

The Tenerife Property & Business Guide



FREE | September 2020
Every Month | Issue 191

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

Costa Adeje

Magnificent modern villa!

A simply amazing modern villa on the Costa Adeje from Tenerife Properties – see Page 2 for more pictures and information on how to view.

€430,000 Ref: T1201



 TENERIFE PROPERTIES

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TENERIFE PROPERTIES

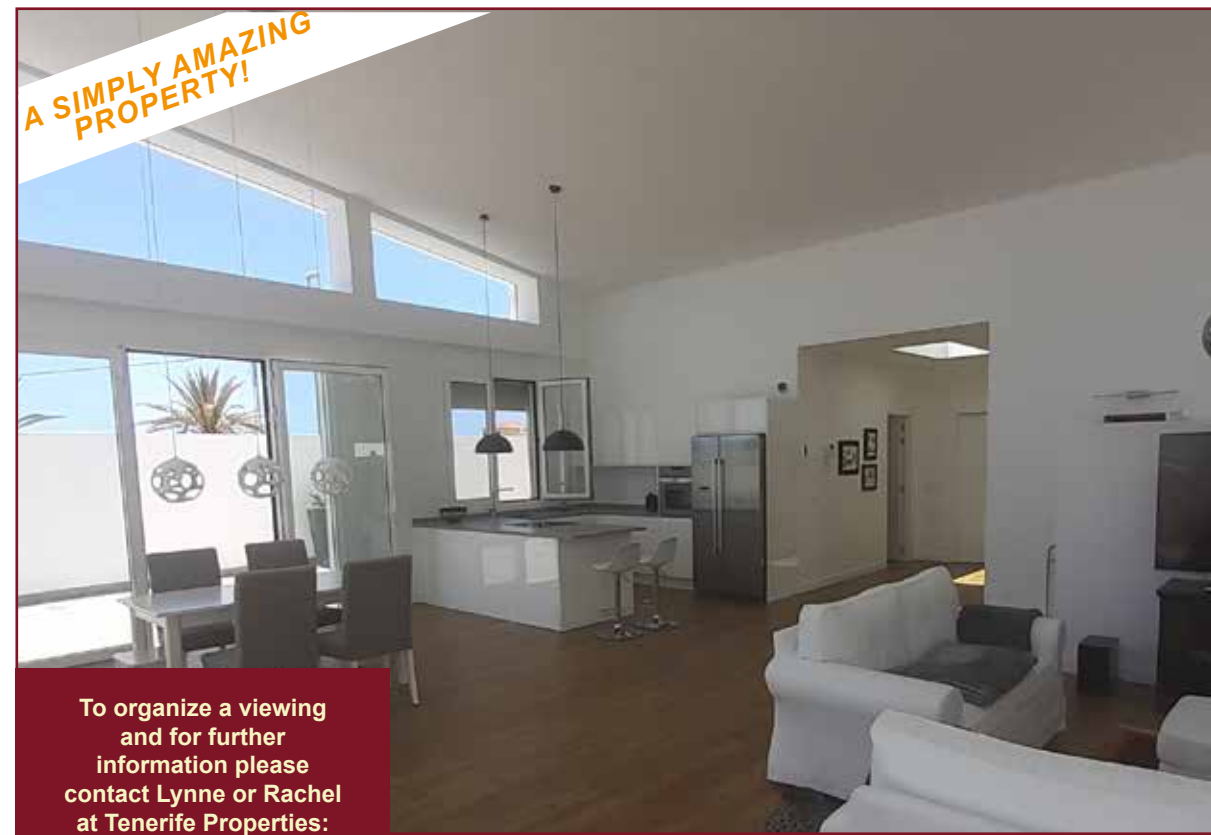
Stunning, modern villa situated in the quiet village of Armeñime in Costa Adeje.

This amazing property is the epitome of modern design - south-facing, designed all in white and using an abundance of glass, the light floods in! The high ceilings allow the heat to rise in the summer, keeping the property cool and there are electric shutters all round for total security. The villa comprises 2 bedrooms, 2 bathrooms, another room, currently being used as a dispenser which could be another bedroom or office, a very spacious lounge and open plan kitchen with Bosch appliances all in perfect condition.

