenities, the house has 5 bedrooms, the master boasting a huge luxury ensuite bathroom, a further 3 bathrooms, AND a very spacious open plan living area with easy access to the sunny terraces and swimming pool. In addition, a large private driveway leads to the 3-car garage with ample storage space.

Villa with pool **€825,000**

We have clients looking for property in Los Cristianos (Cristian Sur, Summerland, Victoria Court, El Mirador and Paloma Beach) and also in Playa Paraiso

G Ref: 7450


LOS CRISTIANOS



House **€738,000**

G Ref: 7443

LLANO DEL CAMELLO



Townhouse **€255,000**

E Ref: 7441

SAN EUGENIO BAJO



Apartment **€289,000**

E Ref: 7424

LOS CRISTIANOS



Apartment **€180,000**

G Ref: 7126


LOS CRISTIANOS



Apartment **€199,000**

G Ref: 7453

GOLF DEL SUR



Apartment **€174,950**

E Ref: 4946

ARONA



House (Villa) **€799,000**

G Ref: 1020

TORVISCAS ALTO



House (Villa) **€595,000**



CLEAR BLUE SKIES GROUP SL
INTERNATIONAL ESTATE AGENTS



Studio



1

Ref: 7437

PLAYA DE LAS AMERICAS



A beautifully presented property in a desirable beach front complex. The studio has been refurbished to a high standard and offers a modern and bright living area, fitted and equipped kitchenette, sleeping area with two single beds, shower room and lounge area with sofa bed. Overlooking one of the many pools the balcony enjoys afternoon sun and a sea view. If you are looking for a holiday home look no further, this complex is situated on the "Golden Mile" and boasts a 24 hr reception, multiple saltwater swimming pools, one of which is heated in the winter, children's splash zone with waterslide, gym, jacuzzi and 5 restaurants all surrounded by an oasis of Palm trees and tropical plants. Must be seen!

Studio

€265,000



4



2

+ WC

Ref: 7428

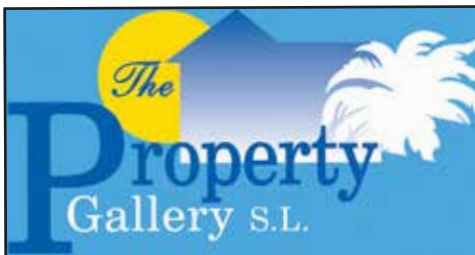
EL MADROÑAL

A spacious family home on a quiet residential complex, ideally located close to restaurants, cafe's, shops and the International Costa Adeje school. This immaculate semi-detached property offers an independent galley style kitchen with utility terrace, W.C., and lounge with dining area which leads out to the large sunny terrace overlooking the communal pool and gardens. Upstairs you will find the master bedroom with luxury en suite bathroom and walk in wardrobe, guest bathroom with hydro massage shower unit and two further bedrooms with fitted wardrobes. The basement level has a garage for one car, store/utility room and 4th bedroom. Also benefitting from a private roof terrace with shower, ideal for sunbathing. A superb fully furnished property in a desirable area with many extra features, viewing is highly recommended.

Corner townhouse

€460,000





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



**LAGUNA PARK II,
TORVICAS ALTO**



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

Ref: B1738 €120,000

**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

**COLINA BLANCA,
SAN EUGENIO ALTO**



Completely renovated, 1 bed, 1 bath apt, living room & a magnificent terrace with views. Fully equipped kitchen with modern utensils & furniture. Community pool and lift.

Ref: B1732 €221,200

REPOSSESSIONS:

SAN ISIDRO

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

€105,300
Ref: 53069

PLAYA SAN JUAN, C/ MAR DE FONDO,

1 bed, 1 bath apt with roof terrace and store room, open plan fitted kitchen.

€169,900
Ref: 52992

URBAN PLOT, GUIA DE ISORA

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

€117,700
Ref: 37861

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

SOL SUN BEACH, PLAYA DE FAÑABE

Commercial local, 22 m2.

€76,500
Ref: 00909

**JARDIN DE BOTANICO,
ADEJE**



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

Ref: D1813 €275,000



ALREADY A LIBERTY SEGUROS CUSTOMER? TAKE OUT AN ADDITIONAL CAR OR HOME POLICY & GET 60€ CASHBACK.

**MIRADOR DEL SUR,
SAN EUGENIO ALTO**



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

Ref: D1733 €735,000



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

Ref: KV-0214 €115,000



**Golf del Sur,
Aguamarina**

Bright spacious one bed apartment, on 4th floor of residential complex directly on the seafont, with great views to the ocean. Double bedroom with large built-in wardrobe, living room with American style kitchen, large bathroom, and good size balcony overlooking the pools. To be sold furnished. Parking space available in underground safe garage for extra cost.

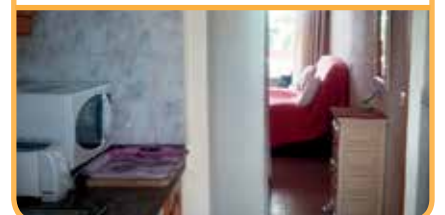
Ref: KV0213 €140,000



**Costa del Silencio,
Chaparral**

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

Ref: KV0217 €73,500



NEW

1 Bedroom In Ocean View - 161,000€



- San Eugenio Alto, Ocean View
- 1 bedrooms, 1 bathroom
- 55 m2 build / 30 m2 terrace
- Ref: S1025
- Price: 161,000€

This is a wonderful apartment is cozy and in great condition. It is a 1-bedroom located in the complex Ocean View, which offers stunning views of the sea and city from the large and sunny terrace.

NEW

2 Bedroom In Achacay - 265,000€



- Los Cristianos, Achacay
- 2 bedrooms, 1 bathroom
- 54 m2 build / 6 m2 terrace
- Ref: S1029
- Price: 265,000€

Do not miss this amazing and newly renovated apartment near the promenade in Los Cristianos. The complex is very good and well-maintained with a nice pool area and tennis courts.

✉ frina@tenerife-property.com ☎ +34 922 08 51 91 📞 +34 617 29 48 03

🌐 www.tenerife-property.com 🏠 CC Puerto Colón, 1st Floor, local 213, 38660 Adeje

FRINA Tenerife
Business & Property Agency



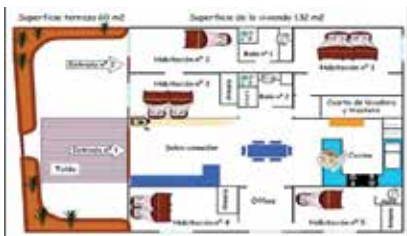
MK PROPERTY AND MONEY EXCHANGE

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

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



Costa del Silencio, Garanana



Fantastic, fully renovated and furnished 5 bed, 3 bath family home ready to move in! The property has a lounge-dining area and modern fully fitted kitchen. Extras include aircon, security shutters, and sun blinds.

Price: €242,000

Las Americas, Playa Azul



Magnificent, totally reformed and fully furnished 3 bed (all double), 2 bath (+WC) duplex penthouse in great location a short walk to the beach. Extras include aircon, electric shutters and much more.

Price: €290,000

Los Cristianos, Los Cristianos III



Totally reformed and furnished 3 bed (all double), 2 bath beach-front penthouse with fantastic views. Sought after complex with pool and parking. Close to all amenities. An ideal location!

Price: €480,000

Las Americas, Parque Santiago I



Totally refurbished and beautifully furnished luxury 2 bed, 2 bath apartment on sought after seae front complex with pool. A must see property!

Price: €379,000

Los Cristianos, Parque Tropical



Fantastic, fully furnished and equipped 3 bed, 3 bath penthouse apartment in highly sought after complex with lovely pool area just 200 metres from the beach. The property has a large lounge and fabulous sea views.

Price: €390,000

Las Americas, Torres de Yomely



Large, fully furnished and equipped 1 bed, 1 bath apartment on complex with pool close to amenities and just 300 metres from the beach. The property has a sunny terrace overlooking the pool and enjoys lovely sea views.

Price: €155,000

Callao Salvaje, Mariben



Super, fully furnished 2 bedroom, 2 bathroom townhouse in this prestigious complex swimming pools and tennis courts. The property has a large garden, spacious sunny terrace and a private garden.

Price: €210,000

Las Americas, Luxury villa



How would you like to own a fantastic, fully furnished 5 bed, 5 bath luxury villa on the sea front with own pool and parking? The property has too many wonderful features to mention here!

Price: €1,950,000

FOR SALE
BY OWNER
678 675 171

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 has built-in BBQ & outside storage.

For more information or a viewing call or email angie@nu-arte.es

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

Residential Property Sales

Over €350,000

Golf Costa Adeje, Villa

€3,200,000

Magnificent, fully furnished and equipped, independent villa with own 60sqm heated pool and BBQ area, constructed in 2014

pool. The property has a living room, separate kitchen, spacious dining area window-front to the pool and golf course, lift, sauna, aircon/ central heating, large roof terrace with Jacuzzi. Addition extras include: Aircon, Alarm, Central vacuum cleaning sys... For full information see website or contact: **Tenerife Prime Property Ref: S-06**

1364
627-230360

Los Blanquitos, Rural Property

€1,495,000

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

Tenerife Prime Property Ref: S-05 1356

627-230360

El Duque, Baobab Domains

€1,350,000

Unique, modern, fully furnished, 2 bed, 3 bath (1 en suite) penthouse apartment with spacious, sunny terrace offering fantastic sea views. The property has a spacious lounge/dining area, and an American-style fully fitted and equipped kitchen. Baobab Suites is located only a short stroll from the exclusive El Duque beach, Commercial Centre and the interna... For full information see website or contact:

Tenerife Prime Property Ref: S-02 1366

627-230360

Roque del Conde, House

€1,020,000

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

Property Alliance SL Ref: 5V2886 922 777747

San Eugenio Alto, Villa

€890,000

Location: Quiet location, Close to the coast, Close to the beach, Close to amenities, Central. Close to: Town, Shops, Restaurants / Bars / Cafes, Medical Facilities, Port, Coast, Beach. Views: Teide, Sea, Pool, Mountain, La Gomera, Harbour, Garden. Rooms: Office, Family Bathroom, Ensuite, Fitted wardrobes, Basement, Kitchen diner, Dining room, Indepe... For full information see website or contact: **Property Alliance SL Ref: 5V3357 922 777747**

Torviscas Alto, Villa

€845,000

Location: Residential Area. Views: Sea, Mountain. Rooms: Hall / Entrance, Independent Kitchen, Lounge and dining area, fitted wardrobes, Family Bathroom, Games room. Quality: Quality construction, Furnished, Well presented, spacious accommodation, Rustic style. Features: Private swimming pool, Jacuzzi, Satellite system. Outside: Sunny Terrace, Large... For full information see website or contact: **Property Alliance SL Ref: 4V3135 922 777747**

Alcala, Rural

€750,000

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

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

Palm Mar, La Arenita

€740,000

Luxury apartment situated on the top floor of La Arenita complex a short walk from the seafront in the tranquil coastal village of Palm Mar. This bea... For full information see website or contact:

Palm Mar Sales and Rentals Ref: PMSR0045 677-623713 / 671-129558

San Eugenio Alto, Villa

€600,000

Location: Residential Area, Quiet

location. Views: Sea, La Gomera. Rooms: Utility room, Fitted wardrobes, Lounge and dining area, Independent Kitchen, Hall / Entrance. Quality: Spacious, Rustic style, Good condition, Furnished. Features: Security shutters, Security system, Satellite system, Private swimming pool, Heated swimming pool, Air conditioni... For full information see website or contact:

Property Alliance SL Ref: 5V3128 922 777747

Golf del Sur, Alamos Park

€599,000

Amazing property situated in one of the most exclusive residential areas of Golf del Sur, comprising of a large detached villa, lush gardens, terrace, and indoor swimming pool and garage facilities. The living area consists of 3 bedrooms (one is currently used as a study), 3 bathrooms (the main one with sauna), separate fitted kitchen, lounge, sitting room... For full information see website or contact:

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overlooking Golf Costa Adeje and the Atlantic Ocean, accessed via remote-controlled metal double doors, an elegant driveway through lovely low-maintenance lawned gardens with 60+ palm trees. The property comprises a grand entrance hall... For full information see website or contact:

Tenerife Prime Property Ref: S-05 1369

627-230360

Golf Costa Adeje, Villa

€2,500,000

Luxurious 6 bed, 7 bath villa with outstanding sea and golf course views and private heated swimming

1365
627-230360

Costa Adeje, Villa

€1,900,000

A gorgeous villa that has it all! Not only does it have the space and features of a fantastic family home, it is located in Playa del Duque, the most exclusive residential area in the whole of the Canary Islands! The main house (built 468sqm on plot of 614sqm) enjoys 2 double, en suite bedrooms plus the master suite where you can enjoy breathtaking views... For full information see website or contact: **Tenerife Prime Property Ref: S-06**

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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'

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VYM CANARIAS – July 19

Luxury Villa in Jardines del Duque



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

€1,650,000

Ref: VS6014D

Villa in Habitats del Duque, Costa Adeje



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

From €1,800,000

Ref: VS5699D

Luxury apt in San Eugenio Alto



Comprising 3 bedrooms, 2 bathrooms, spacious living room, independent kitchen, dining room and amazing terrace, garden, private heated pool. There is parking space for 2 cars and pool in the complex. Total plot 238m2.

