

The Tenerife Property & Business Guide



Part of the Spanish Property Guides Group | August 2019 Issue 178

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Golf Costa Adeje
5 bedroom villa with heated pool
This is just one of the beautiful properties we have for sale – call for more information, quoting Ref: 05-1369. See pages 2, 3 and 30, 31 for contact details.

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Obituary

MIRIAM ARTINGSTALL, died 17/7/19

We are sad to record the tragic death of Miriam Artingstall, beloved daughter of Jeremy and Pilar Artingstall, much loved and respected colleague of Malcolm Lonsdale and Justin Ritson of Estate Agents Island Estates, and loving mother of Irene, in a traffic accident in the south of Tenerife, on Wednesday 17th July.

Miriam joined Island Estates as Secretary/Office Manager, when her father, Jeremy (founder of the business), retired three and a half years ago, since which time she displayed her Dad's same professionalism and dedication to her new role. Miriam is survived by her husband, Carlos, her hugely talented musician daughter, Irene, aged 12 (who was travelling with her Mother at the time of the accident, and who is now recovering well), and loving sister, Rachel.

Everyone at The TPG and fellow agents/clients in the south of the island share the family's grief at this terribly sad time.



Tenerife Prime Property

The Bookshop, Las Chafiras

The company started life as The Trading Post in Las Galletas, when it was essentially a Long Term Rental agency.

Whilst still active in this market, TPP has evolved into a busy, small Estate Agent, particularly following the arrival of our super-salesman, Danny Metcalfe (pictured, father to Jude, born September 2018, and husband to Gemma, more-than-budding thriller-writer)! In addition to Sales and Rentals, the business includes the second hand Book Shop in Las Chafiras and, of course, The TPG itself.

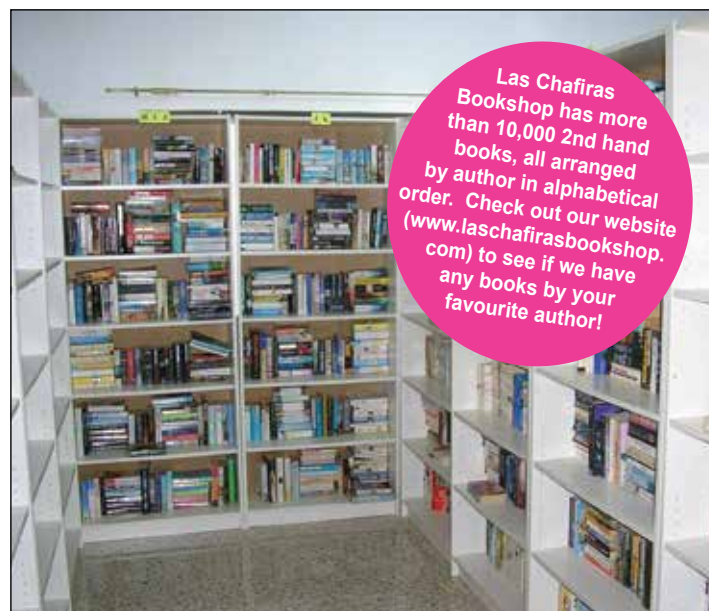
Since Danny arrived, in early 2018, the Estate Agency has gone from strength to strength, principally because Danny is a 'natural born salesman' with a successful history in Financial Services. That particular industry focused hugely on

the professionalism of its people, business planning, prospecting, presentation of products, especially satisfying the client's needs (i.e. listening to what the client wants!). Working in that world (financial services) also establishes very early that, if you are not motivated and enthusiastic about what you do, you have NO chance of succeeding! Danny was both motivated and enthusiastic! He also spent some time with a UK estate agent before deciding to come to live in 2008.

We are delighted to report that Danny passed all the above 'Tests', and, ably supported by Carol Hale (who has been with TPP since 2004,

is bilingual and deals with all administration, changes to utility and other regular bills, NIE and Residencia applications and lots more!), the company now seems to be on a very nice, upwards 'trajectory'.

So, if you are in the market to sell your home (or maybe know someone who is?), or to buy that 'holiday home in the sun', why don't you give Danny a call on 672 935 668, and he'll be delighted to help you.



Las Chafiras Bookshop has more than 10,000 2nd hand books, all arranged by author in alphabetical order. Check out our website (www.laschafirasbookshop.com) to see if we have any books by your favourite author!



Danny Metcalfe

Tenerife Prime Property

AMARILLA GOLF, PALM RIDGE



Stunning three bed, two bath (one en suite - upgraded Spring 2018) duplex apartment for sale or rent, and available furnished, or unfurnished). The property is situated on one of the most sought-after developments in the area (and enjoys a well-managed community with beautiful pool and sun bathing terrace), and comprises open plan lounge/diner, brand new American-style kitchen (Nov 18), four terraces, two having wonderful views over Amarilla golf course up to Mount Teide. There is direct lift access to the apartment and a private garage.

This is a beautiful home, well worth viewing to appreciate what it has to offer!

Ref No: 03-1372

PRICE: €294,950



Tel: 922 703 725 / 627 230 360

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Playa San Juan

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

38 12 Ref: 0S3350 Price: 119,000€

Torviscas Bajo, Benimar

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

88 74 Ref: 2A3391 Price: 370,000€

Las Americas, Olimpia

- Studio
- Centrally located
- Close to amenities
- Gated community
- Second line to the beach
- Sea views
- Furnished
- Sunny terrace
- Communal pool

26 6 Ref: 0S3374 Price: 179,900€

Las Americas, Ponderosa

- Studio
- Centrally located
- Gated community
- Touristic area
- Second line to beach
- Sea views
- Furnished
- Sunny terrace
- Communal pool

26 8 Ref: 0S3377 Price: 179,900€

San Eugenio Bajo, Panorama

- Studio
- Central
- First line to beach
- Gated community
- Communal pool
- Close to amenities
- Sunny terrace,
- Fully furnished,
- Investment opportunity

32 6 Ref: 0S3398 Price: 210,000€

San Eugenio Bajo, Mareverde

- Central
- 1 bed
- 1 bath
- Close to amenities
- Gated community
- Close to beach
- Fully furnished
- Sunny terrace
- Well presented

32 6 Ref: 1A3383 Price: 148,900€

Los Cristianos, Los Diamantes

- 1 bed
- 1 bath
- Close to amenities
- Central
- Fully furnished
- Renovated
- American kitchen
- Heated communal pool
- Investment opportunity

38 13 Ref: 1A3393 Price: 140,000€

San Eugenio Alto, Island Village

- 1 bed
- 1 bath
- Central
- Close to amenities
- Gated community
- Sea views
- Lift access,
- Immaculate condition,
- Communal pool

49 7 Ref: 1A3399 Price: 210,000€

Adeje, Edf. Villalon

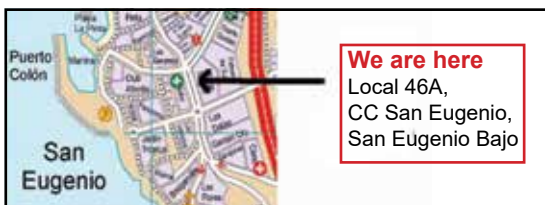
- 2 bed
- 1 bath
- Central
- Close to amenities
- Residential area
- Garden views
- Fully furnished
- Good condition
- Terrace

60 10 Ref: 2A3376 Price: 175,000€

Chayofa, Tinguafaya

- 3 beds
- 2 baths
- Popular urbanisation
- Garden views
- Fully furnished
- Well presented
- Various terraces
- Communal pool
- Private parking

122 76 Ref: 3TH3384 Price: 395,000€



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San Eugenio Bajo, Palmeras del Sur



Well presented, fully furnished 3 bed, 2 bath apartment on gated community with swimming pool and tennis courts. The property has a lounge/dining area, independent kitchen, and private parking. Centrally located and close to amenities.

Price: 297,000€

Ref: 3A3400



San Eugenio Alto, Mirador del Sur



Fully furnished 4 bed, 4 bath villa with private pool and double garage parking on central, popular urbanisation. The property, which enjoys sea and mountain views, has a lounge and dining area, independent kitchen, and a sunny terrace and garden.

Price: 735,000€

Ref: 4V3396



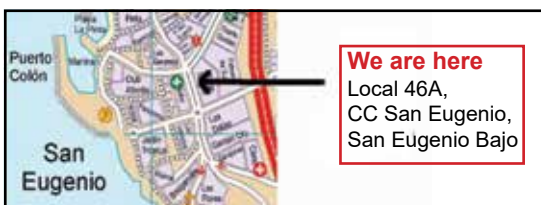
Guia de Isora



3 bed, 1 bath Canarian house in quiet, rural location with off-street parking. The property has an entrance hall, dining room, independent kitchen, roof terrace, and enjoys sea and mountain views. Development potential.

Price: 157,500€

Ref: 3CH3397



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Las Galletas, Alborada

Part-furnished, modern, 1 bed, 1 bath apt. on sea-front complex with gardens and huge salt-water pool. The property has an American kitchen, bathroom, and separate toilet. €175/month community fees.

Ref: 1500-0719

€127,500



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



Parque de la Reina, Tigaiga II

Centrally located 2 bed, 2 bath ground-floor apt. on complex with well-kept gardens and communal pool. The property has a living/dining room with access to the spacious terrace, a separate kitchen, and a parking space.

Ref: 1492-0619

€146,000



EXCELLENT CONDITION!

Costa del Silencio, Balcón del Mar

Fully furnished 1 bed, 1 bath top-floor apt. with panoramic sea views on complex with large pool. The property has an open plan living room and kitchen, and 7sqm balcony.

Ref: 1497-0619

€170,000



Costa del Silencio, Parque don Jose

Completely refurbished 1 bed, 1 bath apt. on complex with 2 pools (1 heated), gardens, and plenty of open space. The property enjoys nice views over the gardens from the terrace.

Ref: 1496-0619

€139,000



OPPORTUNITY!

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: 1360-0318

€110,000



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



REDUCED!

Costa del Silencio

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

Ref: 1412-0718

€110,000



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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Arona
Tel. 922 748 006

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Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas



NEW!
EXCLUSIVE

1 BED GARDEN APARTMENT

Amarilla Golf

AN IDEAL HOLIDAY HOME FOR THE WINTER!

This beautiful top floor apartment has two terraces, one of which has great views of the Amarilla Golf course. This property is situated at the end of the row, and enjoys all day sunshine. Based on a well run community with a communal pool. Located close to the ocean front, marina, shops and bars. If you are looking for a holiday home or a base for a winter retreat ...this could be for you!

Ref: AMG00522

Price: £125,000 (approx. €141,250)



NEW!

2 BED APARTMENT

Los Abrigos

CLOSE TO THE HARBOUR!

This top floor two bedroom apartment is situated within a vibrant fishing village. The apartment is light and airy and offers a east and west orientation with quaint terraces at either side of the property. The village of Los Abrigos has so much to offer, from some of the finest fish restaurants to supermarkets, shops, cafeterias and the harbour is a constant hive of activity.

PRICED TO SELL

Ref: OG00196

Price: €129,500 (approx. £114,601)



NEW!

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)



1 BED DUPLEX APARTMENT

Los Cristianos

HOLIDAY HOME / INVESTMENT PROPERTY!

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

Ref: LC00582

Price: €210,000 (approx. £185,840)



EXCLUSIVE

2 BED APARTMENT

Palm Mar

MODERN DEVELOPMENT. GREAT LOCATION!

Two bedroom, two bathroom residential apartment in modern development with beautiful mature garden areas and large communal pools. Located on a corner position with a balcony terrace. Sold partly furnished, equipped and finished to a high standard throughout. Double underground parking space and large storeroom. Palm Mar is a pleasant area with a beautiful natural pebble beach and local amenities.

Ref: PM00104

Price: €219,950 (approx. £194,646)



2 BED APARTMENT

Torviscas Alto

SOUGHT AFTER LOCATION! GREAT VIEWS.

An immaculately presented two bedroom, one bathroom apartment located in an attractive residential complex in Torviscas Alto. This property can work perfectly well as a winter base or for permanent living. Spacious interior and exterior areas. Private underground parking. The complex is secure and has two pool areas. Lift access available. The property enjoys a sunny terrace and a sea view.