Downstairs there is another room, currently used for storage which could be converted into a studio. Outside there are terraces on 3 sides of the property, one of which could be used as a carport, and there is enough space for a swimming pool if desired. The materials in this construction are all of the topmost quality. The windows are all triple glazed, tilt and tip windows, the stairs are stone and all the appliances are top grade and brand new.

There are solar panels for hot water, all shutters and the main entrance gate are electric. The property is to be sold fully furnished in minimalist style. This villa offers amazing value for money for a truly superb property.

There are solar panels for hot water, all shutters and the main entrance gate are electric. The property is to be sold fully furnished in minimalist style. This villa offers amazing value for money for a truly superb property.



A SIMPLY AMAZING PROPERTY!

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

(00 34) 922 724 110
(00 34) 608 573 443
lynne@tenerifeproperties.net

COSTA ADEJE, STUNNING MODERN VILLA | €430,000



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<p>Santa Cruz, Toscal</p> <p>695.000€ 2 bed, 2 bath penthouse</p>	<p>Los Cristianos</p> <p>146.500€ 1 bed, 1 bath apartment</p>	<p>Las Chafiras</p> <p>139.000€ 2 bed, 1 bath apartment</p>

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OUR OFFICE LOCATIONS:
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 Las Adelfas I - Golf del Sur
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1 BED - AMARILLA GOLF
GOLFER'S DREAM!
 This one bedroom first floor apartment has been refurbished with a new kitchen and bathroom. The complex boasts the largest of the three pools available on Pebble Beach with a pool bar offering refreshments and light snacks. The marina is just a short walk away where you will also find a good selection of ocean side restaurants. With just a short walk to the club house, a golfer's dream.
 Ref: AMG00555
 Price: €130,000 (approx. £117,500)



1 BED APARTMENT - GOLF DEL SUR
SPACIOUS PROPERTY!
 A wonderful opportunity to own a spacious one bedroom apartment in a highly sought after development. This west facing property boasts sunshine on its large terrace, from the middle of the day, until it finally sets behind the distant mountains. The property looks over the golf course and down to the Atlantic Ocean. The apartment is in good condition and is sold unfurnished.
 Ref: GOLF01626
 Price: €140,000 (approx. £126,500)



1 BED APARTMENT - AMARILLA GOLF
WINTER RETREAT!
 This ground floor refurbished one bedroom one bathroom apartment comes furnished with fully equipped kitchen, fitted wardrobes, sunny terrace, communal pool & garden. Close to all local amenities & the golf club house. With a pleasant garden view and just a few steps to the pool. Ideal for a holiday home or that winter retreat you have always promised yourself.
 Ref: AMG00549 *Previously £142,000*
 Price: €136,000 (approx. £150,500)



2 BED APARTMENT - TORVICAS BAJO
PERFECT HOLIDAY HOME!
 This centrally located ground floor two bedroom apartment is situated on the ever popular Mareverde complex in the heart of Playa de las Americas, just a few minutes walk to the seafront, beaches, bars and restaurants of Torviscas and Fañabe. This is perfect as a holiday home for both winter and summer! Two double bedrooms, fitted kitchen, lounge and bathroom as well as a poolside terrace.
 Ref: LA01878
 Price: €210,000 (approx. £190,000)



3 BED TOWNHOUSE - LAS ROSAS
IDEAL FAMILY HOME!
 This is a comfortable family home in a residential area with schools close by. Located in the small town of Las Rosas not far from the bustling Spanish town of Las Galletas. The property has a driveway for a car. On the lower level there is a lounge with separate kitchen and the third bedroom and WC. On the upper floor are the two bedrooms and a bathroom. The largest bedroom has a terrace offering mountain views.
 Ref: OUT01150
 Price: €215,000 (approx. £194,500)



2 BED PENTHOUSE - GOLF DEL SUR
RARE OPPORTUNITY!
 An extremely rare opportunity to purchase a two bedroom, two bathroom penthouse apartment. The apartment offers views over the complex waterfall and gardens and out to the Atlantic Ocean. The complex is in a fantastic location with lots of amenities within walking distance, including two championship golf courses, the marina, a bowling green and a good selection of restaurants, bars and shops.
 Ref: GOLF01587 *Previously €230,000*
 Price: €215,000 (approx. £194,500)



