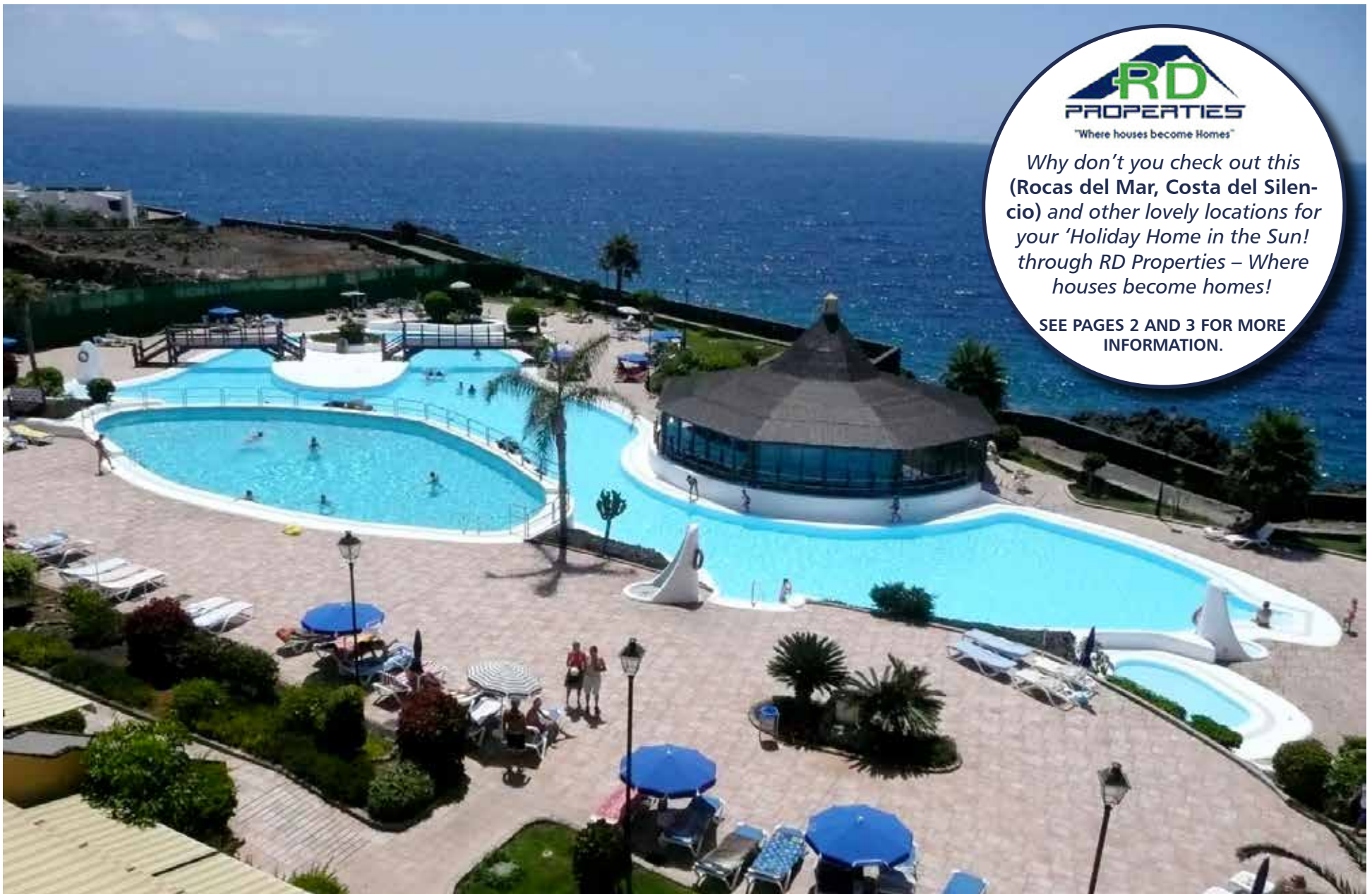


The Tenerife Property & Business Guide



Part of the Spanish Property Guides Group | February 2020 Issue 184

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



Why don't you check out this (Rocas del Mar, Costa del Silencio) and other lovely locations for your 'Holiday Home in the Sun!' through RD Properties – Where houses become homes!

SEE PAGES 2 AND 3 FOR MORE INFORMATION.

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Contents:

- 03-33 Residential Sales
- 34 Monthly Currency update (Currencies Direct)
- 39 The definition of, and the difference between, Minor and Major Works
- 40 Article: 25 Things Every Woman Should Know About Her Health
- 42 Article: What will the end of oil dependence mean for geopolitics?
- 46 Article: Secretum: Leonardo Da Vinci and the Anatomy of the Soul
- 52 Article: 5 Things that make your feet hurt — and how to fix them
- 56-57 Sebastian St James IFAs
- 59 Long Term Rentals
- 61 Businesses for Sale

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“Where houses becomes Homes”

RD Properties/Tenerife Vista Mare partnership in Las Galletas – Still going strong, one year on!

In January 2019, Danny Daryanani, long-time resident of Tenerife and owner of RD Properties, joined forces with Fabio Ferrari - 4-year resident and owner of Tenerife Vista Mare. Both men had worked with each other for some and felt it would be to their mutual benefit to 'team up' and share their talents and resources.

Danny had opened his office in Las Galletas in 2017 and, with Fabio

opening his one just along the road from him on the busiest street in town (adjacent to the Post Office), they felt the 'right' time had arrived!

One year on, Danny and his Administrator Kayleigh, and Fabio and his Administrator Amina, remain great friends, and are confident that their business partnership will continue to bear fruit long into the future!

So, if you are in the

market to either sell, or buy, a property in the Las Galletas/Costa del Silencio area (or further afield!), why don't you pop in and see Danny or Fabio see how they can help you.

Of particular note, Danny and Fabio invite potential purchasers to call for an appointment to discuss their portfolio of interesting Repossessed properties!

TENERIFE VISTA MARE
INMOBILIARIA - ESTATE AGENT



Danny and Kaleigh (left), and Fabio and Amina

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Las Galletas - Next to post office

A FANTASTIC HOME!



Costa del Silencio, superb detached 3 bedroom villa

Superb, fully furnished and property has a lounge, separate dining room, high quality fitted kitchen, detached villa with own heated pool conservatory with 2nd dining area, in popular residential area. This various sunny terraces (one with spacious property (270sqm on a gorgeous mountain views), and a 206sqm plot) would be a perfect family home, but also has the potential to be turned into a successful business (e.g. BnB), easily increasing the current 3 bedrooms to 8/9. The



REF: CDS514-CPC427 PRICE: €427,450





San Eugenio Alto, Oasis



- 2 bedrooms
- 1 bathroom
- Close to amenities
- Touristic area
- Close to beach
- Sea and La Gomera views
- Furnished
- Sunny terrace
- Community pool

80 20

Price: 235,000€ Ref: 2A3455

San Eugenio Alto, Monterey



- 2 bedrooms
- 1 bathroom
- Close to amenities
- Close to the beach
- Sea, mountain and La Gomera views
- Furnished
- Large sunny terrace
- Spacious
- Well presented

95 18

Price: 369,000€ Ref: 2A3453

Torviscas Alto, Balcon Andalucia



- 2 bedrooms
- 1 bathroom
- Close to amenities
- Garden and pool views
- Furnished
- Immaculate
- Spacious
- Large terrace
- Community pool

71 36

Price: 315,000€ Ref: 2A3453???

Callao Salvaje, Arco Iris



- 2 bedrooms
- 1 bathroom
- First line to the beach
- Close to amenities
- Sea and Mt Teide views
- Furnished
- 2 Sunny terraces
- Private parking
- Community pool

75 28

Price: 220,000€ Ref: 2D3451

San Eugenio Alto, Laguna Park II



- 1 bedroom
- 1 bathroom
- Close to amenities
- Close to the beach
- Sea and mountain views
- Renovation required
- Sunny Terrace
- Communal parking
- Community pool and TV

42 11

Price: 138,000€ Ref: 1A3449

San Eugenio Alto, Island Village Heights



- 2 bedrooms
- 1 bathroom
- Close to amenities
- Close to beach
- Sea, mountain and La Gomera views
- Furnished
- Sunny terrace
- Community pool
- Satellite TV

53 16

Price: 239,000€ Ref: 2A3448

San Eugenio Alto, Parque Cristina



- 1 bedroom
- 1 bathroom
- Central
- Sea, Mt Teide and La Gomera views
- Well presented
- Furnished
- Sunny terrace
- Off street parking
- Community pool

78 12

Price: 215,250€ Ref: 1A3443

San Eugenio Bajo, Ocean Park



- 1 bedroom
- 1 bathroom
- Close to amenities
- Close to the beach
- Sea views
- Furnished
- Sunny Terrace
- Communal parking
- Community pool

52 15

Price: 239,000€ Ref: 1D3440

Torviscas Alto, Balcon Andalucia



- 2 bedrooms
- 2 bathrooms
- Close to amenities
- Sea views
- Furnished
- Sunny terrace
- Community pool
- Satellite TV
- Lifts

50 22

Price: 199,500€ Ref: 2A3428

El Medano, La Marena



- 3 bedrooms
- 2 bathrooms
- Close to beach
- Close to amenities
- Furnished
- New construction
- Private pool
- Garden
- Double garage

150 514

Price: 780,000€ Ref: 3V3419

San Eugenio Bajo, Panorama



- Studio
- 1 bathroom
- 1st line to the beach
- Close to amenities
- Furnished
- Sunny terrace
- Community pool
- Children's play area
- Investment opportunity!

32 6

Price: 199,000€ Ref: 0S3398

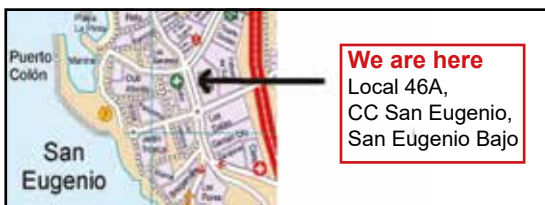
Valle San Lorenzo, Villa



- 7 bedrooms
- 6 bathrooms
- Rural location
- Sea and mountain views
- Part-furnished
- Self contained apts
- Various sunny terraces
- Many special features
- Private garage

303 965

Price: 449,750€ Ref: 7V3360



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SAN EUGENIO ALTO, VILLA MARBELA

Lovely, fully furnished, 5 bed, 4 bath (master en suite) villa with own pool on large plot of 460sqm. This quality property, which enjoys views to the ocean, Mt Teide and mountains, has a lounge/dining area, independent fitted kitchen, large terrace/BBQ area, garden, storerooms a double garage and driveway. Close to all amenities. Many extras.



Price: 850,000€

Ref: 5V3407

Built: 214sqm

Terraces/Garden: 460sqm

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SAN EUGENIO ALTO, ISLAND VILLAGE HEIGHTS



Centrally-located, well-presented and furnished, 1 bedroom, 1 bathroom apartment on popular gated complex with 24 hour security, lifts and pool. The property, which enjoys views over the gardens to Mount Teide and the sea to La Gomera from its sunny terrace, has a lounge/diner and galley, fitted kitchen.

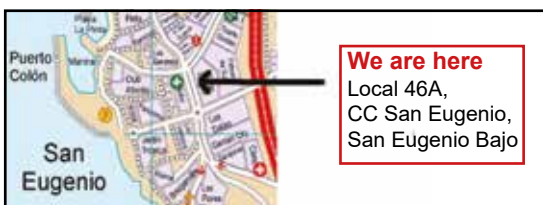


Price: 152,000€

Ref: 1A3422

Built: 40sqm

Terrace: 8sqm



- Bank Repossessions
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- Resort and Residential Properties
- Investment Opportunities
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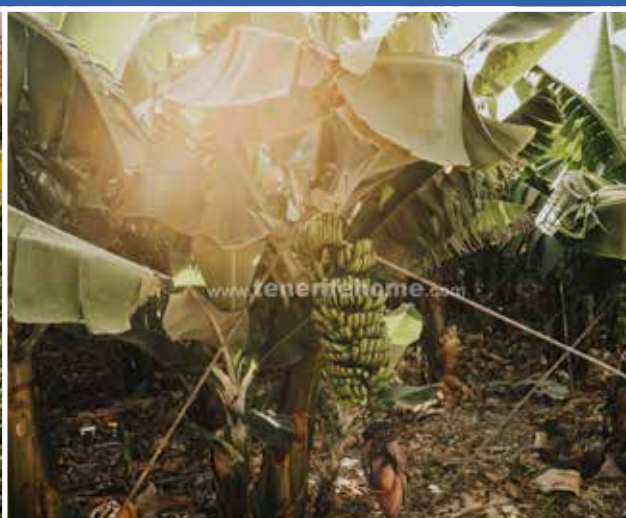

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PLAYA SAN JUAN, FINCA LOS MAGUENES

Finca Los Maguenes is a profitable plantation located on the west side of the island. Its proximity to the coast makes it an ideal location for the cultivation of bananas. To this end, the farm has been equipped with all the staff, resources, materials, and technicians necessary to produce certified agri-food for export to the

European market.

The farm is located on the outskirts of Playa San Juan, in the municipality of Guía de Isora, 70 minutes from Santa Cruz and about 30 minutes from Reina Sofía Airport in the south of the island. Its total area is 45,493sqm with a cultivated area of 39,147sqm. There are 300sqm of homes, 3,160 cubic

metres of water tanks and 45.73sqm of warehouses and services.

Regarding the houses, the farm has a main property divided into 4 apartments, currently used by farm staff. A possible conversion to tourist uses would enable an annual return of €80,000. This return is based on the fact that the estate is surrounded by

Abama golf course.

The location of Finca Los Maguenes offers enormous potential for the future considering that the area itself is among the most valuable on the Island – in which the Ritz-Carlton Abama Resort Hotel, the 18-hole Abama Golf Course and the Las Terrazas de Abama residential complex are located.

Ref: 33-1119

€3,500,000

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Security

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EXCLUSIVE

STUDIO - GOLF DEL SUR

RARE OPPORTUNITY!

A rare chance to own a low cost, economical bolt hole in the sunshine that is the perfect lock up and leave property. This studio apartment is situated within a vibrant complex that features a cascading waterfall, heated community pool, children's playground, pool bar/restaurant with entertainment, satellite TV and is fully gated. The unit is light and bright and ready to move into.

Ref: GOLF01544

Price: €84,950 (approx. €98,542)



REDUCED!!!

1 BED APARTMENT - AMARILLA GOLF

PERFECT STARTER HOME!

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

Ref: AMG00516

Previously £110,000

Price: £105,000 (approx. €121,800)



NEW! EXCLUSIVE

STUDIO - PLAYA DE LAS AMERICAS

IDEAL LOCATION!

This well presented studio apartment is situated right in the heart of Playa de las Americas and only a few metres from the main beach areas as well as the bustling and well known area of San Eugenio with its array of bars, shops and restaurants, not forgetting Puerto Colon Marina. The property is located on a well established complex with a sunny terrace overlooking the pool and to the sea!

Ref: LA01867

Price: €170,000 (approx. £146,552)



REDUCED!!!

1 BED DUPLEX - LOS CRISTIANOS

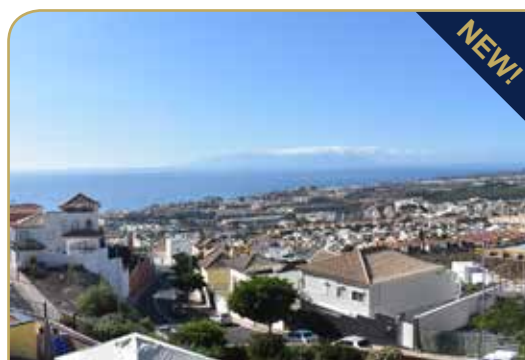
POPULAR COMPLEX!

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 so is a turnkey property ready to be enjoyed!

Ref: LC00582

Previously €210,000

Price: €195,000 (approx. £168,103)



NEW!

2 BED APARTMENT - ROQUE DEL CONDE

CORNER APARTMENT, GREAT VIEWS!

A well presented two bedroom corner apartment with excellent sized terrace and some fantastic views to the coast and La Gomera! Located in the popular residential area of Roque del Conde, this property is ideal as a winter base or for permanent living. Based on a small, well maintained complex with communal pool and gardens. The property also has underground parking and a storeroom included. View it soon!

Ref: LA01582

Price: €199,000 (approx. £171,552)



EXCLUSIVE

2 BED HOUSE - GOLF DEL SUR

REVENUE INCENTIVE!

If you are looking for a property with a revenue incentive, then this house could be the answer. Originally a two bed, two bath, semi-detached property, has now been cleverly separated and offers a one bedroom apartment and a studio apartment. Set over two levels, on the lower level is a good size one bed apartment with a sunny terrace. On the upper level is the self contained studio apartment with terrace.

Ref: GOLF01571

Price: €205,000 (approx. £176,724)



2 BED BUNGALOW - LA FLORIDA

QUIET RESIDENTIAL AREA!

This excellently presented two/three bedroom single storey house is located in the quiet residential area of La Florida, close to the local towns of Valle San Lorenzo and La Camella. The main tourist areas of Los Cristianos and Playa de las Americas are less than a 10 minute drive away. Based on a very pretty corner plot of over 350m² with landscaped gardens and open views to the Coast.

Ref: OUT01127

Price: €349,950 (approx. £301,681)



NEW!

3 BED HOUSE - AMARILLA GOLF

PERFECT WINTER BASE!

This bright and spacious semi detached house is perfect as a winter base, holiday home or as a permanent residence. Located in the pleasant area of Amarilla Golf with panoramic views across the manicured fairways and to the coast. The property has open plan living areas, double bedrooms, front and rear private gardens and a large roof terrace. There is a private underground garage included.

Ref: AMG00540

Price: €355,000 (approx. £306,034)

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2 BEDROOM APARTMENT - GOLF DEL SUR



NEW!
EXCLUSIVE

This spacious two bedroom apartment has quite possibly one of the largest terraces you will find anywhere? Tenerife is all about outdoor living and what better way to do this than to enjoy an enormous private 70m2 terrace with amazing frontline views to the Ocean! The property has a fitted open plan kitchen, two double bedrooms and a bathroom. A further roof terrace could also be accessed.

Ref: GOLF01608

Price: €325,000 (approx. £280,172)

4 BEDROOM DETACHED VILLA WITH POOL - GOLF DEL SUR



REDUCED!!!

Situated on a plot of over 1000m². This property has a large, open lounge that is clearly the hub of the villa. The kitchen is a real show stopper. The master bedroom has a modern en-suite. Bedrooms two and three share the large family bathroom with jacuzzi. Furnished. This property also has a completely separate annex which is home to a one bedroom duplex apartment. Close to all amenities.

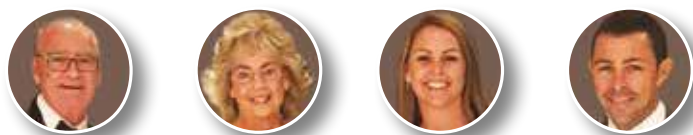
Ref: GOLF01455

Price: €525,000 (approx. £452,586)

Previously €575,000



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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: €470,000

Palm Mar, Laderas de Palm Mar



Stunning apartment which has been lovingly refurbished by the current owners to an extremely high standard. Glass windows and blinds have been added to the terrace making an additional lounge. The price includes a very large enclosed garage.

Price: €235,000

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Palm Mar, Laderas del 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: €179,995

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

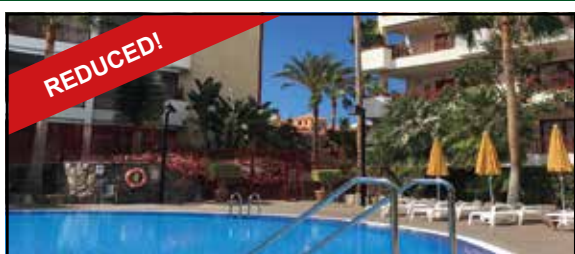
Palm Mar, Paraiso del Palmar I



Bright and spacious 1 bed, 1 bath apartment that overlooks the nature reserve. It has wonderful views and the benefit of a large sun terrace upstairs. The property is beautifully presented and is sold fully furnished.

Price: €187,000

Palm Mar, Los Balandros



Bright and spacious 1 bed, 1 bath duplex apartment with all day sunshine and views over the 49sqm pool out to La Gomera from the large upper terrace. Sold furnished, the property has the opportunity to utilise the additional upstairs room as a second bedroom.

Price: €189,000

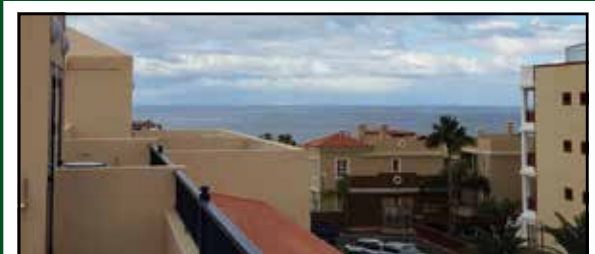
Palm Mar, Punta Rasca



Lovely two bedroom house on this small development in the heart of Palm Mar. There is a bathroom on the first floor and a cloakroom on the ground floor. The price includes a parking space and storeroom and the property is sold fully furnished.

Price: €299,000

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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Las Flores, San Eugenio

Studio apartment with south-facing terrace and sea views.

€169,000 Ref: A423

Villaflor, San Eugenio

NEW INSTRUCTION!

1 bed, 1 bath apartment with large terrace.

€250,000 Ref: N1386

Villamar, San Eugenio

FRONT LINE!

Luxury studio apartment on front line with stunning sea views.

€275,000 Ref: A431

Santa Maria, Torviscas

NEW INSTRUCTION!

1 bed, 1 bath apartment with double, south facing terrace.

€230,000 Ref: N1385

Ocean Park, San Eugenio

1 bed penthouse duplex apartment with 2 terraces.

€239,000 Ref: N1372

Sunset Bay, Torviscas

Spacious 2 bedroom, 2 bathroom apartment comprising 2 double bedrooms, 2 bathrooms (1 en suite), fully fitted kitchen, very large lounge / dining room, internal patio and large double terrace with views to the communal gardens, the sea and the street. The apartment has its own private gated entrance directly from the road. The complex of Sunset Bay has 2 swimming pools, one of which is heated in the winter months. It is only a 2 minute walk from the Fañabe / Torviscas Beach.

€365,000 Ref: T1171

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Teguste, Torviscas

NEW INSTRUCTION!

Large 2 bedroom, 2 bathroom duplex bungalow with garden to the front and very large terrace to the rear of the property. This lovely and spacious property has a separate kitchen, a very large lounge / dining room, utility room, upstairs terrace and also a space underneath that can be converted into a studio/gym/cinema room etc. The complex has a communal swimming pool and gardens and is very well situated within very easy walking distance of the beach.

€415,000 Ref: T1189

Oasis, San Eugenio Alto

NEW INSTRUCTION!

2 bed apartment with large terrace and sea views.

€235,000 Ref: T1190

Falcon Manor, San Eugenio Alto

LUXURY!

2 bed luxury apartment with huge terrace and garage.

€475,000 Ref: T1180

Jardin Botanico, Los Olivos

3 bed townhouse in residential complex.

€240,000 Ref: I874

Parque San Eugenio, San Eugenio

NEW INSTRUCTION!

4 bed, 3 bath duplex corner bungalow with garden and fruit trees.

€565,000 Ref: I1309

Detached villa, Torviscas Alto

LUXURY!

Luxury, 4 bed, 3 1/2 bed detached villa with private pool and garage.

€995,000 Ref: I1310

Translators available for any other languages.



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Costa del Silencio

3 apartments and commercial surface. Motivated seller.

€495,000 Ref: A6715B



Arafo

Lovely country house with garden.

€280,000 Ref: C6280C



Los Gigantes

2 bedroom, excellent location.

€369,000 Ref: C6375A



Los Gigantes

2 bedroom apartment with amazing views.

€159,000 Ref: S6159A



Adeje

3 bedroom detached villa.

€398,000 Ref: C6409V



Costa Adeje

High end exclusive villa, 4 en suite bedrooms.

€P.O.A Ref: C61680V



Amarilla Golf

Privileged location, 5 bedrooms.

€945,000 Ref: R6945V



Costa del Silencio

Modern 7 bedroom villa.

€499,000 Ref: I6585V



Amarilla Golf

Villa overlooking the city.

€695,000 Ref: R6695V

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OPPORTUNITY OF THE MONTH!