Ref: LA01850

Price: €279,000 (approx. £246,902)

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NEW!
EXCLUSIVE



This immaculate two bedroom apartment will take your breath away! High end spec and fantastic furnishings make this a perfect turnkey property. A good size master bedroom. The en-suite bathroom and the second bathroom are both stunning. The large storage area has been converted into a second bedroom and the results are amazing! Close to all amenities. **MUST BE SEEN TO BE APPRECIATED!**

Ref: GOLF01572
Price: £199,000
(approx. €224,870)

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

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3 BED DETACHED VILLA
Chayofa
PEACEFUL & PLEASANT SURROUNDINGS!
 This charming detached property nestles in the pleasant area of Chayofa and is only a few minutes from Los Cristianos. It is a perfect location if you enjoy a more residential and quieter environment, yet close enough to the busier resorts. Panoramic views of the countryside and the Atlantic ocean, mature garden areas with a private pool and sunny terraces. Inside is light, bright and well presented.
 Ref: OUT01117
 Price: €345,000 (approx. £305,309)



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 ten minute drive away.
 Ref: OUT01127
 Price: €349,950 (approx. £309,690)



4 BED DETACHED VILLA
Amarilla Golf
TURNKEY PROPERTY!
 A rare opportunity to purchase a spacious four bedroom, three bathroom house situated within a peaceful cul-de-sac. Only a few minutes walk from two championship golf courses. The development offers a communal pool. As you enter the house you are immediately struck by the sheer size of the lounge and the dining room and with light flooding in from various windows this only contributes further to the sense of space.
 Ref: AMG00519
 Price: €420,000 (approx. £371,681)



3 BED DETACHED VILLA
Amarilla Golf
AN IDEAL FAMILY HOME
 A fantastic opportunity to acquire a three bedroom, three bathroom villa with stunning golf course views and heated private swimming pool. This wonderful property offers a healthy balance of internal and external space and is large enough for all the family. The villa is light, bright and airy and the sunshine floods in from the many windows. The lounge offers an air-conditioned environment.
 Ref: AMG0000523
 Price: €435,000 (approx. £384,955)



2 BED GARDEN APARTMENT
Playa de las Americas
FRONTLINE. SOUGHT AFTER LOCATION!
 A rare opportunity to acquire a fantastic two bedroom property on one of the most sought after complexes in Playa de las Americas. The property is located only meters from the promenade and beachfront. Within walking distance of all amenities including the famous Safari Centre with its array of designer shops and quality restaurants. Refurbished to a good standard and large terrace to enjoy the sun!
 Ref: LA01853
 Price: €385,000 (approx. £340,707)



4 BED VILLA
Costa Adeje
SOUGHT AFTER LOCATION!
 This luxury four bedroom villa is located in one of the most prestigious areas of Costa Adeje. Within walking distance of top quality restaurants, designer shopping centres and arguably one of the best beaches, Playa del Duque. Based on a high quality residential development with lovely communal pools and garden areas as the centrepiece. The property also has its own private pool and garden.
 Ref: LA01756
 Price: €599,500 (approx. £530,530)

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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

Residencial San Blas



Spacious, fully furnished 3 bed, 2 bath (1 en suite) linked house on this small residential complex with delightful pool and close to the sea. There are views of mount Teide at the front of the house and sea view from the rear.

Price: €335,000

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 enclosed garage.

Price: €235,000

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



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Mareverde, Torviscas

NEW INSTRUCTION

Spacious studio apartment.

€140,000 Ref: A414

Caledonia Park, San Eugenio Alto

Large studio apartment. Fully refurbished.

€129,000 Ref: A406

Malibu Park, San Eugenio Alto

PENTHOUSE!

1 bedroom, 1 bathroom penthouse apartment with sea views.

€165,000 Ref: N1339

Garajonay, San Eugenio

NEW INSTRUCTION

1 bedroom, 1 bathroom apartment. Centrally located complex.

€235,000 Ref: N1347

Panorama, San Eugenio

NEW INSTRUCTION

1 bedroom, 1 bathroom penthouse apartment. Front line complex.

€249,000 Ref: N1346

Tigaiga III, Parque de La Reina

NEW INSTRUCTION

Very well-presented penthouse apartment in sought after area of Parque de La Reina. This duplex apartment comprises, on the entrance level, 2 double bedrooms, 1 bathroom, lounge, separate kitchen, and on the top level a conservatory, large roof terrace, kitchen, small extra bedroom and guest bathroom. This lovely apartment is to be sold fully furnished and also comes with a garage space and storeroom. The complex has garden areas and a swimming pool.

€190,000 Ref: T1154

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Club Atlantis, San Eugenio

PENTHOUSE

Fantastic penthouse apartment for sale on the exclusive and very sought-after complex of Club Atlantis. This spacious 1 bedroom, 1 bathroom apartment enjoys unbeatable views out over the marina of Puerto Colón and the sea. It is one of the few apartments on this complex that has a large, double balcony which makes it such a rarity. This apartment really is the perfect holiday home in the sun in an ideal front line location. Viewing highly recommended.

£450,000 Sterling Ref: N1323

Chayofa Country Club, Chayofa

Studio, 1 bed, 2 bed apartments plus villas for sale.

From €99,950 Ref: A415

Jardin Tropical, San Eugenio

LUXURY

Luxury 2 bedroom, 2 bathroom front line apartment.

€985,000 Ref: T1157

Beverley Hills, Los Cristianos

2 bedroom, 2 bathroom apartment with sea view.

€199,000 Ref: T1155

Palmeras del Sur, San Eugenio

NEW INSTRUCTION!

3 bedroom, 2 bathroom apartment with garage space and storeroom.

€297,000 Ref: I1292

Detached Villa, Playa Paraiso

3 bedroom villa plus 3 x 2 bedroom apartments.

€1,000,000 Ref: I1290

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



Aldea Blanca



Stunning 5 bed, 2 bath (1 wet room) Canarian Style house in the tranquil village of Aldea Blanca. This turnkey property has a reception-style entrance, separate kitchen, dining room, and rooftop terrace with fully functional bar and chill out area where you can enjoy the lazy summer evenings. Purchased a few years ago by the current owners, they have refurbished and extended it to another level. This is not your typical 'boxy', or square property, it has a nice and quirky design!

Price: €349,000

Ref: AB433-LL349



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



Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE



CRUZ DE TEA



Finca of 2,085sqm with 3 small Country houses with BBQ, gardens, fruit trees etc. Great potential!

Ref: 1052

€165,000

PLAYA PARAISO



Fantastic 500sqm villa with private pool on 1,100sqm plot. Converted into 6 apartments with a total of 10 bedrooms and 8 bathrooms. Various terraces/beautiful views!

Ref: 749

€1,200,000

PIEDRA HINCADA



Finca of 5,000sqm with large, 120sqm, 3 bed, 1 bath house with living room, kitchen and terraces, plus several buildings suitable for reform (total built 500sqm). Fantastic views.

Ref: 1043

€460,000

**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, terraces, lovely new American style kitchen and garage. centrally located in a quiet residential area.

Ref: 1036

€725,000

Las Moraditas



Beautiful 3 bed, 3 bath house with garage, terraces, utility room and much more. 5,000sqm plot. Awesome sea views.

Ref: 1049

€392,000

South Tenerife



Choose from a variety of banana plantations with houses/villas. Different sizes and altitude, fantastic views and much more. Take a look!

Ref: xx Price: €various

Guia de Isora



Finca of 6,300sqm with 2 houses: one 125sqm (2 beds, 1 bath), the other 60sqm (1 bed, 1 bath). Both fully renovated, furnished and equipped and have a terrace, garden.

Ref: 1026

€550,000

Los Menores



Great finca (12,880sqm) with 2 storey main house (5 beds) with pool, 5 apartments, 2 independent guest houses, and the possibility of building 2/3 more apartments.

Ref: 687

€1,550,000

Playa San Juan

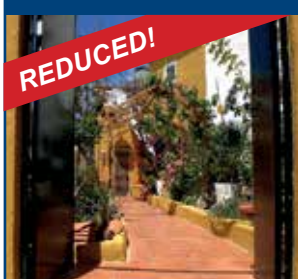


Luxury 3 bed, 2 bath (1 en suite) sea front apt with large lounge, sep. kitchen and spectacular ocean views. Also, the property has a private roof area converted into a unique studio.

Ref: 984

€330,000

Chio



Beautiful 4 bed, 3 bath rustic house with living room and kitchen, plus a small studio with bathroom and kitchen – and sea views, garden and a parking space!

Ref: 935

€199,000

Arico



Finca of 9,000sqm with a small, 70sqm house suitable for reform. Several terraces and excellent views.

Ref: 1005

€119,000

Guia de Isora



Fantastic Finca (3,126sqm) with 80sqm 2 bed, 1 bath house with lounge, kitchen, terraces, and much more. Rural area.

Ref: 1037

€155,000

Alcala



House for reform with Licence to make a commercial local on street level with 2 x 80sqm apartments above.

Ref: 859

€178,000

Los Gigantes



Finca of 3,000sqm with several buildings to reform, plus fruits trees. Lots of potential. Beautiful views.

Ref: 1051

€310,000

El Poris/Abades



Finca of 5,000sqm with 72sqm, 1 bed, 1 bath house with living room, kitchen, terrace, garden and storeroom. Sea views.

Ref: 1002

€179,000



- Liano de Camellos, Malvasia
- 1 bedrooms, 1 bathroom
- 48 m2 build / 6 m2 terrace
- Ref: D1055
- Price: 132,000€

We are pleased to offer this totally refurbished apartment for sale exclusively with FRINA Property. It is located on the 2nd floor and offers independent kitchen with open dining and living area leading to a 6 m2 balcony.



- Palm Mar, Paraiso
- 1 bedrooms, 1 bathroom
- 74 m2 build / 19 m2 terrace
- Ref: S1033
- Price: 170,000€

An amazing apartment located in the beautiful residence of the Paraiso del Palm Mar. It is fully refurbished and sold with all the furniture and appliances. Moreover, is a large sunny terrace and the complex offers 2 swimming pools.

frina@tenerife-property.com +34 683 479 245 +34 617 29 48 03
 www.tenerife-property.com CC Puerto Colón, 1st Floor, local 213, 38660 Adeje

FRINA Tenerife S.L.
 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



Roque del Conde, Luxury villa



Luxury 5 bed, 5 bath villa with private heated pool. The property has two spacious lounge/living areas, American-style fitted kitchen, garden and parking, and great views.

Price: €750,000

Alcala, Central



Superb, beautifully furnished 1 bed, 1 bath apartment with parking space and storeroom, just 300 metres from the sea front and close to all amenities.

Price: €135,000

Las Americas, Parque Santiago II



Luxury, fully refurbished and furnished studio apartment in this sought after sea front complex with lovely pool area. Close to all amenities.

Price: €209,000

Playa Paraiso, Gran Azul



Very nice, fully furnished 2 bed, 2 bath penthouse apartment, only 200 metres from the beach.

Price: €135,000

Las Americas, El Camison



Spacious 4 bed, 3 bath townhouse located just 300 metres from Las Vistas beach. Large garage and storeroom. Close to all amenities.

Price: €380,000

Las Americas, Parque Santiago II



Super, fully furnished townhouse on this prestigious sea front complex. Two south-facing terraces with sun all day. Fully air conditioned.

Price: €383,000

Adeje, Jardin Botanico



Spacious 3 bed, 2 bath (+WC) townhouse on 3 floors with large independent kitchen, garage and storeroom. An ideal family home

Price: €255,000

Callao Salvaje, Mariben



Fabulous 2 bed, 2 bath townhouse on this prestigious complex with heated pool, tennis courts and children's play area. An ideal place to live!

Price: €235,000

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CABO BLANCO

FOR REFURBISHMENT



Ref: 379-A2

BARGAIN! 2 bed, 1 bath apartment with separate kitchen, both bedrooms doubles with fitted wardrobes, bathroom, lounge dining room and small terrace. Property includes large shared roof terrace with locked laundry room. Would benefit from modernisation. Viewing highly recommended!

2 bed, 2 bath 84.000€

CHAYOFA COUNTRY CLUB

RENTAL PROPERTY



Ref: 541-S

Studio apartment, bright and spacious with pool views. Very well located within this quality gated community offering community pool, pool bar, reception, gym, tennis courts, and great local facilities. Offered fully furnished and equipped with excellent rental return. Please ask about rental options. 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€

LAS FLORITAS, Las Americas

NEW LISTING!