3 BED VILLA - AMARILLA GOLF
AIR CONDITIONED COMFORT!
 A very private three bedroom, two bathroom detached villa perched on the edge of the Amarilla Golf Course. This well maintained property offers a private swimming pool, air conditioning throughout, spacious accommodation WIFI and satellite TV. The master bedroom is en-suite and both bathrooms have benefited from a recent make over. The villa is secure, boasts golf course views and has a private driveway.
 Ref: AMG00544
 Price: €365,000 (approx. £330,000)



2 BED VILLA - SAN EUGENIO ALTO
PANORAMIC VIEWS!
 A beautiful two bedroom, two bathroom detached villa with private pool located in the prestigious San Eugenio Alto area of Costa Adeje. If you are searching for a holiday home or a permanent residence then this is perfect. Excellent location, panoramic views to the Coast and surrounding area from the pool area and the roof terrace! There is also an impressive double garage under the villa.
 Ref: LA01843
 Price: €595,000 (approx. £537,500)

1 BEDROOM APARTMENT - GOLF DEL SUR



Sit on your balcony and hear the ocean, it's so close. Probably the most prestigious complex in a front line location. This substantial one bedroom apartment has breathtaking unobstructed ocean views, air conditioned, kitchen with all appliances and good size bedroom. Convenient for golf, the bustling commercial centre and the picturesque fishing village of Los Abrigos, just a short walk away. Go on, pamper yourself, you deserve it!
 Ref: GOLF01625
 Price: €210,000 (approx. £190,000)

1 BEDROOM BUNGALOW - LA CALETA



Properties in such spectacular locations rarely become available for sale! This one bedroom bungalow style property is situated literally metres away from one of the most prestigious beaches in the South of Tenerife! It is perfect for those lazy summer holidays or as a winter base to escape the cold! Within walking distance to some of the best 5 Star Hotels and restaurants on the island. This is as good as it gets.
 Ref: LA01879
 Price: £265,000 (approx. €293,000)



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bathroom, Lounge and dining area. Quality: Tastefully decorated, Furnished. Outside: Covered terrace. Community facilities: Swimming pool, Lifts, Vending... For full information see website or contact:
Ref: 531-D2 | Island Estates | 922 790 767

Los Cristianos, Apartment €165,000
1 bed - Location close to the beach, close to transport, touristic area, close to amenities, close to restaurants/bars/cafes. Rooms: American style kitchen, bathroom Outside terrace ... For full information see website or contact:
Ref: 445-A1 | Island Estates | 922 790 767

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 all... For full information see website or contact:
Ref: 7654 | Clear Blue Skies SL | 922 714 772

Los Cristianos, Apartment €165,000
1 bed - We are pleased to offer this bright spacious apartment in the complex Rosamar, Los Cristianos. This is a one bedroom apartment with a living and terrace space of 47m2 comprising one double bedroom, bathroom, American style kitchen, living and dining room leading to the terrace with lovely views.
Ref: S1023 | FRINA Tenerife SL - Property Sales | 922 085 191

Los Cristianos, Duplex Penthouse €160,000

1 bed - Bright and spacious one bedroom 60m2 duplex located on the top floor of the Castle Harbour complex, Los Cristianos. The apartment has two floors: on the ground floor there is a spacious living room with a glazed terrace overlooking the pool and the city, an equipped open kitchen (washing machine, dishwasher, built-in refrigerator) and a bathroom. On the s... For full information see website or contact:
Ref: S1079 | FRINA Tenerife SL - Property Sales | 922 085 191

€149,999 - €100,000

Los Cristianos, Apartment €117,000
1 bed - This is a very nice reformed one bedroom apartment in the complex Garajonay 2, Los Cristianos. With 47m2 of living space and a 5m2 balcony.
Ref: S873 | FRINA Tenerife SL - Property Sales | 922 085 191