TEJINA DE GUIA	PALM MAR	PLAYA DE LA ARENA	SANTIAGO DEL TEIDE
<p>Great opportunity to build 2 small, or one large house. Lots of potential. This property already has a house, plus lots of rustic land (755sqm). Fantastic views. Price negotiable.</p>	<p>Duplex penthouse with 2 bedrooms, bathroom, living room, kitchen and several large terraces with sea views. The complex has a pool and private parking.</p>	<p>Front line property, Large corner townhouse on 3 floors with garage, community pool, but with potential to build own pool. Suitable for reform. Fantastic sea views. Close to the beach. Great location.</p>	<p>This hostel has all legal permits and 6 rooms, 6 bathrooms, several lounge rooms and a kitchen. Currently functioning as a hotel for young people, it also has a detached house. Possibility to build more. The Hostel is highly regarded and very rentable.</p>
<p>Ref: 1092 €228,000</p>	<p>Ref: 985 €210,000</p>	<p>Ref: 1096 €210,000</p>	<p>Ref: 756 €560,000</p>

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

**PROPERTIES WANTED FOR RENT
 CLIENTS WAITING!**

<p>Tejina de Isora</p> <p>Spacious and bright, fully furnished, 3 bed, 2 bath villa with living room and kitchen, plus small, separate studio. The property has several terraces, a private pool, garden and storeroom. Quiet location. Excellent views.</p> <p>Ref: 1066 €620,000</p>	<p>Santiago del Teide</p> <p>Two restaurants and a studio. One business is 100sqm, the other 80sqm. Both have a terrace and Licence. The studio is 80sqm with a bathroom and kitchen. Each of the properties has its own entrance. Located in Tourist area. Ideal investment.</p> <p>Ref: 1105 €360,000</p>	<p>Guia de Isora</p> <p>Finca (6,000sqm) with 2 room house (200sqm) with bathroom, kitchen and barbecue area. The farm has five tool rooms, stables and accommodation for beef cattle and pigs. Water tank, orchards with fruit trees.</p> <p>Ref: 1118 €450,000</p>	<p>Piedra Hincada</p> <p>Finca of 5000sqm plus completely renovated, 3 bed house with bathroom, living room and kitchen. There are also several annexes with rooms requiring renovation, plus storeroom, terrace and garden.</p> <p>Ref: 1043 €460,000</p>	<p>Los Abrigos</p> <p>Beautiful front line 2 bed, 2 bath villa with terraces, in a fantastic residential area. Fully furnished and equipped. 600sqm plot.</p> <p>Ref: 1098 €500,000</p>	<p>Adeje</p> <p>Finca (10,000sqm plus) with a fully furnished rural hotel with pool, 2 apartments and 2 bungalows. In total 10+bedrooms and 10+bathrooms. Several terraces. Gardens. Really excellent views. Great investment opportunity.</p> <p>Ref: 050 €1,950,000</p>
<p>Adeje, Las Torres</p> <p>Very nice, spacious and fully furnished, 2 bed, 2 bath duplex with living room and kitchen. Parking space. Central. Great location, close to everything. Perfect to live in.</p> <p>Ref: 1094 €179,000</p>	<p>Tejina de Guia</p> <p>Urban plot of 344sqm. Completely flat surface, with the possibility of building a 2 storey house.</p> <p>Ref: 1110 €78,000</p>	<p>Granadilla, Cruz de Tea</p> <p>Finca (3,400sqm) with a 2 bed, 1 bath house with garden. Solar panels. Fantastic views.</p> <p>Ref: 1114 €130,000</p>	<p>Granadilla, El Desierto</p> <p>Finca (12,000sqm). Water tank for irrigation via 3,000 pipes to 4,000sqm of greenhouses. 2 bed, 1 bath house (90sqm with water, but no electricity).</p> <p>Ref: 1033 €230,000</p>	<p>Adeje, El Galeon</p> <p>2 bed, 1 bath apartment with living room and open kitchen. Spacious and bright. Parking space. Exclusive area, Great location.</p> <p>Ref: 1102 €205,000</p>	<p>Arico</p> <p>Fantastic Finca (9,000sqm) House requires reforming. Several trees, terraces. Beautiful views and much more. Rural area.</p> <p>Ref: 1005 €99,500</p>

NEW

Villa in San Miguel



- San Miguel
- 3 bedrooms, 3 bathrooms
- Private Pool
- Ref: D1193
- Price: 342,000€

This idyllic three bedroom semi-detached villa of 130 m2 is located in a quiet location in San Miguel. The plot is 246 m2 and the secluded rear garden offers stunning sea and coastal views. Moreover is a private pool and a terrace of 116 m2. The house is sold furnished.

REDUCED

House in El Madronal



- El Madroñal, Costa Adeje
- 3 bedrooms, 2 bathrooms
- Private pool
- Ref: D1154
- Price: 490,000€

This house is 140m2 consists of three bedrooms, two bathrooms, a separate kitchen, a spacious living room and a balcony overlooking the sea and the mountains. Moreover, there is a 60m2 private garden with a private (heated) pool and a garage. The villa is sold furnished.

✉ 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



El Galeon, Terrazas del Galeon



Very large, superbly furnished, 1 bedroom, 1 bathroom luxury apartment with fantastic views. €189,000

Price: €189,000

Adeje Golf, Mirador del Golf



Luxury, 4 bedroom, 3 bathroom property with bright and spacious living area and large terraces with fantastic views over Adeje golf course. A wonderful property!

Price: €890,000

Playa Paraiso, Ocean Garden



Very large, beautifully furnished, 1 bedroom, 1 bathroom apartment with sea views on this luxury, sea front complex.

Price: €210,000

Adeje, Jardin Botanico



Superb 3 bedroom (both double), 2 bathroom townhouse on sought after complex with lovely pool area. The property has an independent kitchen, and large garage and storeroom. An ideal family home.

Price: €240,000

Las Americas, Parque Santiago II



Superb, fully renovated and furnished 2 bedroom, 2 bathroom apartment with sea views on this highly sought after, sea front complex with pools. Great investment!

Price: €380,000

Palm Mar, Las Olas



Luxurious, beautifully furnished 2 bedroom, 2 bathroom apartment in sought after location with lovely pool area. This bright and spacious property is in a great location and has a garage and storeroom.

Price: €289,000

Callao Salvaje, Mariben



Beautiful 2 bedroom, 2 bathroom property on this superb community with heated pools, tennis courts and children's play area.

Price: €235,000

Playa Fanabe, Villas de Fanabe



Location, Location, Location! Lovely 1 bedroom, 1 bathroom penthouse apartment only 300 metres from the beach. A bright and spacious, sunny property with pool views. Great value.

Price: €170,000

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CASTLE HARBOUR, Los Cristianos

NEW LISTING!




Ref: 564-A1

Spacious one bedroom apartment with large sunny terrace and sea views. Offered furnished, this property has been part refurbished and is well presented. Excellent community with large heated pool.

1 bed, 1 bath 170.000€

GREEN PARK, Golf del Sur

REDUCED TO SELL!



Ref: 429-A1

Large apartment at a bargain price. This property has a large double bedroom with fitted wardrobes, an open plan bedroom off the lounge, and a small kitchen. Private terrace with pool and partial sea views. The community fees are good and all inclusive. And the communal areas have just been refurbished. Call for a viewing.

2 bed, 1 bath 112.000€

LOS DIAMANTES, LOS CRISTIANOS

NEW LISTING



Ref: 549-A1

Well presented, fully furnished 1 bed, 1 bath ground floor apartment with pool views. The property has a double bedroom, refurbished bathroom, new kitchen and lounge, sunny terrace and heated community with pool. Viewing highly recommended.

1 bed, 1 bath 137.000€

LAS FLORITAS, Las Americas

NEW LISTING!



Ref: 562-A2

Fully furnished, 1 bed, 1 bath part-refurbished apartment with sunny terraces, and pool views. Well located, close to amenities and the coast. Fitted and equipped kitchen, fitted wardrobes. Excellent community with pools, and gardens.

1 bed, 1 bath 175.000€

FAIRWAYS CLUB, Amarilla Golf

EXCLUSIVE PROMOTION!



Ref: 429-A1

Available now, and priced to sell, a selection of spacious 1- and 2-bedroom properties available for sale in this popular and well-run community bordering Amarilla Golf course. All properties have great outside space and enjoy beautiful tropical gardens round the recently-renovated heated pool. Each property has an exceptional outlook with garden, golf or mountain views. Contact us today for a viewing. info@islandestates.es, (0034) 922 790 767 or (0034) 677 030 033.

FROM JUST 112.000€

LAGUNA PARK II, TORVISCAS ALTO

NEW LISTING



Ref: 576-S

Ground floor studio apartment, part refurbished with terrace and pool views. Great communal facilities including swimming pool, tennis courts, reception and on-site supermarket. Ideal bolt hole in the sun.

0 bed, 1 bath 95.000€

BELLAMAR, Bahia del Duque

NEW LISTING!



Ref: 574-A2

Amazing offer: 2 bed, 2 bath apartment with large lounge, independent fitted kitchen and front and back terraces totaling 65sqm. Car port and communal facilities including pool and gardens. Viewing recommended.

2 bed, 2 bath 280.000€

SAN RAFAEL, Playa de las Americas

BARGAIN!



Ref: 455-TH3

Investment opportunity. 3 bed, 2 bath double unit well located in this central resort close to the beach. With many other properties undergoing upgrades as well as in the community, the time is right for this great opportunity. Viewing recommended.

3 bed, 3 bath 180.000€

CHAYOFA COUNTRY CLUB

NEW LISTING!



Ref: 543-A2

Large 2 bed, 2 bath apartment on this popular resort. Offered furnished and with a rental option, this large apartment has a fully equipped kitchen, lounge / dining room and large private terrace. Great community facilities.

2 bed, 2 bath 230.000€

JARDIN SAN MIGUEL, Llano del Camello



Ref: 355-TH4

Very well presented 4 bed, 2 bath townhouse in an excellent location within this popular residential community. Modern independent fitted kitchen, large lounge / dining room, 2 terraces and a 2-car garage. Large sunny terrace with pool views. Viewing is highly recommended.

4 bed, 4 bath 225.000€

EUCALYPTUS, Los Cristianos

SPACIOUS!



Ref: 560-A2

Recently refurbished 2 bed, 1 bath apartment with stunning views over the village to the sea. Offering 2 double bedrooms, bathroom, American style kitchen and lounge dining room. Large private sunny terrace.

2 bed, 1 bath 239.400€

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CLEAR BLUE SKIES GROUP SL
INTERNATIONAL ESTATE AGENTS

E 3 2 Ref: 7655

LAS GALLETAS

Penthouse **€315,000**

G 1 1 Ref: 7654

LOS CRISTIANOS

Apartment **€165,000**

G 2 2 Ref: 7648

TORVISCAS ALTO

Apartment **€315,000**

E 2 2 Ref: 7556

PARQUE DE LA REINA

Apartment **€152,000**

We are looking for properties in the following complexes:- Orlando, Res. Bianco, Jazmin, Club La Mar, & Sunflower. If you are thinking of selling please call us today!

G 1 1 Ref: 7614

LOS CRISTIANOS

Apartment **€219,950**

G 1 1 Ref: 7049

EL MADROÑAL

Apartment **€175,000**

E 1 1 Ref: 7441

LOS GERANIOS, SAN EUGENIO BAJO

Apartment **€289,000**

F 6 6 Ref: 5224

PLAYA DEL DUQUE

Villa **€1,800,000**

G 2 1 Ref: 7632

VALLE DE SAN LORENZO

Apartment **€140,000**

E 5 5 Ref: 4946

ARONA

Villa **€775,000**

G 5 5 Ref: 7512

TORVISCAS ALTO

Villa **€1,250,000**

G 2 1 Ref: 7598

PALM MAR

Duplex **€355,000**



CLEAR BLUE SKIES GROUP SL
INTERNATIONAL ESTATE AGENTS

E 5 3

Ref: 6697

Guia de Isora



A lovely village house in the town of Guia de Isora. The house is detached, built all on one level and is approximately 120 years old. Everything inside the house was renovated when the current owners purchased it so there is not much that will need changing for many years. In total the house has 5 double bedrooms but currently only 3 are being used as bedrooms with 2 en-suites. The other 2 bedrooms are currently being used as a second lounge area and an office but could be changed back if required. There is also another family bathroom, spacious lounge with original wooden beamed ceilings and an independent fully fitted kitchen. In addition to the kitchen there is another room with a second kitchen area if more space is needed for storage, food preparation, laundry, etc. Great outside space including roof terrace, large garden and various sunbathing & seating areas. This really is a remarkable property that needs to be seen to be fully appreciated.

Village House **€399,000**

F 3 3

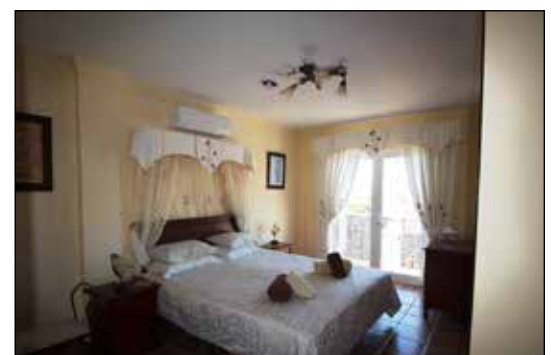
Ref: 7560

CALLAO SALVAJE



Detached villa in the residential area of Posto el Sole, Callao Salvaje. Occupying a corner position and with a sea view the spacious living area comprises of a separate, fully fitted and equipped kitchen, dining room, guest bathroom, lounge and three bedrooms (2 en-suite) all benefitting from the luxury of air conditioning. Private heated swimming pool and sunny terraces. Large garage, games room and the possibility to create an independent apartment if required. Many extra features including; double glazing, electric gates, security shutters, solar panels and a central vacuum system. Viewing recommended.

Villa **€695,000**



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

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Mobile: (00 34) 673 778 700

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Tenerife Island Rentals & Buy Tenerife

Sales

CHAYOFA COUNTRY CLUB, CHAYOFA



The one-bedroom apartments at Chayofa Country Club are also some of the biggest in Tenerife and well furnished. They have an open plan lounge with dining area. The large kitchen area is fully fitted with appliances. Adjacent to the lounge is a large balcony offering generous views. The apartments also include a double bedroom, which has large wardrobe space and a spacious bathroom, including a bath and a shower. Located just five minutes from the TF1 motorway and 10 minutes to Los Cristianos.

Ref: AP0491

€145,000

EDIFICIO KARPA, LAS CHAFIRAS



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

Ref: DUP0416

€155,000

LOS GIRASOLES, EL MADROÑAL



Terraced house with three bedrooms and two bathrooms in popular complex. The ground floor consists of independent kitchen and utility room, toilet and large living room with access to the front terrace. There is also a very private rear terrace. The second floor consists of master bedroom with en suite bathroom and fantastic views of the coast, two bedrooms and family bathroom. It also has a small office. Parking area. The complex is well maintained, safe and garden areas. Only five minutes to the Gran Sur shopping center and highway.

Ref: ADO0438

€330,000

MIRADOR DE LA GOMERA, CALLAO SALVAJE



This property has two good sized bedrooms and bathroom, large living room and very large terrace with pool views. There is also a large independent kitchen. The integrated garage has been converted into additional living space with a bedroom, living area and bathroom however the garage door is still in place should the new owner want to convert it back to its original use. There is ample on street parking. Fantastic community pool and views to La Gomera and the ocean.

Ref: AP0535

€320,000

PORT ROYALE, LOS CRISTIANOS



One bedroom apartment located in a quiet complex. This spacious apartment consists of a large living room with American style fitted kitchen, newly renovated bathroom with walk in shower and double bedroom with fitted wardrobes. Good sized balcony area for outdoor dining. Large complex swimming pool with sun terraces. The apartment is being sold furnished.

Ref: AP0532

€183,750

PARQUE TROPICAL, LOS CRISTIANOS



Two bedroom two bathroom duplex property located in a popular complex in Los Cristianos. The property has a large terrace leading from the lounge area and overlooks the community pool and gardens. The property does need some minor cosmetic improvements which is reflected in the price. The property also has a small garden leading into the property.

Ref: DUP0540

€250,000

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Tenerife Island Rentals & Buy Tenerife

Sales

TIGAIGA I, PARQUE DE LA REINA

- 85m2 with 20m2 terrace
- 2 bedrooms
- 2 bathrooms
- Open plan living area
- Garage & Storeroom
- Swimming pool



Ref: AP0541

€155,000

SUR Y SOL, LOS CRISTIANOS



- 55m2
- Front and rear terrace
- 1 Bedroom
- 1 Bathroom
- Open plan living area
- Community swimming pool



Ref: AP0511

€179,000

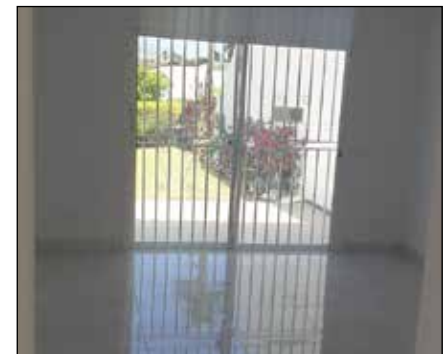
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Email: carolhale.tpp@gmail.com

Web: www.tenerifeprimeproperty.com

GOLF DEL SUR, LAS ADELAS I

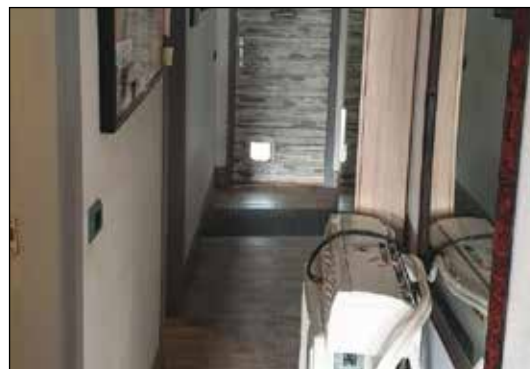


Large, fully refurbished, 2 bed, 2 bath bungalow-style villa on popular complex with community swimming pool. The property has a new modern kitchen with white goods, new floor tiling throughout, new bathrooms and electrics. There is a large lounge/dining room, American-style kitchen, a huge private back garden with large patio and a private roof terrace with amazing sea and views of Mt Teide.

Ref: S-02 1382

Price: €269,000

AMARILLA GOLF, PINEHURST



Lovely, fully refurbished, unfurnished, 1 bed, 1 bath 2nd floor apartment on popular complex with pool and bar/restaurant, close to the San Miguel Marina and coast. The property, which enjoys views over the golf course to the sea, has a lounge/dining area, American-style fitted kitchen and a terrace which can be closed off to create additional living space.

Ref: S-01 1400

€132,000



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SALES

CHARCO DEL PINO



Lovely detached villa situated in local village. This villa benefits from a driveway for four cars, private mature garden with swimming pool, entertainment area and large roof terrace. A must to view!

€349,000

AMARILLA GOLF



3 bed, 2 bath (1 en suite) villa with covered driveway, swimming pool and large entertainment area. Backing the golf course.

€415,000

GOLF DEL SUR



Well-presented, 1 bed apartment with terrace overlooking the gardens on holiday complex, close to all amenities. Priced to sell.

€117,000

AMARILLA GOLF



First floor, west-facing, 1 bed apartment overlooking the pool. Popular holiday complex. Ideal investment property.

£95,000 Sterling

GOLF DEL SUR



1 bed corner apartment with large terrace and excellent sea views. Close to all amenities

€129,000

AMARILLA GOLF



Immaculate and contemporary top floor 1 bed apartment overlooking San Miguel Marina.

€159,500

GOLF DEL SUR



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

£215,000 Sterling

AMARILLA GOLF



Large, 1 bed apartment backing the golf course with stunning views. Close to the pool.

£120,000 Sterling

GOLF DEL SUR



Well-appointed, converted 2 bed, 2 bath linked bungalow on popular complex. Close to the pool.

£155,000 Sterling

AMARILLA GOLF



Situated in a sought after location, backing the golf course, 4 bed, 3 bath exclusive villa with private pool and entertainment area, close to the sea. Investment opportunity. A must to view!

€495,000

Residential Property Sales

Over €350,000

Los Menores,

€1,400,000

8 bed · Situated just outside the tourist area of Costa Adeje, but only 5 minutes drive to all the shops and amenities, this fantastic property comprises of 8 double bedrooms, and 6 bathrooms. The original house was divided in 2, so you have 2 spacious living rooms and 2 fully equipped kitchens, all granting access to big terraces. There is a lot of outside space... For full information see website or contact:
Ref: 5100 | Clear Blue Skies SL | 922 714 772

El Roque,

€1,400,000

3 bed · This beautiful villa enjoys of a great location with panoramic coastal and mountain views. The property comprises of a villa with private pool and project for a restaurant with all facilities in place and ample parking for clients. The villa has been built in one level and comprises of 2 double bedrooms (master en suite and with dressing room), one single... For full information see website or contact:
Ref: 6196 | Clear Blue Skies SL | 922 714 772

Torviscas Alto, Villa

€1,350,000

3 bed · Off plan opportunity to purchase a spacious contemporary villa with private pool in the quiet Roque del Conde area of Torviscas. The villa forms part of the Villa16 project comprising of 16 detached luxury villas enjoying breath-taking views over Costa Adeje. A modern living space distributed over 2 floors and offering a fully equipped open plan kitchen a... For full information see website or contact:
Ref: 7638 | Clear Blue Skies SL | 922 714 772

Abama Golf Resort, Villa

€1,285,000

2 bed · A limited collection of 12 magnificent detached homes, each with private pool deck, Villas del Tennis offers the utmost in privacy and the most breathtaking views. Adjacent to the Annabel Croft Tennis Academy, encircled by the brilliant Dave Thomas golf course, Villas del Tennis will appeal to those who demand the best-of-the-best. Some villas comprise of t... For full information see website or contact:
Ref: 7105 | Clear Blue Skies SL | 922 714 772

Los Cristianos, Villa

€1,180,000

4 bed · An immaculate, exclusive and top quality villa in a recently completed residential complex. The villa has been redesigned by its sole owner, converting one of the dining rooms into a separate apartment with its separate kitchen, living room, bedroom and separate bathroom. What makes this setup, perfect for guests or friends. The property is sold fully fur... For full information see website or

contact:

Ref: 7487 | Clear Blue Skies SL | 922 714 772

Palm Mar, Detached villa

€995,000

Modern 4 bedroom villa on front line in Palm Mar.
Tenerife Properties Ref: 11265
Tel: 699 250 870 / 608 573 443

San Eugenio, Jardin Tropical

€985,000

2 bedroom luxury apartment in front line complex.
Tenerife Properties Ref: T1157
Tel: 699 250 870 / 608 573 443

Detached villa, Villaflor

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www.pianointenerife.eu

KEYBOARDS FOR HIRE

Bungalows

€970,000

3 bedroom villa plus studio apartment.
Tenerife Properties Ref: 11305
Tel: 699 250 870 / 608 573 443

Palm Mar,

€950,000

4 bed · Spacious villa with 2 double bedrooms, really large living area, bathroom and shower room. Completely equipped kitchen, terraces with awnings and electric shutters on all the windows. The property has two separate apartments, one of which has two bedrooms (one with en suite bathroom), an independent kitchen, 2 bathrooms, solar heated indoor pool and a terra... For full information see website or contact:
Ref: 5490 | Clear Blue Skies SL | 922 714 772

Arona,

€895,000

5 bed · Luxury Country-Villa with Pool, Bodega and Panoramic Sea View.
Ref: 20140396 | A1 Real Estate & Property Consultants | 922 729395

Armenime,

€888,000

3 bed · This fantastic villa is situated near the GOLF COURSE of Adeje. Set on 3 floors with unobstructed views. 2 beds with dressing room, 2 baths, 1 toilet, 2 living-lounges (fireside), Library, ample hall, large kitchen with dining, patio canario, garage, pool and much more. Such an exclusive property does not come often on the market. Sold furnished.
Ref: 86-330 | Dr Stange International | 922 793271

San Eugenio Alto, Caldera del Rey
€875,000

3 bedroom modern villa with pool.
Tenerife Properties Ref: 11300
Tel: 699 250 870 / 608 573 443

Torviscas Alto,

€845,000

4 bed · Location: Residential Area ♦ Views: Sea, Mountain ♦ Rooms: Hall/Entrance, Independent Kitchen, Lounge and dining area, Fitted wardrobes, Family Bathroom, Games room ♦ Quality: Quality construction, Furnished, Well presented, Spacious accommodation, Rustic style ♦ Features: Private swimming pool, Jacuzzi, Satellite system ♦ Outside: Sunny Terrace, Large G... For full information see website or contact:
Ref: 4V3135 | Property Alliance SL | 922 777 747

La Tejita, Villa

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www.pianointenerife.eu

KEYBOARDS FOR HIRE

Bungalows

€780,000

3 bed · Location: Quiet location, Close to the coast, Close to the beach ♦ Close to: Shops, Transport, Town, Restaurants/Bars/Cafes, Coast, Beach, Airport ♦ Views: Pool, Garden ♦ Rooms: Bathroom, Ensuite, Fitted wardrobes, Lounge and dining area, Galley Kitchen, Store rooms, Hall/Entrance ♦ Quality: Modern, Furnished, Charming property, Quality construction ♦ F... For full information see website or contact:
Ref: 3V3419 | Property Alliance SL | 922 777 747

Las Rosas, Villa

€735,000

4 bed · Fantastic three storey property located in a very peaceful area close to Las Galletas. On the ground floor of this property there is a large indoor barbecue area with kitchen, wash room and WC with access to the wrap around terrace. There is a small courtyard for outdoor dining that leads to a self contained apartment which can also be accessed from the m... For full information see website or contact:
Ref: CHA0441 | Tenerife Island Rentals and Buy Tenerife | 922 7510728

Torviscas Alto, Villa

€695,000

4 bed · Location: Central, Close to amenities, Popular urbanisation, Residential Area ♦ Close to: Medical Facilities, Coast, Restaurants/Bars/Cafes, Transport ♦ Views: Sea, Mountain, La Gomera ♦ Rooms: Hall/Entrance, Store rooms, Independent Kitchen, Dining room, Lounge and dining area, Attic, Fitted wardrobes, Dressing room, Bathroom, Family Bathroom, Office, ... For full information see website or contact:
Ref: 4V3396 | Property Alliance SL | 922 777 747

Torviscas Alto,

€695,000

4 bed · Offering delightful views this detached Andalusian style

villa is situated in a prestigious area of San Eugenio Alto. Spread over 3 floors the property boasts a large living area comprising of an independent fully fitted and equipped kitchen, utility area, lounge with dining area and shower room on the ground floor, upstairs there are 3 double bedrooms (o... For full information see website or contact:
Ref: 7147 | Clear Blue Skies SL | 922 714 772

San Eugenio Alto,

€690,000

3 bed · Luxury house with 3 bedrooms 3 bathrooms, independent kitchen, bright lounge, large private garden, terrace and large Jacuzzi. Spacious office and storage. Garage for 2 cars. Panoramic views to coast.
Ref: Sunil | MK Properties | 922 751 / 630 994991

Los Cristianos,

€630,000

3 bed · Fully furnished 3 bed, 3 bath townhouse near the sea front with pool and gardens. The property measures: Int. 200sqm., Ext. 150sqm.
Ref: 3TH2896 | Property Alliance SL | 922 777 747

Abama Golf Resort,

€615,000

2 bed · The Terraces of Abama is the ultimate luxury development in the Canary Islands. It has been especially designed and created offering the concept of true exclusivity as is befitting of the luxury Abama brand. Clear Blue skies are happy to present for sale the second phase of development which shall be divided into three terraces, each containing a selectio... For full information see website or contact:
Ref: 5484 | Clear Blue Skies SL | 922 714 772

Adeje Town, Rustic House

€610,000

2 bed · A beautiful rustic house on a plot of 47,000m2 in the village of Ifonche, in Adeje. On the land there are 5 caves overlooking the sea and the islands of La Gomera, El Hierro and La Palma. The property has all the equipment to make wine from the vineyards and various fruit trees and gardens.