Ref: 540-A1

Large, refurbished and renovated, 1 bed, 1 bath apartment with pool views on popular resort. New bathroom and American style kitchen (fitted and equipped). Community with pool, bar, and sun terraces. Close to all amenities.

1 bed, 1 bath €195,000

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€

GREEN PARK, Golf del Sur

BARGAIN!



Ref: 429-A1

Unbeatable offer – bright and spacious apartment with separate bedroom and additional bedroom areas off the lounge. Refurbished kitchen and bathroom. Additional storage. Private balcony with space for table and chairs, pool and partial sea views. Community areas have been recently refurbished including the three swimming pools, and reception area. With tennis courts and parking. Viewing highly recommended.

2 bed, 1 bath 119.500€

JARDIN DE SAN MIGUEL, Llano de Camello

STUNNING!



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

REDUCED!



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 WAS 182.000€ NOW 179.000€

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€

CHAYOFA COUNTRY CLUB

STUNNING!



Ref: 544-V3

Quality villa with many special details and features and private swimming pool. With fully fitted and equipped kitchen, dining area, lounge room and three further bedrooms and bathrooms. Please of storage, and parking for two cars. This property comes furnished. Ask about rental options.

3 bed, 3 bath 469.950€

OASIS DE FAÑABE, El Madroñal

MODERN



Ref: 507-TH4

Large and spacious townhouse offering independent kitchen, dining area, lounge, three bedrooms with fitted wardrobes, and three bathroom. Quality construction. Large basement with additional en-suite bedroom. Garage for two cars. Front and back terrace, community with pool.

4 bed, 4 bath 379.500€

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€

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CLEAR BLUE SKIES GROUP SL
INTERNATIONAL ESTATE AGENTS

G Ref: 7146

TORVISCAS ALTO

REDUCED!

A well presented apartment on a quiet residential complex. The apartment is on the ground floor with an elevated position and no one above it, offering a large double bedroom with fitted wardrobes, spacious bathroom and lounge with open plan kitchen and dining area. The sunny terrace overlooks the pool. Fully furnished and including a parking space in the subterranean garage. Viewing recommended.

Apartment **€139,950**

G Ref: 6886

EL MADROÑAL

REDUCED!

A fantastic opportunity to buy a spacious apartment on a desirable residential complex in the popular El Madroñal area of Fañabe. Ideally located close to bars, shops, restaurants and one of the leading private schools in the south, Colegio Costa Adeje. The apartment is situated on the first floor and offers two double bedrooms, family size bathroom, open plan fitted and equipped kitchen with utility room and a bright living room leading onto a large sunny terrace with delightful sea & pool views. Communal pool, lift to all floors, private parking space and a store room included. Viewing highly recommended.

Apartment **€259,995**

We are looking for properties in the following areas: Torviscas Alto, San Eugenio Alto, El Madronal de Fanabe, La Caleta, and Playa de la Arena (Princess Ifara)

G Ref: 7459

PLAYA DE LAS AMERICAS

Duplex apartment **€384,000**

G Ref: 7453

GOLF DEL SUR

Apartment **€164,950**

G Ref: 7443

LLANO DEL CAMELLO

Townhouse **€249,500**

G Studio Ref: 7437

PLAYA DE LAS AMERICAS

Apartment **€265,000**

G Ref: 7428

EL MADROÑAL

Semi detached house **€460,000**

G Ref: 7394

ROQUE DEL CONDE

Luxury villa **€1,975,000**

E Ref: 6697

GUIA DE ISORA

House **€435,000**

E Ref: 7058

SAN EUGENIO ALTO

Apartment **€419,000**



CLEAR BLUE SKIES GROUP SL
INTERNATIONAL ESTATE AGENTS

G 1 1 Ref: 7467

LA TEJITA



Located in the residential area of Sotavento close to El Medano, "Las Terrazas de Sotavento" phase II has recently been completed and consists of high quality apartments with large terraces where you will be able to enjoy the wonderful climate. This gorgeous 1 bed ground floor apartment features a modern, open plan luxury kitchen, living area with lounge and dining area which opens onto a fantastic terrace with stunning views. The double bedroom has fitted wardrobes and also enjoys direct access to the good size terrace. There is a family bathroom and a separate cloakroom/wc, dressing room (currently being used as a home office), and a space in the communal garage with storeroom. The complex has mature garden areas and a heated swimming pool.

Ground floor apartment

€218,000

G 2 2 Ref: 7461

PARQUE DE LA REINA



A great chance to purchase a large duplex apartment on the residential complex Tígaiga in Parque de La Reina. This duplex apartment located on the top floor, consists of 2 double bedrooms, family bathroom, spacious lounge and independent kitchen on the lower level. The top level where the roof terrace is located has been cleverly converted to add a spacious conservatory which could easily be used as a 2nd lounge or 3rd bedroom, shower room and utility room. There is still ample terrace with views of the sea, mountains and communal pool. The complex has lift access and there are bars and supermarkets a short walk away. This would be ideal for a family to live in or a winter holiday home in a quieter resort. Only a 5 minute drive back to the busier resorts of Los Cristianos, Playa de Las Americas and Costa Adeje.

Penthouse apartment

€185,000

We have clients currently looking for properties in Amarilla Golf, Golf del Sur, Los Abrigos and El Medano, if you are thinking of selling please call us today!

G 5 4 Ref: 7457

PLAYA DEL DUQUE



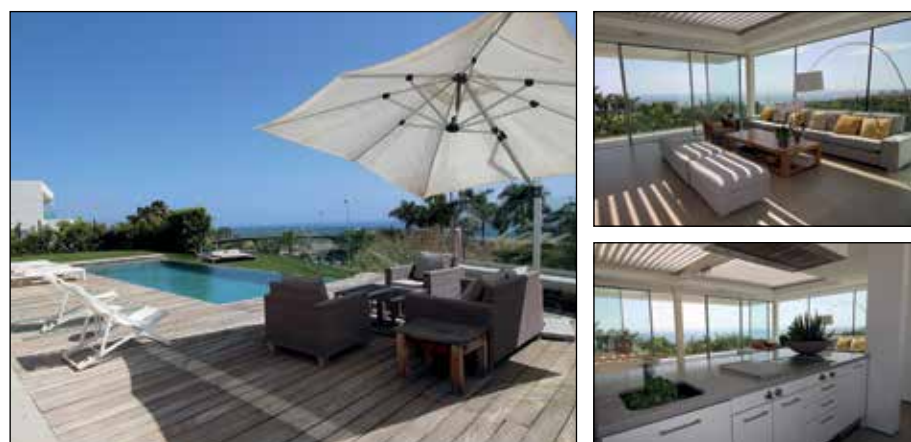
This exceptional house is located on the prestigious El Duque area. It has lots of extras and has been built to high standards. It has 5 bedrooms, independent fully fitted and equipped kitchen with utility room, large living room, separate dining area, 4 bathrooms, terrace outside living room with dining area and large size roof terrace with sunbathing and dining areas. Also, it has private garage and storage room. Very good location in complex and fantastic views over the pool, the sea and the mountains.

Linked villa

€580,000

E 4 4 Ref: 7456

ADEJE GOLF



A truly magnificent villa located on the prestigious and highly sought after Adeje Golf. No expense has been spared with this exclusive property, built in a contemporary style with state-of-the-art technology, high quality fixtures and fittings. Upon entering the villa you are met with a grand entrance hall featuring original rock wall, from here the contrast is stunning as you enter the lower level of the house with exposed stone walls, sleek windows and statement stairway. A guest apartment with large en-suite bedroom, kitchenette and lounge are located on this floor as well as an equipped gym with infrared sauna, wine cellar, cinema room, large garage and storage rooms.

Luxury villa

€3,950,000



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 Los Cristianos, Arona 38650
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 Mobile: (00 34) 673 778 700
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 info@tenerifeislandrentals.com



Tenerife Island Rentals & Buy Tenerife

Sales

Jardin San Miguel, Llano de Camello

Immaculately presented three bedroom townhouse built over three floors. On the basement level there is large garage with gym area. The ground floor has a beautiful living room with dining area and patio doors lead to the garden area with direct access to the pool area. There is a study with ample storage space and an independent fitted kitchen recently reformed with state of the art fittings and appliances. On the upper floor there are two large bedrooms, one of which has an ensuite bathroom. There is a further family bathroom with large walk in shower. The main bedroom has a good sized sun terrace with views to the pool. On the top floor there is a large bedroom with a terrace.



Ref: PUE0487 €249,500

Adeje Park, La Caleta



Beautiful townhouse located in the sought after complex of Adeje Park. The property is accessed through a good sized front garden. The property has three good sized bedrooms with fitted wardrobes, the master having it's own ensuite bathroom and a further family bathroom. There is a separate fitted kitchen and downstairs WC. Patio doors lead to the rear terrace where outdoor dining can be enjoyed all year round. There is underground parking and on the complex there is are 2 heated swimming pools, sun terraces, outdoor jacuzzi and a children's play area. The property is built to an extremely high standard with quality materials used throughout.



Ref: PUE0483 €550,000

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Tenerife Island Rentals & Buy Tenerife

Sales

Chayofa Country Club, Chayofa



Selection of studios, one bedroom, two bedroom and villas available. Large pool area and sun terraces with pool bar and restaurant. Sold fully furnished. On-site facilities include tennis courts, gym and beauty salon.

Prices from €99,950

Timanfaya, Parque de la Reina



Large three bedroom attic apartment with two bathrooms (master en suite), separate kitchen and fantastic roof terrace with additional multi-use room. Individual private garage and community swimming pool.

Ref: ATC0478

€182,000

Sur y Sol, Los Cristianos



Centrally located one bedroom apartment with spacious living space and balcony. Well manicured complex with community swimming pool and gardens. Five minute walk to Los Cristianos beach front.

Ref: AP0470

€185,000

Edificio Cristina, San Miguel de Abona



Three bedroom apartment with extremely large roof terrace. Separate kitchen. Sea views from the terrace and living room balcony. Two bathrooms, master bedroom with en suite.

Ref: AP0469

€129,000

Marazul, Nr Callao Salvaje



Large three bedroom bungalow in fantastic location with many onsite facilities. Living room with open plan kitchen. Beautiful private terrace and garden area with barbecue area. Decorated to a high standard.

Ref: BNG0459

€425,000

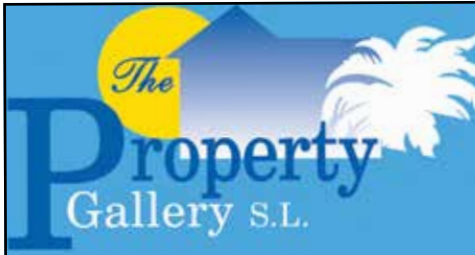
Los Menores, Charco del Valle



Good sized town house with three bedrooms, master bedroom with en suite, family bathroom and WC. Large terrace from the living room and additional roof terrace for outdoor living. Sold partly furnished.

Ref: ADO0448

€220,000



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



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**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



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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,
Agumarina**

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



OPPORTUNITY NOT TO BE MISSED - MASSIVE PRICE REDUCTION



TOWNHOUSE Amarilla Golf

Ref: ADOV0102

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

PRICE WAS: 420.000 €

REDUCED TO: 359.000 €

PLOT OF LAND

FOR SALE

1,800.000€



Urban Land for Villas: 4,920 M2.

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

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VYM CANARIAS – August 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

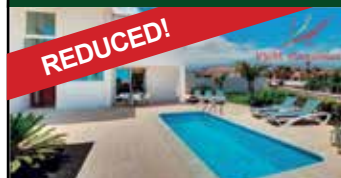


Completely renovated apartment with 4 bedrooms, terrace with garden, living room, open plan kitchen, 2 bathrooms, terrace. Complex with swimming pool and parking.

€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.

€430,000

Ref: VS5127D

Ocean Garden, Playa Paraiso



Modern apartment in new complex with swimming pool and garage. 2 bedrooms, 2 bathrooms, living room, open kitchen.

€325,000

Ref: VS6346DE

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 €154,000

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 €131,000

Ref: VS5423D

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



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

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



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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 a 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

**VALLE
 SAN LORENZO**



Fully furnished 2 bed, 1 bath semi-detached house in the residential suburb of Los Toscales. Large lounge, huge kitchen with patio doors leading to the garden, plus 2 separate studio apartments with own entrances. Priced to sell!