Los Gigantes Area

OVER €350,000

Playa de la Arena, House €630,000
5 bed - REDUCED PRICE FOR THIS BEAUTIFUL VILLA! This large villa is situated in the popular residential area of Jardin del Sol, on the coast of Tacoronte in the North of Tenerife. Prestigious location with some of the best views you can get

on the island! This villa is built on 2 floors on a 1000 m2 plot and has a massive 520 m2 of built area! On the first flo... For full information see website or contact:
Ref: V409-BP | Tenerife Belfin Properties | 692 146808

Playa de la Arena, House €490,000
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

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

Alcala, Townhouse €255,000
4 bed - Surf Camp - Fully operational, business licence included, 4 bedrooms, 4 bathrooms, 3 floors, sleeps 12 people, big lounge area with a real oldschool surf style throughout the house.
Ref: 11281 | Tenerife Properties | 630 372702

Tenerife East

€249,999 - €150,000

Malpais, Townhouse €225,000
3 bed - Location: Quiet location, Rural location. Views: Mountain, Sea. Additional: Development possibilities. Rooms: Dining room, Independent kitchen, Lounge and dining area, Bathroom. Quality: Rustic style, Spacious, Charming property, Furnished. Outside: Various gardens, Various terraces, Large roof terrace, Large terrace, Various balconies. Parking: Ample pri... For full information see website or contact:
Ref: S1079 | FRINA Tenerife SL - Property Sales | 922 085 191

Candelaria, Rural Property €225,000
3 bed - Lovingly restored, fully furnished and equipped 3 bedroom Canarian house (170sqm) with 2,700sqm of land (500sqm in gardens with fruit trees/vegetables and a hen coop/run with 15 laying hens). The house comprises a large lounge/dining room, separate kitchen, large bathroom, 50sqm East-facing sun terrace, an electrically-operated garage and a large roof ter... For full information see website or contact:
Ref: S-03 1155 | Tenerife Prime Property | 922 703 725

€149,999 - €100,000

Guimar, Finca €140,000
3 bed - This fantastic property is built on a plot of land measuring

Tenerife North Area

OVER €350,000

Puerto de La Cruz, Villa €448,000
4 bed - This property is located very near to the touristic city center of Puerto de la Cruz. The main square "Plaza del Charco" can be reached in less than 10 minutes by foot. Everything can be found just around the corner, restaurants, bus stops, etc. The house has a total of 210 square meters of constructed area built on a 812 square meter plot and is divide... For full information see website or contact:
Ref: R1490V | Agata's Real Estate |

Los Realejos, Villa €420,000
6 bed - Villa with its own large plot of urban and rustic land in Zamora Los Realejos in the north of Tenerife. The property has a large house, an independent apartment, attic, wooden pool

IG

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house, swimming pool, out buildings, large water tank and 7,500 m2 of land (2,000 m2 is building land if required) wooden ceilings throughout. There is a large kitchen dining ... For full information see website or contact:
Ref: J2450CV | Agata's Real Estate |

Puerto de La Cruz, Apartment €409,000
2 bed - For sale: residential development of design apartments in the heart of Puerto de la Cruz, surrounded by all kinds of services and close to the sea. The complex, after its development, will be surrounded by a public free urban park. All the apartments have large windows with large terraces, kitchens furnished with appliances and a

Currencias

Direct

private closed garage. Bo... For full information see website or contact:
Ref: R1490A-BH | Agata's Real Estate |
Icod de Los Vinos, Villa €395,000
6 bed - This property is located in a very quiet area of Icod de los Vinos, Northern Tenerife. It could be ideal for holiday rental as there are numerous sleeping accommodations and three separate apartments. The main house has 3 bedrooms, two bathrooms and a spacious living

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room. All bedrooms have fitted wardrobes and bright light through the large windows. A... For full information see website or contact:
Ref: R3450V | Agata's Real Estate |
Los Realejos, Finca €389,000
3 bed - Price reduced! House with a lot of potential with almost 10,000m of a rustic land. Can be rented out to be cultivated as a plantation. House has lovely sea views and is very well connected to the highway. Call me for details or more pictures please. Please contact Agata's Real Estate team for any details. The offer is subject to errors, price changes, omi... For full information see

website or contact:
Ref: A2450C | Agata's Real Estate |
La Orotava, Villa €370,000
4 bed - This property is located in a quiet and peaceful area in La Orotava at 10 minutes from Puerto de la Cruz by car. The house has amazing sea views from many rooms of the villa. On the 506 square meter plot, the 124sqm house is located and a 40sqm independent apartment. The house itself has 3 bedrooms and 1 bathroom. The apartment has a living/bedroom and ba... For full information see website or contact:
Ref: R2390V | Agata's Real Estate |