€499,000

Ref: VS5640D

Vista Hermosa, Los Cristianos



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

€359,000

Ref: VS6153D

Villa in Sunbay Villas, Amarilla Golf



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

€495,000

Ref: VS5127D

Detached House in Mariben, Callao Salvaje



This complex is located in a quiet area with swimming pool, a solarium and a playground. The house has private garage, large garden and solarium with terraces. 2 double bedrooms and 2 full bathrooms (one with Jacuzzi).

€360,000

Ref: VS5834D

Villas Canarias, Torviscas Alto



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

€199,000

Ref: VS6225D

Great Complex Playa la Arena



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

€225,000

Ref: VS5269D

Los Cristianos, Edf. Ceyla



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

€215,000

Ref: VS5562D

Apartment in El Ancla, Callao Salvaje



Spacious 2-bedroom, one of them small, 1-bathroom, spacious living room with open plan kitchen, and a glazed terrace overlooking the sea. The complex has a private parking and a communal pool. Located just by the beach.

€174,000

Ref: VS6113D

Mirador del Sur, Playa Paraiso



First line. Apartment with ocean view. 1 bedroom, 1 bathroom, living area with open plan kitchen, terrace.

From €135,000 Ref: VS5275D

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

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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

PLAYA DE LA ARENA



Stunning, fully furnished 3 bed, 2 bath apt. on complex with pool, and situated on the West coast which enjoys the best climate year-round. The property has an independent kitchen equipped to high standard, back garden and terrace with views to La Gomera, and spans one floor making it wheelchair friendly. Loads of extras.

€299,000

AP305-BP

**TORVICAS ALTO,
WINDSOR PARK**



Fully furnished 2 bed, 2 bath apt. on well-kept complex with 2 pools (1 heated in the winter). The property has been fully refurbished, has a large terrace enjoying views to La Gomera, and is close to the tourist areas.

€225,000

AP209-OF

LAGUNA PARK II



GOOD PRICE! 1 bed, 1 bath apt. on popular holiday complex with large communal pool, pool bar, and tennis courts. The property has an open plan kitchen, lounge, and terrace.

€130,000

AP122-HP

MAREVERDE

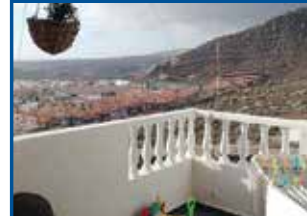


Unfurnished 1 bed, 1 bath apt. on popular complex with pool in a great location. The property has been refurbished and is just a short walk to the beach.

€142,000

Ref: AP107-HP

**PARQUES DEL CONDE,
TORVICAS ALTO**



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

**SAN EUGENIO BAJO,
MARINA PRIMAVERA**



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

€139,000

Ref: ST102-AG

**LOS CRISTIANOS,
CASTLE HARBOUR**



Fully furnished 2 bed, 2 bath ground-floor apt. on popular complex with pool. The property has an lounge, a large enclosed terrace which extends the living area, and an open plan fully-fitted kitchen. Close to all amenities.

€209,950

AP219-BP

ROQUE DEL CONDE



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

€255,000

Ref: TH205-HP

**EL MEDANO,
MARETASOL**



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

€339,000

TH305-AG

PLAYA SAN JUAN



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

**FAÑABE,
LAGOS DE FAÑABE**



Great 1 bed, 1 bath penthouse apartment in fantastic sea front complex with heated pool. The property has been refurbished throughout and is sold fully furnished and equipped.

€265,000

Ref: AP126-HP

1017
922 783066

San Eugenio Alto, Caledonia Park
€136,500

Location: Close to amenities, Gated community, Touristic Area. Close to: Restaurants / Bars / Cafes. Views: Sea. Rooms: American Style Kitchen. Quality: Furnished. Outside: Large Terrace, Sunny Terrace. Parking: Street parking. Community facilities: Lifts, Intercom entry.
Property Alliance SL Ref: 0S3194 922 777747

Playa San Juan, Apartment
€133,000

Location: Central, Close to the beach, Close to amenities. Close to: Beach, Coast, Medical Facilities, Restaurants / Bars / Cafes, Shops, Transport, Town, Harbour. Views: Sea. Rooms: Hall / Entrance, American Style Kitchen, Fitted wardrobes, Bathroom. Quality: Furnished.
Property Alliance SL Ref: 2A3364 922 777747

San Eugenio Alto, Laguna Park II
€130,000

Location: Gated community, Popular urbanisation, Touristic Area. Close to: Transport. Views: Sea. Rooms: American Style Kitchen, Fitted wardrobes. Quality: Furnished, Good condition. Features: Satellite system. Outside: Sunny Terrace. Parking: Street parking. Community facilities: 24 hour Security, Pool Bar, Bus service, Children's play area, He...
For full information see website or contact:
Property Alliance SL Ref: 1A3392 922 777747

Costa del Silencio, Apartment
€129,000

1 bedroom apartment located in the sea front complex Amarilla Bay, just next to the yellow mountain. The apartment of 48m2 features a South-East facing terrace of 12m2 with view on the gardens and partially on the swimming pool. Open kitchen and bathroom with bathtub. The property is sold furnished. Easy parking in the communal parking. Community fees: 50€/... For full information see website or contact:
Tenerifehome.com Ref: 1488-0519 922 783066

Buzanada, Apartment
€129,000

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. GREATLY REDUCED FOR QUICK SALE.
Tenerife Prime Property Ref: S-02 1357 627-230360

Costa del Silencio, Duplex
€129,000

1 bedroom duplex apartment converted into a 2 bedroom apartment. Located in the charming complex SUNFLOWER with its community pool and at only 2 minutes' walk to bars, shops and restaurants.
Tenerifehome.com Ref: 1452-1218 922 783066

Costa del Silencio, Apartment
€125,000

A cosy 1 bedroom apartment located on the first floor in the complex: Parque don Jose. It has an American-style kitchen, a bathroom with walk-in shower, a bedroom with fitted wardrobes and a balcony with fantastic mountain views! It provides features a beautiful and huge swimming pool!
Tenerifehome.com Ref: 1404-0718

922 783066

Arona, Apartment
€125,000

This 1 bedroom apartment has recently been completely renovated with high quality materials. The beautiful, modern open-plan kitchen is fully equipped with, among other things: a laundry/dry-combination, a combi oven-microwave and a dishwasher. The bathroom is furnished with a spacious walk-in shower. The bedroom features a spacious built-in wardrobe and ...
For full information see website or

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contact:
Tenerifehome.com Ref: 1412-0718 922 783066

Playa Paraiso, Apartment
€120,000

Fully furnished 1 bed, 1 bath apartment in residential complex with pool and gardens. The property measures: Int. 45sqm. Ext. 10sqm.
Property Alliance SL Ref: 1A2447 922 777747

San Eugenio Alto, Colina Blanca
€119,000

Location: Gated community, Popular urbanisation, Touristic Area. Close to: Restaurants / Bars / Cafes. Views: Sea. Rooms: American Style Kitchen, Fitted wardrobes. Quality: Furnished, Refurbished. Outside: Sunny Terrace. Parking: Street parking. Community facilities: Swimming pool, Pool Bar, Intercom entry, Lifts.
Property Alliance SL Ref: 0S3350 922 777747

San Eugenio Alto, Colina Blanca
€119,000

Location: close to restaurants / bars / cafes, close to town, gated community, quiet location, residential area, close to amenities... For full information see website or contact:
Island Estates Ref: 486-S 922 790767 / 670 605414

San Eugenio Alto, Laguna Park II
€115,000

Location: Gated community, Popular urbanisation, Touristic Area. Close to: Restaurants / Bars / Cafes, Transport. Rooms: American Style Kitchen, Fitted wardrobes, Utility room. Quality: Furnished, Immaculate condition, Well-presented, Renovated, Refurbished, Tastefully decorated. Outside: Terrace, Various Terraces. Parking: Communal parking. Commu... For full information see website or contact:
Property Alliance SL Ref: 1A3275 922 777747

San Isidro, Apartment
€115,000

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

San Eugenio Alto, Aloha Gardens
€115,000

Location: Residential Area, Gated community, Close to amenities. Close to: Restaurants / Bars / Cafes. Views: La Gomera, Sea.

Rooms: Bathroom, American Style Kitchen. Quality: Part renovated, Furnished. Parking: Street parking.
Property Alliance SL Ref: 0S3296 922 777747

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

Costa del Silencio, Apartment
€110,000

This is a two bedroom apartment in very good conditions. It is very bright and spacious, located in the heart of Costa del Silencio in a residence with communal swimming pool. The apartment have a patio with barbecue and also a beautiful South West oriented terrace overlooking the swimming pool.
Tenerifehome.com Ref: 1360-0318 922 783066

La Estrella, Apartment
€110,000

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

Candelaria, Apartment
€99,330

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

Santa Cruz de Tenerife, Apartment
€98,700

Edificio los Treboles, Santa Maria del Mar. Santa Cruz de Tenerife (North) Apartment of 99m2 on a 6th floor. Has private garage space + storeroom. Residencial quiet area, within 10 minutes of Carrefour commercial centre.
The Property Gallery Ref: 81024842 922 719925 / 922 719889

Santa Cruz de Tenerife, Apartment
€98,700

C/ El Abajo, Barranco Grande, Santa Cruz de Tenerife. Apartment of 97m2 with patio in a residential area. Constructed in 2008.
The Property Gallery Ref: 60207088 922 719925 / 922 719889

Santa Cruz de Tenerife, Apartment
€97,400

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

Santa Cruz de Tenerife, 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

The Property Gallery Ref: 60199850 922 719925 / 922 719889

Tamaimo, Apartment
€95,000

Location: residential area, close to shops, quiet location... For full information see website or contact:
Island Estates Ref: 435-A2 922 790767 / 670 605414

Arona, Apartment
€95,000

3 bedroom apartment, on the first floor, in a recent building and with a common solarium. located in centre of El Fraile only 5 minutes' walk from shops.
Tenerifehome.com Ref: 1458-0119 922 783066

Costa del Silencio, Apartment
€95,000

Lovely 1st floor apartment with 2 bedrooms, bathroom, lounge and separate fully fitted kitchen with a large terrace of 16m2. This property is being sold fully furnished.
Tenerife Prime Property Ref: S-02 731 627-230360

Las Galletas, 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

Costa del Silencio, Studio
€91,000

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

Playa Paraiso, Apartment
€89,000

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

Santa Cruz de Tenerife, Apartment
€88,500

C/ Padre Anchieta; Santa Cruz de Tenerife. Three bedroom apartment on 85m2 with one bathroom, lounge-dining room, kitchen,

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: 60199865 922 719925 / 922 719889

Santa Cruz de Tenerife, Apartment
€80,000

C/ Pedro Bernardo Forstall, Santa Cruz. Three bedroom apartment on 85.80m2 with one bathroom, situated on a 4th floor, no lift. Constructed in 1974.
The Property Gallery Ref: 60397499 922 719925 / 922 719889

60057201
922 719925 / 922 719889

Costa del Silencio, Studio
€86,000

This is a studio located on the ground floor in a residence with community pool, in the heart of Costa del Silencio just 5 minutes' walk from bars, restaurants, and shops ... renewed not long ago, this studio is in very good condition and its sunny terrace of 9 m gives you a beautiful view of the pool. Community fees: 60€/month
Tenerifehome.com Ref: 1473-0219 922 783066

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

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 constructed in 1966 was reformed in 2002.
The Property Gallery Ref: 60397628 922 719925 / 922 719889

Santa Cruz de Tenerife, Apartment
€82,100

Los Campitos, Santa Cruz de Tenerife (Norte) Two bedroom, one bathroom apartment on 83m2, constructed in 2005. Parking space, patio. On a 1st floor. Residencial quiet area with easy access to all public areas.
The Property Gallery Ref: 73082388 922 719925 / 922 719889

San Isidro, Apartment
€82,076

storeroom, washroom. Apartment on a 5th floor. Building constructed in 1976.
The Property Gallery Ref: 60199865 922 719925 / 922 719889

The property is located in the basement of a building of three heights, that it has lift. Distribution: Two bedrooms, living room, kitchen, two bathrooms, garage, patio.
The Property Gallery Ref: 11147940 922 719925 / 922 719889

1358
627-230360

Callao Salvaje, Apartment
€79,000

A ground floor 1 bed 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 storeroom 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, Chaparral
€73,500

Bright studio apartment, ground floor 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

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 on a 5th floor.
The Property Gallery Ref: 60180447 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

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 town hall, 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, Santa Cruz. Three bedroom apartment on 85.80m2 with one bathroom, situated on a 4th floor, no lift. Constructed in 1974.
The Property Gallery Ref: 60397499 922 719925 / 922 719889

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Tenerife Properties.ES

The Sunset - Torviscas Alto



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

Price: €219,000

Ref: 7651

Fañabe Beach - Lagos de Fañabe



Two x 1 bedroom penthouses, next door to each other in this prestigious frontline complex.