€149,000

Ref: VH103-BP

**SAN EUGENIO BAJO,
 OCEAN PARK II**



Fully furnished 1 bed, 1 bath apartment on nice complex with community pool, close to the sea front and harbour. The property has a lounge/diner, American-style kitchen, a large, sunny terrace with lovely sea views, and community parking.

€220,000

Ref: AP129-AG

site, popular complex close to shops, golf courses, bus stop and medical centre. To be sold furnished.

Tenerife Alizes Properties Ref: KV0204
922 738653 / 626 274040

€149,999 - €100,000

Torviscas Alto, Apartment

€149,500

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

Property Alliance SL Ref: 1A2937
922 777747

San Eugenio Alto, Caledonia Park

€147,000

Location: Close to amenities. Close to: Restaurants / Bars / Cafes. Views: Sea. Rooms: American Style Kitchen, Bathroom. Quality: Furnished, Renovated. Features: Air conditioning. Outside: Roof Terrace.

Property Alliance SL Ref: 1D3369
922 777747

San Eugenio Alto, Malibu Park

€140,000

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

Property Alliance SL Ref: 1A3256
922 777747

San Eugenio Alto, Colina Blanca

€140,000

Location: Popular urbanisation. Close to: Restaurants / Bars / Cafes. Rooms: Fitted wardrobes, Open plan kitchen, Hall / Entrance. Quality: Tastefully decorated, Modern, Refurbished, Renovated, Well presented, Furnished. Features: Security shutters Air conditioning. Outside: Sunny Terrace. Parking: Street parking. Community facilities: Pool Bar... For full information see website or contact:

Property Alliance SL Ref: 1D3041
922 777747

Torviscas Bajo, Santa Maria del Mar

€140,000

Location: Central, Close to amenities, Close to the beach, Close to the coast, Touristic Area. Close to: Beach, Coast, Harbour, Port, Medical Facilities, Restaurants / Bars / Cafes, Shops, Transport, Town. Views: Garden. Rooms: Hall / Entrance, Kitchenette, Bathroom. Quality: Furnished. Outside: Terrace. Community facilities: 24 hour Security, Swi... For full information see website or contact:

Property Alliance SL Ref: 0S3388
922 777747

Costa del Silencio, Apartment

€139,900

1 bedroom apartment situated just in front of the swimming pool, in the complex Parque don José! The property has a built area of 44,80m² and a West facing terrace of 10,64m². It is sold furnished, including an electric sun blind and a recently bought fridge (2017) and washing machine (2018). The swimming pool area is spectacular & 1 of the pools is he... For full information see website or contact:

Tenerifehome.com Ref: 1494-0619
922 783066

Costa del Silencio, Apartment

€139,900

This 1 bedroom apartment offers a West facing terrace of 10,64m² with view on the pool. Interior of 44,80m²

with 1 bedroom (with fitted wardrobes), a semi-separate kitchen and a bathroom with shower. The property is sold furnished, including an electric sunblind and a fridge bought in 2017. Easy parking in the street. Community with lots of garden areas and ... For full information see website or contact:

Tenerifehome.com Ref: 1495-0619
922 783066

Costa del Silencio, Apartment

€139,000

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This modern and luxurious one bedroom apartment is offered for sale fully furnished, including air conditioning. The apartment features a well-equipped kitchen with dishwasher and oven, a spacious bedroom and a lovely balcony with partial sea view. It is located in the first sea line complex: Atlantic View in Phase 6, directly by the sea, that offers 3 sw... For full information see website or contact:

Tenerifehome.com Ref: 1455-0119
922 783066

Torviscas Alto, Apartment

€139,000

Location - Touristic area Views - Pool - Sea Additional - Viewing recommended Rooms - American style kitchen Community facilities - Lifts - Pool bar - Heated swimming pool Parking - Off street parking **Island Estates Ref: 526-A1**
922 790767 / 670 605414

Costa del Silencio, Apartment

€139,000

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

Tenerifehome.com Ref: 1322-1017
922 783066

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.

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!

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 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

bright and spacious, located in the heart of Costa el 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

€99,999 - €50,000

Candelaria, Apartment

€99,330

C/lcarse, 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. Residential 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.

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:

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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.

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.

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

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

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

Adeje Town, Apartment

€94,500

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

Property Alliance SL Ref: 2A2827
922 777747

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, storeroom, washroom. Apartment on a 5th floor. Building constructed in 1976.

The Property Gallery Ref: 60199865
922 719925 / 922 719889

Santa Cruz de Tenerife, Apartment

€87,600

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

The Property Gallery Ref: 60057201
922 719925 / 922 719889

Costa del Silencio, Studio

€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



Tenerife Properties.ES

The Sunset - Torviscas Alto



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

Price: €205,000

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

Torviscas Playa, Santa Maria



1 bed, 1 bath third-floor apt. in established complex with fitted wardrobes, balcony, and sea views.

Price: €235,000

Ref: 11248

Playa Paraiso, Paraiso II



Excellent opportunity to purchase a three bed, two bath duplex on a corner position.

Price: €239,000

Ref: 12382

Adeje, Mirador Golf



Beautiful 2 bed, 2 bath townhouse on a residential complex next to the Adeje Golf course with stunning views.

Price: €449,000

Ref: 01444

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

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



PRICE: €179,000

Property Details

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

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

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

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

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

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!

Buzanada, Edf. Eos



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

S-02 1357

€129,000

Llano del Camello, Biltmore



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

S-02 1330

€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

€140,000

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

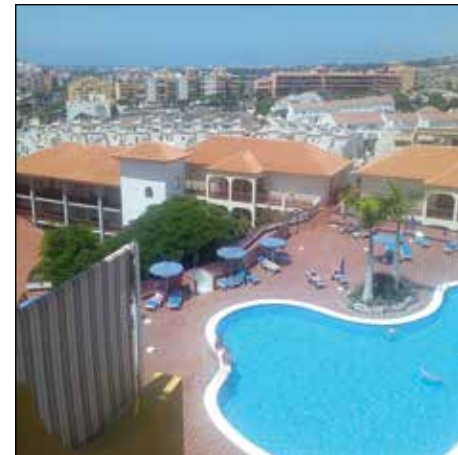
€275,000

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Tenerife Prime Property

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, lifts throughout the complex and 20sqm terrace with fabulous sea views.

S-02 1319

€189,000

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

Golf del Sur, Alamos Park

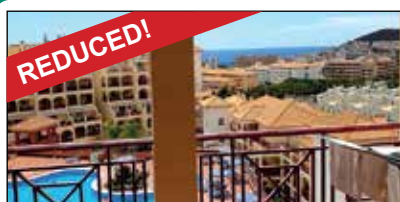


Large villa in popular area of Golf del Sur with 3 bedrooms, 2 bathrooms (1 en suite) lounge, separate fully fitted kitchen, gardens, various patios/terraces and private swimming pool. There is also a separate granny flat with lounge, kitchen, bedroom and bathroom. This property is being sold fully furnished.

S-03 1361

€599,000

Los Cristianos, Dinastia



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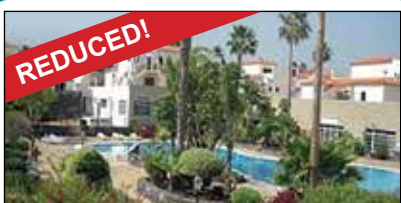


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Boris Johnson Government Heightens No-Deal Brexit Fears, GBP Falls

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

The pound initially strengthened in response to the end of the Conservative Party leadership contest, but gains proved very short lived. Sterling has even fallen against the euro despite poor domestic data and the prospect of a rate cut from the ECB. GBP/EUR continues to test lows of 1.10, with EUR/GBP at 0.90. The US dollar, on the other hand, has been a little steadier as investors anticipate Federal Reserve news. GBP/USD trends near the level of 1.23, while EUR/

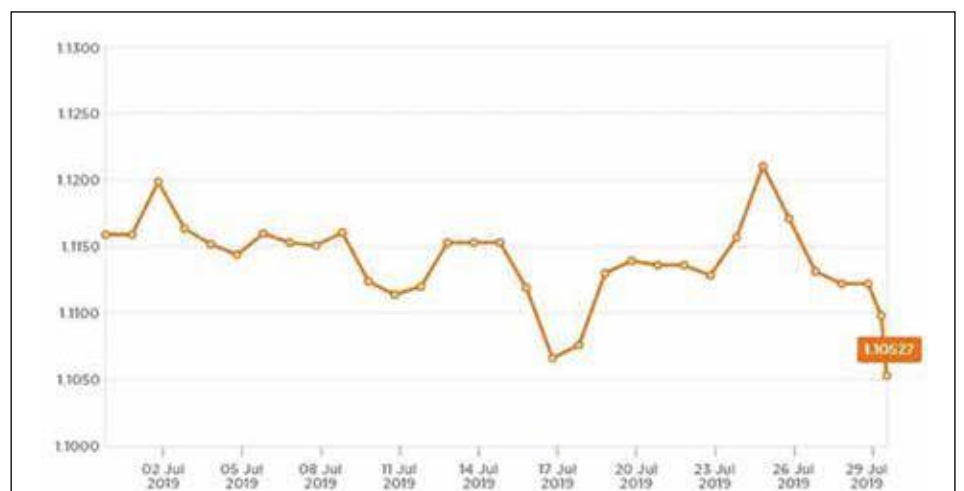
USD lingers around 1.11. What's been happening? The past couple of weeks have seen Britain's Conservative Party leadership contest come to an end and Boris Johnson become Britain's new Prime Minister. Following weeks of political uncertainty, the news gave the pound a brief lift before Johnson's hard-line Brexit stance sent the currency tumbling. Fears of how a no-deal Brexit could negatively impact Britain's economy in the long-term continue dominating sterling

movement. The European Central Bank (ECB) wasn't as dovish as expected in its July policy decision, which piled further pressure on GBP/EUR. Meanwhile, some strong US data, as well as signs that dovish Fed bets had been overdone, have left the US dollar recovering. What do you need to look out for? With the new UK government in power and the clock ticking on the current Brexit deadline of October 31st, the Brexit process will keep driving GBP movement. Unless the odds of a no-deal Brexit retreat, the pound may remain on the back foot. In terms of economic news, the Bank of England (BoE) will deliver its UK policy decision on Thursday, and UK growth data

will come in next week. Any positive news could lend Sterling support. The Euro and US dollar are much more likely to be driven by data. Major Eurozone data including inflation, growth, and

PMIs - will be published over the next fortnight. US PMI data due over the coming fortnight could also influence Federal Reserve interest rate cut bets and US dollar movement.

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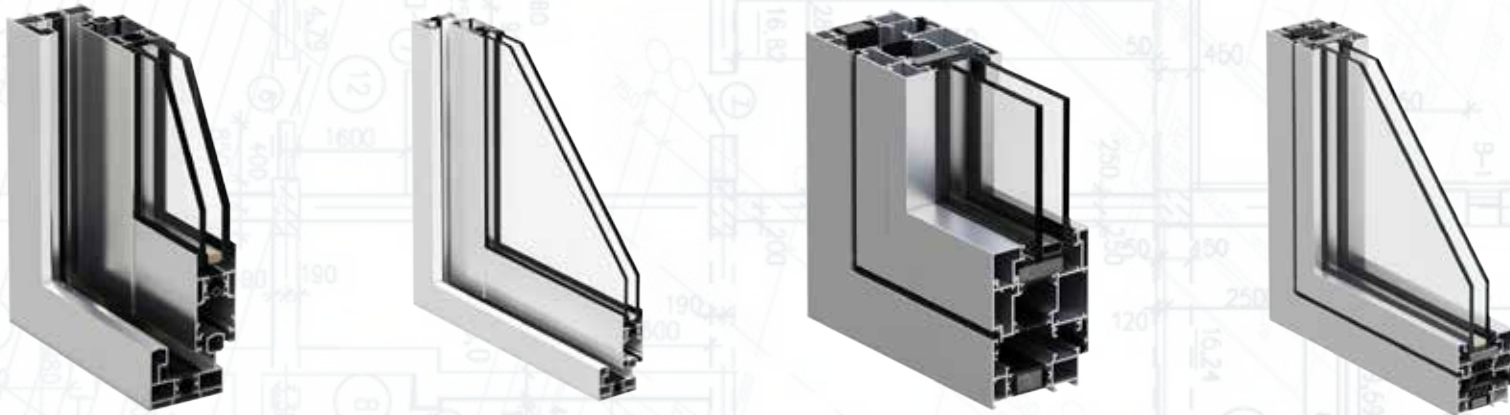


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Light and the circadian rhythm: The key to a good night's sleep?