Utility room, Fitted wardrobes, Lounge and dining area, Independent Kitchen, Hall/Entrance ♦ Quality: Spacious, Rustic style, Good condition, Furnished ♦ Features: Security shutters, Security system, Satellite system, Private swimming pool, Heated swimming pool, Air conditioning... For full information see website or contact:
Ref: 5V3128 | Property Alliance SL | 922 777 747

Golf del Sur,

€599,000

3 bed · Immaculate villa on the exclusive Alamos Park development of Golf del Sur. This spacious villa offers bungalow style living and consists of a separate fully fitted kitchen, spacious lounge diner and large conservatory/2nd lounge. The master bedroom benefits from fitted wardrobes, a large en-suite bathroom with sauna and Jacuzzi unit, the second bedroom al... For full information see website or contact:
Ref: 5984 | Clear Blue Skies SL | 922 714 772

Golf del Sur,

€599,000

3 bed · Location: Close to the coast, Popular urbanisation ♦ Close to: Airport, Coast, Restaurants/Bars/Cafes, Medical Facilities, Shops, Transport ♦ Views: Mountain, Sea ♦ Rooms: Hall/Entrance, Independent Kitchen, Lounge and dining area, Fitted wardrobes, Family Bathroom, Ensuite, Bathroom, Office ♦ Quality: Furnished, Charming property, Rustic style, Spaciou... For full information see website or contact:
Ref: 3V3003 | Property Alliance SL | 922 777 747

Golf del Sur,

€595,000

4 bed · Villa on one level (400m2) with 4 bedrooms 3 bathrooms, 2 living rooms, very large, heated indoor pool, gardens and much more at a bargain price.
Ref: Alamos Park | MK Properties | 922 751 / 630 994991

Torviscas Alto,

€595,000

4 bed · Superb family villa on

information see website or

contact:

Ref: 1020 | Clear Blue Skies SL | 922 714 772

Callao Salvaje,

€595,000

3 bed · Location: Quiet location ♦ Close to: Transport ♦ Views: Pool, La Gomera, Sea, Garden ♦ Rooms: W. C., Bathroom, Fitted wardrobes, American Style Kitchen, Store rooms, Hall/Entrance ♦ Quality: Newly built, Modern, Good condition, Unfurnished, Charming property, Quality construction ♦ Features: Private swimming pool, Double Glazing ♦ Outside: Garden, Sunny... For full information see website or contact:
Ref: 3V3306 | Property Alliance SL | 922 777 747

Playa de la Arena,

€580,000

3 bed · An immaculate 3 bedrooms independent villa in Playa de la Arena. With stunning views of the ocean and the neighbouring island of La Gomera. The villa comprises of 3 bedrooms, 3 bathrooms and separate kitchen, spacious lounge from which you can access a fantastic patio and pool area that is perfect for barbecues and entertaining. The property also has a la... For full information see website or contact:
Ref: 6984 | Clear Blue Skies SL | 922 714 772

San Eugenio, Parque San Eugenio
€565,000

4 bedroom, 2 bathroom bungalow with garden in central location.
Tenerife Properties Ref: 11309
Tel: 699 250 870 / 608 573 443

Aguilas del Teide,

€562,000

3 bed · Beautiful 3 bedroom, all with fitted wardrobes, 3 bathroom (all en-suite) + w. c., fully furnished Villa for sale in popular area in the south of Tenerife. There is a large fully fitted kitchen and dining room, living room, wooden floors throughout with its own private heated swimming pool. The Villa is air-conditioned and has been completely renovated. T... For full information see website or contact:
Ref: S-03 1279 | Tenerife Prime Property | 922 703 725

Puerto Colon, Club Atlantis Bungalows
€550,000

2 bedroom, 2 bathroom duplex bungalow on frontline.
Tenerife Properties Ref: T1172
Tel: 699 250 870 / 608 573 443

Palm Mar, Townhouse

€550,000

3 bed · A totally renovated home just a short stroll from the sea. This semi-detached property is finished in a bright modern style with the living area on one floor, comprising of three good size bedrooms, master with fitted wardrobes and en-suite shower room, guest shower room, fully fitted & equipped kitchen with all new appliances and a spacious lounge. Under... For full information see website or contact:

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Call us on 922 703 725

It has an irrigation system already piped in. This finca is situa... For full information see website or contact:
Ref: 6318 | Clear Blue Skies SL | 922 714 772

San Eugenio Alto,

€600,000

5 bed · Location: Residential Area, Quiet location ♦ Views: Sea, La Gomera ♦ Rooms:

four levels in an exclusive, sought after area of Torviscas Alto with breathtaking, panoramic coastal views which must be seen to be appreciated. This well-kept property pays great attention to detail in both its large fully-fitted kitchen and stylish lounge which leads onto the patio with private pool. The master bedroom is en suit... For full



VYM CANARIAS – February 20

Balcon de los Gigantes, Los Gigantes



PROMOTION!

Apartment with fantastic sea view with 1 bedroom, bathroom, living room with kitchen and great terrace.

€155,000

Ref: VS6742D

Sueño Azul, Callao Salvaje



FIRST LINE!

Opportunity! 2 bedroom apartment with fantastic ocean view. Living area 106m², terrace 22m², garden 51m². Great location.

€320,000

Ref: VS6755D

Luxury Villa, El Madroñal



Villa in a very good location. It is distributed over 377m² on a total plot of 840m². Including four bedrooms, four bathrooms, guest toilet, 2 kitchens, garage 4 cars, laundry. The house has many possibilities!

€850,000

Ref: VS5150D

Townhouse, Puerto de Santiago



PROMOTION!

New Townhouses with 2, 3 and 4 bedrooms, bathrooms, living room, independent kitchen, garage. Ocean view

FROM €245,000

Ref: VS6650/1/2BS

Mirador del Duque, El Madroñal



OPPORTUNITY!

Townhouse with 3 bedrooms, 2 bathrooms, a guest toilet, a separate kitchen and a large living room with access to a terrace with ocean and mountain views. There is also a front terrace. A private garage and storage room are located on the underground floor.

€273,000

Ref: VS6671D

Ocean Garden, Playa Paraiso



Luxury apartment in new complex with 2 bedrooms, 2 bathrooms, parking space and beautiful terrace. Living area 65m², terrace 13m². Pool in the complex.

€270,000

Ref: VS5571D

Los Corales, Los Cristianos



Townhouse with a living room, kitchen, 3 bedrooms, 2 bathrooms, 3 terraces, garage for 2 cars. The living plot of 144m², 262m² total. It has air conditioner. For sale partly furnished. The complex has a swimming pool.

€421,000

Ref: VS2818D

Viña del Mar, Playa de las Americas



Bungalow with 1 bedroom, bathroom, living room and kitchen. Living area 55m². Pool and parking in the complex. Ideal investment.

€190,000

Ref: VS6590D

Los Cristianos, Colina II



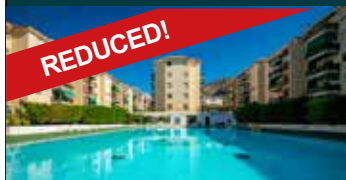
OPPORTUNITY!

Fully reformed apartment in the complex Colina II. The apartment has 1 bedroom, a bathroom with shower, an open-plan kitchen with a living room and a terrace. The complex with a swimming pool.

€149,000

Ref: VS6703DN

Cristimar, Los Cristianos



REDUCED!

Three bedroom apartment just 100 meters from the beach. Separate kitchen, 2 bathrooms, living room, balcony. Large pool in the complex, elevator.

€230,000

Ref: VS6667DN

Mirador del Sur, Playa Paraiso



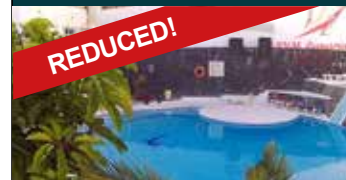
OPPORTUNITY!

First line. Apartment with 1 bedroom, 1 bathroom, living room with kitchen. Complex with the pool. Great location.

€145,000

Ref: VS5275D

Oasis Tropical, Callao Salvaje



REDUCED!

Apartment with 2 double bedrooms with fitted wardrobes, 2 bathrooms, living room and fully fitted kitchen, dining space. Living area 76m², garden 20m². Heated pool in the complex.

€220,000

Ref: VS6421DE

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



Tel: 922 787 210 / 635 881 888

Email: info@vymcanarias.com · Web: www.tenerifecenter.com

Playa Paraiso: 922 713 395, email: playaparaiso@vymcanarias.com

Callao Salvaje: 922 717 663, email: callaosalvaje@vymcanarias.com

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

Golf del Sur: 922 455 874, email: golfdelsur@vymcanarias.com



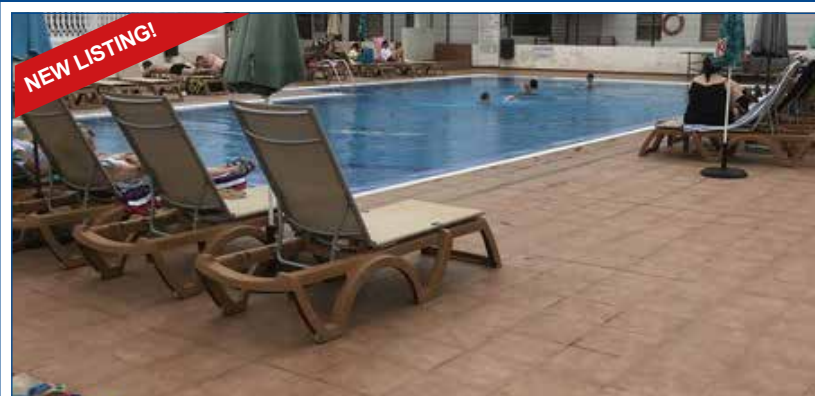
WE HAVE MOVED

C.C. Rio Center, local 6A
TORVICAS BAJO (near the old Sky Park)
 ☎ 922 713 116
 📞 692 146 808 / 670 801 154
 Web: www.tenerife-belfin-property.com
 Email: info@tenerife-belfin-property.com

Find us:



SAN EUGENIO BAJO, TENERIFE GARDEN



<p>1 BED, 1 BATH BUNGALOW</p> <p>Fully furnished, 1 bed, 1 bath bungalow with large sunny terrace excellent location near shops and restaurants and only a short walk from the Puerto Colon beach and marina.</p> <p>€175,000 Ref: BU012-HP</p>	<p>2 BED, 2 BATH BUNGALOW</p> <p>Spacious (80sqm + 50sqm sunny terrace), 2 bed, 2 bath bungalow on this popular complex close to shops, beach and Puerto Colon marina.</p> <p>€360,000 Ref: BU202-HP</p>
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LAS AMERICAS, PARQUE LAS AMERICAS



Lovely, fully furnished, 1 bed, 1 bath apartment in nice complex with heated pool, pool bar, gym and Reception just 3 minutes' walk to the beach! The property has a 2nd bedroom/storeroom, an open plan lounge/diner and kitchen, and a fabulous sunny terrace with sea views! Close to all amenities.

€235,000 **AP130-BP**

LAS AMERICAS, OLYMPIA



Excellent, refurbished, and fully furnished studio in popular complex with pool, close to the beach and all amenities. The property, in a great location, has a lovely sunny balcony with sea views.

€155,000 **ST112-HP**

TORVICAS BAJO, PARQUE ROYALE



Lovely, fully refurbished and furnished studio apartment in popular complex with pool and lifts and just a short stroll from the beach and amenities. The property has a nice sunny terrace. Great rental potential.

€158,000 **ST105-HP**

SAN EUGENIO ALTO, HOLIDAY VALLEY



Lovely, fully furnished 2 bed, 1 bath, bungalow on large corner plot in a nice complex with pool. The property has a spacious, bright lounge/diner, open plan fitted kitchen, a private sunny terrace with sea views and a garden with space for a pool.

€295,000 **BU203-BP**

PLAYA DE LA ARENA



Stunning, fully furnished and equipped to a high standard, 3 bed, 2 bath apartment (105sqm living space/70sqm terraces), all on one floor. Terrace with landscaped gardens and sea views! Complex with pool. Garage and storeroom incl.

€299,000 **AP305-BP**

MIRAVERDE, LAS ESTRELLAS



Refurbished and fully furnished, 2 bed, 2 bath (1 en suite) apartment in popular complex in Fanabe village. The property has a spacious open plan kitchen and lounge with access to a sunny terrace. Community Fees include the use of the Miraverde swimming pool!

€190,000 **AP204-HP**

LOS CRISTIANOS, BEVERLY HILLS SUITES



Great fully furnished and equipped ground floor studio apartment in this highly sought after complex with Reception, 2 pools, tennis courts, on-site bowling alley, restaurant and bar. Large south-facing, sunny terrace with sea views.

€116,000 **ST110-AG**

ROQUE DEL CONDE



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

€265,000 **TH205-HP**

GUIA DE ISORA, CHIGUERGUE



Finca with 1,000sqm of fenced-in land plus a 3 bedroom house with great outside space, vegetable garden and greenhouse. Fantastic views to the coast.

€158,000 **F108-BP**

AMARILLA GOLF, PINEHURST



Spacious 1 bedroom apartment with closed in terrace. Views to the golf course and the sea. Complex with a communal pool and pool bar. Lift.

€132,000 **AP108-BP**

LAS AMERICAS, NEAR SEA FRONT



Fantastic, refurbished and furnished, 2 bed 2 bath ground floor apt near the sea front. Small complex (5 apartments). NO Community Fees! Extras incl. satellite TV, aircon, solar panels. Excellent rental potential!

€350,000 **AP207-HP**

Amarilla Golf,
€390,000
4 bed · Belfin Property is proud to present this new luxury development located on the south coast of Tenerife at the Amarilla Golf urbanization. Just 9 brand new detached villas are available for discerning buyers, at exceptional prices. Green South Villas enjoy spectacular views of the golf course and the mountains. Each villa has four bedrooms, three bathrooms... For full information see website or contact:
Ref: V428-BP | Tenerife Belfin Properties | 692 146808

Arona,
€375,000
4 bed · This surprisingly spacious apartment in Los Cristianos is very comfortable and situated just a few steps away from the "playa de las Vistas" beach, many shops and restaurants. Its layout also offers many possibilities. In the apartment there are 4 bedrooms, 2 bathrooms, 2 kitchens, a laundry room, a large living room with dining area, a 15 m2 terrace on t... For full information see website or contact:
Ref: ROA4078 | 2nd Home Tenerife | 922 715 591

Torviscas Alto,
€375,000
2 bed · With the opening of CC Gran Sur, Torviscas Alto has now become one of the most attractive areas, just outside Las Americas. Resid. complex with lovely pool area* Bung. with 2 bedrooms and 2 bathrooms (1 ensuite)*Sun all day *Unique views of Las Americas, Atl. and La Gomera. This beautiful property will be sold furnished with garage space and store room.
Ref: 85-306 | Dr Stange International | 922 793271

Roque del Conde,
€365,000
4 bed · Magnificent house on corner plot. 4 bedrooms, 3 bathrooms. Lounge, dining area, independent kitchen, garage for 3 cars. Large terrace and private garden. All with excellent views. Complex with pool.
Ref: Corner | MK Properties | 922 751 / 630 994991

Acojeja,
€357,000
5 bed · We offer for sale this completely renovated and spacious 740m2 house in Acojeja, Guia de Isora. The living space is 278m2 divided into three floors which comprise five bedrooms, three bathrooms, two kitchens, two lounges and four terraces of 200m2 from where you have almost 360 degrees of sea and mountain view. There are three separate entrances to the ho... For full information see website or contact:
Ref: D 1077 | FRINA Tenerife SL - Property Sales | 922 085 191

San Eugenio Alto,
€350,000
3 bed · Large, semi-detached house set in a quiet cul-de-sac of only 9 houses. This property has 3 bedrooms, 1 bathroom & 2 x w. c's, large lounge/dining room and a galley kitchen. The house has numerous terraces on different levels with fabulous sea views. There is a 56m2 garage underneath the house and 2 caves, each 16m2 which are used as a gym and a wine cella... For full information see website or contact:
Ref: S-03 1283 | Tenerife

Prime Property | 922 703 725
Costa del Silencio,
€350,000
3 bed · For sale that three-story, fully furnished townhouse located in Costa del Silencio in the urbanization Los Azahares. The house has an interior area of 160m2 distributed as follows: Main floor: independent and equipped kitchen, living room, a toilet, a 20 m2 glazed terrace. Upper floor: distributed in two spacious rooms, a bathroom and two balconies of 6 m2... For full information see website or contact:
Ref: S 1120 | FRINA Tenerife

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SL - Property Sales | 922 085 191
Palm Mar,
€350,000
 Fantastic and spacious penthouse for sale in Palm-mar with large living area, fitted kitchen, 2 double bedrooms and 2 bathrooms, 2 large terraces with nice pool and sea views. Price includes a parking spaces. The residential complex has an heated pool and is located close to the sea.
Ref: RP237 | 2nd Home Tenerife | 922 715 591

Las Americas,
€350,000
2 bed · Fantastic 2 bedroom 2 bathroom ground floor apartment located near the sea from in Playa de las Americas. The apartment has been completely refurbished to a high standard. Small complex with only 5 apartments and no community fees. Excellent rental potential!
Ref: AP207-HP | Tenerife Belfin Properties | 692 146808

Palm Mar,
€350,000
2 bed · Location- Quiet location- Close to shops- Residential area- Close to the coast- Close to transport- Central- Exclusive development- Close to amenities- Gated community- Close to restaurants/bars/cafes Views- La gomera- Pool- Sea Additional- Viewing recommended Rooms- Bathroom- Fitted wardrobes- Lounge and dining area- W. c. Quality- Built to a high standard... For full information see website or contact:
Ref: 504-D2 | Island Estates | 922 790 767

Alcala, Finca
€350,000
1 bed · Location: Quiet location, Rural location. Views: Mountain, Sea, La gomera. Additional: Development possibilities, Viewing recommended. Rooms: Bathroom, Lounge and dining area, American style kitchen. Quality: Rustic style. Outside: Various gardens, Various terraces, Garden, Sunny terrace. Parking: Off street parking.
Ref: 406-F1 | Island Estates | 922 790 767

El Duque,
€349,999 - €250,000
€349,999 - €250,000

1 bed · Luxury, fully furnished and equipped 1 bedroom, 1 bathroom apartment in lovely sea front complex with 3 pools. The property (48sqm + 7sqm terrace/balcony) has a lounge/ diner, an American-style kitchen, and is fully air conditioned.
Ref: PMSR0017 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Costa del Silencio,
€340,000
6 bed · Large house in popular area of Costa del Silencio which is on 3 floors. There are 6 bedrooms, 3 bathrooms,

seperate fitted kitchen, lounge, various terraces, patios and large car port. This property needs some tlc but has lots of potential to be a fabulous family home.
Ref: S-06 1314 | Tenerife Prime Property | 922 703 725

Los Abrigos,
€339,000
3 bed · Luxury 3 bedroom corner townhouse for sale in a small seafont complex. Lovely tranquil location by one of the best beaches of Tenerife. The house is sold fully furnished with many extras, including a Jacuzzi and a mini-gym. Sea views from both floors. Great family home!
Ref: TH305-AG | Tenerife Belfin Properties | 692 146808

Palm Mar,
€330,000
2 bed · Beautiful, bright and spacious two bedroom, two bathroom apartment on the modern Las Olas complex which stands at the entrance to Palm Mar. A short walk takes you to the sea front and all of the amenities that this up and coming village has to offer. There are two terraces, one that overlooks the swimming pool. The property is sold fully furnished and the ... For full information see website or contact:
Ref: PMSR0051 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

El Madronal, Townhouse
€330,000
3 bed · Beautiful three bedroom two bathroom townhouse property in very popular complex in El Madroñal. On the lower level there is a fully fitted kitchen and utility area, WC and large living room with direct access to the front terrace. There is also a private rear terrace to the property offering ample outdoor living space. On the upper floor there is a large ... For full information see website or contact:
Ref: ADO0438 | Tenerife Island Rentals and Buy Tenerife | Sales: 922 751072

Guargacho, Detached House
€329,000
4 bed · Gorgeous family home situated in Granadilla de Abona, boasting stunning open air spaces with mountain and seaviews. The two-story property is built on 140m2, of an overall area of approximately 205m2. The residence consists

of four double bedrooms, two of which have en-suite bathrooms, plus two separate bathrooms. There is an open air private garage for t... For full information see website or contact:
Ref: GDA413-CA329 | RD Properties | 922 732 862

Los Abrigos,
€326,000
3 bed · If you are looking for a new home in Tenerife then this new refurbished detached house is a great option. You get a new home only 40 meters from the beach, with a large garden with sea and mountain view, styled to a high standard, placed in a newer complex that is quiet and with community pool. The house is 102 m2 with 2 floors and decorated to high stand... For full information see website or contact:
Ref: 745 | FRINA Tenerife SL - Property Sales | 922 085 191

Las Americas,
€321,000
1 bed · Parque Santiago III has been built in 1987/1988 and is situated in front of a beach. It is one of the most prestigious holiday apt. complexes in the south of Tenerife. Unique pool (2000 m2!), sunbathing area, immaculate garden flora/fauna and rest./pool bar on site. Apt. on the ground floor (one level) *Sun in the morning, large terrace and garden *Excl. ... For full information see website or contact:
Ref: 82-739 | Dr Stange International | 922 793271

Adeje Town,
€320,000
4 bed · This beautiful house combines the newest materials with the spirit of a traditional townhouse. It is a traditional Canarian house with all its charms that has been completely rebuilt with modern materials for the owners to enjoy all modern commodities. It is very light and bright and offers views to the ocean and the roofs of Adeje. It is close to the Call... For full information see website or contact:
Ref: ROA4066 | 2nd Home Tenerife | 922 715 591

Callao Salvaje, Apartment
€320,000
3 bed · Beautifully presented two bedroom apartment in popular complex in Callao Salvaje. This property has two good sized bedrooms and bathroom, large living room and very large terrace with pool views. There is also a large

recommended Rooms ... For full information see website or contact:
Ref: 442-TH3 | Island Estates | 922 790 767