Price: €269,000

Ref: 7826

El Duque, Terrazas del Duque II



Immaculate 1 bed, 1 bath apartment, sold fully furnished in this prestigious resort.

Price: €305,000

Ref: 12620

Buzanada, 2 bed penthouse



Reduced for quick sale - penthouse apartment with beautiful views.

Price: €129,000

Ref: 11432

El Duque – Villas del Duque



Large townhouse situated on this prestigious residential complex. A perfect family home.

Price: €520,000

Ref: 7390

San Eugenio Alto, Ocean View



3 storey house with stunning views – also included in the price is a private garage!

Price: €349,000

Ref: 10827

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

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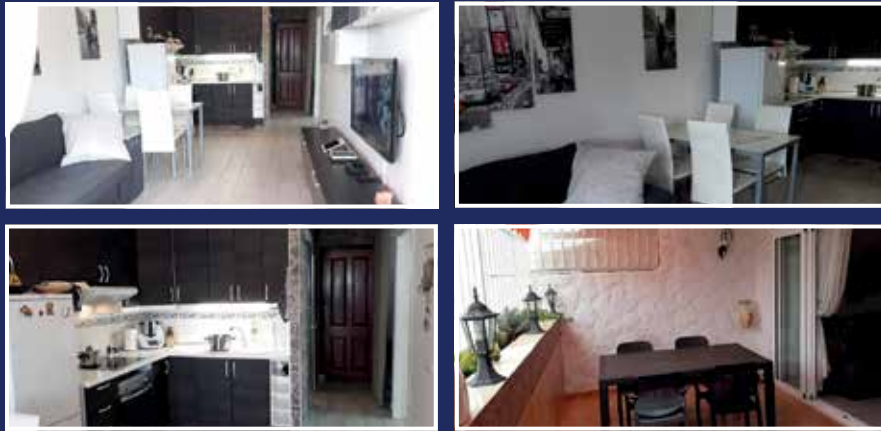


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Costa del Silencio



Fully furnished 2 bed, 2 bath ground floor apartment on central complex with pool. The property has been totally renovated with top quality materials, has the potential to be divided into two magnificent studios, and is just a few steps from the sea.

Price: €137,000

Ref: -

Costa del Silencio



Fully furnished 2 bed, 1 bath third floor apt on peaceful complex with pool and lift. The property is around 82sqm and has recently been refurbished, it enjoys a fantastic terrace with magnificent mountain views. 5 minutes' walk from amenities and ready to be moved into.

Price: €170,000

Ref: CDS-I170

Costa del Silencio, Atlantico



Fantastic, fully furnished 2 bed, 1 bath ground floor apartment on complex with 2 communal pools and gym. The property comes with fitted wardrobes, a fully-equipped independent kitchen, and a lovely terrace. Close to all amenities.

Price: €176,000

Ref: CDS-A176

Chayofa



3 bed, 2 bath (1 en suite) bungalow on complex with pool. The property has a large lounge, fully equipped kitchen, and conservatory with spacious terrace and garden. Close to amenities and beaches.

Price: €250,000

Ref: C-CDM250

Guargacho



Bright, fully furnished 2 bed, 2 bath apt. in building with lift and rooftop storage room included. The property has fitted wardrobes throughout, large lounge/diner, American kitchen, and two sets of sliding doors leading on to the balcony. Optional parking space available for €10,000.

Price: €135,000

Ref: G-CHAQ135

El Medano, La Tejita



Magnificent 3bed, 2bath townhouse for sale in El Medano on the beach La Tejita. The house consists of a bright kitchen with a large living room, two balconies, and a private garage with two parking spaces. Located in a quiet area close to the beautiful Red Mountain.

Price: €209,000

Ref: LT-CI209

Tenerife Prime Property

Los Cristianos, Parque Tropical II



Large duplex apartment, being sold part furnished with 2 bedrooms, 2 bathrooms, lounge and American style kitchen. There is a small front garden and a large terrace off the lounge overlooking the community swimming pool. There is also a balcony off the upstairs bedroom. This property needs minor refurbishing and has easy off road parking. Would make a lovely holiday home or great investment. Excellent price on popular complex.

S-02 1150

€270,000



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

Los Cristianos, Dinastia

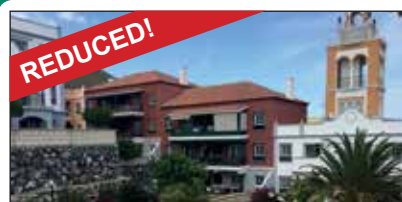


Spacious, part-furnished 2 bed, 1 bath apartment (converted from a 1 bed) on popular complex with pools. The property has a lounge/dining area, American style kitchen and 20sqm terrace with fabulous sea views. **GREATLY REDUCED FOR QUICK SALE.**

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

Amarilla Golf, Augusta Park



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

S-01 1354

€164,950

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

Torviscas Bajo, Mareverde



Lovely, well maintained and fully furnished, 1 bed, 1 bath apartment with lounge/diner, American style fully fitted kitchen and 10sqm sunny terrace. Community swimming pool.

S-01 1368

€179,500

Las Galletas, Las Rosas



Large, fully furnished 3 bed, 2 bath (1 en suite) 2nd floor apartment with lounge/diner, separate kitchen, utility room and underground enclosed garage. Lifts throughout. Low Community Fees.

S-03 1367

€189,000

Torviscas Alto, Los Altos del Roque



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

S-01 1363

€169,950

Golf del Sur, Res. San Miguel Golf



Beautiful, 2 bed, 1 bath apartment on the 4th floor of a complex with lifts and community swimming pool. There is air conditioning throughout, aluminium windows with fly screens fitted around the balcony, modern and high quality furnishings. There is a 20m2 south facing balcony with amazing golf and sea views.

S-02 1362

€275,000

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Tenerife Prime Property

Buzanada, Edf. Eos



Lovely, fully furnished, 2 bed, 1 bath apartment in a block of 8 with lift. The property has a lounge-diner, American style kitchen and private 70m² roof terrace with direct access.

S-02 1357

€129,000

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

Golf del Sur, Alamos Park

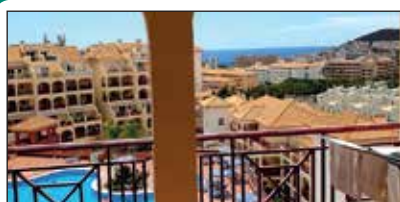


Large villa in popular area of Golf del Sur with 3 bedrooms, 2 bathrooms (1 en suite) lounge, separate fully fitted kitchen, gardens, various patios/terraces and private swimming pool. There is also a separate granny flat with lounge, kitchen, bedroom and bathroom. This property is being sold fully furnished.

S-03 1361

€599,000

Los Cristianos, Dinastia

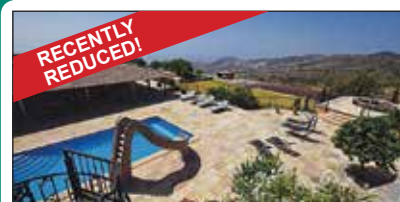


Excellent condition, very large and spacious 1 bed, 1 bath apartment located in G block with excellent sun on balcony, overlooking the pool area and amazing Los Cristianos and sea views. Lifts throughout the complex.

S-01 1360

€235,000

Los Blancitos, Casa Pico



Luxury 3 bed, 2 bath country home on 5 hectares with stables. Sep. 2 bed, 2 bath apartment. The property has a number of caves which have been transformed into extra living space. There is an orchard, private solar heated outdoor pool and a gym. Extras incl. aircon and underfloor heating throughout, plus parking for several vehicles.

S-05 1356

€1,495,000

Los Cristianos, Dinastia



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

S-02 1348

€285,000

Golf del Sur, Las Adelfas II



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

S-02 1342

€256,950

Valle San Lorenzo, Edf. JJ Efigenia



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

S-03 1324

€135,000

Los Abrigos, La Lapa



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

S-02 1355

€157,500

Golf Costa Adeje, Villa



Luxurious 6 bed, 7 bath villa with outstanding sea & golf course views and private heated swimming pool. The property has a living room, separate kitchen, spacious dining area window-front to the pool and golf course, lift, sauna, aircon/central heating, large roof terrace with Jacuzzi. Lots of extras.