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 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.

American Independence Day that it was running short on ingredients. On a whim, Cardini improvised a dish using romaine lettuce leaves, raw egg yolk, Parmesan cheese and other leftovers – transforming the odd scraps into a surprisingly delicious meal.

I was far from the first person to cross the border to eat a salad at Caesar's. Throughout the 1920s, hordes of American film stars flocked to Tijuana for Prohibition-banned booze, and word soon spread of Caesar's eponymous salad among Hollywood elite. Clark Gable and Jean Harlow travelled

The surprising truth about Caesar salad

By L Sasha Gora

It was once called 'the greatest recipe to originate in the Americas in 50 years', but its origins are shrouded in mystery.

It was early Friday afternoon at the San Ysidro Port of Entry, the busiest land border crossing in the world, which connects Tijuana, Mexico, and San Diego in the US. Some Mexicans were returning home from a week of work,

while some Americans were getting an early start to their weekend. I was heading to Tijuana to eat lunch at the restaurant that invented the Caesar salad. That's right: one of the US's most famous dishes was invented in Mexico.

After getting my passport stamped and walking across the border, I wandered past discount chemists and souvenir stalls peddling ponchos on my way to Avenida Revolución. A 25-minute walk from the border, Caesar's Restaurante-Bar has been located on Tijuana's main drag since 1927. A couple of palm trees stand in front of the building, gently blocking the red letters spelling 'Caesar's', and a giant black-and-white portrait of founder Cesare

('Caesar') Cardini hangs outside the patio with the words 'Home of the legendary Caesar's Salad'.

After immigrating to the US from Italy in the 1910s, Cardini opened a restaurant in Sacramento and later in San Diego. But to escape Prohibition, he moved across the border to Tijuana in the 1920s before opening his business in its current location in 1927.

As Cardini's daughter, Rosa, famously recounted for decades until her death in 2003, her father

invented his namesake dish on 4 July 1924. As legend has it, the restaurant was doing such brisk business on



Caesar salad, one of the US's most famous dishes, was invented in Mexico

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to Tijuana to try Caesar's crisp lettuce and richly dressed dish. And in her book *From Julia Child's Kitchen*, acclaimed American chef Julia Child described one of her earliest restaurant memories as venturing to Caesar's with her parents from their California home in the 1920s and watching Cardini prepare his creation at their table.

"It was a sensation of a salad from coast to coast," Child wrote. "There were even rumblings of its success in Europe." In fact, the salad soon spread from Mexico and the Golden State across the globe. In the 1940s, *Gourmet Magazine* called the dish 'the gastronomic highlight of the current moment'. And in 1953, it was even crowned as 'the greatest recipe to originate in the Americas in 50 years' by the International Society of Epicures in Paris.

The Cardinis packed up from Tijuana and moved to Los Angeles,

scruffy dive, closed. But in 2010, a local family – the Plascencias – reopened it after a total scrub-down. "[Caesar's is] an icon of the city," said Javier Plascencia, a star chef in Tijuana whose family now runs the restaurant. "It's one of the few pieces of cultural history that we have."

Today, Caesar's has an old European feel, with black-and-white tiles and a shiny mahogany bar. The servers' crisp white shirts poke out from beneath black waistcoats and ties. Historic photographs of Tijuana decorate the walls, heavy beams cross a dark wood ceiling and the lighting is dim, giving the restaurant an intimate vibe. Ordering the ensalada Caesar's is like pressing the play button to an elaborate show. Caesar salad isn't just a recipe: it's a piece of choreography; a slow dance between creamy dressing and romaine lettuce.

The performance commences when the

a plate of fresh romaine leaves and gently tosses everything together. The waiter then plates the salad, covering the leaves with a grinding of black



Javier Plascencia: "Caesar's is an icon of the city"

pepper, a single, plain crostini and even more Parmesan cheese.

NO cubed croutons, bacon bits or lemon juice!

Despite the salad's name and the famous story Rosa Cardini recounted of her father, it's unclear who actually invented the dish. In her book, *The Essential Cuisines of Mexico*, Mexican food authority Diana Kennedy suggests the salad was actually created by Caesar's brother, Alex. According to Kennedy, Alex started working in the restaurant business at age 10 in Italy, before becoming an ace pilot in World War One and then moving to Tijuana in 1926 to join his brother and open his own restaurant. "First known as Aviator's Salad, it then became popularly known and copied as Caesar, but I shall call it as it should be called: Alex-Caesar Cardini Salad," Kennedy wrote.

A business partner of Alex and Caesar's at their Tijuana restaurants, Paul Maggiora, also claimed that he was the



Caesar's Restaurant-Bar in Tijuana is the original home of the legendary salad

first to toss this salad. Still another version of the story credits a young

employee at Caesar's: Livio Santini. Also from Italy, Santini moved to Tijuana in 1924, landed a job cooking for Cardini and allegedly threw

together the salad based on a dish his mother used to make.

Today, even Caesar's website asks, "Did Caesar Cardini or Livio Santini create the salad? We honestly weren't there when one of the world's most famous dishes was born. But we certainly honour and pay due respect to both Mr Cardini and Mr Santini."

Whatever the true origins, as the salad moved north into the US, one of its key ingredients changed. Today, most recipes call for a splash of lemon juice, and not the fresh lime juice the ensaladero stirred into the dressing at my table. Even the Encyclopaedia Britannica defines it as a dish with lemon.

James Beard Award-winning food writer and cookbook author Carolyne Carreño was born in Tijuana and attributes this lemon-lime mix up to a simple misunderstanding. "The problem, as I see it, is that the word in Spanish for 'lime' is 'limón', which, of course, sounds

word for 'lemon' is also 'limón'. Carreño's father happened to work at Caesar's in the 1950s tossing salads tableside, and as she pointed out, the original Caesar she ate as a child was always made with small, green Mexican limes.

Ninety-five years after someone in Tijuana tossed the first Caesar salad, the dish remains the most popular menu item at Caesar's and a source of pride for locals. For the last seven years, Tijuana native Julio Alvarez has been working as a bartender at

Caesar's. "I'm the oldest one here," he proudly told me. "[The salad is] very important... it is kind of like a monument for the people of Tijuana."

We may never know the real story of whether Caesar, Alex, Livio or Paul created the dish, but one thing is for certain: an Italian immigrant invented one of the US's most famous salads in Tijuana with romaine lettuce named after Rome. It's a pride for locals. For the last seven years, Tijuana native Julio Alvarez has been working as a bartender at

The strategies that get you through tough challenges

By William Park

Everyone faces tough tasks – but some people tackle them better than others. So, which strategies can you use to power through?

Successful people rely on a variety of mental strategies to make tough challenges more bearable. But new research shows that only a handful of these approaches are the most effective.

Grittiness and persistence have been the subject of some of the most famous behavioural studies, but they teach us little about how we might react to real-life problems. What are the most determined people doing to keep their minds on the task? And should we all copy them?

Measuring our inner grit

In a Harvard Grant Foundation study, which monitored a group of graduates throughout their lives,

participants were asked to run on a treadmill until they could no longer keep going. Then, over the next seven decades, they were questioned about how their lives turned out. Time spent running on the treadmill was a reliable indicator for psychological wellbeing later in life. The students' fitness levels did not affect the results, so the researchers were confident that how long they ran for was an accurate measure of their levels of determination.

It's fascinating to think that such a simple test – how far you are willing to push yourself on a treadmill – can measure your inner grit. But the actions of a small group of students in a laboratory in 1938 tell us little about the

Continued on page 46



Caesar salad, one of the US's most famous dishes, At Caesar's Restaurante-Bar, the iconic salad is prepared table side

where they patented their family's famous salad dressing in 1948. Today, it's still sold as Caesar Cardini's Dressing. But while the brand is now based in the US, the restaurant that inspired the dish and its roots are planted firmly in Tijuana.

In many ways, Caesar's recent history mirrors Tijuana's. Once a glamorous haunt for Tinseltown stars and gangsters, the city spiralled into a decades-long wave of crime and violence before experiencing a recent cultural revival. In 2009, Caesar's, which was no longer owned by the Cardinis and had deteriorated into a

waiter rolls over the salad cart. The appointed ensaladero server tips a small spoonful of minced garlic into a large wooden bowl, and then adds mustard, plump anchovy fillets and a few drops of Worcestershire sauce. The server cracks an egg, and, with two carefully balanced spoons, drains the shell and tosses the yolk into the bowl. The waiter then squeezes in some lime juice, and zealously stirs everything in the bowl with wooden tongs. While stirring, the ensaladero drizzles in the olive oil and finely grated Parmesan cheese. Once the dressing is mixed into more than the sum of its parts, the server tips in



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strategies the toughest of them used to deal with daily challenges. When presented with a treadmill they might have the persistence to run that little bit further, but where is that determination coming from? "We know relatively little about how people deal with tasks in their daily lives," says Marie Hennecke, a psychologist at the University of Zurich. "This means spontaneous tasks – what do these people come up with in the moment? That is where the idea for this study came from. Can we question people straight after they have completed an unpleasant task and ask them how they did it?"

Focus on the goal

Having established a list of the 19 most commonly reported strategies for coping with unpleasant tasks, from motivating self-talk to reducing distractions, the researchers collected

ranged from mental challenges including work and research as well as taxing daily duties including commuting, cooking and cleaning.

"We found there are so many ways that people can succeed: they can make it more pleasant, they can set small goals," she says. "Then we focussed on the ones that worked best." Focussing on the positive consequences was the most commonly reported strategy, followed by thinking of the end of the task, task enrichment – making the task better by listening to music – and checking goal progress.

But among the strategies that produced the best results, and that people with the highest levels of persistence relied on most, task enrichment fell to the bottom of the list. "Task enrichment is usually something that you don't do if the mental task is taxing," says Hennecke. "You can't listen to music if you're trying to concentrate



Some tasks are unenjoyable no matter how hard you try, but focussing on finishing can certainly help

it's not necessarily the best strategy."

Hennecke relied on the participants to report their own success rates after each task. So, someone might say that they used task enrichment to make cleaning more enjoyable, but that it took them longer to complete than they hoped – or they didn't finish it all. Focussing on the bigger picture – the positive or negative consequences – was more effective. Hennecke says previous research had suggested trying to find enjoyment in the task itself was key, but she points out that some tasks are unenjoyable no matter how hard you try. Successful people in her study focussed on the goal.

Tackling the hard stuff

The four most effective strategies to get you through tough challenges

1. Focus on positive

consequences – "I remind myself why I perform the activity and think of its positive consequences"

2. Focus on negative consequences – "I think of the negative consequences that occur if I do not perform the activity"

3. Thinking of the near finish – "I remind myself that soon I will be done with the activity"

4. Emotion regulation – "I change how I feel (e.g. I try to stay in a good mood)"

Distractions don't help

Similar to the Harvard Grant treadmill test, one of the most famous studies of self-control teaches us little about how we remain focussed in a natural environment. The Stanford 'marshmallow test' – in which children were offered one marshmallow immediately or two if they could resist eating

the first one for a period of time – suggests that the most successful technique the children employed was to distract themselves from the task. But this isn't the case with real-life challenges.

First, the marshmallow test is unnatural. Few tasks in daily life require waiting for 15 minutes without touching a marshmallow, but many tasks might require patience. In which case, distracting yourself is the worst thing that you can do.

"This is really different to the marshmallow test," says Hennecke. "Both require self-control, but Walter Mischel's [marshmallow] research looked at the temptation that you need to distract yourself from. In the daily tasks we measured, people reported using distractions as a self-imposed way of coping with the unpleasant task.

"I would speculate

that thinking of something else makes you more inclined to do something else, which means you lose interest in the task you should be doing. We found that using distractions was not only the least effective strategy, but it had a negative effect on your success. It might make you feel better, but it doesn't help you to succeed. Certainly, people who are high in self-control use this strategy far less than people who are low in self-control."

It seems some people have an easy time doing unpleasant tasks.