Palm Mar,
€299,000
2 bed · ♦ Location: Residential Area, Popular urbanisation, Gated community, Close to the coast, Close to the beach, Close to amenities ♦ Close to: Transport, Medical Facilities, Coast, Restaurants/Bars/Cafes ♦ Rooms: Store rooms, Fitted wardrobes, Lounge and dining area, Open plan kitchen ♦ Quality: Quality residence, Bright, Tastefully decorated, Well presented... For full information see website or contact:
Ref: 2A3368 | Property Alliance SL | 922 777 747

Callao Salvaje,
€295,000
3 bed · ♦ Location: Touristic Area, Popular urbanisation, Close to the beach ♦ Close to: Shops, Transport, Town, Beach, Restaurants/Bars/Cafes ♦ Views: Sea ♦ Rooms: Fitted wardrobes, Open plan kitchen ♦ Quality: Spacious, Unfurnished ♦ Outside: Alfresco Dining area, Pagoda, Large Terrace, Sunny Terrace ♦ Parking: Street parking ♦
Ref: 3A3259 | Property Alliance SL | 922 777 747

Amarilla Golf,
€295,000
3 bed · Modern three bed, two 1/2 bath terraced villa built on high standards with back patio, terrace overlooking the pool and large double garage.
Ref: 2023 | Homes & Away | 922 737 044

San Eugenio Bajo,
€295,000
2 bed · Tenerife-South: San Eugenio Bajo, Chic 2-Bedroom Apartment, Seafront Location in Club Villamar, Beautiful Pools and Gardens. All inquiries welcome!
Ref: 20141298 | A1 Real Estate & Property Consultants | 922 729395

Los Cristianos,
€290,000
2 bed · Location- Close to schools- Close to shops- Central- Close to the beach- Close to amenities- Touristic area- Close to medical facilities- Close to restaurants/bars/cafes Views- Sea Additional- Viewing recommended Rooms- American style kitchen Quality- Well presented Outside- Sunny terrace Community facilities-



independent kitchen. The integrated garage has been converted into additional living space with a bedroom, living area and bathroom however... For full information see website or contact:
Ref: AP0535 | Tenerife Island Rentals and Buy Tenerife | Sales: 922 751072

Callao Salvaje,
€315,000
3 bed · Location close to restaurants/bars/cafes, close to shops Views pool, sea, garden Additional viewing

Bar- Heated swimming pool Parking- Street parking.
Ref: 528-A2 | Island Estates | 922 790 767

Las Americas, Apartment
€285,000
3 bed · ♦ Location: Central, Close to amenities, Close to the beach, Close to the coast, Gated community, Close to the Harbour ♦ Close to: Beach, Coast, Harbour, Medical Facilities, Restaurants/Bars/Cafes, Shops, Town, Transport ♦ Views: Pool, Garden ♦ Rooms: Hall/Entrance, Store rooms, Independent Kitchen,

Lounge and dining area, Bathroom, Family Bathroom ♦ Qual... For full information see website or contact:
Ref: 3A3400 | Property Alliance SL | 922 777 747

Playa Fanabe, Townhouse
€279,000
4 bed · Location: Close to transport, Gated community, Central, Residential area, Close to amenities, Close to schools, Close to town. Views: Pool, Garden, Mountain. Additional: Viewing recommended. Rooms: Independent kitchen, Lounge and dining area, Additional store rooms, Bathroom, Family bathroom, Hall/entrance. Quality: Tastefully decorated, Well presented, B... For full information see website or contact:
Ref: 565-TH4 | Island Estates | 922 790 767

Golf del Sur, Apartment
€275,000
2 bed · Fantastic apartment for sale in Golf del Sur. The property comprises of an independent kitchen, a spacious lounge that leads on to the lovely terrace which is perfect for enjoying meals in a scenic and cool environment, a secondary terrace fitted with a ceramic hob, oven and washing machine, two bedrooms and two bathrooms (one with full bathtub) which are... For full information see website or contact:
Ref: OG162-GDS275 | RD Properties | 922 732 862

Palm Mar, Apartment
€275,000
2 bed · Beautifully presented bright and spacious two bedroom, two bathroom apartment in the lovely coastal village of Palm Mar. The apartment is furnished to a high standard and all furniture is included in the sale price. The property boasts marvelous views over the village and out to sea. The very large rooftop solarium has the benefit of all day sunshine. Vie... For full information see website or contact:
Ref: PMSR0058 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Los Cristianos,
€250,000
2 bed · 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 to have some refurbishing done, it is in a complex with easy off road pa... For full information see website or contact:
Ref: S-02 1150 | Tenerife Prime Property | 922 703 725

San Eugenio Bajo,
€250,000
2 bed · Spacious (76sqm + 35sqm terrace), fully furnished 2 bedroom, 1 bathroom duplex apartment in popular complex with pool and close to beach, harbour and all amenities.
Ref: PMSR0032 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

€249,999 - €150,000
Golf del Sur, Bungalow
€249,950
2 bed · Spacious, fully furnished 2 bed, 2 bath (1 en suite) house on popular holiday complex with heated pool and restaurant and located close to all amenities. The property has



Tenerife Properties.ES

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Villa, Roque del Conde



Large 3 storey villa with stunning views and a lift inside!

Price: €1,900,000 Ref: 7900



Santa Maria, Torviscas Playa



Great Investment Opportunity. One bedroom apartment with Pool and Sea views. Large double balcony, South facing.

Price: €207,000 Ref: 15416

Buzanada



Lovely modern 2 bed, 1 bath apartment with huge roof terrace with panoramic views to Mt Teide and the Atlantic Ocean.

Price: €129,000 Ref: 11432

Santa Maria, Torviscas Bajo



1st Floor, fully furnished studio overlooking the pool in established apart/hotel. Established rental calendar.

Price: €165,000 Ref: 17242

Playa Paraiso II, Playa Paraiso



Lovely 3 bed, 2 bath duplex apartment on a complex in the heart of town.

Price: €239,000 Ref: 12382

Amarilla Golf, Sun Bay Villas



Lovely, light airy duplex on a plot of 59 duplexes situated on the new development of Sun Bay Villas located on Amarilla Golf

Price: €295,000 Ref: 13333

Las Carabelas, Torviscas Bajo



Las Carabelas is the hidden gem of Torviscas. 2 bed (both double), 2 bath duplex apartment (1 with bath, the other with walk-in shower).

Price: €350,000 Ref: 7595

Terrazas del Duque II, Bahia del Duque



Lovely 1 bed, 1 bath apartment in prestigious resort.

Price: €299,000 Ref: 15367

Villas Fañabe, Costa Adeje Duque II



Immaculate 2 bed, 1 bath apartment, for sale fully furnished in this prestigious resort, included with a calendar of reservations.

Price: €435,000 Ref: 14856

El Duque, Villas del Duque



Beautiful 4 bedroom, 3 bathroom townhouse in this prestigious residential complex. Recently refurbished with high quality materials, with airconditioning throughout.

Price: €610,000 Ref: 13965

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

a lounge-diner, independent fitted kitchen, front garden, large rear garden and terrace and a private, sunny rooftop terrace with excellent views.
Ref: S-02 1396 | Tenerife Prime Property | 922 703 725

El Madronal,
€249,900
3 bed · Spacious (187sqm + 40sqm terrace), fully furnished, 3 bedroom, 3 bathroom duplex in complex with pool. Close to all amenities (Gran Sur, Siam Park, Water Park etc).
Ref: PMSR0025 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Los Cristianos,
€240,000
2 bed · Beautiful, fully furnished and equipped, 2 bedroom, 1 bathroom apartment in small residential complex just metres from the beach in central Los Cristianos - the perfect location with great investment potential! This spacious (50sqm) property has a lounge/dining room, American-style kitchen, and 12sqm terrace overlooking the piazza. Underground car parking... For full information see website or contact:
Ref: S-02 1144 | Tenerife Prime Property | 922 703 725

Los Cristianos,
€240,000
2 bed · Centrally located only 30 metres from the beach, Playa de las Vistas. This two bedroom apartment is sold fully furnished and the price includes a garage for two cars and private storeroom.
Ref: PMSR0018 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Los Cristianos, Apartment
€240,000
1 bed · Presenting a bright and spacious ground floor apartment situated in a well-maintained residential complex located in Los Cristianos. The total plot boasts a fantastic 233sqm, in which you will find an apartment consisting of a kitchen, a living/dining area, a double bedroom and a bathroom. The family room allows access straight to the private, sunny terra... For full information see website or contact:
Ref: LC822-PT240 | RD Properties | 922 732 862

Palm Mar,
€235,000
2 bed · Spacious, two bedroom, two bathroom apartment on the well maintained complex of Los Balandros in the lovely coastal village of Palm Mar. Situated within a short stroll to all of the amenities the area has to offer. The property is sold fully furnished and the price includes a storeroom and private, underground parking space. The complex has attractive ... For full information see website or contact:
Ref: PMSR0070 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Callao Salvaje,
€235,000
3 bed · Spacious home on 3 floors with 3 bedrooms, large living room, kitchen, parking, nicely furnished. Heated, solar panel and many extras. The complex has a Jacuzzi, large swimming pools and gym.
Ref: Sonia, Callao | MK Properties | 922 751 / 630 994991

Chayofa, Duplex
€230,000
2 bed · Location: Exclusive development, Popular

urbanisation, Central, Quiet location, Close to amenities, Touristic area, Close to restaurants/bars/cafes, Close to transport. Views: Pool. Additional: Viewing recommended. Rooms: American style kitchen, Bathroom, Ensuite, Fitted wardrobes, Lounge and dining area. Quality: Built to a high standard, Furnished, Good... For full information see website or contact:
Ref: 543-A2 | Island Estates | 922 790 767

Parque de la Reina, Duplex
€230,000
4 bed · Magnificent duplex for sale in Parque de la Reina, Arona which boasts an excellent layout. On the top floor there are 3 bedrooms, one with an en suite bathroom and terrace, 2 small bedrooms and 1 bathroom. On the ground floor you will find a terrace in which you enter the house a, large living-room, an independent kitchen with pantry and a toilet. In the ... For full information see website or contact:
Ref: PDLR912-CB230 | RD Properties | 922 732 862

San Eugenio Alto, Townhouse
€230,000
2 bed · ♦ Location: Residential Area, Popular urbanisation ♦ Views: Sea ♦ Rooms: Hall/ Entrance, Open plan kitchen, Fitted wardrobes, Lounge and dining area ♦ Quality: Furnished, Immaculate condition, Well presented ♦ Features: Satellite system, Security shutters ♦ Outside: Sunny Terrace ♦ Parking: Private garage ♦
Ref: 2TH3414 | Property Alliance SL | 922 777 747

Palm Mar,
€229,000
2 bed · ♦ Location: Residential Area, Popular urbanisation, Gated community, Close to amenities ♦ Close to: Transport, Restaurants/Bars/Cafes ♦ Views: Garden ♦ Rooms: Store rooms, Fitted wardrobes, Independent Kitchen ♦ Quality: Spacious, Well presented, Immaculate condition, Furnished ♦ Features: Sun blinds, Jacuzzi ♦ Outside: Alfresco Dining area, Large Terrace... For full information see website or contact:
Ref: 2A3315 | Property Alliance SL | 922 777 747

Llano del Camello,
€225,000
4 bed · Location quiet location, close to amenities, residential area, close to restaurants/bars/cafes, close to town, close to transport, central, gated community, close to airport Views mountain, pool, sea Additional ... For full information see website or contact:
Ref: 335-TH4 | Island Estates | 922 790 767

Golf del Sur,
€222,500
2 bed · Large, fully furnished, corner villa with 2 bedrooms, 2 bathrooms (1 ensuite), large lounge, separate kitchen and wraparound gardens and terraces. There is a huge roof terrace with a storeroom and lovely views to the sea, Teide and the golf course. The property is fully air conditioned and has a community swimming pool.
Ref: S-02 1342 | Tenerife Prime Property | 922 703 725

Callao Salvaje, Duplex
€220,000
2 bed · ♦ Location: Touristic Area, Popular urbanisation,

First line to the Beach, Close to amenities ♦ Close to: Transport, Restaurants/Bars/Cafes, Beach ♦ Views: Teide, Sea ♦ Rooms: Utility room, W. C., Fitted wardrobes, Independent Kitchen ♦ Quality: Well presented, Charming property, Furnished ♦ Outside: Sunny Terrace, Large Roof Terrace ♦ Parking: Private pa... For full information see website or contact:
Ref: 2D3451 | Property Alliance SL | 922 777 747

Los Cristianos, Apartment
€220,000
1 bed · Beautifully renovated ground floor apartment in Victoria Court I. This apartment has been renovated to a very high standard and being on the ground floor has direct access to the pool area from the terrace. The property consists of a large double bedroom, shower room, large living room with American style kitchen and large terrace of 14m2. The complex has... For full information see website or contact:
Ref: AP0434 | Tenerife Island Rentals and Buy Tenerife | Sales: 922 751072

Llano del Camello, Townhouse
€215,000
3 bed · This townhouse has an independent entrance with a terrace and a private garage which allows direct access to the property. On the ground floor there is a living room, a guest bathroom and a bright American kitchen. The first floor consists of two large bedrooms and a full bathroom complete with a bathtub. On the second floor you will find another full bat... For full information see website or contact:
Ref: LC002-MC215 | RD Properties | 922 732 862

Cabo Blanco, Canarian House
€210,000
4 bed · ♦ Location: Quiet location, Outskirts of town, Rural Location ♦ Views: Mountain ♦ Rooms: Independent Kitchen, Store rooms ♦ Quality: Furnished, Renovated, Refurbished ♦ Outside: Large Roof Terrace ♦ Parking: Private garage ♦
Ref: 4CH3431 | Property Alliance SL | 922 777 747

Sotavento, Apartment
€210,000
1 bed · Pristine condition, ground floor, one bed apartment with study/second bedroom and large terrace on residential complex. Garage space and storage room.
Ref: 2033 | Homes & Away | 922 737 044

Costa del Silencio,
€199,950
3 bed · Lovely, fully furnished, 3 bed, 2 bath apartment on popular complex in the heart of Costa del Silencio. There is a separate fully fitted kitchen and 2 large terraces. There is also 2 parking spaces included in the price.
Ref: S-03 1215 | Tenerife Prime Property | 922 703 725

Palm Mar, Apartment
€199,950
1 bed · Bright and spacious duplex apartment with very large solarium benefitting from all day sunshine. Overlooking the 49 metre swimming pool, one of two on the complex, there are also views out to sea and the Island of La Gomera. The property is situated on the lovely complex of Los Balandros close to all of the amenities that the coastal

village of Palm Mar ... For full information see website or contact:
Ref: PMSR0071 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

San Eugenio Bajo, Apartment
€199,500
1 bed · ♦ Location: Central, Close to the beach, Close to the coast, Gated community, Touristic Area, Close to the Harbour ♦ Close to: Beach, Coast, Harbour, Port, Medical Facilities, Restaurants/Bars/Cafes, Shops, Transport, Town ♦ Views: Garden, La Gomera, Sea ♦ Rooms: Hall/Entrance, American Style Kitchen, Bathroom, Lounge and dining area ♦ Quality: Furnished,... For full information see website or contact:
Ref: 1A3438 | Property Alliance SL | 922 777 747

Los Cristianos,
€199,000
1 bed · For sale an apartment in the complex La Chunga, Los Cristianos. The apartment has 55m2 distributed in 1 bedroom, 1 bathroom, living room, equipped kitchen and terrace. Complex with community parking.
Ref: S 1024 | FRINA Tenerife SL - Property Sales | 922 085 191

Playa Fanabe,
€199,000
1 bed · Spacious apartment (65m2) in the prestigious complex. With 1 bedroom, 1 bathroom, and spacious terrace. Fully renovated and luxuriously furnished. Pool on complex.
Ref: Villas de Fanabe | MK Properties | 922 751 / 630 994991

Palm Mar, Apartment
€195,000
2 bed · Lovely two bed property for sale in Plam-mar, the apartment is being sold fully furnished, ready to move in. Located on the Primavera complex, the property is on the second floor with a community lift and pool. The complex is very well maintained with a lot of garden area surrounding the pool. Gated enclosure with security. Palm-mar is an exclusive area w... For full information see website or contact:
Ref: PM091-RP195 | RD Properties | 922 732 862

Guia de Isora, Canarian House
€195,000
2 bed · ♦ Location: Quiet location, Rural Location ♦ Views: Garden, Mountain, Sea, La Gomera ♦ Rooms: American Style Kitchen, Lounge and dining area, Bathroom ♦ Features: Fruit Trees, Tropical garden ♦ Outside: Mature Garden ♦
Ref: 2CH3209 | Property Alliance SL | 922 777 747

Costa Adeje,
€190,000
1 bed · Beautiful studio in the popular tourist area of Costa Adeje in the complex Mareverde, just 10 minutes walk from Fanabe beach. The apartment is sold with furniture, consists of 1 bedroom, 1 bathroom and a living room with open plan kitchen and access to the terrace with views of the ocean and mountains. In the complex there are different swimming pools. Co... For full information see website or contact:
Ref: S 1005 | FRINA Tenerife SL - Property Sales | 922 085 191

Llano del Camello,
€189,000
3 bed · 3 storey house being sold partly furnished with 3 bedrooms, 2 bathrooms (1 en suite) + w. c. There is a good size lounge and a separate fitted kitchen. There is a terrace off the top floor bedroom and one off the lounge. There is also an underground garage space and private storeroom. The owners of this property would be interested in doing a Rent with an... For full information see website or contact:
Ref: S-03 1110 | Tenerife Prime Property | 922 703 725

Los Abrigos, Apartment
€189,000
1 bed · ♦ Location: Central, Close to amenities, Close to the beach, Close to the coast, Touristic Area ♦ Close to: Beach, Coast, Medical Facilities, Restaurants/Bars/Cafes, Schools, Shops, Town, Transport ♦ Views: Sea, Mountain ♦ Rooms: Hall/ Entrance, Bathroom, American Style Kitchen ♦ Quality: Furnished, Renovated ♦ Outside: Sunny Terrace ♦ Parking: Parking ava... For full information see website or contact:
Ref: 1A3300 | Property Alliance SL | 922 777 747

Palm Mar, Apartment
€187,000
1 bed · Fully furnished 1 bed, 1 bath apartment in good condition on community with pool. The property enjoys sea views and views over the nature reserve. Community fee: +- 42 euros per month. IBI: +- 131 euros per year.
Ref: PMSR0073LM | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Callao Salvaje,
€185,000
2 bed · Semi-detached house on 3 floors with 2 bedrooms, 2 bathrooms, kitchen and large garage. The complex has heated swimming pools, childrens playground, and tennis court.
Ref: Mariben, Callao | MK Properties | 922 751 / 630 994991

San Eugenio Alto,
€183,000
1 bed · We have a one bedroom apartment for sale in Garden City, San Eugenio. This is formally a bank property and amongst other things it is in need of complete refurbishment. If you have a serious interest in this property then call the office.
Ref: S 1012 | FRINA Tenerife SL - Property Sales | 922 085 191

Los Cristianos, Duplex
€180,000
2 bed · Duplex apartment with two bedrooms and two bathrooms in Castle Harbour. Good sized living room with kitchen area and nice balcony from the living room area. This is an ideal investment property or for a holiday home. There is a 24 hour reception, laundry, pool bar and large community swimming pool. There is also an on site management company allowing holi... For full information see website or contact:
Ref: 221-A1 | Island Estates | 922 790 767

Aguilas del Teide,
€168,000
1 bed · Beautiful, fully furnished 1 bed, 1 bath apartment with American style fully fitted kitchen, good size lounge and a 40m2 garden and terrace with lovely sea views. There is also a garage space included in the price. Community swimming pool.
Ref: S-01 1359 | Tenerife Prime Property | 922 703 725

Callao Salvaje, Duplex
€179,995
1 bed · Delightful one bedroom apartment on the well run complex of Laderas del Palm

Mar. With views of the lovely pool area the apartment is bright and spacious. The complex is within a short stroll to the many amenities the charming coastal village of Palm Mar has to offer.
Ref: PMSR0067 | Palm Mar Sales and Rentals | 677-623713 / 671-129558

Las Americas,
€179,900
♦ Location: Central, Close to amenities, Gated community, Popular urbanisation, Touristic Area, Second line to the beach ♦ Close to: Beach, Harbour, Restaurants/Bars/Cafes, Transport, Shops, Medical Facilities ♦ Views: Sea, La Gomera ♦ Rooms: American Style Kitchen ♦ Quality: Furnished, Well presented ♦ Outside: Sunny Terrace ♦ Parking: Street parking ♦ C... For full information see website or contact:
Ref: 0S3377 | Property Alliance SL | 922 777 747

Callao Salvaje,
€178,000
2 bed · A house on 3 floors with large garage, 2 bedrooms, and 2 terraces with views. In very quiet area. Complex has heated pool, playground, and tennis court.
Ref: Pareada, Callao Salvaje | MK Properties | 922 751 / 630 994991

Los Cristianos,
€176,000
1 bed · For sale is this modern just recently refurbished 1 bed apartment with sea views. The apartment is situated in the complex La Estrella, which offers a pool and is only a 2 minutes stroll away from the beach of Los Cristianos. Several bars and restaurants are practically at your doorstep. The property measures approximately 60 m2 and comprises of a bright ... For full information see website or contact:
Ref: 623 | FRINA Tenerife SL - Property Sales | 922 085 191

Costa del Silencio, Apartment
€176,000
2 bed · This fantastic ground floor property in Costa del Silencio consists of two bedrooms with fitted wardrobes, a lounge, an independent fully equipped kitchen, a bathroom complete with bath and a lovely terrace. To be sold fully furnished and with a garage space. Situated in a complex which features 2 community pools, a children's park and a small gym. You ca... For full information see website or contact:
Ref: CDS761-A176 | RD Properties | 922 732 862

San Eugenio Alto,
€169,000
1 bed · Location close to amenities, close to town, quiet location, residential area Views la gomera, sea Additional viewing recommended Rooms ... For full information see website or contact:
Ref: 221-A1 | Island Estates | 922 790 767

Aguilas del Teide,
€168,000
1 bed · Beautiful, fully furnished 1 bed, 1 bath apartment with American style fully fitted kitchen, good size lounge and a 40m2 garden and terrace with lovely sea views. There is also a garage space included in the price. Community swimming pool.
Ref: S-01 1359 | Tenerife Prime Property | 922 703 725

Aguilas del Teide, Apartment
€168,000
1 bed · Beautiful, fully furnished 1 bed, 1 bath apartment with American style fully fitted kitchen, good size lounge and a 40m2 garden and terrace with lovely sea views. There is also a garage space included in the price. Community swimming pool.
Ref: S-01 1359 | Tenerife Prime Property | 922 703 725

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3 BEDROOM DETACHED VILLA WITH POOL - CHAYOFA



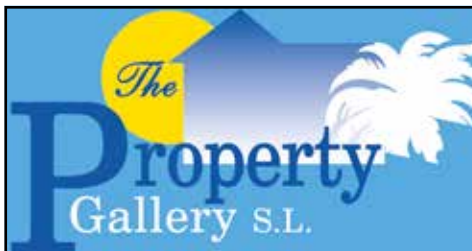
VIDEO SHOWCASE
SEE OUR WEBSITE

This immaculately presented independent villa has been completely renovated to a modern style throughout. Natural light fills the property inside and the beautiful terrace and private pool outside takes advantage of the wonderful Tenerife climate. There is a spacious lounge and dining area, a high quality open plan kitchen and three double bedrooms which all have ensuite bathrooms. Perfect!

Ref: OUT01135

Price: €640,000 (approx. £547,008)

www.TenerifePropertyShop.com - see pages 8 & 9 for contact details



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



CHAYOFA COUNTRY CLUB, CHAYOFA



Very wide living area with plenty of light, dining area, American style fitted kitchen, spacious double bedroom, wardrobes and a good size bathroom, plus a very large terrace.

Ref: B1798

€151,250

LAS FLORITAS, LAST AMERICAS



1 bed ground floor apt. (52sqm) with pool views in central Las Americas. The property has a lounge/dining area, open plan kitchen, and terrace with easy access to the pool. Sold as seen.

Ref: B1781

€163,500

GREEN PARK, GOLF DEL SUR



Spacious and modern studio with an alcove for bed separate to the lounge, open plan kitchen, bathroom and a terrace to the exterior.

NEW DEVELOPMENT!

INSIGNE, ROKABELLA
*** LUXURY VILLA ***



- Single family villas with private pool
- 3 bedrooms all with en suite bathrooms
- Open plan kitchen and dining area
- Private entrance and lift
- Private garage
- Air conditioned

Ref: D1842

from €849,000

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

€269,000



NEW CASHBACK CAMPAIGN FOR EXPATRIATE CUSTOMERS!