S-06 1363

€2,500,000

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Ref: 1-API-1905

Los Diamantes II

Los Cristianos

Price: €154,950
Bedrooms: 1



Ref: 1-ES0-1821

Royal Palm

Studio, Los Cristianos

Price: €64,950
Studio

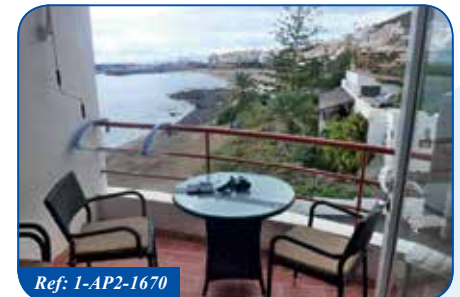


Ref: 1-API-1839

Cactus I

Apartment, Los Cristianos

Price: €119,950
Bedrooms: 1



Ref: 1-AP2-1670

Cristianmar

Apartment, Los Cristianos

Price: €264,950
Bedrooms: 2

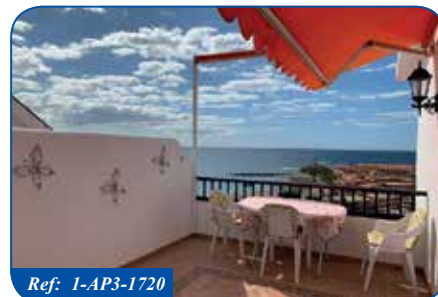


Ref: 1-TH3-1699

Los Alamos

Townhouse, Los Cristianos

Price: €474,950
Bedrooms: 3



Ref: 1-AP3-1720

Los Alamos

Penthouse, Los Cristianos

Price: €474,950
Bedrooms: 3



Ref: 1-BU2-1443

Florida

Bungalow, Valle San Lorenzo

Price: €349,950
Bedrooms: 2/3



Ref: 1-ES0-1706

Port Royale

Studio, Los Cristianos

Price: €162,950
Studio



Ref: 1-API-1893

Paloma Beach

Apartment, Los Cristianos

Price: €189,950
Bedrooms: 1



Ref: 1-AP2-1507

Playa Graciosa III

Los Cristianos

Price: €319,950
Bedrooms: 2

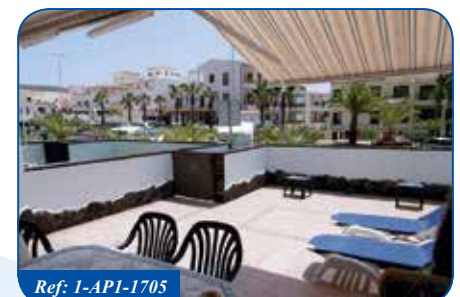


Ref: 1-ES0-1872

Castle Harbour

Studio, Los Cristianos

Price: €119,950
Studio

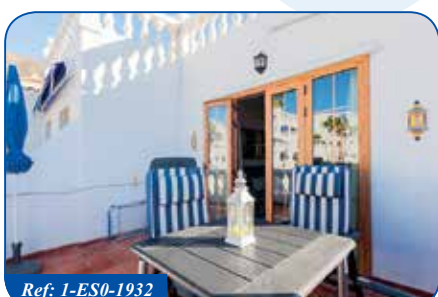


Ref: 1-API-1705

El Mirador

Townhouse

Price: €229,950
Bedrooms: 1

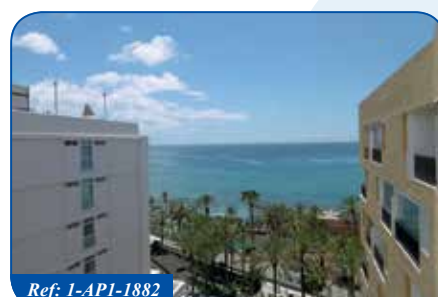


Ref: 1-ES0-1932

Royal Palm

Los Cristianos

Price: €157,950
Studio



Ref: 1-API-1882

Guayero

Apartment, Los Cristianos

Price: €199,950
Bedrooms: 1



Ref: 1-API-1902

Chayofa Country Club

Chayofa

Price: €174,950
Bedrooms: 1



Ref: 1-AP2-1879

Jardines del Sur

Apartment, Los Cristianos

Price: €199,950
Bedrooms: 2

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Ref: 1-API-1878

San Marino
Apartment, Los Cristianos
Price: €225,000
Bedrooms: 1



Ref: 1-ES0-1569

Comodoro
Studio, Los Cristianos
Price: €184,950
Studio



Ref: 1-API-1867

The Suites
Apartment, Los Cristianos
Price: €155,000
Bedrooms: 1



Ref: 1-AP2-1888

Port Royale
Los Cristianos
Price: €199,950
Bedrooms: 2



Ref: 1-VI3-1860

Callao Salvaje
Villa
Price: €679,950
Bedrooms: 3



Ref: 1-TH3-1853

Montaña de Yaco
Townhouse, Granadilla de Abona
Price: €295,000
Bedrooms: 3



Ref: 1-AP3-1827

Vista Hermosa IV
Apartment, Los Cristianos
Price: €349,500
Bedrooms: 3



Ref: 1-API-1752

Guayero
Apartment, Los Cristianos
Price: €219,990
Bedrooms: 1



Ref: 1-AP2-1820

Horizonte
Apartment, Los Cristianos
Price: €320,000
Bedrooms: 2



Ref: 1-VI4-1801

Chayofa
Villa, Arona
Price: €419,950
Bedrooms: 4



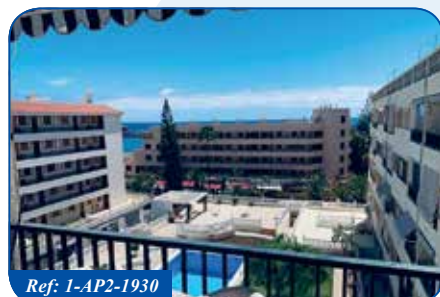
Ref: 1-BU3-1788

Los Arcos
Bungalow, Los Cristianos
Price: €269,950
Bedrooms: 3



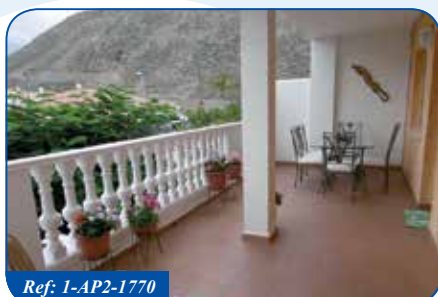
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Ref: 1-AP2-1930

Fayser
Apartment, Los Cristianos
Price: €250,000
Bedrooms: 2



Ref: 1-AP2-1770

Vista Hermosa IV
Apartment, Los Cristianos
Price: €259,950
Bedrooms: 2



Ref: 1-API-1755

Oasis Mango
Apartment, Los Cristianos
Price: €179,000
Bedrooms: 1



Ref: 1-API-1739

Costamar
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Bedrooms: 1

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Pound hits six-month low against euro, US dollar as no-deal Brexit odds rise

As the Conservative leadership contest narrowed down to the final two candidates, the mood towards the pound deteriorated, with the odds of a no-deal Brexit appearing to increase.

The increasingly dovish outlook of the Federal Reserve, coupled with underwhelming US data, left USD exchange rates on the back foot, meanwhile. An uptick in the Eurozone consumer price index was not enough to shore up the euro, with markets pricing in higher odds of the European Central Bank (ECB) cutting interest rates before the end of the year. With both Boris Johnson and Jeremy Hunt refusing to rule out the prospect of the UK leaving the EU without a deal

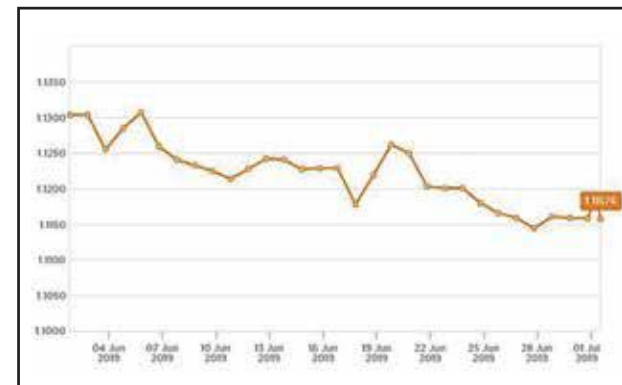
GBP exchange rates have come under pressure. As Johnson has also threatened to prorogue Parliament in order to push through a no-deal Brexit investors are taking an increasingly cautious view of the UK outlook. June's UK manufacturing PMI put additional pressure on the pound this week, as the index disappointed forecasts to fall from 49.4 to 48. This weaker showing, highlights the negative impact Brexit-based uncertainty is having on the UK economy, raising concerns over the health

of the second quarter gross domestic product. Demand for the US dollar generally weakened in the wake of the Fed's June policy meeting, which saw a marked shift in tone on the subject of interest rates. Hopes of a breakthrough in trade relations with China helped to rally USD exchange rates in the wake of the G20 summit, however, as the two sides agreed to restart formal talks. Although inflation within Germany and the Eurozone as a whole, showed signs of picking up - this was not enough to boost the euro against its rivals. As the latest set of Eurozone manufacturing PMIs remained in contraction territory, worries over the underlying strength of the economy helped to

keep the single currency on a weaker footing. The appeal of the pound could diminish further if June's UK services PMI also proves disappointing in nature. As the service sector still accounts for more than three quarters of the country's economic activity any contraction here could weigh heavily on GBP exchange rates. If the UK appears on track for a stagnant second quarter gross domestic product, the pound may struggle to find support against the euro or US dollar. Mounting anticipation ahead of the election of the new Conservative leader could also put GBP exchange rates under pressure. Any signs of improvement in the latest US non-farm payrolls report may encourage

the US dollar to recover further ground, meanwhile. While even an upside surprise in employment is unlikely to alter the odds of a Fed interest rate cut this could still offer USD exchange rates a temporary boost. Deterioration in May's German trade data could see the euro fall further out of favour, on the other hand, as global tensions continue to weigh on trade. Another weak month of exports would raise the risk of the Eurozone's powerhouse economy seeing a greater

loss of momentum in the second quarter, exposing the euro to fresh selling pressure. **At Currencies Direct we're here to talk currency whenever you need us, so get in touch if you want to know more about the latest news or how it could impact your currency transfers. Since 1996 we've helped more than 250,000 customers with their currency transfers, just pop into your local Currencies Direct branch or give us a call to find out more.**



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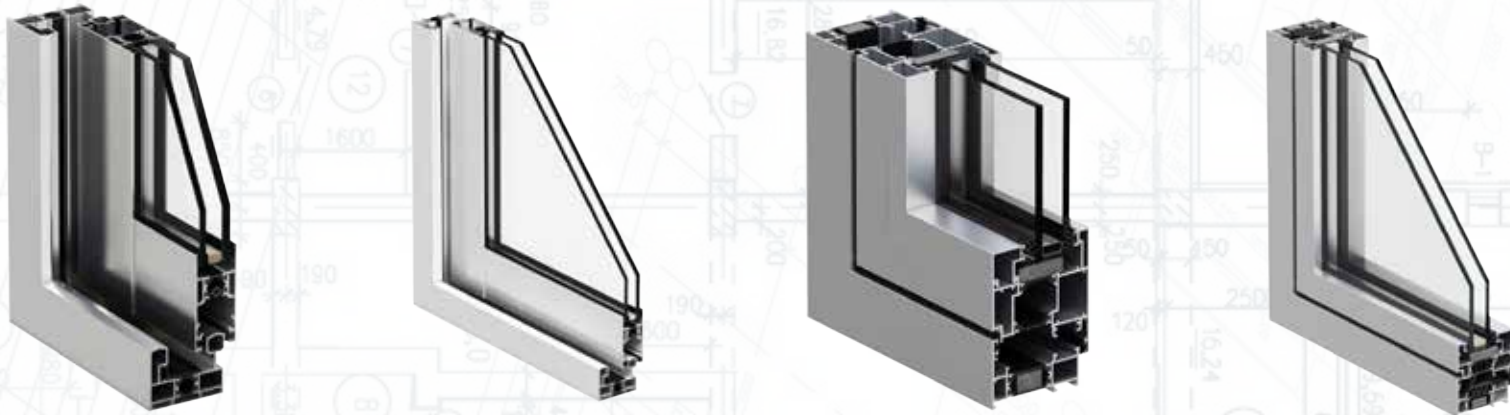


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Impressions of Évora (Portugal):

7th – 14th June, 2019

With thanks to Mrs Jo Rogers, The TPG's Reporter in Portugal

It was the last day of our week's stay in the Pousada Convento de Évora. I was sitting in the little courtyard outside our "cell", looking up. Hundreds of swallows were diving, wheeling, soaring at dizzying speed against the deep blue sky which had overlooked us for seven days. My mind was full of impressions of this beautiful city in this wonderful country and here they are...

This was a first visit to Portugal for me and as we left Lisbon via the spectacular Vasco da Gama Bridge and headed east, I was quite unprepared for such an expanse of untouched countryside. Mile after mile of uninhabited land - a canvas of dry brown earth, scorched fields and the thousands of evergreen cork trees as far as the eye could see.

Évora stands on a rocky hilltop rising above the Alentejo plain. At the highest point within the city was our destination: the pousada which has made its home in a converted monastery.

And what a setting!

Sitting on one side of a cobbled square, it is surrounded by the best of this Unesco World Heritage city. It rubs shoulders with the palace of the Dukes of Cadaval, the museum of Évora, a small park with a spectacular view across the city, the cathedral and, of course, the so-called Temple of Diana - in fact an ego-boosting edifice for a Roman emperor.

The interior of the pousada is worthy of a museum, from where, in fact, many of the artefacts come. A huge tapestry hangs aside the stone stairs; the white-washed corridors overlooking the cloisters have pieces

of furniture, sconces and decorations which would not come amiss in a bishop's palace. Our "cell", the biggest in the pousada, had a foyer in which sat the largest metal cooking pot I have ever seen. One could almost see the monk in charge of the kitchen stirring his Alentejan soup to fill the empty bellies of his fellow monks.

Quite rightly, any nods to the modern tourist - a



small pool and a bar - are discreetly placed and incidental to the overall historic charm of the place.

We were treated like well-loved friends. Our routine was quickly noted: out in the mornings,

back for my husband's afternoon siesta after lunch, so our room was serviced while we were absent. My husband celebrated his 81st birthday whilst we were there and Reception noted the date from his passport. To our great surprise, two beaming members of staff presented him with a beautifully decorated cake (with candle!), fruit and a bottle of sparkling wine to celebrate. Now that's service!

So how did we fill our week? Contrary to my fears, my husband took the challenge of cobbles and stone stairs in his stride. When we were tired, there were taxis to take us back to the pousada, the rides an experience in themselves



English and was delighted with our enthusiasm for his city.

Évora Museum made for a very interesting morning's browsing - lots to see, some fine paintings, all contained in a ubiquitous pristine white building with yellow-rimmed windows and doors.

The cathedral was an interesting mish-mash of styles. A gloomy interior led one towards several

days after we arrived, we found ourselves resting outside the cathedral shortly before the evening service. Rows of chairs had been assembled and suddenly to the sound of loud music, a fine brass band marched up to the West door. We watched as they broke ranks to check their phones, smoke cigarettes and greet their friends while a sound engineer



ornately bright chapels, none of which one could enter. Whilst my husband rested under the (unique) statue of a highly pregnant Virgin Mary, I made it up the spiral stairs to the Terrace or roof where the views in all directions across the plains were simply amazing. I could have wandered around much longer but the opportunity arose to join a large group of beefy Portuguese descending the stairs and I took it - safety in numbers is the rule on spiral stairs. Those waiting to ascend stood no chance against such a formidable crowd - and me.

On Sunday, a couple of

spent an inordinate amount of time adjusting microphones, attaching cables and consulting with the conductor. After about an hour, the band reassembled, played two very short pieces and dispersed, full of pride at a job well done.

Just as entertaining was watching the faithful assemble for the service. There were tourists in skimpy tops and shorts, elderly couples, dressed in their sober best, young lovers, she in her summer finery, he in his shiny Sunday two piece. And handsome young priests, tall and severe, all in black.