"Either you are the person who has this personality that makes it easier to succeed or you need to think in the moment that you need a strategy," adds Hennecke. "If there is one conclusion, then we can assume that those four strategies [in the box above] should work for all people in their daily lives."



Focus is key to getting through stuff you don't want to do – and distractions may only make it harder to get to the finish line

responses from people in real-life situations. These hard. It might have been commonly reported, but

The truth about saturated fat

By Angela Dowden

Mainstream science says eating too much saturated fat raises cholesterol and the risk of heart disease, so why are some diet trends encouraging people to eat more of it?

Advice to limit intake of saturated fat has been official government policy in many countries, including the UK, for decades. But many people

are ignoring this advice, preferring to believe that saturated fat – which is in high amounts in foods such as meat products, full fat dairy, butter, ghee,

cakes and biscuits, as well as coconut and palm oils – isn't bad for us, even at high intakes.

You'll almost certainly be having more saturated

fat than the officially recommended amount if you're doing one of the popular low carbohydrate regimens, like the keto or paleo diet, or if you're following the trend of spooning a butter or fat into your coffee each morning. Eat much more than 100g of fatty meat, pastries, or cheese each day and you'll also easily get beyond the limit, given by UK dietary guidelines as 20g for women or 30g for men. Mainstream nutrition science says too much saturated fat raises cholesterol levels in the blood, which can lead to

arteries becoming "furred up" and an increased chance of having a heart attack or stroke. But a few scientists argue that saturated fat isn't the issue in heart disease, pointing to chronic inflammation

instead.

Low carbohydrate, high fat (LCHF) proponents also – controversially – suggest that the current "low fat, high carb" dietary guidelines are wrong and that obesity and diabetes



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would be better tackled by eating fat, including saturated fat, alongside reducing carbohydrates and avoiding snacking – a position that’s been

5-6%. As headlines are often contradictory and experts seem to disagree, it’s no wonder people don’t know what to believe about saturated

Fat replacement

That said, saturated fat isn’t as straightforwardly villainous as was once



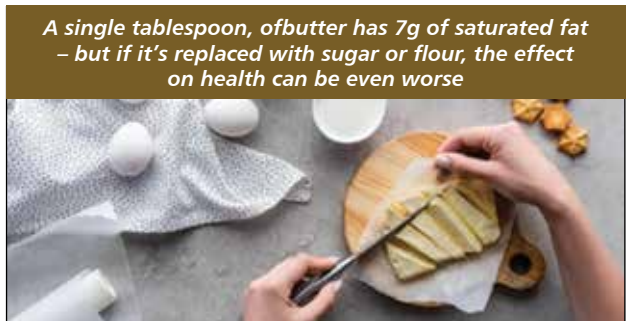
Two slices of pizza have about 10g of saturated fat, half of the suggested daily limit for a woman a third the daily amount for men

challenged by experts at the British Dietetic Association and others, who believe it’s less that the guidelines are wrong, and more that we aren’t following them.

For the general population, most countries’ health organisations recommend limiting fat, particularly saturated fat. UK dietary guidelines, for example, advocate up to 35% of our dietary energy (calories) should come from fat and about 50% from carbohydrates. (It’s worth noting that this could actually be considered a moderate fat, moderate carbohydrate diet, not a low fat, high carbohydrate one). For saturated fat specifically, the numbers are even lower. The UK recommends that it should comprise no more than 11% of our food and drink calories, while the US and the World Health Organization recommend less than 10%. That would

fat. What is the reality? Lynne Garton, a registered dietitian and dietetic advisor to the cholesterol charity Heart UK, says the latest trend to embrace saturated fats over other types is very worrying: we’re already eating too much. UK adults overshoot recommendations by consuming 12.5% of calories from saturated fat, even though their total fat intake is approximately on target. Americans average 11% of their calories from saturated fat and Australians 12%.

“Several factors contribute to raised blood cholesterol, but a diet high in saturated fat is definitely one of them, and this has been confirmed in studies going as far back as the 1950s,” says Garton. “Furthermore, despite some claims to the contrary, the wealth of scientific evidence indicates total and LDL (low-density lipoprotein)



A single tablespoon of butter has 7g of saturated fat – but if it’s replaced with sugar or flour, the effect on health can be even worse

be roughly 20g a day in women (the equivalent of 2.5 tablespoons butter or four supermarket sausages) and 30g a day in men (a quarter-pounder hamburger with cheese, plus four tablespoons of double cream).

The American Heart Association goes further, suggesting a figure of

cholesterol – often referred to as the ‘bad’ cholesterol – are proven contributors to heart disease.” Garton adds that some people might benefit from eating even less saturated fat than the standard recommendation – specifically those who have other risk factors for heart disease.

thought. That’s because it is only one of several dietary factors affecting heart disease risk, all of which are interrelated. Not



Replacing saturated fats with a monounsaturated fat, like olive oil, reduced deaths by 11% in one study

to mention that if you take some saturated fat out of your diet, you’re probably replacing those calories with something else.

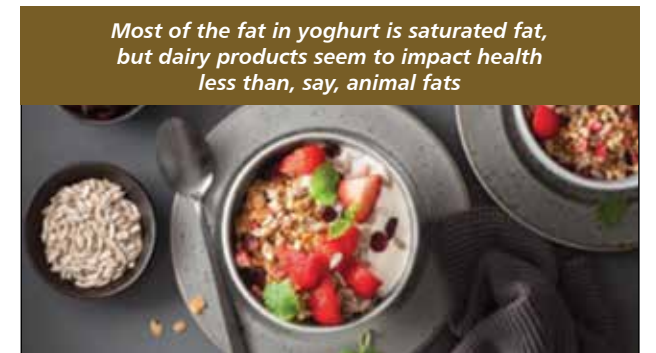
“Some studies have questioned a direct link between saturated fat and heart disease, but these have generally not considered what replaces saturated fat when it is reduced in the diet – a point that’s crucial,” says Garton. A number of international organisations draw on scientific evidence to recommend reducing saturated fat and replacing it with unsaturated fat. Scientific research backs up this advice. In one study, when 5% of calories from saturated fats were replaced by an equal number of calories from polyunsaturated fats (such as from salmon, sunflower oil, nuts and seeds) or monounsaturated fats (such as from olive and

rapeseed oils), risk of death from any cause was reduced by 19% and 11% respectively. Both types of “good” fat substitution reduced heart attacks. So did replacing saturated fats with whole grain carbohydrates such as brown rice and wholemeal bread.

However, when sugar and refined starches (such as white flour) replaced saturated fat, the risk of having a heart attack actually increased. “Most national nutrition guidelines including in the UK, Australia and the US already recognise that swapping out some of the saturated fat in our diet for unsaturated fat is heart-healthy,” says study co-author Peter Clifton,

percentage often went up as a result, which likely wouldn’t have been

(including full fat dairy) doesn’t appear to be associated with coronary



Most of the fat in yoghurt is saturated fat, but dairy products seem to impact health less than, say, animal fats

reducing heart disease risk at all.”

It’s also the case that some types of saturated fatty acids that make up saturated fat are less harmful than others. For example, stearic acid, which makes up approximately half of the saturated fats in dark

heart disease. (It’s important to take studies like these sceptically, though, since like many nutritional studies, they show correlation, not causation – in other words, people who eat more dairy might simply have healthier lifestyles overall. It’s also important to note

adjunct nutrition professor at the University of South Australia. “But to this you can add that it’s also probably OK to replace some saturated fat-rich food with whole grains, but definitely not OK to swap them with sugar or refined carbohydrates. This could actually be

chocolate, does not raise blood cholesterol. (The other saturated fatty acid – palmitic acid – does, though, so best not to eat the whole bar).

Other research indicates that the “food matrix” is important. In cheese and yoghurt, for example, calcium (a

that studies focused on dairy have tended to look at milk and yoghurt, but much less on butter or cream).

Of course, good luck and good genes can go a long way too. “We all know someone whose granny lived to 103 eating lots of butter, cream and drippings,” says Garton. “But on a population level, all the evidence suggests the diet that’s healthiest is one with plenty of fruits, vegetables, whole grains, and unsaturated fat-rich sources like nuts and oily fish. “Rather than focus on individual nutrients, we should be looking at the overall diet and including plenty of these heart healthy foods,” she adds.

In short, that’s more advice to eat a healthy Mediterranean-style diet – and steer clear of butter coffees, burgers and bacon.



Three ounces or 85g of bacon fat has about 30g of saturated fat, the recommended daily limit for men

worse than making no reduction to saturated fat at all. “Unfortunately, when the food industry began creating lower fat versions of foods such as ready meals, puddings and yoghurts, the sugar

mineral that may keep blood pressure normal) could be why these foods have less impact on raising LDL cholesterol than, say, bacon. It could also help explain the observation that consumption of dairy



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Long working hours 'linked to stroke risk'

Working long hours is linked to an increased risk of stroke, researchers say.

Long hours were defined in the French study as more than 10 hours on at least 50 days per year. People who did long hours for more than a decade were at the greatest risk of stroke, they suggest. But the UK's Stroke Association said there were lots of things people could do to counteract the effects of long hours, like exercising and eating well.

The researchers, from Angers University and the

French National Institute of Health and Medical Research, looked at data on age, smoking and working hours from a population study of more than 143,000 adults. Just under a third worked long hours, with 10% working long hours for 10 years or more. Overall, 1,224 had had a stroke.

'Work more efficiently'

Writing in the American Heart Association's

journal *Stroke*, the researchers say people working long hours had a 29% greater risk of stroke, and those doing so for 10 years or more had a 45% greater risk. Part-time workers and those who suffered strokes before working long hours were excluded from the study.

Dr Alexis Descatha, who led the research added: "The association between 10 years of long work hours and stroke

seemed stronger for people under the age of 50. This was unexpected. Further research is needed to explore this finding. "As a clinician, I will advise my patients to work more efficiently and I plan to follow my own advice."

This study looked at numbers, rather than

reasons, but other research has found people who run their own businesses, CEOs and managers seem less affected by long hours - as opposed to those working irregular shifts and nights, or who have job-related stress.

Dr Richard Francis, head of research at the Stroke Association,

said: "There are lots of simple things you can do to reduce the risk of a stroke, even if you work long hours. "Eating a healthy diet, finding the time to exercise, stopping smoking and getting the recommended amount of sleep can make a big difference to your health."



The invention that saved a million ships

By Adrienne Bernhard

In the 1820s, Augustin Fresnel invented a new kind of lens and installed it in France's Cordouan lighthouse. Suddenly, one lamp could light the way for sailors many miles out to sea.

"Were I a Roman Catholic, perhaps I should on this occasion vow to build a chapel to some saint; but as I am not, if I were to vow at all, it should be to build a lighthouse." — Benjamin Franklin, July 1757

Since antiquity, lighted beacons have guided ships to port. The earliest lighthouses were controlled fires on hilltops that warned vessels that they were approaching land. Over time, these signals were powered by burning coal or oil lamps backed by mirrors, which could reach navigators further out to sea. But lamp power was no match for a dark and stormy night; over centuries, broken hulls and wind-whipped sails ran aground as ships' captains and crew perished within, unable to

spot the coastline before it was too late.

All that changed in the early 1820s, when a French physicist invented a new kind of lens: a ring of crystalline prisms arranged in a faceted dome that could reflect refracted light. Augustin Fresnel installed his creation in the Phare de Cordouan, a towering lighthouse situated in France's Gironde estuary, about 100km north of Bordeaux. Suddenly, one lamp could illuminate the way for sailors many nautical miles out to sea.

The oldest operating lighthouse in France (construction began in the 16th Century, but beacons had existed there hundreds of years prior) and the world's first to be built in the open sea, this imposing sentinel of white

stone is a Renaissance masterpiece. Equal parts cathedral, fort and royal palace, this 'Versailles of the Sea' is a monument to history and maritime engineering. The spot was listed as an historic monument the same year as Paris' Notre Dame by the French Ministry of Culture, in 1862. Accessible only by boat, the Cordouan lighthouse offers visitors

a revolutionary view of France's heritage: the chance to climb inside the upper reaches of an old lighthouse, and into one man's imagination.