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

€695,000

€165,000
1 bed · This stylish first floor apartment has been totally renovated and furnished offering a spacious & modern living area. Comprising of an open plan fitted and equipped kitchen, lounge, double bedroom with fitted wardrobes, bathroom and balcony. Also included is a private garage of 20m2. Secure and well maintained complex with communal pool and gardens. View... For full information see website or contact:
Ref: 7650 | Clear Blue Skies SL | 922 714 772

Las Americas, Apartment
€165,000
1 bed · Fifth floor apartment with lift access in very central area of Playa de las Americas. This one bedroom apartment has a large living room with American style kitchen and balcony and bathroom. Just a five minute walk to the beach front of Playa de las Americas and surrounded by bars, restaurants and shops. Fantastic location and an ideal holiday apartment o... For full information see website or contact:
Ref: AP0513 | Tenerife Island Rentals and Buy Tenerife | Sales: 922 751072

Los Cristianos, Apartment
€165,000
1 bed · Castle Harbour is a well maintained touristic complex in a popular area of Los Cristianos, the apartment is fully furnished and offers a twin bedroom with fitted wardrobes, bathroom, open plan fitted kitchen and lounge. The sunny balcony enjoys a view over the pool & out to sea. Many on site facilities including reception, heated swimming pool, lift to al... For full information see website or contact:
Ref: 7654 | Clear Blue Skies SL | 922 714 772

Palm Mar,
€165,000
2 bed · Apartment for sale in complex in Palm Mar, in Arona municipality. This apartment comprises of two bedrooms, bathroom, open plan fitted kitchen, living room and terrace. Sold unfurnished. Garage space and sotrage room in the underground parking included in the price. Palm Mar is a desirable area on the coast in constant expansion.
Ref: 6982 | Clear Blue Skies SL | 922 714 772

Playa Paraiso,
€164,000
1 bed · ♦ Location: Central, Close to amenities, Close to the beach, Close to the coast ♦ Close to: Medical Facilities, Restaurants/Bars/Cafes, Shops, Transport, Coast ♦ Views: Sea, Garden, La Gomera, Pool, Mountain ♦ Rooms: Hall/Entrance, American Style Kitchen, Bathroom ♦ Quality: Furnished, Bright ♦ Outside: Terrace ♦ Parking: Off street parking ♦ Community fa... For full information see website or contact:
Ref: 1A3339 | Property Alliance SL | 922 777 747

Amarilla Golf, Duplex
€160,000
2 bed · Location: Exclusive development, Gated community, Central, Golf development, Close to amenities, Popular urbanisation, Close to restaurants/bars/cafes, Close to the coast. Views: Mountain, Golf. Additional: Limited availability, Viewing recommended. Rooms: Ensuite, Fitted wardrobes, Lounge and dining area, American style

Kitchen, Bathroom. Quality: Qualit... For full information see website or contact:
Ref: 752-A2 | Island Estates | 922 790 767

Las Americas, Apartment
€160,000
1 bed · A rare opportunity to purchase a fantastic 1 bedroom apartment in the heart of Playa de las Americas, comprising a double bedroom with fitted wardrobes, fully fitted American style kitchen, living room with dining area, bathroom and terrace with nice pool views and coastal sea views.
Ref: 7553 | Clear Blue Skies SL | 922 714 772

Aldea Blanca,
€159,000
2 bed · Very nice, part-furnished, 2 bed, 2 bath (1 en suite) bungalow-style property on quiet residential complex with access via electrically-controlled security gates, swimming pool and off-road parking. The bungalow has a lounge/dining area, American-style fitted kitchen, conservatory and a large, sunny wraparound terrace/garden. This is a lovely family home ... For full information see website or contact:
Ref: S-02 1377 | Tenerife Prime Property | 922 703 725

San Eugenio Alto,
€158,000
1 bed · ♦ Location: Popular urbanisation, Gated community ♦ Close to: Restaurants/Bars/Cafes, Medical Facilities ♦ Views: Sea ♦ Rooms: Fitted wardrobes, Open plan kitchen ♦ Quality: Good condition, Furnished ♦ Features: Security shutters, Sun blinds ♦ Outside: Large Terrace, Sunny Terrace ♦ Parking: Street parking ♦ Community facilities: Swimming pool, Pool Bar ♦... For full information see website or contact:
Ref: 1A3336 | Property Alliance SL | 922 777 747

Los Abrigos,
€157,500
2 bed · Lovely 2 bed, 1 bath apartment being sold fully furnished on the first floor with an American style fully equipped kitchen, spacious lounge, air conditioning and a 6m2 balcony. There is also a parking space in the underground community garage.
Ref: S-02 1355 | Tenerife Prime Property | 922 703 725

Palm Mar,
€157,500
1 bed · ♦ Location: Close to amenities, Close to the beach, Close to the coast ♦ Close to: Beach, Coast, Restaurants/Bars/Cafes ♦ Views: Mountain, Sea, La Gomera ♦ Rooms: Hall/Entrance, American Style Kitchen, Lounge and dining area, Bathroom ♦ Quality: Furnished ♦ Features: Lift ♦ Outside: Terrace ♦
Ref: 1A3299 | Property Alliance SL | 922 777 747

Las Americas, Studio
€155,000
 ♦ Location: Central, Close to amenities, Close to the beach, Close to the coast, Touristic Area ♦ Close to: Beach, Coast, Harbour, Medical Facilities, Restaurants/Bars/Cafes, Shops, Town, Transport ♦ Views: Garden, La Gomera, Pool, Sea ♦ Rooms: Hall/Entrance, Bathroom, American Style Kitchen ♦ Quality: Furnished, Bright ♦ Outside: Sunny Terrace ♦ Communit... For full information see website or contact:
Ref: 0S3432 | Property

Alliance SL | 922 777 747
Las Rosas, Apartment
€155,000
2 bed · RD Property presents a 2 bedroom apartment for sale in Las Rosas. This property comprises of two bright bedrooms, one bathroom complete with bath, an independent kitchen, living-dining room and terrace. Included in the price there is a parking space and storage room. Situated in a very calm building with low community fees and very close to supermarkets, ... For full information see website or contact:
Ref: LR741-AN155 | RD Properties | 922 732 862

Costa del Silencio,
€155,000
2 bed · Top floor, fully furnished, apartment converted into 2 bedrooms. This apartment has been totally refurbished and has a good size lounge, American kitchen and terrace overlooking the main road. 2 x community swimming pools.
Ref: S-02 1276 | Tenerife Prime Property | 922 703 725

Parque de la Reina, Apartment
€152,000
2 bed · Two bedroom apartment located on the first floor with garden views. Large living dining room with enclosed balcony for an additional sitting area, independent fitted kitchen and washing room, two double bedrooms the master with ensuite and further family bathroom, both bedrooms have fitted wardrobes. The property also comes with a parking space and large ... For full

Communal roof terrace and garage space with trastero. Situated in a good location close to supermarkets, large shops and park areas. The property is being sold partly furnished.
Ref: AP0533 | Tenerife Island Rentals and Buy Tenerife | Sales: 922 751072

Golf del Sur, Bungalow
€149,500
1 bed · Clear Blue Skies are delighted to offer for sale a 1 bedroom bungalow located on the select complex of The Palms, Golf Del Sur. This bright and spacious property is very close to the swimming pool and is partially furnished with fitted kitchen, one bedroom, 1 complete bathroom and an extra WC room. The large double bedroom comes with fitted wardrobes, te... For full information see website or contact:
Ref: 7425 | Clear Blue Skies SL | 922 714 772

Golf del Sur, Apartment
€149,000
1 bed · Refurbished to a high standard. This one bed, top floor corner apartment is in an ideal location with fabulous golf and sea views.
Ref: 2070 | Homes & Away | 922 737 044

Tenbel,
€149,000
2 bed · Two bed, two bath terraced bungalow located in quiet area of Ten Bel in Costa Del Silencio.
Ref: 1814 | Homes & Away | 922 737 044

Costa del Silencio,
€148,000
1 bed · ♦ Location: Popular



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

information see website or contact:
Ref: AP0521 | Tenerife Island Rentals and Buy Tenerife | Sales: 922 751072

Golf del Sur,
€150,000
2 bed · Excellent 2 bedroom apartment for sale in the frontline complex Aguamarina on Golf del Sur. The apartment is sold fully furnished and equipped. Great residential complex with lifts and a communal pool.
Ref: AP218-AG | Tenerife Belfin Properties | 692 146808

Los Abrigos,
€150,000
2 bed · Location close to restaurants/bars/cafes, close to shops, close to transport Rooms independent kitchen Quality unfurnished, good condition Outside ... For full information see website or contact:
Ref: 138-A2 | Island Estates | 922 790 767

Las Chafiras, Apartment
€149,950
2 bed · Recently refurbished two bedroom one bathroom apartment in Las Chafiras. Two good sized bedrooms and a bathroom with walk in shower. Separate fitted kitchen.

urbanisation, Close to the Harbour, Gated community, Close to the beach, First line to the coast, Close to amenities ♦ Close to: Transport, Shops, Schools, Restaurants/Bars/Cafes, Medical Facilities, Coast ♦ Views: Teide, Sea, Pool, Garden ♦ Rooms: W. C., Bathroom, Fitted wardrobes, American Style Kitchen, Hall/Entrance ♦ Quality: Brig... For full information see website or contact:
Ref: 1A3294 | Property Alliance SL | 922 777 747

Playa San Juan,
€145,000
1 bed · Belfin Property brings you this great 1 bedroom apartment located in a small residential complex of only 10 apartments. Excellent location only a few steps from the sea front. The complex is very well kept and has lifts. This comes with 2 parages spaces in the communal garage. Playa San Juan is a lovely coastal town with the best climate on the island!
Ref: AP116-BP | Tenerife Belfin Properties | 692 146808

San Eugenio Alto,
€145,000
1 bed · LAST UNITS! Fantastic opportunity to purchase a holiday apartment in a great complex in San Eugenio. A selection of 1

bedroom apartments starting from 145,000 euros! Don't miss this one! Get yours with the best location and best views!
Ref: AP120-HP | Tenerife Belfin Properties | 692 146808

Playa Fanabe, Apartment
€142,000
3 bed · ♦ Location: Central, Close to amenities, Quiet location ♦ Close to: Medical Facilities, Restaurants/Bars/Cafes, Schools, Shops, Town, Transport ♦ Views: Mountain, Sea ♦ Rooms: Kitchen diner, Family Bathroom, W. C. ♦ Quality: Part furnished, Refurbished ♦ Outside: Sunny Terrace ♦ Parking: Street parking ♦ Community facilities: Gardens ♦
Ref: 3A2490 | Property Alliance SL | 922 777 747

San Eugenio Alto,
€138,000
1 bed · Two 1 bedroom apartments for sale in the popular Laguna Park 2 complex. The apartments consist of 1 bedroom, bathroom, open plan kitchen and a lounge and a terrace. Great holiday complex with a large pool area, pool bar and tennis court. There is also a minimarket on site. Great holiday apartment. Prices 138.000 and 149.000 euros.
Ref: AP109-HP | Tenerife Belfin Properties | 692 146808

Costa del Silencio,
€138,000
1 bed · ♦ Location: Close to amenities, First line to the coast, Gated community, Popular urbanisation, Touristic Area ♦ Close to: Restaurants/Bars/Cafes, Shops, Transport, Coast ♦ Views: Teide, Mountain ♦ Rooms: Open plan kitchen, Fitted wardrobes ♦ Quality: Furnished, Good condition ♦ Features: Satellite system ♦ Outside: Terrace ♦ Parking: Street parking ♦ Com... For full information see website or contact:
Ref: 1A3348 | Property Alliance SL | 922 777 747

Los Abrigos, Apartment
€135,000
3 bed · 2/3 bed top floor apartment in central San Blas location.
Ref: 2056 | Homes & Away | 922 737 044

Playa San Juan,
€133,000
2 bed · ♦ 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 ♦
Ref: 2A3364 | Property Alliance SL | 922 777 747

Costa del Silencio, Duplex
€132,000
2 bed · ♦ Location: Residential Area, Gated community, Close to the coast, Close to amenities ♦ Close to: Shops, Transport, Restaurants/Bars/Cafes ♦ Views: Garden ♦ Rooms: Utility room, Fitted wardrobes, Open plan kitchen ♦ Quality: Spacious accomodation, Refurbished, Renovated, Immaculate condition, Furnished ♦ Outside: Sunny Terrace ♦ Parking: Street parking ♦ ... For full information see website or contact:
Ref: 2D3436 | Property Alliance SL | 922 777 747

Golf del Sur, Apartment
€129,000
1 bed · One bed corner apartment with large terrace

and excellent sea views. Close to all amenities.
Ref: 2052 | Homes & Away | 922 737 044

San Eugenio Alto,
€125,000
1 bed · Beautifully furnished, 1 bedroom, 1 bathroom apartment in popular complex with pool. Good views.
Ref: Paradise Court | MK Properties | 922 751 / 630 994991

Chayofa,
€118,500
 Large studio apartments for sale (prices from 99.950). Studios being sold fully furnished and has a fully equipped kitchenette, bathroom, lounge, terrace and community swimming pool. These studios are an ideal holiday home/ investment.
Ref: S-00 1373 | Tenerife Prime Property | 922 703 725

Golf del Sur,
€111,500
1 bed · Spacious, newly refurbished and furnished 1 bed, 1 bath top floor apartment on popular complex with pool, close to all amenities. This property is one of the large 1 beds on the complex which has a large bedroom and an alcove, which many people make into a second bedroom. Lounge/diner and nice terrace with sea views. Extras incl. aircon.
Ref: S-01 1388 | Tenerife Prime Property | 922 703 725

Costa del Silencio,
€110,000
1 bed · Fantastic, fully furnished, 1 bedroom, 1 bathroom apartment with extra-large terrace and great sea views. Well-run complex with pool Ideal holiday home/ investment.
Ref: BaldeMar | MK Properties | 922 751 / 630 994991

Adeje Town,
€110,000
2 bed · Apartment with 2 bedrooms, 1 bathroom, American kitchen, furnished with views. Close to everything. Ample parking in front. In quiet area with gardens. Ideal investment.
Ref: Adeje Pueblo | MK Properties | 922 751 / 630 994991

Golf del Sur,
€105,000
1 bed · Fully refurbished and furnished 1 bed, 1 bath apartment with air conditioning, newly fitted kitchen and refurbished bathroom. This apartment is on the 3rd floor and there are lifts throughout the complex. Views from the terrace onto the community swimming pool.
Ref: S-01 1343 | Tenerife Prime Property | 922 703 725

UNDER €100,000

Las Galletas,
€94,500
1 bed · 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.
Ref: S-01 843 | Tenerife Prime Property | 922 703 725

Costa del Silencio,
€80,000
 Ground floor studio apartment being sold fully furnished with lounge, American style fully fitted kitchen and an enclosed terrace made into bedroom area.
Ref: S-00 1358 | Tenerife Prime Property | 922 703 725

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Tenerife Prime Property

Los Cristianos, Dinastia



Spacious, fully furnished 2 bed, 2 bath (1 en suite) apartment on popular residential complex with lovely pool and sunbathing terrace. The property has a lounge/dining area, an American-style fitted kitchen and a large terrace and is presented in excellent condition. There is plenty of storage space and the complex is close to all amenities.



S-02 1387

€264,950



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

Amarilla Golf, Aries



Lovely, fully furnished, 2 bed, 1 bath duplex apartment with 2 large terraces, lounge/dining area and kitchen. The kitchen and bathroom have recently been refurbished. Community swimming pool.

S-02 1392

€159,500

Amarilla Golf, Aries



Very nice, fully furnished, 2 bed, 1 bath ground floor apartment on popular complex with pool and pool bar, close to all amenities. The property enjoys the use of 3 community pools, Aries, Scorpio and Gemini. Extras include security grilles. Good-sized sunny terrace.

S-01 1392

€159,500

Golf del Sur, Las Adelfas I



Spacious, fully furnished 2 bed, 2 bath (1 en suite) house on popular holiday complex with heated pool and restaurant and located close to all amenities. The property has a lounge-diner, independent fitted kitchen, front garden, large rear garden and terrace and a private, sunny rooftop terrace with excellent views.

S-02 1396

€249,950

Fañabe, Lagos de Fañabe



Beautiful, fully furnished 1 bed, 1 bath apartment on sea front, 'Touristic' complex with 3 pools, just 70 metres from the beach. The property has a lounge/diner, open kitchen, sunny terrace and private parking. Holiday occupancy is 60%+ (at c€500/€950 per week).

S-01 1379

€300,000

Los Cristianos, Parque Tropical II



Large, part-furnished, 2 bed, 2 bath duplex apartment in sought after complex with lovely pool area. The property has a lounge/diner, American-style kitchen, small front garden and a large terrace off the lounge overlooking the pool. Needs minor refurbishing.

S-02 1150

€250,000

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

Oroteanda Bajo



Stunning, fully furnished & equipped, 5 bed, 3 bath (master en suite) detached villa with heated pool on 2,000sqm plot. There is a garage for 4 cars and aircon and central heating throughout. This is a property has to be seen to appreciate all that it has to offer.

S-05 1380

€1,250,000

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Tenerife Prime Property

Golf del Sur, Las Adelfas II



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



S-02 1342

€222,500



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

Amarilla Golf, Pinehurst



Beautifully decorated, fully furnished, 2 bed, 1 bath ground floor apartment on popular complex with pool, close to all amenities. This spacious (77sqm) property has a lounge/diner, American-style kitchen and a large sunny terrace overlooking the pool and gardens. Com. Fees €306 every 2 months.

S-02 1384

£160,000 Sterling

Playa de las Americas, Jacaranda



Lovely, spacious, fully refurbished, 3 bed, 1 bath penthouse apartment with sea views on popular holiday complex with pool, close to all amenities and just 100 metres from the beach. The property has a lounge/dining area, American-style fitted kitchen and large sunny terrace.

S-03 1398

€299,000

Golf del Sur, Winter Gardens



Lovely 2 bed, 2 bath (1 en suite) apartment on popular complex with pool and pool bar, and bowling green. Tastefully furnished with separate, fully equipped kitchen, small utility room, and a large lounge leading with good-sized terrace off.

S-02 1352

€235,000

Los Cristianos, Dinastia



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

S-02 1348

€285,000

San Miguel, El Roque



Spacious, fully furnished, 4 bed, 3 bath (1 en suite) house on a plot of 750m2 with large lounge, separate fully fitted kitchen, games room and two roof terraces. This is a lovely family home in a quiet Canarian village.

S-04 1335

€299,950

Valle San Lorenzo, Edf. JJ Efigenia



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

S-03 1324

€135,000

Roque del Conde, Los Altos del Roque



Lovely, spacious, fully furnished and equipped 4 bed, 4 bath (2 en suite) semi-detached townhouse with own swimming pool in quiet, sought after complex situated close to amenities. The property, which enjoys lovely sea views, has a lounge/diner, independent fully fitted kitchen, terrace/garden, and double garage.

S-04 1395

€399,950

San Eugenio Bajo, Las Carabelas



Beautiful, fully refurbished and furnished 2 bed, 2 bath (master en suite) duplex apartment on sought after complex with heated pool and tennis courts, close to the sea front and all amenities. This spacious property located in a quiet position has a lounge/dining area, American-style kitchen and two sunny terraces. Extras include air conditioning throughout.

S-02 1399

€375,000

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UK service sector recovery lifts pound vs euro

The appeal of the pound proved muted as investors continued to weigh up the odds of the Bank of England (BoE) cutting interest rates at its January meeting.

Weaker German business sentiment signals put pressure on the euro, meanwhile, as confidence in the health of the Eurozone's powerhouse economy weakened. As political pressure on the Federal Reserve increased the US dollar struggled to gain any significant ground against its rivals, in spite of a general uptick in market risk aversion. Dovish comments from BoE Governor Mark Carney and other policymakers had encouraged markets to price in high odds of a January interest rate cut. However, an unexpectedly improved UK services PMI led investors

to reassess the likelihood of imminent policy easing, to the benefit of the pound. As the services PMI jumped from 50.7 to 52.4, signalling expansion for the sector, this fuelled hopes that the UK economy could rebound in the first quarter. An uneventful European Central Bank (ECB) policy announcement offered little support to the euro, meanwhile, as policy looks set to remain on hold for the foreseeable future. With policymakers acknowledging some anxiety over the outlook of the Eurozone economy the single currency struggled to gain any positive footing against its rivals.

The Trump administration's latest criticism of the Federal Reserve failed to keep the US dollar under pressure for long, as the central bank looks set to hold its ground. Another underwhelming month of industrial and manufacturing production put a dampener on USD exchange rates, though, with the world's largest economy showing signs of slowing. Higher levels of market risk aversion helped to limit the potential for US dollar losses, however, thanks to fresh US threats to impose tariffs on EU produce. If the BoE opts to leave interest rates on hold at its January meeting the pound could make further gains across the board, even though the odds of a future rate cut are likely to remain. As markets have already unwound some of their earlier pricing of a rate cut, though, the positive impact

of a rate hold could prove limited. Anxiety over Brexit may put GBP exchange rates under pressure in the weeks ahead, meanwhile, as long as clarity over the future relationship between the UK and EU remains lacking. Confirmation that the UK services PMI strengthened may also offer support to the pound, with evidence of greater economic resilience likely to encourage investors. Any fresh signs of slowdown in the fourth quarter Eurozone gross domestic product could weigh heavily on the euro. With global trade tensions looking set to persist for some time yet to come, any loss of momentum for the currency union may drag EUR exchange rates lower across the board. As the Federal Reserve is expected to remain on hold this month the US dollar may see little movement in the wake of the announcement.

However, any evidence of manufacturing sector weakness could put a dampener on the US dollar as the impact of trade tensions with China continue to be felt. **At Currencies Direct we're here to talk currency whenever you need us, so get in touch if you**

want to know more about the latest news or how it could impact your currency transfers. Since 1996, we've helped more than 250,000 customers with their currency transfers, just pop into your local Currencies Direct branch or give us a call to find out more.



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The definition of, and the difference between, Minor and Major Works

When considering alterations to a property, clients often ask me what the difference is between 'minor' and 'major' works in the eyes of the local Town Hall. The importance of distinguishing between one and the other lies in the necessity to apply for either a major works

licence?

'Minor' works are simple in nature and do not affect the structure or 'footprint' of the building. They are also works which don't affect service installations or common area services or the actual number of dwellings or commercial units. Also, 'Minor' works must not alter the exterior finish or design of the property or the foundations or structure. Finally the works must not adversely affect existing provisions for occupation, fire safety or security.

What is covered by a 'Minor' works

'Minor' works should include replacing floor tiling, sanitary ware,

baths, kitchens, repairing render and repainting external walls, repairing roofs, replacement of windows, doors, shutters or awnings, provision, repair or replacement of pipework for service installations, waste or soil pipes, clearance and fencing of parcels of land and installation of solar panels.

This list is by no means exhaustive and is only given as an indication taken from research and consultation with various Town Hall technical departments. Individual cases and proposals should be consulted with the relevant technical departments to

ascertain if they consider the proposed works to be covered by a Minor Works Notice or Major Works Licence.

If the works that are proposed do not appear to be covered by the definitions above then it may be necessary to apply for a **Major Works Licence**.

To accompany this type of application it will be necessary to provide a detailed report specifying the works with plans, calculations etc. This will normally be produced by an Architect working in conjunction with a Technical Architect.

To make the **Notification of Minor**

Works, a Technical Report, plans and priced specification of works are usually required. These can be produced by a Technical Architect or Architect. The Town Hall fee is usually around 4% of the cost of the works, although some Town Halls do not charge a fee.

If you ever find yourself unsure which application is likely to be necessary for something that you are proposing to carry out, please do not hesitate to contact me, Philip Wright, Technical Architect and Chartered Building Surveyor, on Mobile number 667 757 323.

25 Things Every Woman Should Know About Her Health

The Power of Positivity,
February 2020



Women may be more likely to put themselves second, or third, to their children, spouse, or work, but they do take their health pretty seriously. That said, there may be some check-ups or daily health habits that you are putting off. Staying healthy isn't just about going to the doctor. How you handle stress, eat, exercise, hydrate, and more relatively little things can have a significant impact on your health down the road. Here are 25 things every woman needs to know about their health.

STAY ON TOP OF YOUR HEALTH CHECK-UPS

Seeing a doctor when you feel good can seem like a complete waste of time. Understandably, you're busy, the doctor's office is busy, and there are family and work demands. Maintaining your health check-ups are crucial to staying healthy and available for your family for the long run. Here are the doctors women should see and how often:

1. MAKE A DATE WITH YOUR PRIMARY PHYSICIAN

Depending upon your health and your age, the number of visits to your primary may vary. Women under the age of 50 without a chronic condition, should visit their primary care provider every 2-3 years. When you do visit, however, make sure you are getting blood work run to check for blood sugar, diabetes, thyroid, cholesterol, and overall blood count. Those tests can help catch conditions that you may not even be

aware of the symptoms for. Also, if caught early, it can be halted and reversed with a proper diet change rather than being on medication.