Of tourists, we were in a minority. We heard almost





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no English voices. There were a few Americans, more Europeans and a great many from China and Japan. The latter moved in flocks and at speed, trophy-snapping with their phones (the rule being: see a plaque or a statue, capture it with a click and hurry on). When they get home, do they organise everything into a scrapbook labelled Évora? Do they even remember that they were in Évora?



Tourists abound but there is no pandering to them. The restaurants often have a limited menu, serving authentic Alentejan dishes, freshly cooked and delicious. The gift shops are full of brightly-coloured, pretty ceramic ware or

beautifully crafted cork and linen goods. No-one hassles you to buy or tries to entice you into a café. The joy is in the wandering and the discovery.

One such wandering brought us to the church of Misericórdia. We work on the principle that every church is worth a visit but were quite unprepared for what lay behind a somewhat unprepossessing exterior. Here were riches indeed.

The interior is bathed in light and dominated by the ornate golden Baroque altarpiece on the far wall. Paintings round the upper walls are juxtaposed with exquisite azulejos below: intricate blue Portuguese tilework, depicting Biblical scenes. It is one of the

most elegant and pretty churches I have ever seen.

Our daily walks would inevitably take us down to the Praça do Giraldo where we would drink our coffee and people-watch, always a satisfying occupation when abroad. The grisly history of the autos de fe conducted here by the Portuguese Inquisition seems far distant from the sunny outdoor cafes filled with those resting in the shade of huge parasols. I shall always treasure the memory of the little waiter who seemed incapable of delivering a correct order. Poor man had a look of perpetual puzzlement on his face as yet another tray was greeted with shaking heads from his customers.

My Spanish came in useful for reading the written word but not so much for understanding what I heard. Gone were the staccato sounds of Spanish; instead the soft shooshing of spoken Portuguese. How on earth did two countries joined by a long border on one peninsula develop such disparate-sounding languages? I felt the need to apologise each time Spanish slipped out as though I'd made an extremely tactless remark at a cocktail party.

We eschewed the horse-drawn carriages and tuk tuks to take the City bus tour which showed us parts of the city we would have otherwise missed. If we had been more athletic, we would

have walked further and seen more but we were content.

The chief highlight was hiring a driver to take us to the Almendres megalithic site with its standing stones and menhirs some dozen kilometres from Évora.

We were lucky enough to have a delightful lady called Louisa as our driver and guide. She was wonderfully patient with our requests for photo stops: cows, trees, abandoned churches all assume a different

photogenic quality away from home. And the storks! Once noticed, their nests were everywhere: atop bell towers, up pylons, balanced on telegraph poles. And look! – a pair like stilt walkers picking their way across a field.

Even before we reached the standing stones, there were wild flowers and

develop and grow before you are stripped again of that amazing commodity which seems to adapt itself to any manufacture from tough table mats to calfskin-soft wallets.

We were fortunate to be at the site of the standing stones before anyone else. Set in a high glade, it has a magical aura. Touching marks carved by a hand



herds of cows to admire. And so many cork trees, their trunks like the legs of shorn sheep, marked with the year of their harvesting. Number 16 – you have a few years to

in the 6th millennium BC is an experience never to be forgotten. So many stones, clustered like members of an orderly audience; so many questions that cannot be answered, only guessed at.

Finally, as it was my first visit to Portugal, what of the people? Unfailingly, they were a pleasure to meet. From the airport to our pousada and interaction with the people of Évora, we met with nothing but willing, helpful and cheerful people. We will always remember them – and the beautiful city of Évora.

It was only through a series of coincidences that we travelled to Évora: my winning a Sunvil voucher through a letter in the Sunday Telegraph's Travel section chosen by Andrew Purvis; the advice of Sue Ockwell at Travel PR who suggested Évora as a destination; and finally the work of Rosanna at Sunvil who assembled a holiday itinerary, which ensured a smooth and trouble-free week. To you all, thank you.



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Ultimate limit of human endurance found

By James Gallagher, Health and Science correspondent, BBC News

The ultimate limit of human endurance has been worked out by scientists analysing a 3,000 mile run, the Tour de France and other elite events.

They showed the cap was 2.5 times the body's resting metabolic rate, or 4,000 calories a day for an average person. Anything higher than that was not sustainable in the long term. The research, by Duke University, also showed pregnant women were endurance specialists, living at nearly the limit of what the human body can cope with.

The study started with the Race Across the USA in which athletes ran 3,080 miles from California to Washington DC in 140 days. Competitors were running six marathons a week for months, and scientists were investigating the effect on their bodies.

Resting metabolic rate - the calories the body burns through when it is relaxing - was recorded before and during the race. And calories burned in the extreme endurance event were recorded.

The study, in Science Advances, showed energy use started off high but eventually levelled off at 2.5 times the resting metabolic rate. The study found a pattern between the length of a sporting event and energy expenditure - the longer the event, the

harder it is to burn through the calories. So people can go far beyond their base metabolic rate while doing a short bout of exercise, it becomes unsustainable in the long term. The study also shows that while running a marathon may be beyond many, it is nowhere near the limit of human endurance.



• **Marathon (just the one) runners used 15.6 times their resting metabolic rate**

• **Cyclists during the 23 days of the Tour de France used 4.9 times their resting metabolic rate**

• **A 95-day Antarctic trekker used 3.5 times the resting metabolic rate**

"You can do really intense stuff for a couple of days, but if you want to last longer then you have to dial

it back," Dr Herman Pontzer, from Duke University, told BBC News. He added: "Every data point, for every event, is all mapped onto this beautifully crisp barrier of human endurance. Nobody we know of has ever pushed through it."

Can exercise reverse the ageing process?

During pregnancy, women's energy use peaks at 2.2 times their resting metabolic rate, the study showed.

The researchers argue the 2.5 figure may be down to the human digestive system, rather than anything to do with the heart, lungs

or muscles. They found the body cannot digest, absorb and process enough calories and nutrients to sustain a higher level of energy use. The body can use up its own resources burning through fat or muscle mass - which can be recovered afterwards - in shorter events. But in extreme events - at the limits of human exhaustion - the body has to balance its energy use, the researchers argue.

Dr Pontzer said the findings could eventually help athletes. "In the Tour de France, knowing where your ceiling is allows you to pace yourself smartly." Secondly, we're talking about endurance over days and weeks and months, so it is most applicable to training regimens and thinking whether they fit with the long-term metabolic limits of the body."



Night owls: Simple sleep tweaks boost wellbeing

By James Gallagher, Health and science correspondent, BBC News



Tweaking sleeping habits can shift people's body clocks and improve their wellbeing, say scientists in the UK and Australia.

They focused on "night owls", whose bodies' drive them to stay up late into the night. Techniques used included consistent bedtimes, avoiding caffeine and getting plenty of morning sunshine. The researchers say their approach may seem obvious, but could make an important difference to people's lives. Everyone has a body clock whose rhythms follow the rising and the setting of the sun. It is why we sleep at night.

But some people's clocks run later than others. Morning-led "larks" tend to wake early, but struggle to stay up in the evening; night owls are the opposite, preferring a lie-in and remaining active late into the night. The problem for many night owls is fitting into a nine-to-five world, with the morning alarm waking you up hours before your body is ready. Being a night owl has been linked to worse health.

Scientists studied 21 "extreme night owls" who were going to bed, on average, at 02:30 and not waking until after 10:00.

Are you a lark or an owl?



Their instructions were to:

• **Wake up 2-3 hours earlier than usual and get plenty of outdoor light in the morning**

• **Eat breakfast as soon as possible**

• **Exercise only in the morning**

• **Have lunch at the same time every day and eat nothing after 19:00**

• **Banish caffeine after 15:00**

• **Have no naps after 16:00**



• **Go to bed 2-3 hours earlier than usual and limit light in the evenings**

• **Maintain the same sleep and wake times every day**

After three weeks, people had successfully shifted their body clocks two hours earlier in the day, the analysis by the University

of Birmingham, University of Surrey and Monash University showed.

The results, in the journal Sleep Medicine, showed people still got the same hours of shut-eye. But they reported lower levels of sleepiness, stress and depression, while tests showed their reaction times

also improved. "Establishing simple routines could help night owls adjust their body clocks and improve their overall physical and mental health," said Prof Debra Skene from the University of Surrey. "Insufficient levels of sleep and circadian [body clock] misalignment can disrupt many bodily processes, putting us at increased risk of cardiovascular disease, cancer and diabetes."

One of the main cues the body uses for syncing with the passage of the sun is light - hence advice to expose the body to

more during the day and less at night. Having inconsistent sleeping and waking times can also disrupt the body's internal clock (known as a circadian rhythm). The techniques deployed may seem like obvious sleep hygiene advice, but each is used to help train the body clock.

What the researchers did not know was whether those hard-wired to sleep late would respond to the change of habits. "What isn't obvious is, when you have these extreme night owls, can you do anything about that?" Dr Andrew Bagshaw, from the University of Birmingham, told the BBC. "These are relatively simple things anyone can do that makes an impact, and that to me is surprising." Being able to take a decent chunk of the population and help them feel better without a particularly onerous intervention is quite important."



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A simple online system that could end plastic pollution

by Justin Calderon

It was once a shoreline buried by enough trash to render it invisible, warranting the unfortunate nickname "toilet bowl".



Many of the poorest communities are the most affected by plastic waste

Now the Philippines' Manila Bay beach is unrecognisably clean compared with a few months ago, a transformation so sudden and extreme that it brought tears to the eyes of residents.

The clean up started on 27 January, when 5,000 volunteers descended on Manila Bay to remove over 45 tonnes of garbage, marking the beginning of a nationwide environmental rehabilitation campaign. But some two months before this massive movement began, a quiet revolution was already underway. During the first week of December 2018, Brooklyn-based Bounties Network collected three tonnes of trash from Manila Bay over two days through a pilot project that paid a small network of people, mostly fishermen, for each cache of trash with a digital currency based on the Ethereum system.

For the mostly non-bank-using Filipino fishermen, this was a first-ever experience with a cryptocurrency. It's one that could prove decisive in enabling poor communities around the world to take up arms in the fight against humanity's waste, starting at the source of the bulk of global ocean pollution. There are signs that this recycling-for-digital-payment industry may be just about to take off. Earlier in September 2018, Plastic Bank, a Vancouver-based blockchain company powered by IBM technology, also launched a similar inaugural project.

They set up a scheme in Naga, a town in southern Luzon, the country's largest island, establishing a permanent collection point to let people trade plastic and recyclable materials for digital payouts through a reward system. Shaun Frankson, co-founder of Plastic Bank, says three more similar locations will open near Manila Bay over the next six months.

That both these pioneers have chosen the Philippines as their first location is not surprising considering the country's contribution to ocean waste. A Wall Street Journal study in 2015 revealed that the Philippines is the third-largest emitter of plastic



Manila Bay has a huge problem with plastic pollution

waste into global oceans, sending out almost two million metric tonnes of waste a year. Only China and Indonesia produce more plastic waste.

About 80% of ocean plastic in developing countries comes from areas of high poverty, IBM researchers have discovered. That insight could now inspire a revolution in plastic waste recycling to empower poverty-stricken people

in these regions. Other projects are already being organised by Bounties Network in Thailand and Indonesia, and by Plastic Bank in Indonesia and Haiti, with plans for global expansion in the coming year. The Philippines, a country with a knack for adopting new technologies, offers the perfect backdrop to test the new recycling business model.

Employing digital payouts to combat ocean pollution may be one of the most striking examples of how this new world of money can be put to the best of uses

"Bounties Network got a partnership with a local digital payment provider, Coins.ph, to make sure people could exchange the Ethereum into fiat [currency]," says Simona Pop, co-founder of Bounties Network. Employing digital payouts to combat ocean pollution may be one of the most striking examples of how this new world of money can be put to the best of uses. In the world's most disenfranchised communities, people often lack formal bank accounts but are often the source and victims of seemingly unsurmountable plastic waste challenges.

The fishermen that participated in Bounties Network's December clean-up collected a mountain of unholy detritus – ranging from plastics, sodden mattresses, nappies, school supplies, shoes, children's dolls and slippers. The waste has turned the bay's water toxic, which indeed remains a major challenge for the government's rehabilitation programme. Yet, it's the recycling habits that digital payout

programmes teach these communities that will be more valuable in the long run than any superficial trash removal. "It's like we are killing two birds with one stone," says Christina Gallano, a technical project manager who oversaw the Bounties Network project. "We are educating people and making them realise the benefit of having a clean environment, as well as the effect it will have in the long run, such as a greater amount of fish."