€249,999 - €150,000

La Orotava, Apartment €230,000
4 bed - This large penthouse is located very central in La Orotava. From here, restaurants, bars, bus stops, pharmacies, etc. can all be found right around the corner. Also, the touristic city Puerto de la Cruz is located not more than 10 minutes away by car. The penthouse is located on the 5th floor of a relatively small building. It is, whatsoever, higher than ... For full information see website or contact:
Ref: R2230A | Agata's Real Estate |

Icod de Los Vinos, Villa €220,000
4 bed - Large semi detached house with urban land in Icod de los Vinos in the north of Tenerife. The property is extremely well maintained and sold completely furnished. It is accessed from ground floor street level offering four bedrooms 2 bathrooms, lounge dining room spacious kitchen leading onto a huge terrace with glorious views. Below this floor there is c... For full information see website or contact:
Ref: J3225V | Agata's Real Estate |

Puerto de La Cruz, Apartment €218,000
2 bed - For sale: residential development of design apartments in the heart of Puerto de la Cruz, surrounded by all kinds of services and close to the sea. The complex, after its development, will be surrounded by a public free urban park. All the apartments have large windows with large terraces, kitchens

€349,999 - €250,000

OVER €350,000

Arona, House €895,000
5 bed - Luxury Country-Villa with Pool, Bodega and Panoramic Sea View.
Ref: 20140396 | A1 Real Estate & Property Consultants | 922 729395

Aguilas del Teide, House €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

Vilaflor, Rustic House €560,000
3 bed - Beautiful Canarian House for sale in the center of the locality of Vilaflor, completely refurbished and renovated to high standards. This spacious renovated Canarian house has been built in two floors. The ground floor comprises of entrance hall, very spacious living-dining room with fireplace, fully fitted and equipped independent kitchen with kitchen di... For full information see website or contact:
Ref: 7145C | Clear Blue Skies SL | 922 714 772

Chayofa, House €525,000
3 bed - Brand new villa in the residential area of Chayofa. This villa has just been built and offers all possibilities of making a new home either for holiday makers or residents. The house has been built in two floors and comprises of toilet, open plan modern style kitchen with top class appliances and living-dining room on the ground floor and three double bed... For full information see website or contact:
Ref: 6694 | Clear Blue Skies SL | 922 714 772

Buzanada, Villa €502,950
5 bed - We offer for sale this luxurious villa on two floors located in Buzanada, the house of about 400 m2 built on a plot of 1000 m2. The first floor comprises two bedrooms, a living room combined with kitchen, a bathroom and a large garage for two to three cars. The second floor consists of three bedrooms with two bathrooms, a living room with access to a larg... For full information see website or contact:
Ref: S1070 | FRINA Tenerife SL - Property Sales | 922 085 191

Vilaflor, Villa €495,000
5 bed - Rustic villa in La Martela, in the highest town in Spain Vilaflor. It is inside the forest crown and the pine forests with

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GOLF DEL SUR, SAND CLUB



Beautifully presented, fully furnished, 2 bed, 1 bath apartment (65sqm + 20sqm terrace) on sought after complex with lovely pool and sunbathing area. The property has a lounge/dining area, American-style fitted kitchen, and a large sunny terrace. Sand Club is only a short walk to the San Blas Commercial Centre and the sea front. Close to all amenities, marina and golf courses.

Ref: S-02 1421

€185,000

GOLF DEL SUR, PUEBLO PRIMAVERA



Very nice, fully furnished 2 bed, 2 bath end-of-terrace duplex apartment with lovely sea and mountain views. The property, on a sought-after residential complex with two swimming pools and sun terrace, has a lounge/dining area, American-style fitted kitchen and two sunny terraces. Close to all amenities and the sea front. Great rental potential.