With the tests, the doctor should also check your blood pressure, weight, and height. Make sure you are up to date on vaccines too. From age 50 and over, you should visit the doctor yearly. During those annual visits, your blood tests become more important. Additionally, mammograms, bone density, and colonoscopies should be scheduled. Colonoscopies should be scheduled every ten years.

2. SEE YOUR GYNECOLOGIST.

Your OB/GYN should be seen yearly for a pelvic exam. When you are sexually active, you should also get tested each year for STD's. Every three years, you should have a pap smear and HPV virus test. These tests are your early indicators for cervical cancer. During your pre-menopausal and menopausal years,

you may wish to see your OB/GYN more often for treatment options in dealing with the symptoms. Frequently, we aren't aware of which symptoms are related until we've spoken with a doctor.

3. BITE THE BULLET, VISIT YOUR DENTIST

Keeping your teeth and mouth in excellent oral health is a preventative measure for your overall health. Maintaining good dental hygiene not only is a great way to keep your teeth into your older years but can also decrease risk factors for other diseases. Weak dental hygiene links to the following conditions:

1. When your mouth carries a lot of infection or bacteria, it can travel through your bloodstream. It may lead to the chambers of the heart and attach to the inner lining and create an infection there.

2. Heart disease. Bacteria in your mouth may cause infection and inflammation, which can lead to blocked arteries, heart disease, and stroke.

3. Problems with pregnancy and birth. Infections in your mouth might trigger premature births and low birth weights.

4. Infections in your mouth can carry to your lungs to cause pneumonia and other lung-related infections.

4. AVOID SUGARY DRINKS AND DRINK WATER

The current formula for how much water to drink is 8 x 8 or 8 oz eight times a day. Soda or sugary drinks do not count as water. Herbal tea and coffee can be included as part of your liquid intake. Preferably, drink your coffee black if you can to cut down on excess sugar and fat from creamers.

5. MONITOR YOUR

MENTAL HEALTH

Mental illness can affect people of any age, including seniors. Depression and anxiety can hit any time, including, during or after pregnancy, during perimenopause or menopause and during high-stress times. Some mental illnesses, such as bipolar disorder, hit in late teen years through adulthood. Stay aware of your emotional condition and seek help as soon as possible.

6. LEARN TO MINIMIZE YOUR REACTIONS TO STRESS AND RID YOUR BODY OF STRESS

Stress is a part of everyone's every day. It can't be avoided, but we can change how we respond to it. We can also do things not to let it build up in our bodies and mind. Practice breathing exercises. Take a walk, preferably in nature. Meditate. Exercise.

7. PAY ATTENTION TO YOUR GUT

Our gut health is proving to be very important to our overall health, both mentally and physically. Take probiotics, eat foods with fibre, cut back on unhealthy fats, and processed foods to improve your gut health.

8. EAT HEALTHILY

Make a point of eating vegetables, fruits, proteins, and whole grains every day. Eating right provides your body with the nutrients your cells need to handle the stress of your day, boosts your immune system, and keep your brain, heart, and other organs healthier.

9. GET 6-8 HOURS OF SLEEP

A lack of sleep can cause so much damage to your body and brain. When you aren't getting enough sleep, you're

less able to focus, handle stress, and problem solve, and your mood goes down. Over the long term, a lack of sleep can trigger heart disease, stroke, diabetes, and other significant conditions.

10. EXERCISE

Doing 30 minutes of exercise for 4-5 days a week has proven to aid in keeping your blood pressure down, helping your joints and bones, and keeping your heart healthy.

11. LAUGH MORE

Enjoy life and laugh at it and in it. Laughing releases dopamine in the brain, which improves your mood, motivation, enjoyment of different things, and decreases stress. It can even benefit your relationships.

12. BE IN NATURE

Enjoying the outdoors either through a walk, hiking, outdoor sport, or just relaxing in the park has shown to improve the immune system, reduce stress, and improve overall mood.

13. MAKE TIME FOR YOU

Everyone must have time to follow their hobbies, be with friends and spouses out of the house, or take a class just for themselves. You are more than a mom, a spouse, and a co-worker or boss. You are you. When you don't take time for your interests, a person tends to stagnate in growth and learning and feel more restricted in life.

14. WATCH YOUR ALCOHOL

Most of us know the reasons to be mindful of how often and how much you drink. A woman should not exceed one drink night to ensure that damage

isn't done to her liver. It also turns out that as women get older, their tolerance decreases. The enzymes that typically break down alcohol decrease with age so that you may find yourself with a longer buzz or hangover the next day after the age of 40.

15. YOUR BRA IS IMPORTANT

Make sure you are getting fitted for your bra at least once a year. A poorly fitted bra can cause shoulder and neck pain, bad posture, skin irritations, marks, and increase the density of your breast due to poor circulation.

16. HAVE A POSITIVE ATTITUDE TOWARDS YOURSELF

Be proud of you! You are amazing! Tell yourself affirmations of that every day and don't be afraid to give other women compliments about their attitudes, their smiles, their abilities, or anything else that comes to mind. It doesn't need to be about appearance. Positive attitude towards women starts with ourselves and sharing positivity with other women.

17. IT'S NOT A DIET; IT'S A LIFESTYLE

Diets requiring pills, starving yourself, or special supplements promising miracles are not healthy. It took you years to put the weight on, and it will take you months to years to take it off. Losing weight isn't about just losing the weight. It's about choosing a healthy way to live with food. Once you do that, you can maintain your weight in a positive way that doesn't need to feel like an ordeal.

18. FIGHT THE FADS WITH FACTS

Cont. on page 42

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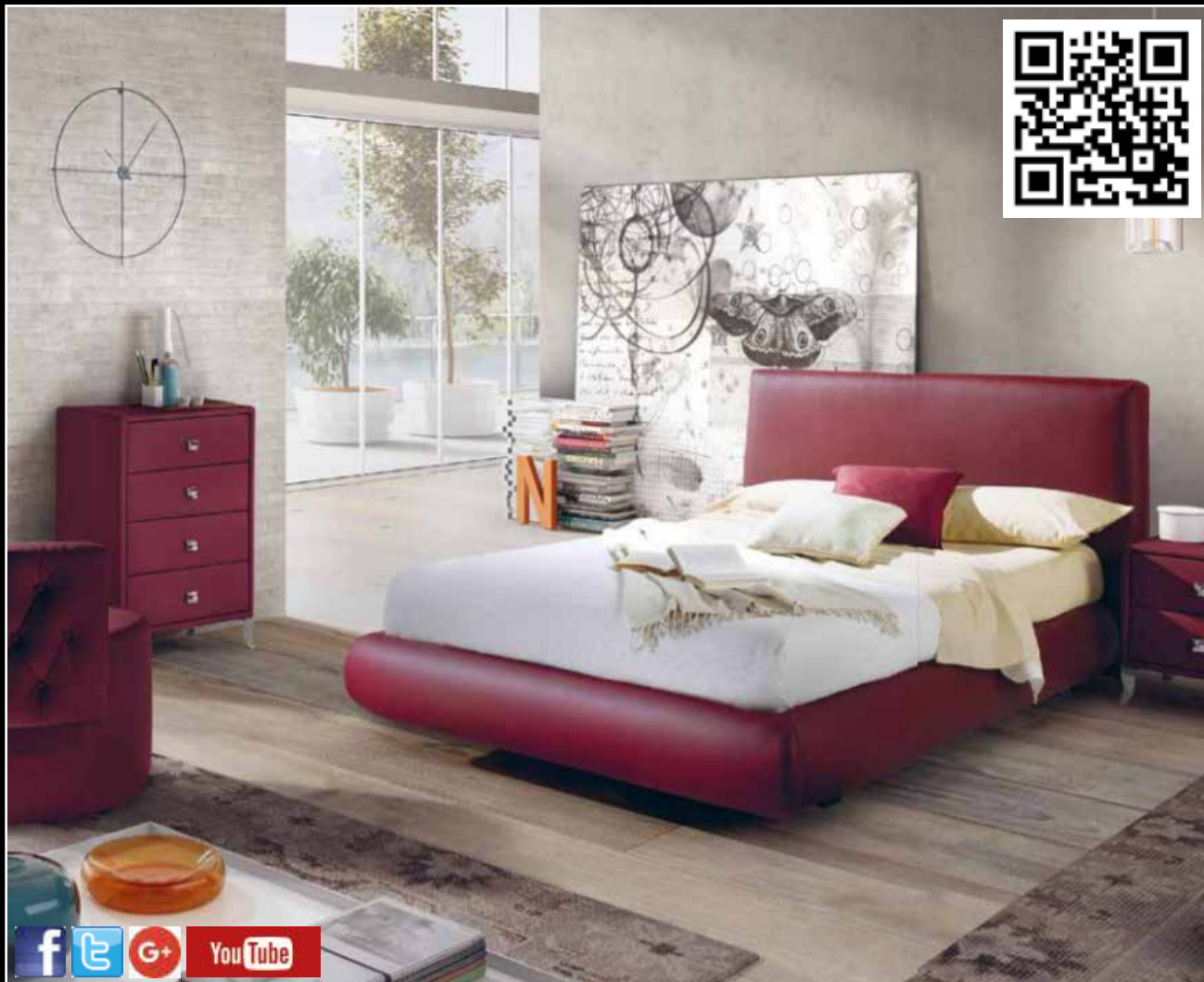
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Cont. from page 40

Not every new study about the results of a new supplement, herb, diet, tea, fruit, or vegetable is conclusive. Give further information time to accumulate real facts and do your research as to what it is and how the study was performed to come to a conclusion.

19. BMI TRUMPS WEIGHT LOSS

Your weight is vital for good health, but your bmi is more critical. Bmi is body mass index, and it tells you the percentage of fat

for your height and the weight you are carrying. It is the excess fat in our bodies that makes our weight important, not the pounds. That's why a bodybuilder can be 5'5" and weigh 180 pounds and still be healthy.

20. SUPERVISE YOUR SALT INTAKE

It's difficult to watch our sodium intake. Between the packaged foods, restaurant food, and even our cooking, it can be challenging to track. At least as far as the foods you buy, the

salt levels should be equal or less to the calorie intake. So if a piece of bread is 90 calories, then the sodium should be 90 mg or less. The goal is to keep your sodium down to 1500 mg. That can add up quickly if you aren't paying attention!

21. PERFECT YOUR POSTURE

Having good posture isn't just about making you look better. When you stand or sit up straight, with shoulders back, you naturally pull in your stomach. This

simple action works your core, which is very important for back health and balance. Good posture also keeps your internal organs where they should be, aids your upper back, shoulder, and neck from becoming stressed and prevents gaining that rounded hump at the back of the neck or rounded shoulders.

22. DON'T OVERLOOK SKIN HEALTH

Most women worry about their face most when it comes to skin-care. Yet, it's the hands that show our age even more, and the drier your skin is, the less elastic and supple it is. Maintaining moisture on the skin on all of your body isn't just aesthetic. It also helps with healing from cuts and bruises and increases circulation from the application of lotions and oils.

23. ADD ESSENTIAL OILS

Essential oils have a multitude of benefits, including killing fungus and bacteria, astringent agents, soothing sore muscles, and lifting moods. Not every essential oil does as is claimed. However, many that have been used for years now have proven to have ultimate success. Examples include tea tree oil, peppermint, eucalyptus, lavender, orange oil, and lemongrass.

24. FRESHEN UP YOUR ROUTINE

Much of life is all about habits and schedules, and while that keeps things running smoothly and efficiently, it dulls our awareness and appreciation for life and those around us. The more we stick to a pattern of living life, the more narrowed our focus becomes, and the less outside of ourselves we see. Pick one thing for at least 3-4

days a week to do differently. Take a different route to work, stop at a yogurt shop after picking up the kids, take a bubble bath on a different night, walk backward to your car, or say hi to the one person you rarely acknowledge at work.

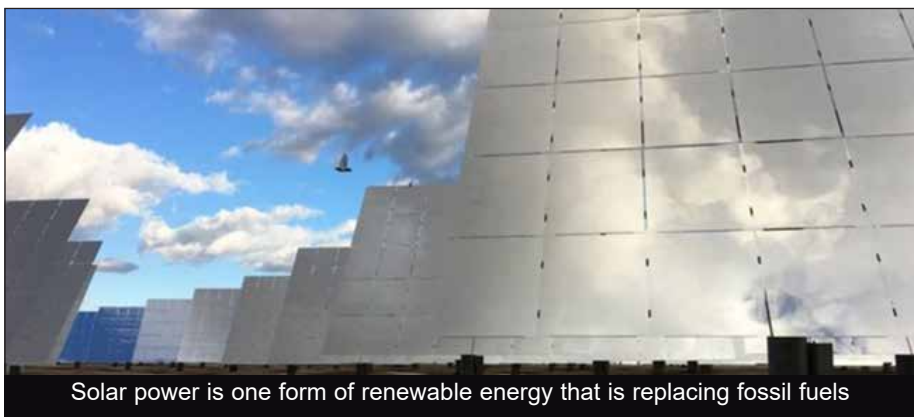
25. DO SOMETHING DARING!

Our ability to adapt to change is one of humankind's most important survival skills. Being adaptable allows you to think creatively, problem-solve, adjust to changes in relationships, society, and life in general. Little things to do to keep that adaptability healthy is do something that pushes your boundary. Take a cold shower, learn a foreign language, travel, change how you do a daily activity, learn a new hobby, or be a volunteer at an organization that may test your tolerance.



What will the end of oil dependence mean for geopolitics?

By James Landale, BBC Diplomatic correspondent



Solar power is one form of renewable energy that is replacing fossil fuels

If you want to understand the revolution taking place in renewable energy, come to a power station called Gemasolar in southern Spain. Here, in the dusty plains of Andalusia, they have worked out how to generate solar power 24 hours a day. Yes, you can read that sentence again. At

Gemasolar they create electricity even when the Sun is not shining. They have rigged up more than 2,500 huge mirrors on hydraulic mounts that follow the Sun's passage through the sky.

The mirrors - each about the size of half a tennis court - reflect the Sun's rays to one central point,

the top of a 140m (459ft) tower, where molten salt is heated to almost 600C. This liquid salt is carried down the tower to where it heats the steam that powers a turbine. And here's the trick: not all the salt is used at that point. Some is stored in huge tanks and used later when the Sun has gone down. So

long as the Sun shines every day, the plant can generate power 24/7.

I tell you this not just as an illustration of how fast renewable technology is changing - this particular innovation is not that new - but also as an example of how electrified our energy is set to become.

The expansion of electric vehicles is predicted to accelerate significantly, to a point when it will become the norm rather than the exception. Battery technology still has far to go but many scientists and businesses are competing to find ways of storing electrical power that is lighter and longer-lasting. Already some electrically powered passenger aircraft are in production. How long before ships can be powered by batteries rather than fuel oil?

The obvious and much-contested question is when this renewable revolution will reach its peak



The plane that can fly 600 miles on batteries alone

and whether it will come in time to protect the planet from global warming. That is not something I am qualified to answer. What interests me is a separate question: what impact might this new technology have, not on the world's climate, but its politics? What happens to the global balance of political power when so many countries no longer need to buy so much oil and gas? This is a question that Adam Bowen and I have sought to answer in a documentary for the BBC World

Service and Radio Four. For more than a century, nations that had oil and gas had power, literally and politically. Wars were fought over the stuff.

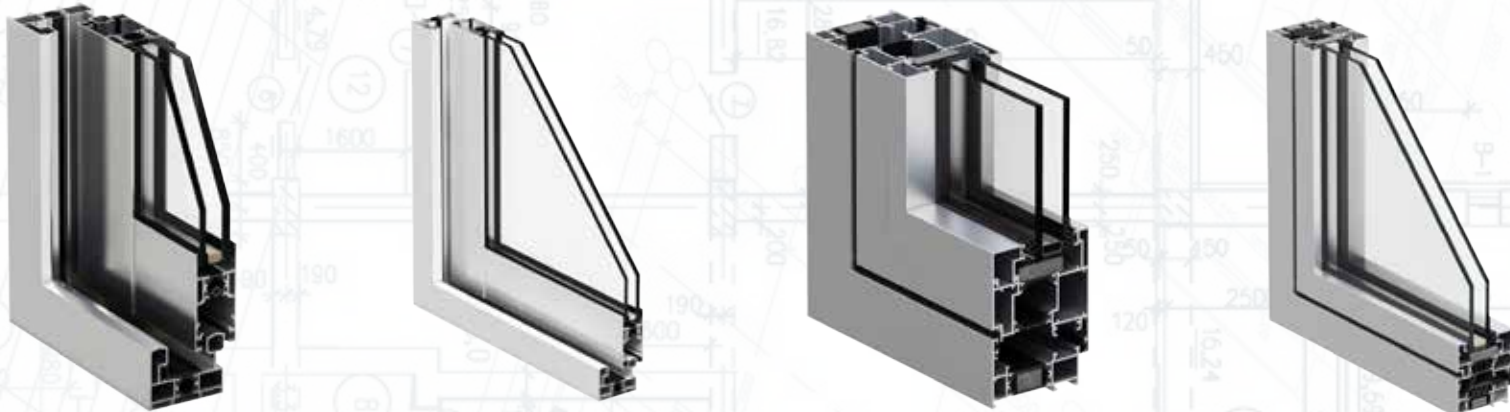
It all began before the World War One when Winston Churchill - as First Lord of the Admiralty - converted the British navy from Welsh coal to imported oil. To secure British access to that oil, the future British prime minister bought a controlling stake in the Anglo Persian oil company, the forerunner of BP, in

Cont. on page 44

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Cont. from page 42

what is now Iran. From that moment, much of the history of the 20th Century can be seen through countries' pursuit of hydrocarbons, from Adolf Hitler's attempts to

countries internally if they lose their main source of revenue?

Often these are nations have huge state-led economies, with many workers employed by governments, with youthful



The Iraqi military set Kuwaiti oil fields on fire after their retreat in 1991

secure the Baku oil fields to Saddam Hussein's invasion of Kuwait to last September's drone and missile attack on Saudi oil facilities.

Countries with oil and gas used their monopolies to sell the stuff for huge profits; those countries which relied on it spent much blood and treasure defending their access to it.

The question is how much the renewable revolution might change this geopolitical equa-

populations accustomed to cheap fuel. There is little consensus over when the transition from fossil fuels to clean energy will take place. There are many different predictions about when global demand for oil will peak and fall away but the planners at Shell recently forecast it could happen as early as 2025.

So some oil-producing countries are playing safe and preparing for the moment when they can no longer rely on oil. They are looking to diversify



Churchill - pictured here in 1914 - oversaw the Royal Navy's transition from coal to oil

tion. How much influence will be lost by some of the world's big fossil fuel producers, in the Middle East, Africa and elsewhere? Might there be more regional conflict as these countries fight over an ever-decreasing share of the hydrocarbon energy market? And what might happen to these

their economies and find other sources of energy. But other countries are more sceptical, trusting that demand for their oil and gas will last for some time. Some of these countries stand accused of talking about diversification but doing little about it. The potential consequences of this are



Protests over a fuel price hike recently erupted in Iran

becoming an increasing source of concern.

This is what Prof Paul Stevens, distinguished fellow at the UK foreign affairs think tank Chatham House, told the BBC: "The oil producing government gets revenue; if that revenue falls or disappears, the government is no longer able to sustain the non-oil

populations, when you fail to meet their expectations, riot. You could have the basic structures of the state fall apart. "But much more than that, when people riot or look like they might riot, what tends to happen in those situations in countries is they seek foreign adventures in order to distract people from their unmet

huge implications for the world. Failed states often become the homes to extremist violence - think Syria - and they often produce mass migration.

This potential disruption might not be confined to the Gulf. Russia is one of the biggest exporters of oil and gas in the world. Its economy and its government depend



Saudi Arabia's Khurais oil processing plant was attacked in September, causing global tensions

sector, which means you will have rising unemployment, you will no longer be able to pay subsidies to keep your population happy. "Many of the large oil and gas exporters are what might politely be described as politically unstable. So the faster the transition [to renewables], the greater the fall in gas and oil revenues, the more disruptive it is going to be and so you are looking at potentially a large number of failed states."

This is what Tom Burke, chairman of the E3G environmental think tank and a former UK government adviser says: "If you can't deliver food, energy and water security, as we have seen across the Middle East, it is pretty difficult to deliver internal stability. Urban

expectations."

So just imagine a cur-

hugely on the revenues this brings in. Little won-



The Russian economy is reliant on oil and gas revenues

rently stable oil-producing country in the Gulf that suddenly becomes a failed state. Not only would this be a disaster for the country itself, but it could also have

der that President Putin describes the development of "green technologies" as a one of the "main challenges and threats" to Russia's

economic security.

Many Russians remember that falling oil prices contributed to the collapse of the Soviet Union. But the current government is investing little in alternative renewable energies. If one day the world needs to buy less Russian gas, that could have a huge impact on the stability of the Russian state and could transform its relations with Europe. There are other potential sources of tension and conflict in a world of clean energy.

There could be a race to secure access to minerals such as cobalt and lithium which are vital for batteries and can be rare. Much of the world's best cobalt is located in the Democratic Republic of Congo (DRC) which has a history of instability and poor governance. At the same time, the new so-called super grids through which electricity will flow between countries will be more vulnerable to cyber-attack.

An interesting question is how environmental campaigners should respond to the political risks involved in the move towards renewable energy. Should those potential downsides be taken into account or is the need to protect the world

from climate change so paramount that all other considerations are secondary? How might public opinion be affected if reducing global warming

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Cont. from page 44

meant more terrorism and migration?

These, of course, are



Solar panels are becoming more common in domestic settings

some of the worst-case scenarios. There are many potential positives. When the transition to renewables takes place,

When the transition to renewables takes place,

countries that were previously energy dependent will be able to produce their own power. One of the advantages of renewables is that many more countries have the ability to generate clean energy.

Some countries with lots of sun, wind or tide could not only become self-sufficient but could also export some of their energy via huge so-called interconnectors. There may be something of a peace dividend: if the world no longer



Cobalt, a vital mineral needed for the production of rechargeable batteries, is a valuable commodity

needs so much oil passing through the Strait of Hormuz each day, then perhaps they will not need such large armies

and navies to defend it? To a large extent, the geopolitics of energy may cease to be so significant. As Prof Stevens

says, people will still find things to kill each other over, such as food and water. But energy, maybe not so much.

Secretum: Leonardo Da Vinci and the Anatomy of the Soul

By Pierluigi Tombetti, Author



Leonardo da Vinci portrait and anatomical sketches

Leonardo da Vinci (1452-1519) was born in the middle of the Humanism movement – a search for the lost wisdom of the classical age that broke with the rigid schemes of the Middle Ages. It provided an opening and a new vision of the world: man was no longer subdued and debased by life and by the weight of sin but felt, on the contrary, that he could take the reins and guide his destiny. Humanism brought him to the center of the universe, completely reassessing his position and his potential.

Leonardo was Between Humanism and the Renaissance

This passionate investigation, which began mainly thanks to the studies of Francesco Petrarca (1304 - 1374), also brought the recovery of the hermetic message and with it with the discovery of texts linked to the figure Hermes Trismegistus, the Egyptian Thoth, the ibis - God of wisdom, magic, time measurement, mathematics and geometry, and the inventor of writing. The Latin translation by Marsilio Ficino (1433-1499) of the Corpus Hermeticum, presented to the Medici court in Florence in 1463, spread hermeticism and its religious and

occult teachings among scholars; who saw it as a divine revelation reserved for initiates.

Leonardo da Vinci was



Possible self-portrait of Leonardo da Vinci

partly fascinated by secret knowledge and research, but his field was not ancient scrolls and codices, he was an “omo senza lettere” (man without literary culture), he did not know Greek or Latin, but was an assiduous reader of the books of nature and texts in Italian vernacular. Like the humanists, Leonardo wanted to rise to the level of the angels through the study of God’s creation.

Leonardo’s philosophy is presented in his very personal style of notes in books or sometimes in the form of “pensieri” (thoughts), i.e. stories that include and conclude with a clear

and defined moral that often refers to Plato and Aristotle. However, Da Vinci eschews and does not submit to the fashion of auctoritas (the conception that the statements made by the Scriptures or by an erudite author of clear fame cannot be questioned but accepted for the mere fact of being a revelation of a high-

er knowledge from a secure and accredited source).

On the contrary, he argues vehemently in the face of the concept of sophisma auctoritatis “Ipse dixit”, (he himself said it). For Da Vinci, a thesis cannot be accepted only by virtue of the authority of the person who presents it, but he asserts and supports the superiority of direct experience, “la sapienza é figliuola dell’esperienza” (wisdom is the child of experience), underlining the influence of Aristotle who taught experience as a methodology of investigation.