A spectacular showpiece

The Médoc Atlantique is a bountiful stretch of south-west France famous for its vineyards,



By arranging a series of small prisms into the shape of a beehive, Augustin Fresnel discovered he could capture and refract oblique light



The Phare de Cordouan sits in south-western France's Gironde estuary and is the country's oldest operating lighthouse

wines and chateaux; few tourists venture north of Bordeaux to the sleepy town of St Palais-Sur-Mer. From this vantage, the Cordouan lighthouse is unmissable on its lonely promontory, though Palais' residents seem only dimly aware of its faithful watch. Beachside cafes touting fresh fish and Nutella-filled crepes are popular with locals, and many will take a boat ride to trawl for Coquilles St Jacques and then explore the surrounding pine forests. But once a day, a catamaran departs from Port Royan, taking passengers out of the harbour and into open waters. As the town fades from view and the ship's sails flap wildly in the wind, the lighthouse rises up, breaking the horizon

like a pillar of cloud. Most cannot help but wonder: why build such a magnificent showpiece where few would ever see it?

The Cordouan lighthouse offers visitors a revolutionary view of France's heritage

In fact, the Phare de Cordouan's spectacular architecture is the result of a long and turbulent history. According to legend, small beacons had existed on the unnamed islet since the early 9th Century, when Charlemagne supposedly commanded a light be shone there. It's more certain that the Black Prince (Edward of Wales) was the first to build

Continued on page 50

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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.

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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!**



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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.

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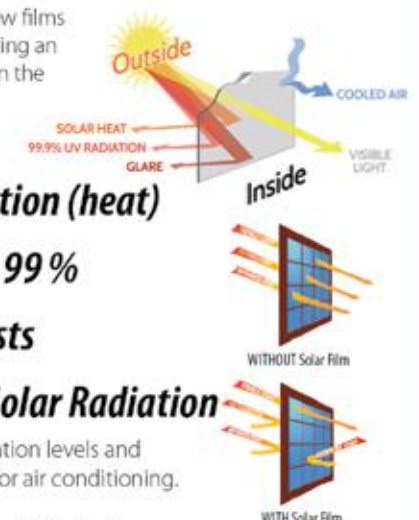
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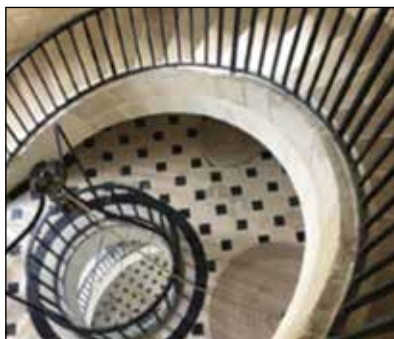


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Cordouan's circular openings allowed fuel for the light to be hoisted up to the top of the lighthouse by pulley rather than carried up the stairs

an actual tower on the sandbar, in 1360. More than 200 years later, in 1584, King Henry III commissioned a lighthouse at the mouth of the Gironde. The king wanted an impressive tower worthy of his royal stature, one that would replace Edward's crumbling edifice. He contracted famed Parisian architect Louis de Foix with orders to construct a 'royal work': a lighthouse with extravagantly decorated apartments, keepers' quarters, a large lantern and its very own chapel.

Religious wars and various financial and technical challenges made for slow going, but de Foix carried on with his work, even after the death of Henry III (the king, as it happened, would never set foot in his lighthouse). By 1611, mariners who moored their vessels at the confluence of the Atlantic and the Gironde were greeted by a tremendous sight: granite steps leading to a 67.5m stone edifice, impervious to the crashing waves. Past the engineer's apartment and keepers' quarters, they would climb more than 300 steps through each of several airy galleries, whose interiors still reflect a style traditional for the period: gilt trim, ornate pediments; small alcoves and domed ceilings; black-and-white mosaic tiles. The ship's captain might stop to pray for his vessel's safe passage at the chapel Notre-Dame de Cordouan, before ascending past the *salle des lampes* to the gallery deck atop this most remote sentry by the sea.

The lighthouse was lit for the first time in 1611: a fire fuelled by tar, pitch and wood, sheltered by a lantern. In the mid-1640s,

Cordouan's light was blown off by a storm, so keepers replaced it with a lantern that burned whale oil and fixed it atop a metal basin; this allowed for greater control of the flame, but it also meant a dimmer glow, much to the chagrin of mariners. Whale

oil was replaced in the early 18th Century by coal, which proved a difficult lighting system to maintain as keepers had to routinely haul fuel to the top of the lighthouse and stoke the fire day and night. In 1782, a system of oil lamps and copper *lumières* (or reflectors) was installed, which meant that lighthouse keepers no longer needed to tend to the fires. And by the end of the 18th Century, clockmakers devised a rotating light made possible by the same mechanisms that powered timepieces, resulting in the first revolving lighthouse lantern in the world. In calm weather, these oil lamps could adequately assist navigation, but they were not powerful enough to converge on a bone-soaked, storm-ravaged sailor miles from land.

Following the French Revolution of 1789, attempts were made to eradicate every symbol of



Benoît Jenouvrier is one of four guardians who live at the Cordouan lighthouse year round

the Ancien Régime, the feudal political system in France that held everyone a subject of the king. That meant a complete obliteration of all royal effigies and inscriptions inside Cordouan, which

was itself a tribute to the monarchy, after all. Only the bust of Louis de Foix in the entrance niche of the lower room was left intact – it was simply too heavy to transport – and visitors can still see this statue today. At the same time, large-scale works were underway at the lighthouse aimed at improving the structure's utility and the mighty reach of its beacon.

An ingenious invention



Cordouan's bulls-eye panels create beams of concentrated light in different colours to indicate directions to mariners

In the 19th Century, optics was an emerging field. Scientists were familiar with Dutch physicist Christiaan Huygens' theory of light, which held that light travelled in the form of a wave, but

capture and refract oblique light.

Fresnel's system was based on a key principle of geometric optics: when light passes from one medium to another – for example, air to glass and then to air once again – it changes direction. The lens' concentric arrangement and 'bending' of light created a combined light intensity much greater than the light source itself. This in turn allowed the light to be visible over greater distances. Fresnel installed his invention at

Cordouan, a lighthouse already prominent in his home country, in an area known for its rugged coastlines and treacherous swells. By the 1860s, thousands of lighthouses had been fitted with

its own signature," said Mickael Neveu, one of four lighthouse guardians who live year-round at Cordouan (guardians take turns in pairs, for a fortnight at a time). He gestured towards the Fresnel apparatus inside the tower, which is restricted to keepers and custodians. "The light here occults three times every 12 seconds."

An occulting light is a rhythmic light in which the duration of light in each period is longer than the total duration of

and the surrounding islet, which becomes entirely submerged at high tide. The Phare de Cordouan was officially submitted as a candidate for Unesco World Heritage status in 2002, a feat owed, in no small part, to the stewards who watch over it faithfully.

The solitary existence of lighthouse keepers has long captured the imagination: the stoicism of their ceaseless vigil; the integral role they play in buoyage and beaconage; the loved ones they leave

darkness: in other words, it has the appearance of flashing off, rather than flashing on. As Cordouan's lens rotates, its bulls-eye panels create beams of concentrated light, which successively pass into view of the mariner: to the south, a flash of red, to the west, green or white light, followed by darkness. These different colours direct maritime traffic according to vessel size: the green sector indicates the main passage of the estuary, used by high-tonnage commercial shipping; the south passage, marked by the red sector, is used by vessels of shallower draught.

The Phare de Cordouan is the last lighthouse in France to be continuously inhabited by keepers. Visits are permitted for the public from April to November; the rest of the year, keepers ensure that the beacon shines day and night, while engaging in daily maintenance and upkeep of both the tower

behind on dry land. Benoît Jenouvrier has been a lighthouse guardian at Cordouan for eight years. He has sandy dreadlocks, a slightly weathered smile and a purposeful manner. When asked about the most difficult aspect of his job, Jenouvrier replied that it's different for each guardian. "The weather conditions are difficult, the daily tasks, the winters..." Here he trailed off, as if weighing the responsibility of caring for something so formidable. "In fact, I am more at ease in winter, when there are no visitors here."

Against the heavily barnacled base of the Phare de Cordouan, this solitary keeper was himself part of history – a long line of lighthouse guardians who have variously watched over a royal palace, a graveyard of shipwrecks, a site of scientific innovation and a place that forever altered ocean travel.

Every lighthouse has its own signature

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The majority of us keep money in a bank account. Why? Because it is easy, relatively secure, and easily accessible. There is also a Deposit Protection Scheme in place which covers the amount in your bank account up to €100,000 or £75,000. So far, so good?

The Deposit Protection amount has been reduced from £85,000 which was the previous compensation limit. This means that if a bank or building society cannot meet its obligations and subsequently fails, or becomes insolvent, the maximum compensation you will receive will be £75,000 or £150,000 for a joint account (husband and wife).

What about growth on your savings?

Returns are not good, interest rates are hardly inflation-beating and your hard-earned cash is not really being put to work for you. In fact, the average savings account is paying less than 1% per year and some have even reduced to 0.2% or even 0.1%!

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

Setting up a Spanish tax compliant bond is no more difficult than setting up a bank account, and, once you have invested, you have easy access to your money: regular, or one-off withdrawals, to suit your needs.

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.

The returns over the last few years have been:

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

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.

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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Any tax due is paid directly to the Hacienda and no Modelo 720 declaration is required for holders of this kind of Bond. The Bond can also be held jointly so there should be no liability to Succession Tax on the first death.

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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The painstaking story behind the euro symbol

So, just how did the euro acquire the symbol which it's known around the world?

By Hepzibah Anderson

The value of those euro coins left as a tip at the bistro, taverna or tapas bar has fluctuated in the 17 years since they went into circulation, as with all currencies. Where the euro differs is that its ultimate worth has always been more than just monetary. Indeed, it's hard to think of another currency that comes minted with such lofty ambition and political idealism, and with the Brexit drama skittering onwards and internal tensions tugging, this remains truer than ever.

As one of the world's newest currencies, the euro's decades-long gestation and protracted birth have been meticulously documented. It's a story of meetings, negotiations, treaties and yet more meetings, its cast comprised almost exclusively of politicians and civil servants. The kind of yarn, in other words, likely to set only the pulse of an economic historian racing. Altogether more mysterious – and contested – is how the euro acquired the sign by which it's known around the world.

The new currency's name was chosen in Madrid in 1995. Allegedly the suggestion of a Belgian teacher and Esperanto buff, "euro" triumphed over a string of other contenders, including the irresistibly Shakespearean "ducat". A crucial consideration was that the name must be the same in all of Europe's official languages, and uniformity was deemed vital for the sign that would represent it too.

Unlike older currency signs that have evolved organically over centuries, the euro sign was designed by committee.

The brief comprised three key elements: it must be a highly recognisable symbol of Europe, it had to echo well-known existing currency symbols, and it needed to be

newspaper The European as being "precise and confident, like a post-modern pretzel". Elsewhere, it caused confusion. A 'C' bisected by two horizontal bars?

There's a fog of vagueness surrounding the public consultation, too. How many EU citizens were consulted? And of which nationalities? As to the identities of the designers

foreground and background colour tones also stipulated. When officials decided to patent it, the euro became the world's first copyrighted currency sign. None of this pleased typographic experts, who were suddenly faced with incorporating a new typographical symbol, or glyph, into existing fonts. Computer applications struggled, too, resulting in conversion errors that frequently saw a question mark pop up in place of the required symbol.

The euro was

two bizarre challenges emerged to the official EU narrative. The sign had already been criticised for its resemblance to the old logo of US electronics company Commodore, but British foreign exchange specialist Travelex went a step further. Claiming that it had been using a strikingly similar sign in correspondence between a subsidiary and its business partners since 1989, it sued the European Commission for trademark infringement. (The court eventually ruled in favour of the EC, leaving Travelex facing a hefty euro bill.)



Pro-Europe activists sing the Ode to Joy, the Anthem of Europe outside the Centre Georges Pompidou in Paris

aesthetically pleasing and simple to write by hand. It fell to European Commission staff to compile a list of more than 30 possible designs. These were then whittled down to 10 and submitted to the public. Two designs emerged ahead of the rest, and it was left to then President of the European Commission Jacques Santer and Yves-Thibault de Silguy, the commissioner in charge of economic and financial affairs, to choose between them.