In some cases, this means saving as much of 50% of the original funds that would otherwise be spent on third-party fees – Simona Pop

While Bounties Network has taken a grassroots approach, the Plastic Bank method also tries to get commercial players involved. "Businesses of all kinds can use our free application on their basic smartphone to run their businesses and accept Plastic Bank's digital rewards as an alternative to cash payments," says Frankson. Local grocery stores or banks can manage a point-of-sale system, real-time inventory tracking,



The clean-ups have shown that the waste can be cleared for much less money than on current government schemes

automatic reporting, secured access for staff members, and instant digital receipts. Then there is the huge cost-saving potential brought about by this disruption, which benefits both funders and fulfillers and avoids traditional banks and their fees. "In some cases, this means saving as much of 50% of the original funds that would otherwise be spent on third-party fees, which is why we've been receiving a lot of inbound interest from major non-profits to continue this pilot in other locations with different use cases," says Pop.

Bounties Network's two-day Manila Bay project employed fishermen for

approximately \$2.50 (£1.97) an hour, which is almost double a whole day's pay for someone on minimum wage in the Philippines. The final bill for the clean-up came to \$700 (£550) for about three metric tonnes of waste removal; the same results using the official government programme would have cost \$10,500 (£8,280).

That kind of bang for buck is impressive, no matter how you measure it. The real-world transformations created by these pilot projects are testaments that blockchain technology can have tangible benefits over cash. A cleaner Manila Bay may only be the start.

The danger of overusing exclamation marks

by Emily Torres

Why every unnecessary use of the enthusiastic punctuation says, "please like me." Here's how to cut back.

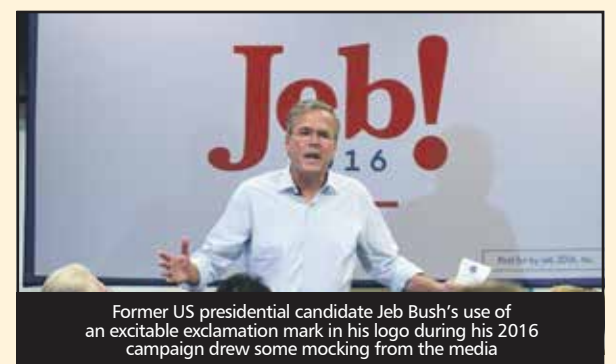
Hi! Hope you're well! Great to hear from you! I'm well-known for my cheerfulness. Even on my worst days, I put on a happy face to communicate with people outside my immediate friends and colleagues. In my emails, this behaviour manifests itself as exclamation marks. Preoccupied with appearing nice, I used to catch myself using exclamations at the end of every other sentence. And I'm not ashamed to admit it because, chances are, you've sent those emails too.

Take a look at the last few messages you sent. If you're like me, you'll see exclamations and other niceties peppered

throughout: "Looking forward to seeing the end result!" and "I'm excited to hear from you!" and "I'm happy to help out!" But are you?

Whether you send off a few – or a few dozen – emails a day, you're making these micro-decisions about how to accommodate your recipient when

you address, punctuate, and clarify your ideas in real time. And this is where decades of conditioning creep in, and that anxiety-driven need to be liked emerges. Especially for women, who use exclamation marks more often than men do. In a 2006 study, researchers analysed 200 exclamations used in professional discussion groups, and found that females used 73% of the exclamation marks. The study concluded that women use these marks more often than men do.



Former US presidential candidate Jeb Bush's use of an excitable exclamation mark in his logo during his 2016 campaign drew some mocking from the media

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in order to convey friendliness in their professional interactions.

For me, the scourge of the exclamation mark is this: I use it excessively because of the pressure I feel to manage the recipient's feelings. My default tone is enthusiastic, even when the situation doesn't call for it.

Being kind

Women tend to overemphasise our kindness at work, and not without good reason. According to McKinsey's 2018 Women in the Workplace report, we are still less likely to be hired in or promoted to senior positions, and there's pressure to provide more evidence of our competence than our male colleagues. And, unsurprisingly to many women, we're more likely to have our judgement questioned in our area of expertise. Is this why I overcompensate with enthusiasm?



I fear that I won't get what I want or need, so I soften my tone and emphasise my interest. I add a layer of friendliness because I don't want to be perceived as cold. Each unnecessary exclamation mark is a little request to my recipient to please like me, and please say yes. This goes beyond my emails, too. In mixed company, I'm not always the loudest voice in the room and I used to be hesitant to interject. I used to fear speaking up and standing up for my ideas and expertise in an effort to let others take the credit they demanded. That meant my contributions went unshared in the name of politeness. Women have been conditioned to be kind, supportive, and to not take up space – and it's draining.

Time sink

When I started paring



back my punctuation, I noticed how that same inauthentic enthusiasm was showing up in my day-to-day. I discovered that the time I spend adjusting my tone takes a toll on my energy. Managing other people's feelings is exhausting. And what's worse, it's unnecessary.

The reality is, I'm not always excited to hear from someone I don't know. And I'm not always happy to help, because I have my own work to do. Expelling this energy in order to be accommodating of others drains me of energy I could use for my own

me to the people I communicate with, whether it's my closest friend or a cold email to a stranger. Instead of overusing niceties, I let my words lead. I use exclamations sparingly, and only when it feels honest and authentic – not when it's coming from a place of insecurity. If I need to make the right impression, there are plenty of ways to build an emotional connection beyond punctuation. Instead, I opt for substance over superfluous style, like complimenting someone's recent work, or sending an article they'll enjoy.

Now, I ruthlessly replace unnecessary exclamation marks with full stops. Full stops slow down my pace. They offer a firmness that says I know what I'm talking about, and that I know exactly what I want. This also challenges me to manage my inbox more thoughtfully: I protect my time by reflecting on whether I do need to send a response, and why. If I don't feel the email will add substance, or further a relationship, I don't write it. I've found my verbal communications have become firmer as well. When I'm not feeling confident, I sometimes use upspeak, or ending statements with the inflection of a question. I frame my needs as questions rather than directives, and it's time to start putting full stops here, too. We don't have to ask nicely for our opinions to be considered; our thoughts and contributions are valid and worth taking up space.

I'm removing the mask of punctuation that drains my energy, and drawing a hard line to protect my time and energy. And sometimes, I'll exclaim. Because an exclamation mark, like kindness, is a valuable resource. And I will use it properly. Full stop.

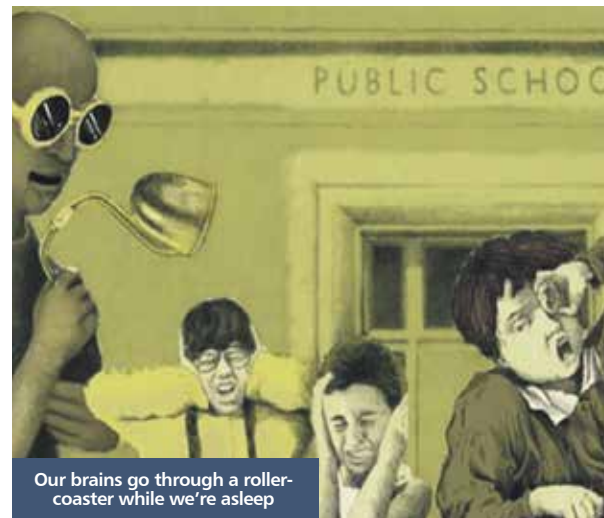
Not the default

As I've learned to rein in my punctuation, I've discovered that I can masterfully use exclamation marks as a relational tool rather than a coping mechanism. Like a well-placed smile, a thoughtful exclamation connects

WHY CAN'T SOME PEOPLE REMEMBER THEIR DREAMS?

By Stephen Dowling

Many of us struggle to remember the details of our dreams. The reasons lie in the complicated cycles of our sleep.



I am standing outside my childhood primary school, near the front gates and the teachers' car park. It is a bright sunny day and I am surrounded by my classmates. There must be more than a hundred of us. I have a dim feeling that some of my teachers are nearby, but my attention is on two adults, neither of which I recognise. The man I see in lurid detail – from the slick shine of his hair to the golden lenses on his sunglasses. He holds up some kind of device that emits a piercing shriek. I drop to my knees with my hands against my ears. My schoolmates are all doing the same. The man is laughing maniacally.

I had that dream nearly 40 years ago, but I can remember the details as if it were yesterday. Ask me to relate anything from a dream I had earlier this week, however, and I draw a blank. If I have been dreaming – and biology would suggest I most probably have – nothing has lingered long enough to remain in my waking mind.

For many of us, dreams are an almost intangible presence. If we're lucky, we can only remember the most fleeting glimpse in the cold light of day; even those of us who can recollect past dreams in astonishing detail can

wake some days with almost no memory of what we had dreamed about. There is little ethereal about the reasons this might be happening, however. Why we have dreams – and whether we can remember them – are both rooted in the biology of our sleeping bodies and subconscious mind.

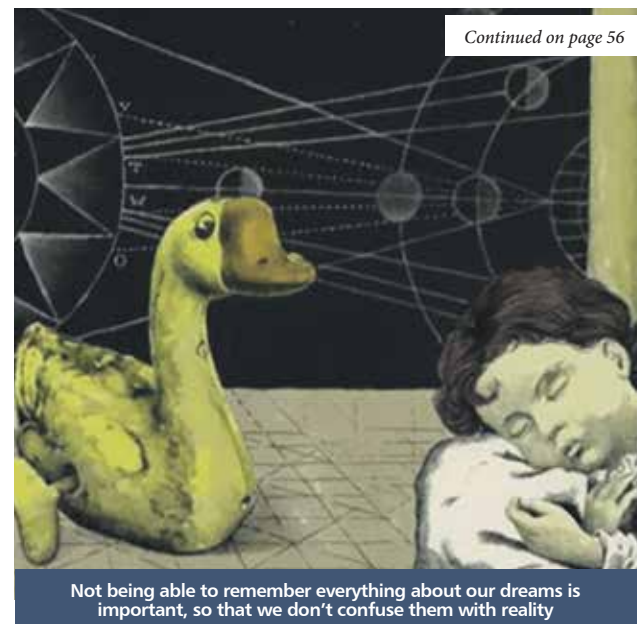
Sleep is more complicated than we once thought. Rather than being a plateau of unconsciousness bookended by slipping in and out of sleep, our resting brains go through a rollercoaster of mental states, with some parts being full of mental activity.

Dreaming is most

closely associated with the sleep state known as Rapid Eye Movement (REM). REM is sometimes known as desynchronised sleep, because it can mimic some of the signs of being awake. In REM sleep, the eyes twitch rapidly, there are changes in breathing and circulation, and the body enters a paralysed state known as atonia. It happens in 90-minute waves during sleep, and it's at this stage that our brains tend to dream. There is an extra flow of blood to crucial parts of our brain during the REM state: the cortex, which fills our dreams with their content, and the limbic system, which processes our emotional state. While we're in this dream-friendly state of sleep, they fire with furious electrical activity. The frontal lobes, however – which direct our critical faculties – are quiet. This means we often blindly accept what is happening in this often nonsensical narrative until the time comes to wake up.

It's probably a good thing that the dream life and the waking life are completely different –
Francesca Siclari

The problem is, the more jumbled the imagery, the harder it is for us to grasp hold of. Dreams that have a clearer structure are much easier for us



Continued on page 56

Not being able to remember everything about our dreams is important, so that we don't confuse them with reality

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So how does this look in reality? Consider this: £20,000 in an average savings account with a gross interest rate of 1% will pay: £20,000 at 1% pa, equalling £200 each year before tax.

What is the alternative? - A Spanish Tax Compliant Bond

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The returns over the last few years have been:

2012	2013	2014	2015	2016
8.0%	7.6%	7.5%	10.3%	5.8%

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The growth on a Spanish Tax Compliant Bond is free of tax until a withdrawal is made -even then only the growth is subject to tax.

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The Bond is backed by an AA-rated financial institution

The Bond is backed by an AA-rated financial institution which is subject to a strict legal and regulatory environment, to European Law, all applicable European directives and regulations and to meet European solvency margins. Under EU law, assets are to be used to repay policyholders should the company be wound up.