Leonardo studied and worked in the era

immediately preceding that of Galileo, when science would move away from the supreme principles of Aristotle to establish a method of empirical and scientific investigation that reached the formulation of physical laws. Leonardo was not yet part of it, but he set out on this path through the meticulous study of nature: he cannot be defined as a scientist precisely because his objective is not to go back to physical law through observation and experience, but he nevertheless wished to understand the reasons and motives inherent in nature through reasoning applied to observation, what he called “

- following the establishment of the Seignories and the consequent phenomenon of patronage. The Medici in Florence, the Sforza in Milan, the Estensi in Ferrara, the Montefeltro in Romagna, and others, offered the lands they governed the pax (peace) and tranquility necessary to create courts of intellectuals, writers, artists, and architects, whose thoughts and refined atmosphere helped the Renaissance of art in general. In Rome, an opulent Church, eager to impose its own seal on the city, convened Michelangelo, Bramante, and Raffaello Sanzio, who would leave an eternal



The façade of St Peter’s Basilica with Corinthian columns and inscription.

cogitatione mentale “ (mental reasoning). Da Vinci’s unique position, with one foot in Humanism and one in the Renaissance, offered him unexpected opportunities: from the humanistic riverbed originated the Renaissance of arts, philosophy, literature

mark on the city. The greatest architects, painters, and sculptors, from Donatello to Brunelleschi, worked in Florence in the Medicis time. It was a period when the great scholars had freedom and decent salaries. In this

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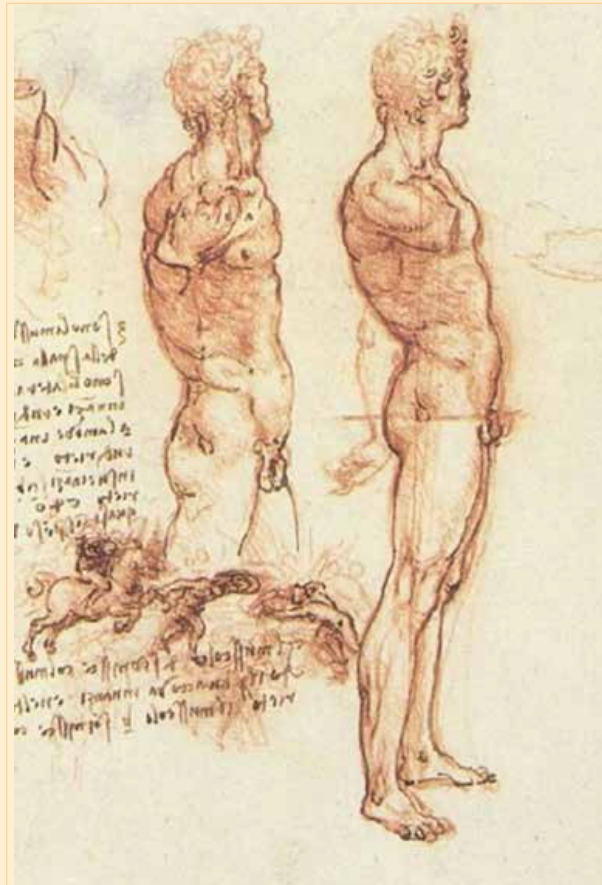


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stimulating environment the Renaissance was generated - a movement of thought and culture that gave birth to a new vision of the world – a place where Leonardo belonged.



'Anatomy of a male nude' by Leonardo da Vinci.

The discovery of perspective, consequent to this new way of observing the world, helped to renew painting and give new possibilities.

Leonardo da Vinci and the Artistic Anatomy

The humanistic search for truth and an anxiety for knowledge also permeated the artistic environment of the 15th century: in particular, the so-called "Artistic Anatomy", the investigation of the parts of the human body by dissection in order to acquire a better pictorial technique of the limbs, had spread into the studies of the most famous painters. The Artistic Anatomy came mainly from classical Greece, which needed it for its hyper-realistic sculptures and its search for perfection in

proportions: the humanistic wave directly resumed this link with the past and assimilated the study of proportions to the search for the maximum aesthetic result.

Leonardo, at only 14 years of age, began to

attend the workshop of Andrea del Verrocchio in Florence; serving first as a boy and then as an apprentice. The school of Verrocchio was a real 'art university' and exposed the young Leonardo to an infinite number of techniques: probably he found the first rudiments of artistic anatomy here. But it was only later, around 1480, that Da Vinci personally deepened the study of anatomy as a means to increase his ability as an artist. In 1490 he wrote a letter complaining that he could not have human material for his studies.

His knowledge increased in later years and oriented his interest to a much deeper level, so that from artistic anatomy he reached real anatomy, particularly from 1507 when he had the opportunity to perform dissections of

corpses at the Ospedale di Santa Maria Nuova, in Florence. Three years later, his collaboration with the anatomist Marcantonio Della Torre led to autopsy observations in his Anatomical School in Pavia University between 1508 and 1512, carried out in view of the anatomical work De Figura Humana, which however never saw the light of day due to Della Torre's premature death.

Despite Leonardo's caution and discretion, this type of work and the consequent use of suitable personnel to provide the bodies for the dissections, was noticed. Malicious chatter began to spread about the mysterious occult occupation of master Da Vinci because his work usually took place at night to hide from prying eyes, it was in difficult conditions, and quickly completed because even fresh corpses quickly decayed.

The rumors became insistent and in 1515 Leonardo was accused of necromancy for his anatomical studies on corpses at the Hospital of the Holy Spirit in Rome. The Pope forced him to give up his research.

Anatomy and Physiognomy Da Vinci's research also extended to Physiognomy, the theory that somatic characters are indications of a person's moral and psychic characteristics. This was not a new idea as it was already present in the Pythagorean school, in the teaching of Aristotle and other philosophers, and in the Renaissance when it was also embraced by Michelangelo.

It is a concept without scientific basis that unfortunately reached the 20th century and was used by Nazi SS doctors to justify racial theories, linking the somatic features of Jews to dangerous

characteristics such as greed, selfishness, and serious moral deficiencies. In his time, Leonardo deepened some aspects of it, maintaining however a scientific detachment that would bring him to a more objective vision than the painters of the time: he was convinced that the eye is the mirror of the soul and that some characteristics of the body can be indicative of inner deformities. However, scientific investigation always acted as a discriminating factor for him.

To this end, too, he deepened his studies of grotesque heads, fantastic animals, and even caricature; with the aim of capturing the inner nature of a living being. Although he acknowledged that the human soul can be expressed in facial expressions or in certain characteristics, in the 'Treatise on Painting' he came to the conclusion that: " Della fallace fisonomia e chiromanzia non mi estenderò, perché in esse non è verità; e questo si manifesta perché tali chimere non hanno fondamenti scientifici " (I will not use the fallacious physiognomy and fortune-telling because in them there is not truth; and this manifests itself because such chimeras have no scientific basis). In this field, too, Da Vinci was an innovator as he was the first artist to scientifically study the "movements of the soul" and to express the psychology of the subject and his personality through painting.

A Deeper Investigation: From Artistic Anatomy to



'Study of five grotesque heads' by Leonardo Da Vinci.

Anatomy - Physiology

The intensity and constancy with which Da Vinci pursued his anatomical investigation is

understanding the forms hidden by the epidermal surface to apply them to painting or sculpture: now he had to under-



A heart. Leonardo da Vinci wanted to know how the body works.

a clear indication of a gradual deepening of his interest: it was no longer a question of

stand the reasons, understand the mechanisms that moved the

Cont. on page 50



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Cont. from page 48

dry, clear, and rigorous style which would later be defined as "Leonardo's prose." Sometimes the feelings

him to change the objectives of his anatomical investigation, directing them towards a much wider horizon than he

on single sheets that should have been organized, collected, and catalogued in a precise order for proper

and the various parts were indicated by the doctor with a long wand. Leonardo recognized the great possibility of pictures to illustrate and teach, highlighting details and clarifying concepts.

Da Vinci is also innovative in this field because he often used the technique of exploded drawing. Once the dissection was completed (from the Latin dissect, dis = separation, secare = cut), that is the cut of the limb or of the internal organ, he recomposed it through exploded drawing: this technique highlights not only Leonardo's questions concerning anatomy, but above all those concerning the reasons why the human body is made in this way and works with these organs.

Leonardo and the Anatomy of the Soul

Over time Leonardo's questions became more important and pressing; particularly when he began to study the reproductive apparatuses of men and women and finally arrived at Pathological Anatomy when he approached disturbing questions about changes in the human body due to age, and performed real autopsies in search of the causes of death. And from these he reached the SECRETUM, the biggest questions on death, on life, on the origin of it, with drawings of the human foetus already formed in the vicinity of childbirth.

What is the spark of life? Where does the soul have its seat? These are recurrent questions in Leonardo's investigation and follow lines not far from the thought of the humanist Marsilio Ficino. Soul, mind, and quintessence coincide and are located in the brain.

Renaissance philosophy is uncertain about

the physical position of the soul in the human body, recognizing a possible probability to the heart and/or brain: Da Vinci deepened the concept of the "moti dell'anima" (soul motions), or emotions, always linked to the heart - but in the course of his dissections he realized that while the heart is an extraordinary machine, it is simply a pump.

During his experiments he learned that the optical nerves carry the images to a specific part of the brain, then following other bundles of nerves he reached the site of impressions and emotions, to finally arrive at the "ventricolo centrale" (central ventricle) which he saw as the site of the human soul "il senso comune" (common sense), and where the memory and personality of the individual is also located.

Ultimately, we can say that Leonardo believed, as a transcendent philosopher, in a God-creator, and thought that the painter or artist generally creates in the image of God, being an emanation of Him. He affirmed the idea of the existence of a soul that yearns to return to the Father and all his anatomical investigation can be defined as the Anatomy of the Soul because he wanted to use it to find answers to the most disturbing questions, such as the search for the mystery of the spark of life.

In this sense, the issue of the search for the golden proportion that the Renaissance and Da Vinci studied from Phidias and Fibonacci, should include the so called 'Signature of God.' However, Leonardo approached these themes according to his personal vision as an ante litteram scientist, combining



Leonardo Da Vinci, San Girolamo (1480 ca.) and in comparison, studies of the muscles of shoulder joint and neck.

the cardiovascular system, digestion, intestines, internal organs...

In the margin of his anatomical drawings, Da Vinci inserted brief notes, forerunners of the modern scientific language, in the typical

of the Genius emerge - the astonishment for the complexity of the human body, which he called "maravigliosa macchina" (marvellous machine). This admiration for such a work of engineering would lead

could have imagined at the beginning.

His anatomical drawings are actually questions, queries that Leonardo asked himself: How is muscular force applied to bones? How can the skeleton withstand the weight of the whole body? How does the heart work? How does blood spread in the body? These are the questions of a researcher, of a curious man who is eager for knowledge and doesn't find it in books. Therefore he had to do the work himself.

In his painting techniques, the first investigations of Leonardo's Artistic Anatomy can be seen in San Girolamo, an unfinished painting in which he demonstrated his full knowledge of the muscles and neck, thanks to dissections and anatomical drawings.

In Search of the Greatest Secretum
Da Vinci's technique, in addition to drawings, sometimes includes notes and glosses

consultation. However, like many other projects, he was not able to complete this task, burdened with the commitments and journeys necessary to fulfil his duties. This is the reason why his anatomical encyclopaedia was not published centuries ahead of future university studies.

The publication of De Anatomia, (Fogli A e B) was to take place only in 1898 by Theodor Sabachnikov, who brought together the drawings from the Windsor collection in the work: Leonardo da Vinci's Manuscripts of the Royal Library of Windsor (Dell'anatomia, fogli A e B), Turin, Roux, and Viarengo, 1898.

This method of dissection subverts the methods of the time, which presupposed treatises on anatomy with few illustrations and a lot of text. The text was read and commented on by the teacher in the Anatomical Room while the dissector worked materially on the corpse



Studies of the foetus in the womb by Da Vinci.

Cont. on page 52

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Cont. from page 50

metaphysical research with scientific investigation, anticipating Cesare Lombroso's research four centuries later.

Divine Proportions: The Signature of God

In his research Leonardo studied the divine proportion, a geometry inherent in creation that characterizes beauty and harmony. The human body is one of the most evident representations of this and Leonardo highlights it with the Vitruvian Man and by illustrating the De Divina Proportione (1509), a text by the mathematician Luca Pacioli on the golden ratio, a necessarily approximate number that corresponds to 1.618034.

Closely linked to the Fibonacci sequence, also known as Phidia's

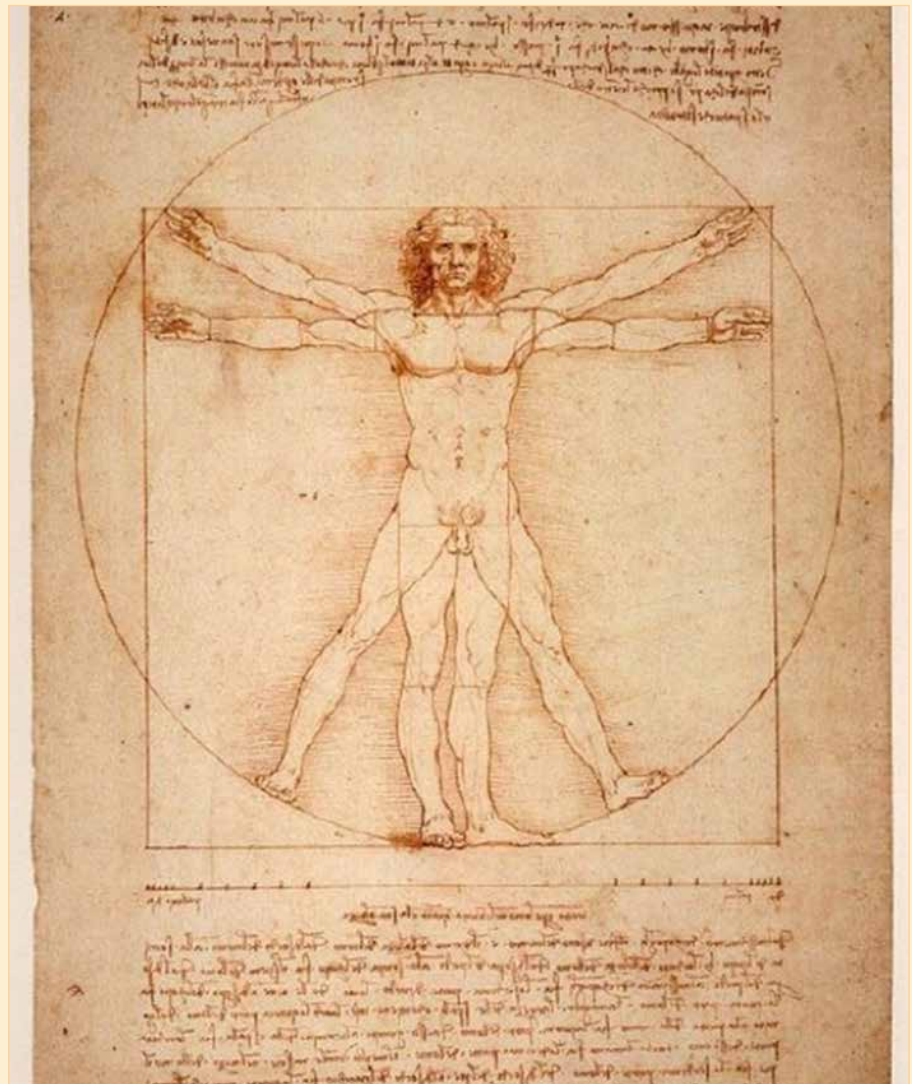
constant, it is the number that expresses the golden or divine relationship that Greek architects regularly used in their constructions: they were able to divide any line into two segments so that the entire line was about 1.618034 times longer than the longest segment, and the longest segment was about 1.618034 longer than the shortest segment. This proportion was also respected in the statues, where the forearm was in the entire arm to the extent of 1.618034, and so on for all parts of the body and face.

Classical Greece knew that in nature the golden number is continually reappearing; for example in the spirals of growth of sunflower seeds, in the elegant geometries of the Roman cabbage, in the form of a spiral or in other figures such as

the lower section of the waves of the sea that form the golden spirals. The Renaissance rediscovered the harmony of the golden number and applied it to painting, identifying the so-called "Signature of God" - the secret of beauty and harmony as a sign of the Creator's hand, as believed by the mathematician Leonardo Fibonacci who had studied it in the 13th century.

Pictured right:

Leonardo Da Vinci, L'Uomo Vitruviano (Vitruvian Man), originally known as Le proporzioni del corpo umano secondo Vitruvio, (The proportions of the human body according to Vitruvius), c. 1490.



5 Things that make your feet hurt — and how to fix them

By Beth Levine, Considerable Daily Newsletter



Walking doesn't have to be painful. A podiatrist weighs in with solutions for common foot problems.

Oh, your aching feet! "Most of the time, it's not just one, but a combination of causes," says

Roderick C. Hunter, Jr., DPM, AACFAS, a podiatric physician in Harker Heights, Texas and spokesperson for American Podiatric Medical Association. The No. 1 reason for most foot problems: ill-fitting shoes. Those adorable little high heels you couldn't resist? The

unsupportive sandals or clogs that are so easy to get into? They could be doing major damage to your feet.

There can be a zillion reasons why your feet may hurt you, but if you are over 50, these are the top culprits.

1. Osteoarthritis Symptoms:

- Pain in your toe or other joints, especially when you push off during walking
- Toe joint stiffness
- Swelling or permanent enlargement around the toe joint

Often referred to as the "wear and tear" arthritis, osteoarthritis is caused by the wearing down of the protective cartilage that covers the ends of your bones. On your foot, it is most likely to strike at the joints where your toes meet your foot (metatarso-phalangeal or inter-phalangeal). "Your feet really take a beating because they are weight bearing. You are flexing your toes all day to push off to walk, so there is over time a slow degradation of cartilage between the two points. You end up with bone-on-bone contact, which is extremely painful," says Dr. Hunter. Although the pain can come and go, over time,

it tends to become more constant.

Shoe disaster: Shoes that are too tight, or don't have proper arch, sole or heel support.

1. Osteoarthritis Solution:

- For daily pain management, try a three-pronged strategy:
 - Start by getting supportive, well-fitting shoes.
 - You can also take pain relievers (like aspirin or ibuprofen) as directed, but be careful: Long-term use can lead to stomach ulcerations or worse.
 - Ice your feet at the end of the day for 15 to 20 minutes.
- If these at-home remedies don't do the trick — you have constant pain or limits on your foot's function — see a podiatrist or rheumatologist. They can provide steroid shots to provide relief of the inflammatory symptom or create a special shoe

or orthotic insert for you. (A pedorthist can also create orthotics.) In severe cases, surgery can relieve the pain and improve motion.

2. Hammer toes Symptoms:

- Abnormal bend in a toe due to arthritic changes or muscle imbalance
- Moving affected toe is difficult and painful
- Corns and calluses from the constant friction of the toes rubbing against shoes.
- As adorable and kicky as they are, heels force your toes into a tightened position in the toe box. Ditto with shoes that just fit too close to your toes. This creates imbalances between the muscle groups that control the toes, which in turn deforms the small toe bones. Hammer toe can be extremely painful due to abnormal motion in the toe joints, or difficulty

Cont. on page 54



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Cont. from page 52

fitting into shoes. They can also result in painful corns and calluses. Shoe disaster: High heels, shoes that are

orthopaedist or podiatrist can recommend stretching exercises to stretch and strengthen the toes. In severe cases, surgery may be necessary to release

you've stepped on a tack. The pain is usually worse first thing in the morning or after you've rested for a while. Your plantar fascia is a thick ligament that runs along



too short.

2. Hammer toes: Solution

Wear shoes with a half-inch of space between your longest toe and the inside of the shoe. Any heel higher than an inch is too much. "Spike or chunky heel doesn't make a difference. It is all about height," says Dr. Hunter. An

the toe.

If corns are a problem, see a doctor to remove them — you can cause increased pain or infection if you try cutting corns out yourself.

3. Plantar fasciitis Symptoms:

- Stabbing pain when you put weight on your heel. It will feel like

the bottom of your foot, connecting the heel to the toes. Plantar fasciitis is an inflammation at the point where the ligament inserts at the heel bone. The cause of the heel pain can be a combination of several factors: obesity, flat feet or high-arched feet, over-use, or a tendency to roll your feet inwards when you walk.

Shoe disaster: No support, open back, worn-down heels.

3. Plantar fasciitis Solution:

Ditch the flat sandals, mules, and backless clogs in favour of shoes with good shock absorption. Dr. Hunter recommends replacing shoes that you use regularly every six months. Other therapies include: maintaining a healthy weight, icing your heels for 15 minutes three to four times a day, and if you are an athlete, try to find a lower-impact sport. The symptoms of plantar fasciitis may lessen during the day with some activity, but they typically do not resolve without some type of care. If

metatarsophalangeal joints, possible overlapping of the first and second toes, and because it can be difficult to find shoes that fit right without rubbing or pressing.

Shoe disaster: High heels, shoes that are too narrow or too tight.

4. Bunions Solution:

Make sure your shoes have a wide toe box and don't wear heels higher than one inch.

Orthotic inserts can relieve pressure on the bunion or apply a bunion pad to cushion the bump when wearing shoes.

Bunion surgery can return your foot to its normal shape.

oestrogen production. This can lead to all types of foot fractures.

Shoe disaster: While bad-fitting shoes can't cause osteoporosis, you do want to wear supportive, well-fitting shoes to minimize the chance of a fracture due to pressure, bumps, or tripping.

5. Osteoporosis Solution:

Osteoporosis and its milder precursor osteopenia are usually treated with vitamin D, calcium supplements, and bisphosphonates like Boniva and Fosamax, which help build bone. "You can also sit in the sun to promote the manufacture of vitamin D. Wearing sunblock



you can't find relief, see a doctor about physical therapy, splints, orthotics, steroid shots, or in severe cases, surgery to detach a portion or all of the plantar fascia from the heel bone.

4. Bunions Symptoms:

- Bulging bump on the outside of your big or pinky toe joint that may also be red and swollen
 - Pain at the site of the bunion
 - Trouble moving your big or pinky toe
- Corns and calluses from overlapping toes
- Bunions can be caused by wearing tight shoes, genetic predisposition, or arthritis. Bunion deformities cause a painful range of motion at the

Surgery is really the only way to remove a bunion, but there is always a chance of recurrence.

5. Osteoporosis Symptoms:

There are no symptoms in the early stages. Over time, you might feel generalized foot pain. Suspect a fracture if you have a lot of pain when you put weight on your foot or the foot swells, bruises and is painful to the touch.

Osteoporosis occurs when existing bone starts to break down faster than the body can create new bone. The result is thin, brittle bones that break easily. Postmenopausal women are at highest risk due to the lack of

will not diminish the effect," he says.

Shoe Shopping

When shopping for new shoes, Dr. Hunter recommends you know your foot type and look accordingly. Are your feet flat or highly arched? Wide or narrow? Flexible or rigid? Do your feet tend to roll inward or outward? This can be determined by a podiatrist, physical therapist, or athletic trainer; many athletic shoe stores offer computerized foot type analysis as well. Then ask a clerk for help in accommodating your particular issues. result in painful corns and calluses. Shoe disaster: High heels, shoes that are too short.

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ENERGY PERFORMANCE CERTIFICATES IN SPAIN

FEBRUARY 2020 UPDATE

Some 6 years and 8 months since the legal requirement was brought in for Energy Performance Certificates to be carried out, the Canarian Government's official register shows that 231,646 certificates have now been registered. Thus, 1,646 more residential and commercial properties have been inspected and issued their certificate in the month of February 2020.

This is approximately 600 certificates less than the monthly average of 2280 over 2019, most likely due to the festive time off over around the beginning of January.

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. Where a property has

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 already been let prior to 1st June 2013, no EPC is required until one tenant leaves and the property

Information about a property's energy use

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What about growth on your savings?

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8.0%	7.6%	7.5%	10.3%	5.8%

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Golf del Sur, Penthouse

€950

3 bed · *Available from 27th February* Nicely furnished 3 bed, 3 bath penthouse with two terraces and sea view. Parking space included. Water and electricity on top.
Ref: 1252 | Homes & Away | 922 737 044

Golf del Sur, Bungalow

€900

2 bed · This beautiful 2 bedroomed duplex bungalow has been completely refurbished to high standards, and it comes completely furnished and equipped. It comprises of 2 double bedrooms, 1 ensuite bathroom, 1 shower room downstairs, 1 shower room upstairs, living room opening to a sunny terrace, built-in design kitchen, and a small terrace upstairs for more private... For full information see website or contact:
Ref: KV0230 | Tenerife Alizes Properties | 922 738653 / 626 274040

Los Cristianos, Apartment

€875

2 bed · Attractive, fully furnished and equipped 2 bedroom apartment for long term rent in quiet location (close to all amenities) with sea and mountain views. The property enjoys satellite TV, internet and there is a Community pool. Bills extra. Would suit mature couple. Contact Anne on 629 606 494.
Ref: AMH-001 | A M Howells | 629 606 494

Callao Salvaje, Penthouse

€850

2 bed · Nice apartment with 2 bedrooms and 1 bathroom, a balcony, a terrace and a private roof top terrace. It has fantastic sea views. Community pool. Pets are not allowed.
Ref: VR6748D | Vym Canarias | 922 787 210

El Medano, Apartment

€850

2 bed · New and modern apartment on the seafloor. In front of La Tejita Beach, Vista Roja residential complex, this apartment with 2 bedrooms, 1 bathroom, living room, terrace, kitchen and parking space.
Ref: VR3945D | Vym Canarias | 922 787 210

Golf del Sur,

€825

1 bed Immaculate one bed apartment on residential complex with stunning Golf, sea and Montaña Roja views.