Precise and confident, like a post-modern pretzel

When the selected symbol was unveiled in December 1996, it was applauded by the now defunct

Well, no, it was actually inspired by the Greek letter epsilon. A reference to the cradle of European civilisation, it emphasised historical continuity – as the design of the banknotes themselves would do – while also evoking an 'E' for Europe. The classical connection came to seem decidedly ironic when, in 2010, Greece's bailout crisis threatened the stability of the entire eurozone. Just as well those two parallel lines running through its centre signify stability.

Curiously, it's now all but impossible to trace the symbol that was runner-up in the popularity contest. It must exist in a Brussels vault, but search online and it's as if the euro symbol was ever-destined to take its current form.

behind the winning image – an image that became globally recognisable overnight – there were allegedly four of them.

What is specified is the sign's geometric construction. Proportions must be exact, with

introduced as a non-cash currency, for instance in electronic transfers, at midnight on 1 January 1999. In 2001, with 14.25 billion banknotes and 50 billion coins set to flood 11 member states the following year,



Regardless of who really designed it, this symbol of Europe is in many ways exactly what the sign has become

Then, just a few months later, one Arthur Eisenmenger spoke out from his retirement home in southern Germany, claiming that it was he who'd created the symbol more than 25 years earlier, while working as chief graphic designer for what was then the European Economic Community. Eisenmenger is credited with supervising the creation of the star-ringed EU flag and the "CE" quality control mark for European consumer goods. He created the euro sign, he claimed, as an emblem for Europe in general. "I wasn't thinking of the euro at the time, but just something that symbolised Europe," he told The Guardian.

Regardless of who really designed it, this symbol of Europe is in many ways exactly what the sign has become. Along with the Union's flag and Ode to Joy-based anthem, it's transcended its practical purpose and emerged as an icon of the European project. Perhaps the ultimate proof of its success is this: with the versatility of a truly enduring symbol, it can now even be spotted on pro-Brexit placards.

August 19
DOG OF THE MONTH

Fetén

Fetén is only 4 years old and is absolutely adorable. He has so much love to give and adores people of any age! And he is also very handsome. So why not give this great dog a chance? He would be over the moon to have a family and somewhere to call home.

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The Tenerife Property and Business Guide
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Printed by: Artes Graficas del Atlantico, Gran Canaria

ENERGY PERFORMANCE CERTIFICATES IN SPAIN

AUGUST 19 UPDATE

Entering August, it can be seen that since June 2013, the total number of Energy Performance Certificates issued in the Canaries stands at approximately 219,520 with some 2,312 being registered during the month of July. This shows that during the last year some 28,025 certificates have been issued, on average 2,335 per month. 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:

If you are selling or renting out property, you will need to engage an Accredited Assessor, who will visit your property to inspect and then produce and register your properties Energy Performance Certificate.



If you have any questions, or wish to arrange for me, Philip Wright, to carry out your energy Performance Certificate please call me on 667 757 323.

The EPC contains:

Information about a property's energy use

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Long Term Rentals

Golf del Sur, San Blas Village €1,360

San Blas Residencia. A truly lovely complex. Newly built, and furnished to the highest standard. These are available FURNISHED or UN-FURNISHED. Separate kitchen complete with Bosch appliances.. microwave, dishwasher, washing machine, and much more, granite worktops, and kitchen table and chairs. The lounge/diner has modern furniture, with patio doors lead... For full information see website or contact:

**Rentals in Tenerife Ref: 3067
606 284883**

Golf del Sur, House €1,300

Luxury house, fully furnished and equipped to high standards. with garden and private underground secure garage with direct access from the house. The complex offers good facilities: pools and sun decks, tropical gardens and walkways. Air conditioning throughout, electric shutters, parquet floors. Separate fitted kitchen, fully equipped with all the appl... For full information see website or contact:

**Tenerife Alizes Properties Ref:
13-H3-1031-R 922 738653 /
626 274040**

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El Medano, Las Dunas €1,300

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

**Tenerife Alizes Properties Ref:
KV0201
922 738653 / 626 274040**

Golf del Sur, Las Adelfas I €1,100

2 bed, 2 bath large villa available on the popular Las Adelfas 1 complex. Detached property with complete privacy in large back garden which has separate gate access. Large lounge/diner with separate fully equipped kitchen, 2 large double bedrooms, 1 with ensuite, another bathroom and office and utility room. Lounge and bedroom leads onto private garden, ... For full information see website or contact:

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**Tenerife Prime Property Ref:
02 1213
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La Caleta, El Beril €1,050

Beautiful corner bungalow located on El Beril just a five minute walk to the beach front. Large living dining room with American style kitchen, large double bedroom with fitted wardrobes and bathroom. The property has a very large garden surrounding the property and has wifi available.

**Tenerife Island Rentals Ref:
AP0439
922 797438**

La Caleta, Oasis La Caleta €1,045

Lovely 1 bed, 1 bath, fully furnished apartment with lounge and American style kitchen, good size terrace and community swimming pool. This is a very

**01 1168
627-230360**

Golf del Sur, Terrazas de La Paz €750

Available until 15th December. Modern, refurbished, ground floor, one bedroom apartment on a popular complex. Fabulous sea views. Water and electricity bills not included.

**Homes & Away Ref: 1877
922 737 044**

Amarilla Golf, Pebble Beach €750

One bed bungalow in ideal location with superb views. Price includes water and electricity bills

**Homes & Away Ref: 1438
922 737 044**

Parque de la Reina, Moncayo €700

Two bed two bath apartment located in the Moncayo complex in Parque De La Reina. This is a popular residential town which is just 5 minutes drive to Los Cristianos. The apartment has an independent fully fitted kitchen, both bedrooms are of double size with fitted wardrobes, there is a small balcony from the ... For full information see website or contact:

**Tenerife Island Rentals Ref:
AP0269
922 797438**

Golf del Sur, Parque Albatros €675

Spacious, south facing, well furnished one bed apartment with large terrace on popular complex. Close to all amenities.

**Homes & Away Ref: 1785
922 737 044**

Costa del Silencio, Balcon del Mar €660

Lovely 1 bed, 1 bath apartment on popular complex in Costa del Silencio. This apartment is very well furnished and has a good size terrace with sea views. There are lifts throughout the complex and lovely community swimming pools.

Tenerife Prime Property Ref:

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Golf del Sur, Res. San Blas



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01 1209
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**Golf del Sur, Terrazas de La Paz
€660**

A chance to really put your own stamp on this 1 bedroom and large outside terrace with views out to sea. Long term rental available from now on Terrazas de la Paz, Golf del Sur. Can be either furnished as it is or arrangements for tenants who have a lot of their own furniture etc to be move out!! Would suit perhaps retired couple as the complex i... For full information see website or contact:

**Rentals in Tenerife Ref: 1086
606 284883**

**Los Abrigos, Apartment
€600**

Available from end of July until October. First floor 3 bedrooms apartment in a popular local village with stunning sea views. Water and electricity bills on top. **Homes & Away Ref: 1712
922 737 044**

**Los Abrigos, Vistamar
€500**

Attic studio apartment, in residential building with lift, situated in the centre of Los Abrigos. The flat consists of lounge with sleeping area, American style kitchen, nice and sunny terrace, and shower room. Good sea views, quiet area, fully furnished and equipped. Bills incl. No pets. Contracts 6 months max.

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Island Estates Ref: 407-HT6
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Las Americas, Empty Local

€530,000

200m2 Local being sold freehold. Originally used as a Chinese restaurant but is now empty. There is a 80m2 basement with fridges and a top floor which could be used as offices. Also included in the price are 3 garages spaces and storerooms. GREATLY REDUCED FOR A QUICK SALE.

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Playa de la Arena, Restaurant
€470,000

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Sales Ref: 2204
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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:

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Tenerife South, Bar/Cafe

€250,000

Great value freehold bar/cafe located between large hotels and

Puerto Colon, Charter Yacht

€220,000

This charter sailboat for sale sells whale & dolphin watching, sunset charters, and private group trips. The sailboat is a Bavaria 39, it measures 12 x 3,94 meters, it is from 2006 and has a Volvo 45 Hp engine. The sailboat is well-maintained and has 2 bathrooms and 3 bedrooms. It is licensed for

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

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

Tenerife Prime Property

The Beachcomber Bar/Café, Las Galletas



Highly popular, profitable, and fully legal sea-front bar/café in the attractive and vibrant seaside fishing village of Las Galletas. This ready-to-walk-in-and-take-over business can accommodate up to 40 persons in its spacious inside space and outside terrace. The café operates excellent working hours (approx 9.00am – 5.00pm daily, 6 days per week) and has a highly loyal customer base (which includes a wide range of nationalities – English, Dutch, Belgian, French, Italian, Spanish etc) both residents and holiday-makers from nearby Costa del Silencio and Ten Bel. The owners, who have built the business from scratch, have decided to retire. Accounts available.

Price: €89,000

Tel: 922 703 725 / 627 230 360
Email: carolhale.tpp@gmail.com
Web: www.tenerifeproperty.com

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

Las Americas, Commercial Property

€20,000

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

information! TRASPASO

Tenerife Belfin Properties Ref: B401-BP
692 146808

Las Americas, Other Business

€17,200

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

The Property Gallery Ref: 118647
922 719925 / 922 719889

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. 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 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



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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All progress takes place outside the comfort zone!

Ice Cream & Crepe Bar

Reduced



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: 45,000€

Bistro-Cafe For Sale

Reduced



This cozy bistro-cafe 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



This cafe is known for healthy lunches and has fast gained a good reputation in the area. The cafe 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€

Shoe & Bag Shop

NEW



This shop in Adeje Town sells shoes, bags, and other accessories from a popular franchise. There is a good profit on the products and the sales price includes the full stock, so you can open without further investments.

Ref.: 2255

Price: 45,000€

Family & Entertainment Bar

Reduced



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: 42,500€

Bar-Cafe Bar To Rent

New



This is a rare opportunity to get a bar-cafe without paying a traspaso. It is located in Los Abrigos, 100 m2 and fully equipped with machines and furniture. The monthly rent is 1,600€ and the deposit is 12,000€.

Ref.: 2249

Price: 2,500€

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



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€

Restaurant To Rent

New



This is a rare opportunity to get a restaurant without paying a traspaso. It is located in a commercial center in Los Cristianos and fully equipped with machines and furniture. The monthly rent is 1,900€ and the deposit is 12,000€.

Ref.: 2250

Price: 2,500€

Bargain Freehold Pool Bar



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€

Bike & Scooter Rental

Reduced



This bike & scooter rental business has been established for 3 years and is located in a super busy area of Las Americas. The price includes bikes, e-bikes, mobility scooters and wheelchairs, which are rented from 1 day to several months.

Ref.: 2185

Price: 37,500€

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 Promenade Cafe

Reduced



You cannot miss this cafe in Las Americas facing the busy promenade. This cafe does not only offer a great location but is also well-established and has a fair rent for this location, which is only 1,200€ a month.

Ref.: 2183

Price: 79,000€

Traspaso In San Eugenio

New



This bar-cafe is located in a busy street in San Eugenio. The bar has a terrace of 30 m2 with tables for about 36 guests and the inside premises are 45 m2 more, is a large basement of 70 m2. Note, today the bar is closed.

Ref.: 2260

Price: 39,000€

Hairdresser For Sale

New



This salon is a great little business in San Eugenio Bajo, which can be run by a single person with 1-2 employees. The salon is 30 m2, newly renovated and nicely furnished with 2 cutting stations and 2 washing stations.

Ref.: 2256

Price: 19,000€

Bavaria Excursion Boat



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€

Club & Lap Dance Bar

New



This newly refurbished bar & club has the license to run as a Cabaret Bar and Bar Sexual. The premises are 300 m2 with a fully furnished bar, DJ and dancing area, office, storage and 8 private rooms fully furnished with beds and showers.

Ref.: 2254

Price: 111,000€

Car Rental For Sale



This car rental and excursion shop is sold as a leasehold or a freehold. You find the main office centrally in Puerto Santiago and a fully equipped workshop close by, which. The sales price includes 17 cars like Skoda, VW, Dacia, and Ford.

Ref.: 2233

Price: 267,000€

Las Americas 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€

Unique Excursion Boat

New



This unique solar panel boat located in Puerto Colon will never run out of battery here in Tenerife. It is free of noise and pollution and moreover, the overheads are very low since you save gasoline and engine maintenance costs.

Ref.: 2251

Price: 59,000€

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we are here too

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