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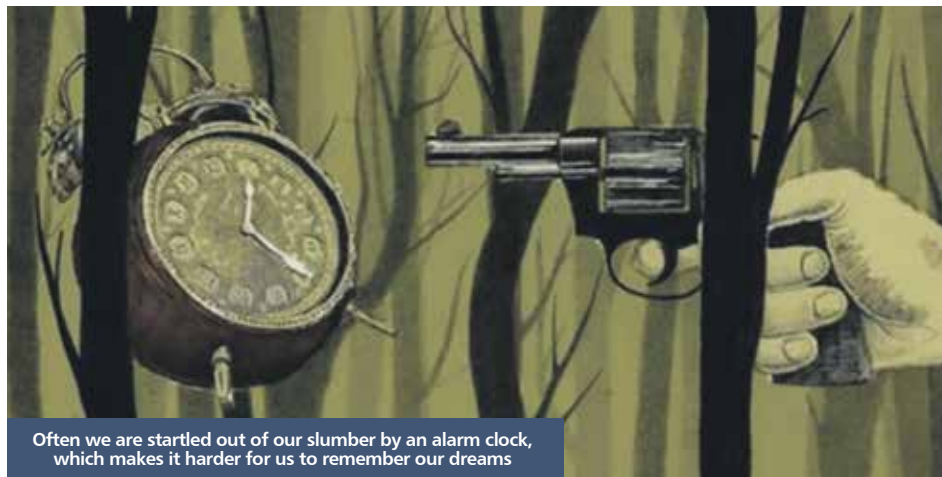
to remember, psychology professor and author Deidre Barrett said in a recent story on Gizmodo. But there's a chemical component at work which is crucial for making sure those dream images are retained: noradrenaline. Noradrenaline is a hormone that primes the body and mind for action, and our levels of it are naturally lower in deep sleep.

Francesca Siclari, a sleep research doctor at the Lausanne University Hospital, says there are clear definitions between our states of wake and sleep – and that is no accident. "It's probably a good thing that the dream life and the waking life are completely different," she says. "I think if you remembered every detail like you can do in waking life, you would start to confuse things with what's actually happening in your real life."

She says that people suffering from sleep disorders, such as narcolepsy, can find it difficult to tell the difference between their waking and sleeping lives, and this can leave them feeling confused and embarrassed. "There are also people who remember their dreams too well, and they actually

start exporting those memories into their day."

It is no accident that the dreams we remember the most come from certain periods in our sleep cycle, affected by the chemicals coursing through our sleeping bodies. "Normally we dream most vividly in REM



Often we are startled out of our slumber by an alarm clock, which makes it harder for us to remember our dreams

sleep, which is when the levels of noradrenaline are low in the brain," she says.

We may find ourselves dreaming right before we wake up – but our morning routines actually get in the way of remembering the imagery. Often we are startled out of our slumber by an alarm clock, which causes a spike in our noradrenaline levels – thus making it harder for us to hang onto our dreams. "Someone who asks me the question of

why they can't remember their dreams, I say it's because they fall asleep too fast, sleep too soundly and wake up with their alarm clock," says Harvard Medical School sleep researcher Robert Stickgold. "And their response is usually, 'How did you know that?'"

If you just fall fast asleep – the way we all wish we could – you're not going to remember anything from that part of your sleep cycle – Robert Stickgold

Stickgold says that a lot of people remember their dreams from a sleep onset period, when the mind starts wandering and dreamlike imagery occurs as people drift in and out of sleep – a process called "hypnagogic dreaming".

Stickgold says he carried out a study some years ago where students in a lab were awoken shortly after they started entering this state. "Every last one of them remembered dreaming," he says. "This stage is the first five or 10 minutes after falling asleep. If you just fall fast asleep – the way we

all wish we could – you're not going to remember anything from that part of your sleep cycle."

So what if you actively want to remember your dreams? Obviously, each sleeper is different, but there are some general tips which might help you to hold on to your dreams. "Dreams are incredibly fragile when we first wake up, and we don't really have an answer for why that is," says Stickgold. "If you're the kind of person who leaps up out of bed and

goes about their day, you're not going to remember your dreams. When you sleep in on a Saturday or Sunday morning, that's an excellent time to remember dreams. "What I tell my students on my courses is, when you wake up, try to lie still – don't even open your eyes. Try to 'float' and at the same time try to remember what was in your dream. What you're doing is you're reviewing dreams as you enter your waking state and you'll remember them just like any other memory."

There are even more surefire ways to remember dreams, Stickgold says. "I tell people to drink three big glasses of water before they go to bed. Not three glasses of beer, because alcohol in an REM suppressant, but water. You'll wake up three or four times in the night and you'll tend to wake up at the end of an REM cycle of sleep which is natural."

And there is another piece of advice offered by some sleep researchers – that simply repeating to yourself as you drift towards sleep that you want to remember your dreams means you wake remembering them. Stickgold laughs. "It actually works. If you do that you really are going to remember more dreams, it's like saying 'There's no

place like home'. It really works."

it is time to wake up.

Natural light boost

Nursing home residents also often suffer from lack of sunlight. Indoor light can be dim while residents often experience very little natural light, meaning poor quality sleep is a common complaint. A Dutch study increased the light in the communal areas of a nursing home, while attempting to make bedrooms as dark as possible. This appeared to reduce daytime napping and stabilise night-time sleep, which improved mental ability and sense of wellbeing. Light deprivation is not just about the loss of bright natural light; it is also about the timing of light exposure. Dusk light delays our body clock, making us get up later the next day. Morning light advances the clock, which makes us get up earlier. When we worked outside this was not a problem; we were exposed to both dawn and dusk and so the two cancelled each other out.

But today many of us only experience part of the dawn-dusk cycle. This can be particularly true for university students, who tend to start the day later, and then spend more time outside in the early evening. The dusk light delays their body clocks, meaning they are likely to get up and go to bed later. This is compounded by hormonal changes in adolescence and early adulthood which delay the body clock by about two hours. The health consequences of smoking, alcohol and unprotected sex are well publicised, but the importance of sleep and the critical role played by light is arguably less well known.

Minimising light exposure before you go to bed, and trying to get us much morning light as possible, are simple steps that could help most people to regulate and improve their sleep.

Light and the circadian rhythm: The key to a good night's sleep?

The cycle of sleep and wakefulness is one of the key human behaviours.

We spend about a third of our lives asleep and cannot survive without it. When asleep, our brain memorises and processes information. Our body clears toxins and repairs itself, allowing us to function properly when awake. Even short-term sleep deprivation significantly affects our wellbeing. Most of us begin to fall apart after just one night without sleep and after three nights of missed sleep, we are functioning way below par.

Setting the body clock

The reason light is so important is that it sets our circadian rhythm, or

body clock, via specialised light sensors within the eye. Our eye detects the light and dark cycle within our environment and adjusts the body's circadian rhythm so that the internal and external day coincide. This is so powerful that that people who have very severe eye damage can find their body clock is thrown off, leading to sleep problems.

Without any access to light, the human body clock appears to drift, adding about half an hour on to its 24 hour cycle for each day of darkness. Jetlag is the most obvious example of the effect light can have. Exposure to light in the new time zone helps reset our body clock to local time, telling us the right time to sleep.

In 1800, most people across the world worked

outside and were exposed to the change from day to night. Today, many of us miss out on these environmental cues as we work inside. Agriculture and fishing, for example, now make up just 1% of jobs in the UK. We have become a light deprived species, and this has far reaching consequences for the quality of our sleep, and consequently our wellbeing. The optimum amount varies from person to person, but we do know that our bodies need exposure to very bright light that the majority of indoor lighting does not provide.

Working the nightshift

While many of us aren't getting enough natural light, for nightshift workers it is a particular issue. They

have to work at a time when the body clock has prepared the body for sleep, and alertness and performance ability are low. They may try to make up on sleep during the day, but it will usually be shorter and of poorer quality. In effect, they work when they are sleepy and sleep when they are not, and the



negative health effects of this are only just being fully realised.

In the short term, it can prompt abnormal emotional responses and an inability to process information correctly. Over the long term, many aspects of health can be

affected by nightshift working, which may shorten life spans by up to six years. As many as 97% of nightshift workers fail to adapt to the demands of their work pattern, regardless of how many years they have been doing the job. An office or factory is very dim compared to environmental light; by

noon on a sunny day, natural light can be 250 times brighter than the light in an office. When a night shift worker leaves to go home they are often exposed to this bright natural light, sending signals to their internal timing system that

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 C/ Luciano Bello Alfonso No 5,
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Printed by: Artes Graficas del Atlantico, Gran Canaria

ENERGY PERFORMANCE CERTIFICATES IN SPAIN

JULY 19 UPDATE

Since June 2013 the total number of Energy Performance Certificates (EPCs) that have been carried out in the Canaries stands at approximately 217208, with some 2,323 being registered over the month of June this year. This is 8% less than the same month last year and is the lowest total since January.

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 letting without one.

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:

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Information about a property's energy use

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Playa de la Arena, Restaurant
€470,000

New on the market and for sale with FRINA Tenerife is this sea-view freehold restaurant located in Playa de la Arena. You find it facing a busy street and close to the beach – an area that attracts many guests and tourists year-round. The premises are 90 m2 including the terrace which o... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2204
922 085191 / 670 636004

Los Cristianos, Restaurant

€367,500

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

The Property Gallery Ref: COM478
922 719925 / 922 719889

€349,999 - €250,000

Los Cristianos, Commercial
Property

€315,000
The location is 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, Restaurant

€290,000

Full trading restaurant FOR SALE or for LEASEHOLD. Sold fully equipped and furnished. Been

only 30 seconds from the busy beach promenade. The business has been run by one couple for 16 years and shows a healthy income that could improve by extending the opening hours (currently only open 5 days a week). Even though the business has been open for 16 years it is still in perfect cond... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2001
922 085191 / 670 636004

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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

Tenerife South, Bar/Cafe
€250,000

Great value freehold bar/cafe located between large hotels and

11 passengers + 1 captain. ... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2182
922 085191 / 670 636004

Torviscas Bajo, Restaurant

€215,000

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 - Business
Sales 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

Puerto Colon, Excursion
Business

€185,000

This luxurious boat excursion business sells private charters of high standards. The guests can choose from 1.5 hour trips to full days with a free bar and gourmet food. The 3 boat included is a Galeon 390 Fly is a motor yacht of 11,7 x 3,7 meters, with room for 8 guests too. The engines are 2 x 310 hp Volvo Penta D6-310 and the fuel tanks are 2... For full

valuable list of agents, lawyer... For full information see website or contact:
FRINA Tenerife SL - Business
Sales Ref: 2112
922 085191 / 670 636004

Los Cristianos, Commercial Property

€157,500

Ten locals made into a large party/game bar with separate bar

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information see website or contact:
FRINA Tenerife SL - Business
Sales Ref: 2023
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

Tenerife South, Other Business
€158,000

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

& terrace area. Karaoke room, Large game room (for laser games) Ideal for birthday & other parties.
The Property Gallery Ref: COM529
922 719925 / 922 719889

Torviscas Bajo, Pool Bar**€154,000**

If you want to serve cold refreshments to happy customers who come to Tenerife and relax in the sun and bar this is a very good option. This pool bar for sale is placed in a large complex in Torviscas Bajo that is busy all year, and you will enjoy many returning customers. It is the place to go for a fast refreshment and without the need to leave the pool... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2041
922 085191 / 670 636004

Las Americas, Local**€150,000**

Centro Commercial, Terranova. Playa de las Americas. 48 m2 Local with 90 m2 Terrace already set up for a BAR, fully equipped and ready to open. Option of a FREEHOLD also for 240.000 a LEASEHOLD IS 16.000a 5 YEARS RENEWABLE. 1.200 a PER MONTH RENT.
The Property Gallery Ref: COM483
922 719925 / 922 719889

€149,999 - €100,000**Los Gigantes, Restaurant****€145,000**

This option for sale includes 2 businesses in Los Gigantes, which runs as 1 busy and popular restaurant today. The premises of these 2 businesses are located next to each other, but both locals have their own license and are fully equipped, hence they can be run like 1 or 2 businesses. Both premises offer professional kitchens, storages, guest toilets an... For full information see website or contact:
FRINA Tenerife SL - Business

Sales Ref: 2137**922 085191 / 670 636004****Callao Salvaje, Bar/Cafe****€140,000**

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

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

San Miguel, Excursion Business

€130,000

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 harbour, where it has a fixed mooring. Today the excursion offered are quality fishing trips and whether you wish to do trolling, jigging... For full information see website or contact:

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

Costa del Silencio, Empty Local

€125,000

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

Tenerifehome.com Ref: 1448-1218
922 783066

Playa Paraiso, Bar/Cafe**€125,000**

This charming Cocktail & Tapas Bar is a spacious and has a beautiful terrace, which offers mountain views and views to the island La Gomera. The premises are spacious 200m2 including a cosy terrace of 50 m2. The terrace has tables for about 15 guests, but you can easily put more. The inside has a large bar and a dining... For full information see website or contact:

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FRINA Tenerife SL - Business
Sales Ref: 2167
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