Ref: 1613 | Homes & Away | 922 737 044

Los Cristianos, Apartment

€750

2 bed · AVAILABLE TO RENT FROM 22 MARCH 2020 FOR SIX MONTHS ONLY. Two bed apartment located on the first floor to this complex, you have stairs leading up to the front door of the property, inside you have an American style fully fitted kitchen, both bedrooms are double size, balcony from the lounge area which has sea views overlooking the pool area and you have ... For full information see website or contact:
Ref: AP0351 | Tenerife Island Rentals and 922 797438

Aguilas del Teide, Apartment

€715

1 bed · One bed apartment located on the first floor, it has an American style fully fitted kitchen, double size bedroom with fitted wardrobes, balcony leading from the bedroom and lounge with panoramic views. Spiral staircase leading up to a roof terrace, there is a pool on this complex and you have a garage parking space. The rental price includes 50€ towards b... For full information see website or contact:
Ref: AP0161 | Tenerife Island Rentals and 922 797438

San Eugenio Bajo, Studio

€700

Beautiful studio in the Island Village Heights complex in San Eugenio. Fully equipped Bills included up to 50€ per month Very

well located.

Ref: VR5973D | Vym Canarias | 922 787 210

Amarilla Golf, Apartment

€675

1 bed · Nicely presented, top floor apartment with sunny terrace on popular complex.
Ref: 2065 | Homes & Away | 922 737 044

€649 - €500 p/m
Playa Paraiso, Studio

€550

Rent studio with terrace and views. First sea line! Located in the residential complex Paraiso del Sur, Playa Paraiso. 40m2 distributed in 1 bathroom, kitchen and living room. The complex has a pool and access to the sea. It is located in the center of the city of Playa Paraiso. Rent €550 with expenses included.

Ref: VR5323D | Vym Canarias | 922 787 210

Los Abrigos, Apartment

€500

Top floor, furnished apartment, in residential building in centre of Los Abrigos, 1 bedroom, 1 bathroom, living and american style kitchen. Includes a garage space in underground garage, and a huge private roof terrace with spectacular views. Bills elect/wtr extra. Lift in the building. Pets not allowed, 2 month deposit required. Available after Mid Febru... For full information see website or contact:
Ref: KV0200 | Tenerife Alizes Properties | 922 738653 / 626 274040



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+34-922 971 781 or Carol on +34-687 906 607

Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeprimeproperty.com

**Lovely 2 bed, 2 bath house and successful sea front bar/cafe for sale.
Discount available if bought together, but for sale separately!**

ALDEA BLANCA, RES. SAN MIGUEL OASIS



Lovely, part-furnished, 2 bed, 2 bath (1 en suite) bungalow-style property on quiet residential complex with access via electrically-controlled security gates, swimming pool and off-road parking. The bungalow has a lounge/dining area, American-style fitted kitchen, conservatory and a large, sunny patio. This is a lovely family home close to amenities and just 10 minutes' drive to the beach, golf courses and the airport.

Ref: S-02 1377

Price: €159,000

LAS GALLETAS SEA FRONT PROMENADE, BAR/CAFÉ



Highly popular, profitable and fully legal sea-front bar/cafe in the attractive and vibrant 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 cafe operates excellent working hours (approx. 9.00am - 5.00pm daily, 6 days per week) and has a highly loyal customer base. The owners, who have built the business from scratch have decided to retire. Accounts available.

Ref: B-111

Price: €75,000

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

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881888 Las Americas, Commercial Property

€159,000
 Warehouse: Large with cellar, three offices, two toilets, one new large freezer room, 12m2 cold storage, linear shelves, furniture, fully equipped to start the activity. Local rent 1.700 per month (been established for 10 years)
The Property Gallery Ref: Com536
922 719925 / 922 719889

Los Cristianos, Commercial Property

€157,500
 Ten locals made into a large party/game bar with separate bar & terrace area. karaoke room, Large game room (for laser games) Ideal for birthday & other parties.
The Property Gallery Ref: COM529
922 719925 / 922 719889

Tenerife South, Other Business

€152,000
 NEW ON MARKET! Established for more than 20 years in the south of Tenerife. If you dream of entering the property market here, this is the safe way to a strong position. Apart from the name, this fully equipped business includes a portfolio of more than 800 properties, including Bank Repossessions, thousands of clients, and a valuable list of agents, lawy... For full information see website or contact:
FRINA Tenerife SL Ref: 2112
922 085191 / 670 636004

Las Americas, Local

€150,000
 Centro Commercial, Terranova. Playa de las Americas. 48 m2 Local with 90 m2 Terrace all ready set up for a BAR, fully equipped and ready to open. Option of a FREEHOLD also for 240.000 a LEASEHOLD IS

16.000a 5 YEARS RENEWABLE. 1.200 a PER MONTH RENT.
The Property Gallery Ref: COM483
922 719925 / 922 719889

San Eugenio Bajo, €150,000

Freehold - A travel agents for sale in a busy shopping area. The rent is 1,800 euros per month and the sale includes the computers and office equipment. 45,000 Euros for the leasehold.
Ref: E237 | Tenerife Properties | 630 372702

San Eugenio Bajo, €150,000

Freehold of a local for sale.
Ref: E288 | Tenerife Properties | 630 372702

€149,999 - €100,000

San Eugenio Bajo, €147,500

Popular Entertainment Bar for sale in the busy area of San Eugenio.
Ref: E261 | Tenerife Properties | 630 372702

Golf del Sur, €140,000

INVESTOR ALERT! A fantastic unique opportunity to acquire 2 fabulous commercial properties in an extremely well maintained development in Golf Del Sur that offers a mixture of holiday makers and residents and with an extremely busy bar/restaurant in close proximity, there is also a certain amount of "foot traffic" for you to be able to tap into, for whate... For full information see website or contact:
Ref: GOLF01440 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131

Adeje Town, Bar/Cafe

€140,000
 This leasehold cafe in Adeje serves a large variety of international homemade dishes

and pastry, which makes it popular for breakfast, lunch, dinner and take away. It is located centrally in Adeje town and the clients are both residents and tourists. The cafe was refurbished last year, so all machines are in great condition and the furniture modern and... For full information see website or contact:
FRINA Tenerife SL Ref: 2299
922 085191 / 670 636004

Las Americas, Bar/Cafe

€139,000
 If you are looking for a Las Americas bar you cannot miss this successful business, which is famous for its amazing atmosphere, showing sports events and popular live entertainment several times a week. This bar has been open for more than 40 years and the

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current owner has only made this already well-established bar an even bigger success! Moreover, t... For full information see website or contact:
FRINA Tenerife SL Ref: 2197
922 085191 / 670 636004

San Miguel, Excursion Business

€130,000
 PRESS HERE for mobile/tablet view If you love the sea and dream of relocation to Tenerife, you cannot miss this long-established fishing excursion for sale. The boat is located in the

South of Tenerife in the San Miguel harbor, where it has a fixed mooring. Today the excursion offered are quality fishing trips and whether you wish to do trolling, jigging... For full information see website or contact:
FRINA Tenerife SL Ref: 2138
922 085191 / 670 636004

Puerto Colon, Excursion Business

€129,500
 These 3 charter boats for sale rent out to tourists for private charters. Each of the boats can be rented from 1 to 6 hours, depending on the clients wish. Moreover, the boats can be rented with or without a private captain. This is a fairly easy business to run since many clients prefer going out on their own. The Charter Boats for Sale There are 3 d... For full information see website or contact:
FRINA Tenerife SL Ref: 2220
922 085191 / 670 636004

Costa Adeje, Bakery

€129,000
 New on the market is this Cafe & Bakery in Adeje for sale with FRINA Tenerife. The traspaso offers both the fully equipped bakery and a good cafeteria. The business opened 7 years ago and is more than well-established. And thanks to a great reputation, the buyer is sure to have clients from day 1! Premises in the Bakery in Adeje The premises are 170 m... For full information see website or contact:
FRINA Tenerife SL Ref: 2227
922 085191 / 670 636004

Costa del Silencio, Empty Local

€125,000
 Beautiful 1 bedroom apartment with 2 terraces of 7.20 sqm facing West. The apartment is in excellent condition, fully furnished and located in a very nice aparthotel with heated pool, only 5 minutes walk from bars, shops and restaurants. There's a bus stop nearby.
Tenerifehome.com Ref: 1448-1218
922 783066

Los Cristianos, Restaurant

€125,000
 SWITCH TO MOBILE TABLET FRIENDLY VIEW FRINA Tenerife is happy to offer this successful gourmet restaurant for sale, which is known for a popular degustation menu combining local Canarian products with fine dining. Today the restaurant is open 6 days a week. It is open 2,5 hours in the afternoon for lunches and again from 19:00 to

FRINA Tenerife

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23:30 in the evenings... For full information see website or contact:
FRINA Tenerife SL Ref: 2184
922 085191 / 670 636004

Puerto Colon, Restaurant

€125,000
 New on the market is this Puerto Colon traspaso restaurant for sale with FRINA Tenerife. It is located on the ground floor of Puerto Colon commercial centre which secures plenty of footfall and harbour view. Moreover, the rent is more than fair for this size

local and in this location! The premises are spacious 120 m2 plus a terrace of 30 m2 and you fi... For full information see website or contact:
FRINA Tenerife SL Ref: 2279
922 085191 / 670 636004

Golf del Sur, Restaurant

€120,000
 FRINA Tenerife is happy to present this well-established restaurant in Golf del Sur. After 9 years in the same hands, the owners have built a good reputation and enjoys many returning guests both residents and tourists. It is known for Spanish tapas and British type food. Premises of the Restaurant in Golf del Sur This restaurant is very spacious insi... For full information see website or contact:
FRINA Tenerife SL Ref: 2213
922 085191 / 670 636004

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KEYBOARDS FOR HIRE

FRINA Tenerife SL Ref: 2221
922 085191 / 670 636004

Torviscas Alto, Other Business

€120,000
 In Torviscas Bajo area on a street near the beach we have for sale a comprehensive supermarket of 270m2. It is located in the apartment complex known as Sunset Bay. It has electrical installation and refrigerators (with sanitary authorisation). The supermarket also has two cashiers. These commercial premises could also be used for other types of services.
The Property Gallery Ref: COM480
922 719925 / 922 719889

Callao Salvaje, Cafe/Cake Shop

€110,000
 This well-established French bakery for sale has been open for almost 7 years and is known for homemade and mouth-watering pastries. The high quality of the product and the fact that it is all homemade secures the owner a high profit and a healthy business. Premises of the Bakery for Sale The premises are spacious 240 m2 and is sold with all the bakin... For full information see website or contact:
FRINA Tenerife SL Ref: 2188
922 085191 / 670 636004

Costa del Silencio, Empty Local

€109,000
 1 bedroom apartment which has been completely renovated situated in an aparthotel. South - East facing terrace with view on the gardens. The complex offers a communal swimming pool and parking for residents only (access with remote control).
Tenerifehome.com Ref: 1311-0917
922 783066

Costa Adeje, Commercial Property

€109,000
 Opportunity to acquire a successful gourmet restaurant that's been trading for over 7 years with the same owner. The property occupies a ground floor of 320m2. Excellent views from the terrace, over the sea, garden and communal swimming pool. Very well decorated. Large dining area, pub, large kitchen, terrace and toilets. Kitchen is fully equipped with tw... For full information see website or

contact:
The Property Gallery Ref: COM534
922 719925 / 922 719889

Tenerife South, Excursion Business

€105,000
 This diving center for sale in Tenerife has been open for 4 years and has excellent reviews on TripAdvisor and Facebook. Tenerife has plenty of interesting diving spots and due to the warm climate, this is a steady business year-round. If you are an educated diving instructor who wishes to make your hobby your new life, you cannot miss this unique busi... For full information see website or contact:
FRINA Tenerife SL Ref: 2213
922 085191 / 670 636004

Granadilla, Commercial Property

€100,900
 Located in an area well connected via T-64 and by bus service. Near to amenities. Total built: 271,89 m2 Store room: 135.68 m2
The Property Gallery Ref: 06014753
922 719925 / 922 719889

€99,999 - €50,000

San Eugenio Bajo, Bar/Cafe

€95,000
 This traspaso pub for sale with FRINA Tenerife is long-established and offers a lovely sea view from the terrace. The current owner had the business for 9 years and it is known for the good terrace and cozy evenings with live music and karaoke. The business is located in San Eugenio Bajo and the pub measures 60 m2. It is a classic pub and super cozy wi... For full information see website or contact:
FRINA Tenerife SL Ref: 2267
922 085191 / 670 636004

Costa del Silencio, Bar/Cafe

€89,000
 SWITCH TO TABLET/MOBILE VIEW HERE This freehold bar is run by the same owner for 15 years and is more than well-established. It is especially popular among British guests and is known for a lovely Sunday Roast and Saturday Night. The premises consist of 2 combined locals and a covered terrace, which are included in the freehold. The inside has tabl... For full information see website or contact:
FRINA Tenerife SL Ref: 2162
922 085191 / 670 636004

Guia de Isora, Commercial Property

€85,000
 Several commercial premises with the access from the main street and sea views. Good investment for rentals. 45m2, 52m2 y 55m2 of internal space. Rental prices from 600 to 900 euros aper month. Sale price from 85.000 eur up to 130.000 eur for each premise.
Vym Canarias Ref: VS5641D
922 787210 / 635 881888

Las Americas, Bar/Cafe

€79,000
 V i s i t TENERIFEBUSINESSFORSALE.COM for better pictures This is a

rare opportunity to buy a first line café in Las Americas, which faces the busy promenade. With this, you do not only get a great location but also a business which has been established for 8 years and today's customers are a mix of all the tourists and different nationalities who visit and ... For full information see website or contact:

FRINA Tenerife SL Ref: 2183
922 085191 / 670 636004

Las Galletas, Bar/Cafe

€79,000

Highly popular, profitable, and fully legal, sea-front bar/cafe 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 interior and outside terrace. The cafe operates excellent working hours (9.00am 5.00pm daily, 6 days per week) and has a highly ... For full information see website or contact:

Tenerife Prime Property Ref: B-111
627-230360

Los Cristianos, Bar/Cafe/ Restaurant

€72,000

Cake shop open since 1986 being sold with all machinery and a Peugeot Van included in the price. 25% of sales made in the shop & 75% to customers delivered on a daily basis. Rent of 950.00 per month. Machinery includes: Rotating oven, fridge, 2 x freezers, laminator, 3 x display fridges, tables for working, mixer for pastry + other small machinery. Will al... For full information see website or contact:

Tenerife Prime Property Ref: B-154
627-230360

San Eugenio Bajo, Fish and Chip Shop

€69,000

SWITCH TO TABLET/MOBILE VIEW This fish & chips Shop opened 25 years ago and is known for using local British

contact:

FRINA Tenerife SL Ref: 2159
922 085191 / 670 636004

Los Abrigos, Bar/Cafe

€68,000

This traspaso for sale in Los Abrigos is a very popular bar-cafe in an excellent location. The business has been established for years and has many regular clients. And it has been open for 6 years and is a well-established business in a good area, which keeps expanding. Premises of the Traspaso for Sale The bar-cafe is spacious 130 m2 with a good siz... For full information see website or contact:

FRINA Tenerife SL Ref: 2266
922 085191 / 670 636004

Los Cristianos, Other Business

€68,000

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

Tenerife Prime Property Ref: Local 02
627-230360

Puerto Colon, Local

€60,000

Local / office in Terranova, Puerto Colon. Sold unfurnished. The building has a lift.

The Property Gallery Ref: COM509
922 719925 / 922 719889

UNDER €50,000

Las Americas, Bar/Cafe

€49,000

Fully furnished Rent: 890 Euros per month

The Property Gallery Ref: Com550
922 719925 / 922 719889

El Duque, Local

€45,000

♦ Location: Close to amenities, Close to the beach, Close to the coast, Touristic Area ♦ Close to: Beach, Restaurants / Bars / Cafes ♦ Rooms: Independent Kitchen ♦ Quality: Furnished ♦ Outside: Large Terrace ♦ Additional: Investment

opportunity ♦

Property Alliance SL Ref: 0C3154
922 777747

Las Americas, Bar/Cafe

€40,000

If you are looking for a bar in Las Americas that is perfect for a

couple or a single person, you must visit this cozy place, which is known for special beers, large cocktails, and a great atmosphere. The current owner had the bar for 5 years and built a good reputation. Premises of the Bar In Las Americas This bar is cozy, warm and inviting. It measu... For full information see website or contact:

FRINA Tenerife SL Ref: 2215
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
922 719925 / 922 719889

Las Americas, Mobility Vehicle Hire

€37,500

FRINA Tenerife offers this bike & scooter rental for sale, which has been established for 3 years and is located in a super busy area of Las Americas. This shop offers rentals of bikes, e-bikes, mobility scooters and, wheelchairs. The clients are both pedestrians passing by and clients who find the offers online. Included in the business for Sale The ... For full information see website or contact:

FRINA Tenerife SL Ref: 2185
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

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


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KEYBOARDS FOR HIRE

FRINA Tenerife SL Ref: 2205
922 085191 / 670 636004

Los Abrigos,

€800 p/m

Local that used to be a bar/ restaurant, but could be converted for other types of business. The place needs refurbishment so the owner will give 4 months of free rent. It has 2 toilets, a terrace and security grills fitted. Electric and water individual meters.

Ref: KV0223 | Tenerife Alizes Properties | 922 738653 / 626 274040

Los Abrigos,

€480 p/m

Empty locale situated in the centre of Los Abrigos close to main road, ideal for hairdresser, beauty center, office, dentist. Fully prepared., includes bathroom with shower. 2 month deposit.

Ref: KV0228 | Tenerife Alizes Properties | 922 738653 / 626 274040

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

Las Americas, Empty Local

€2,500 p/m

If you are looking to build your own bar-restaurant in a prominent location, you will be hard pushed to find a better offer than this local to lease. The owner will give the new tenant a 5-year rental contract and offer a month rent-free to refurb the premises. Premises of the Local to Lease The premises are spacious 180 m2 and used to be a bar, bu... For full information see website or contact:



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

opportunity ♦

Property Alliance SL Ref: 0C3154
922 777747

Las Americas, Bar/Cafe

€40,000

If you are looking for a bar in Las Americas that is perfect for a

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Bargain Cocktail Bar

New



This cozy bar serving drinks and shishas is located in a charming area of Playa San Juan, surrounded by resident complexes and shops. The premises has tables for about 40 guests, a bar and a small kitchen.

Ref.: 2329 Price: 16,000€

Pool Bar In Las Americas



This pool bar located in a complex in Las Americas is a great offer. The inside premises are newly renovated with a large bar and an open kitchen. The terrace is about 45 m2 and has tables for 32 guests, but you could easily put more.

Ref.: 2323 From: 45,000€

Boutique In Shopping Center



This clothing store is located in a shopping center in Adeje, which is a good location that guarantees plenty of footfall - mainly tourists. The boutique sells women clothes, shoes and bags. The store is 53 m2 including storage.

Ref.: 2322 Price: 25,000€

Sea View Restaurant



This restaurant in Callao Salvaje offers a lovely sea view from the terrace. It has been established for 3 years and is known for its international menu that is popular among tourists. It is spacious 110 m2 and the terrace 100 m2.

Ref.: 2321 Price: 135,000€

Adeje Bar-Cafe



This café has a great size for a couple or some friends that wishes to work together in a smaller business, it is 100 m2 inside with a terrace of 40 m2. Today the customer profile and local Spanish and especially German tourists.

Ref.: 2308 Price: 36,000€

Frontline Bar-Cafe

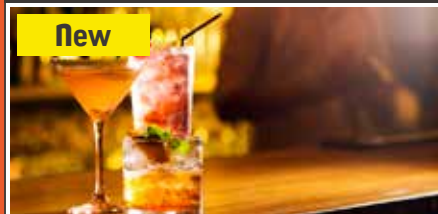


This bar & café is located in Fanabe. It is a modern bar in a busy location that attracts many tourists. The menu is mainly fresh fish dishes. It is a modern café and the premises are 50 m2 inside and with a terrace of 40 m2.

Ref.: 2317 Price: 69,000€

Long-established Bar

New



This well-established and busy bar is located in the heart of Callao Salvaje. It has been open for 5 years and is well-known in the area. The bar is about 50 m2 and fully equipped and furthermore is a terrace of 40 m2.

Ref.: 2331 Price: 35,000€

Profitable Cafe & Bakery



Whether you are looking for an investment or a well-established business to run yourself, you cannot miss this popular café-bakery in San Eugenio Bajo and known for delicious homemade food, bread and pastry.

Ref.: 2296 Price: 275,500€

Two Bakeries For Sale



Here is offered 2 bakeries sold together as an SL company for the below price. The bakeries are both established in good locations in different cities of Tenerife South. Both of them are newly refurbished and modern.

Ref.: 2319 Price: 150,000€

Las Americas Bar-Cafe

New



This bar-cafe in Las Americas is fully refurbished and offers a mix of Italian and French/Belgium food, which attracts many locals, but this location also attracts many tourists. It is spacious 120 m2, plus an outdoor terrace.

Ref.: 2330 Price: 85,000€

Bargain Leasehold Cafe



This cafe-bar is located in Adeje town and known to serve breakfast, lunch, and snacks in the evenings. It is in excellent condition, fully furnished and with a newer well-equipped kitchen. It is 55 m2 with a terrace of 25 m2.

Ref.: 2271 Price: 30,000€

Large Fishing Boat

Reduced



This large Bertram 46 ft fishing boat is located in Puerto Colon Harbour and offers a unique fishing experience for both amateurs and experienced fishermen. The boat is licensed to go out with 12 passengers and had a refurb 2018.

Ref.: 2235 Price: 185,000€

Las Americas Lap Dance Bar

Reduced



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: 69,000€

Palm Mar Beauty Salon

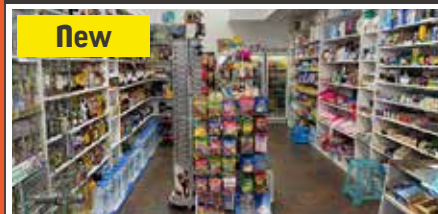


This salon has been established for 3 years and is currently run by 3 employees. The salon is 40 m2 with a separate massage room, it is in great condition and offers all kind of hair and massage treatments. Note: owner is open to offers!

Ref.: 2313 Price: 29,500€

Bargain 24h Supermarket

New



This supermarket in Las Americas is located on a busy street and sells liquor, tobacco, souvenirs, and refreshments. The premises are fully equipped with shelves, racks, counter, etc. Also, the supermarket has a terrace and a private toilet.

Ref.: 2327 Price: 24,000€

Jet Bike & Parascending



This is a unique opportunity to get both a jet bike and a parascending business that is established for 10 years and in a prime location of Tenerife South, where it enjoys little competition and plenty of footfall.

Ref.: 2277 Price: 250,000€

Las Americas Entertainment Bar

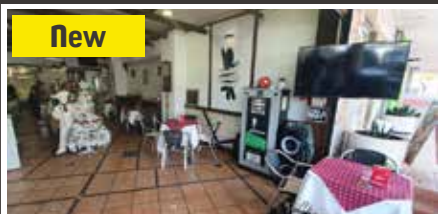


This well-known bar has been established for more than 25 years and is famous for its entertainment and shows. The bar is 100 m2, has room for 170 guests and can be open until 5 am. It is sold both as a leasehold and as a freehold.

Ref.: 2310 Price: 125,000€

Spanish Bar-Cafe

New

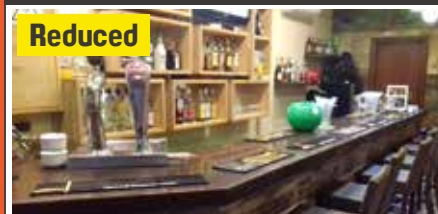


This bar-cafe is located in Fanabe next to resident complexes and offices so it enjoys many local visits daily. It is spacious 70 m2 and has a large terrace as well. Today the bar is open 6 days a week and run by a couple.

Ref.: 2326 Price: 35,000€

Charming Pub For Sale

Reduced



This pub for sale in Callao Salvaje is a classic but modern bar with many regular clients and a great reputation, especially among English speaking clients. There is no kitchen so it is an easy business for a couple to take over.

Ref.: 2196 Price: 29,000€

Charter Excursion Boat



Exclusively with FRINA is this 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: 125,000€

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