Costa del Silencio, Empty Local

€109,000

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

Tenerifehome.com Ref: 1311-0917
922 783066

Costa Adeje, Commercial Property

€109,000

Opportunity to acquire a successful gourmet restaurant that has 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. Very well decorated. Large dining area, pub, large kitchen, terrace and toilets. Kitchen is fully equipped with tw... For full information see website or contact:

The Property Gallery Ref: COM534
922 719925 / 922 719889

Granadilla, Commercial Property

€100,900

Located in an 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

Torviscas Bajo, Bar/Cafe**€100,000**

Great business option for sale in a large resident and hotel complex in Torviscas Bajo. However, facing the street so you both attract clients from the complex and direct from the street. And since the terrace is facing the street you are allowed to keep open until 02:00 at night. The terrace measures 60 m2 and the inside of the bar is 60 m2 to... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2011
922 085191 / 670 636004

€99,999 - €50,000

Costa del Silencio, Bar/Cafe**€89,000**

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

freehold. The inside has tables f... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2162
922 085191 / 670 636004

Guia de Isora, Commercial Property

€85,000

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

Vym Canarias Ref: VS5641D
922 787210 / 635 881888

perfect fish & chips. It is a well-visited business, which also offers other fast foods and delivery. The premises are 25 m2 with a counter and an open kitchen. In front of the shop is a covered terrace of 12 m2 with tables for g... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2159
922 085191 / 670 636004

Los Gigantes, Restaurant**€69,000**

This restaurant is known as one of the absolute best in Los Gigantes. Moreover, the business is located just at the marina, which secures lots of traffic and a naturally a great view. The premises of the business have a

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KEYBOARDS FOR HIRE

Los Gigantes, Bar/Cafe**€79,000**

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

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

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**€70,000**

New on the market is this large bar in a great location in San Eugenio Bajo just a minute from the beach, which secures a lot of passing trade. Moreover, the bar is located among many complexes and hotels. Altogether the bar measure 256 m2 inside and outside. The large terrace is 110 m2 and the guests can seek both shad... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2203
922 085191 / 670 636004

San Eugenio Bajo, Fish and Chip Shop

€69,000

This fish & chips Shop opened 25 years ago and is known for using local British products to make

large kitchen, storage, and guest toilets. There are a few tables inside, but since the terrace offer a stunning view of the marina most... For full information see website or contact:

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

Los Cristianos, Other Business
€68,000

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

Tenerife Prime Property Ref: Local 02
627-230360

Torviscas Bajo, Pool Bar**€65,000**

If you want to serve cold refreshments to happy customers who come to Tenerife and relax in the sun and bar this is a very good option. This pool bar for sale is placed in a large complex in Torviscas Bajo that is busy all year, and you will enjoy many returning customers. It is the place to go for a fast refreshment and without the need to leave the pool... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2010
922 085191 / 670 636004

San Eugenio Bajo, Fish and Chip Shop

€64,000

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

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

San Eugenio Alto, Pool Bar**€63,000**

Tenerife is happy to offer this cosy pool bar for sale in San

Eugenio Alto in a complex 120 apartments and the guests are both tourists and residents. The bar is truly a hidden little gem and the current owner has been here for 5 years. The bar measures 30 m2 and has a bar, a smaller kitchen of 8 m2 and... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2199
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

Puerto Colon, Italian Restaurant

€55,000

See this business for sale on FRINAs new mobile and tablet friendly website This Cafe is placed in a popular commercial centre next to La Pinta Beach and the beautiful harbour of Puerto Colon. Thanks to its delicious food, this business is already the preferred place to eat lunch for many of the locals who work in the area, and it also has several... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2072
922 085191 / 670 636004

Outside: Large Terrace ♦
Additional: Investment opportunity ♦

Property Alliance SL Ref: 0C3154
922 777747

Los Cristianos, Bar/Cafe

€45,000

For sale with FRINA Tenerife is this nice bar-cafe located centrally in Los Cristianos. The cafe has the Bar-Cafe license and is well-known for snacks, good tapas, and great cocktails. If you look for a smaller Los Cristianos cafe you cannot miss this business for sale. The inside premises are 35 m2 and the terrace is 35 m2 to... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2077
922 085191 / 670 636004

Puerto de Santiago, Sports Bar

€44,500

You find this Snack Bar & Sports in Puerto de Santiago in the Southwest of Tenerife. This is the perfect location if you wish to benefit from the lovely weather and truisms of Tenerife but still live in a quieter area. The bar and cafe are 2 floors which measure 140 m2 altogether. The main floor has a large dining area with large windows and t... For full information see website or contact:

FRINA Tenerife SL - Business

922 719925 / 922 719889

Costa Adeje, Cafe/Cake Shop

€36,000

This tea and coffee house is a great business that offers specialty coffee and tea from all over the world, and a wide selection of tea and coffee accessories too. The clientele is mainly other businesses like bars and offices. However, due to a small coffee corner inside the store, the business works as a coffee bar as well. This coffee house is in a n... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2065
922 085191 / 670 636004

Costa del Silencio, Fish and Chip Shop

€36,000

Amazing takeaway business known as the No. 1 fish & chips bar in Costa del Silencio in a commercial center with other bars and restaurants. Established many years, in addition to fish and chips, the business offers burgers, chicken, and kebabs and can be operated by one person. The local is 36sqm with a large kitchen and a small terrace with 4 tables. The... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2102
922 085191 / 670 636004

Los Cristianos, Bar/Cafe

€36,000

See the business on our new website HERE. New on the market is this Los Cristianos bar-pub established since 1988. The current owner had the bar for 14 years and only sell due to retirement. Today the bar-pub is open in the evenings, but the opening hours can be expanded. The bar-pub is classic and furnished with red chairs and dark wood giving this coz... For full information see website or contact:

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

Puerto de Santiago, Local

€30,000

♦ Location: Touristic Area, Close to amenities ♦ Close to: Coast, Restaurants / Bars / Cafes, Beach ♦ Views: Sea ♦ Quality: Furnished ♦ Outside: Sunny Terrace, Large Terrace ♦ Additional: Investment opportunity

Property Alliance SL Ref: 0C2992
922 777747

San Eugenio Alto, Bar/Cafe

€26,000

This bar-cafe San Eugenio Alto has a great roof terrace with views of the mountains and green surroundings. Altogether, the bar-cafe is spacious 200 m2 and has a large kitchen of 50 m2. There is a dining area facing the street and of course the large roof terrace. Altogether, there are tables for 30 g... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2115
922 085191 / 670 636004

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 harbour of Puerto Colon is by far the busiest in the south of Tenerife. And the various excursion businesses attract many visitors year round. The local is... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2093
922 085191 / 670 636004

Chayofa, Beauty Salon

€9,000

For sale with FRINA is this great beauty salon in Chayofa, which are furnished to perfection. Today it is run by the owner who

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The Book Shop moved to its new, cleaner, brighter location just behind Pit Team Sur/The Golf Shop/Canarian Weekly and opposite Marrero Homes lovely new showroom, at the beginning of December, since which time it has since increased its total books held to more than 10,000.

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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

The Property

Gallery Ref: 118647
922 719925 / 922 719889

Puerto Colon, Fully Equipped Local

€15,000

If you dream of living in Tenerife, this bar-cafe local is a great option to buy. You get a furnished local with a stunning view of Puerto Colon and only need limited investments to reopen.

offers a wide range of beauty and wellness treatments; like specialized face and body treatments, massages, nails, make-up, eyebrows, and lashes. The premises are spacious w... For full information see website or contact:

FRINA Tenerife SL - Business
Sales Ref: 2120
922 085191 / 670 636004



Currencies Direct

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

UNDER €50,000

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 ♦

Sales Ref: 2096

922 085191 / 670 636004

Los Abrigos, Commercial Property

€40,000

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

The Property Gallery Ref: COM544

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Ice Cream & Crepe Bar



This business sells ice cream, cakes, and crepes. It is located in Golf del Sur and has no direct competitors in the area. It is an easy business to run and great for a single person or a couple who wishes for a light job in Tenerife.

Ref.: 2230 Price: 49,000€

Bistro-Cafe For Sale



Reduced

This cozy bistro-café in Costa del Silencio is known for quality food and a cozy atmosphere. The bistro has tables for 40 guests and from the open terrace is a lovely view of green areas - a good location and the rent is solo 900€ a month.

Ref.: 2139 Price: 45,000€

Lovely Cafe In Adeje



NEW

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

Ref.: 2244 Price: 38,000€

Sportswear Store

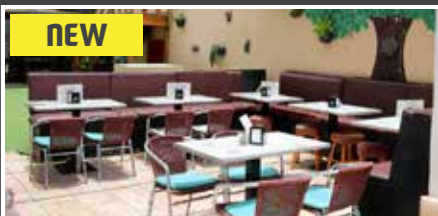


Reduced

This store is located in Fañabe and sells sports shoes, clothes and accessories of quality brands like Adidas, Puma and Mizuno. The buyer can decide to buy the stock and keep running a sports store or buy solo the licensed store.

Ref.: 2226 Price: 30,000€

Family & Entertainment Bar



NEW

This traspaso is located in Las Americas, where it opened more than 10 years ago. It is popular and known for a really good British breakfast and amazing entertainment in the evenings like karaoke and live music.

Ref.: 2238 Price: 47,500€

Bargain Music Bar-Cafe



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

Ref.: 2192 Price: 40,000€

Restaurant In Los Cristianos



This restaurant is spacious 180 m2 with tables for about 60 guests. Furthermore, the restaurant offers a large bar and a fully equipped kitchen of 20 m2 with gas. It is located in the old part of Los Cristianos and has been open many years.

Ref.: 2222 Price: 69,500€

Water Sports Business



NEW

This water sports business in Puerto Colon offers tube rides and fad boards. The different water sport options are from 1 to 4 persons and the trips are made with a zodiac boat that can fit 12 clients a trip.

Ref.: 2248 Price: 49,500€

Large Music & Lounge Bar



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€

Take Away Bar & Cafe

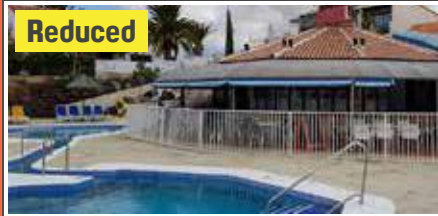


New

This is a great little bar-café in Torviscas Bajo close to the beaches and perfect for a single person or a couple of friends who wish to run a business together. It is 50 m2 with a terrace of 20 m2 and the rent is only 580€ monthly.

Ref.: 2243 Price: 50,000€

Bargain Freehold Pool Bar



Reduced

This freehold is located in Golf del Sur. It is the only pool bar in a nice complex and a great business for a couple who wants a solid business. The freehold is 70 m2 with a spacious kitchen and a large terrace of 100 m2.

Ref.: 2239 Price: 165,000€

Boat Charter Business



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

Ref.: 2231 Price: 145,000€

Las Americas Restaurant



New

This cozy restaurant in a busy area is known for delicious food inspired by the Lebanese kitchen and a cozy terrace to enjoy shishas. The premises are 100 m2, in a perfect state and with a fully-equipped professional kitchen.

Ref.: 2228 Price: 95,000€

Restaurant In San Telmo



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: 89,000€

Busy Excursion Shop



This shop opened 5 years ago in San Eugenio and sell everything from excursion trips to Teide to tickets for Siam Park. Today the business is run as an SL company and the buyer can choose to buy the SL or the traspaso.

Ref.: 2232 Price: 42,000€

Bavaria Excursion Boat



New

This Bavaria 49 sailboat for whale & dolphin watching is located in Puerto Colon and sold with the commercial tourist license allowing 10 passengers and a captain a trip, which is normally 3 hours.

Ref.: 2247 Price: 130,000€

Cafe & Bakery In Adeje



This traspaso offers both a fully equipped bakery and a good cafeteria. It has been established for 7 years and has a great reputation. The premises are 170 m2 including the fully equipped bakery, café with terrace and an office.

Ref.: 2227 Price: 129,000€

Popular Italian Cafe



This small Italian café has tables for 25 guests on the terrace. It is located in Puerto Colon commercial center, is very well established and a preferred breakfast and lunch café for many of the employees in the center and harbour.

Ref.: 2072 Price: 55,000€

24 Hour Supermarket



This Supermarket is located centrally in Las Americas and is open 24/7. It is 50 m2 + a terrace of 50 m2, it is fully equipped with new fridges. Today the supermarket is run by 4 employees and shows a healthy income.

Ref.: 2218 Price: 250,000€

Scooter Rental Business



This business located in Tenerife South has been established for 6 years. The business includes 16 scooters of different brands and classes. And it is run from home, which secures low overheads and a healthy income.

Ref.: 2216 Price: 110,000€

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