Ref: S-02 1416

€209,950

appliances. Adjacent to the lounge is a large balcony offering generous views. The apartments also include a double bedroom, which has large wardrobe spa... For full information see website or contact:
Ref: AP0491 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

El Tanque, House
€139,000
2 bed · Restored traditional Canarian house in the village of El Tanque, in the North of the island, just above the town of Garachico. The property has well maintained wooden ceilings keeping it in character of the old style houses. This house comprises of three bedrooms and three bathrooms, rustic kitchen, living room and dining room. The house has a lovely patio... For full information see website or contact:
Ref: 6645 | Clear Blue Skies SL | 922 714 772

Chayofa, Apartment
€138,000
1 bed · We offer for sale this 73m2 apartment in the complex Chayofa Country Club, Chayofa.

This apartment comprises one bedroom, one bathroom, an American style open kitchen with dining area and living room, leading to a terrace of 13m2 with a view to the swimming pool. There is a communal swimming pool and an off street parking. The Chayofa Country Club is local... For full information see website or contact:
Ref: S1042 | FRINA Tenerife SL - Property Sales | 922 085 191

Cabo Blanco, Apartment
€125,000
1 bed · Location: Central, Residential Area · Close to: Medical Facilities, Restaurants/Bars/Cafes, Schools, Shops, Town, Transport · Rooms: Hall/Entrance, Store rooms, Independent Kitchen, Lounge and dining area, Bathroom · Quality: Furnished · Outside: Terrace · Parking: Private parking · Community facilities: Lifts ·
Ref: 1A3301 | Hofman Estates | 922 777 747

San Isidro, Apartment
€110,000
2 bed · Clear Blue Skies are very happy to be able to offer a 2nd

floor 2 bedroom apartment with great mountain and coastal views in the Canarian town of San Isidro, close to schools, banks, all sort of shops and good

Chayofa, Apartment
€99,950
Large studio apartments for sale (prices from 99.950). Studios being sold fully furnished and

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bars and restaurants and only a 10 minute drive from the coastal resort of El Medano and 15 minutes from Los Cristianos. This apartment comprises o... For full information see website or contact:
Ref: 7597 | Clear Blue Skies SL | 922 714 772

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

Chayofa, Studio
€99,950
Selection of studio apartments available in Chayofa Country

Club. Chayofa Country Club has some of the biggest studio apartments in Tenerife, with a combined living and sleeping area and separate bathroom. The main room has twin beds, a separate dining table and sofas. Within the spacious kitchenette are a four-ring cooker, a fridge, microwave and essenti... For full information see website or contact:
Ref: EST0490 | Tenerife Island Rentals and Buy Tenerife | 922 797 438

Chayofa, Studio
€99,950
Location: Exclusive development, Quiet location, Close to restaurants/bars/cafes, Close to shops. Views: Pool. Additional: Viewing recommended. Rooms: Lounge and dining area, Bathroom, Fitted wardrobes. Quality: Modern, Spacious, Well presented. Outside: Sunny terrace. Community facilities: Satellite television, 24 hour security, Sun terrace, Gardens, Swi... For full information see website or contact:
Ref: 541-S | Island

Estates | 922 790 767

Valle de San Lorenzo, Apartment

€88,000
1 bed · Beautiful 1 bedroom apartment in a good and well kept residential complex in the town of Valle San Lorenzo. The apartment consists of a independent and fully fitted kitchen with a utility room, a spacious lounge/dining room, a good sized bedroom with fitted wardrobes and a bathroom. There is a balcony that gets afternoon sun. Very tranquil location ... For full information see website or contact:
Ref: AP123-BP | Tenerife Belfin Properties | 692 146808

La Escalona, House

€80,000
Plot of land of 4.700 m2 for agricultural purposes with water tank, including a plot of urban land of 150 m2 to build a house on it. Fantastic opportunity to those who like to enjoy the countryside and/or do some farming. Connections for water and electricity next to the plot.
Ref: 5725 | Clear Blue Skies

VYM Canarias
REAL ESTATE
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Luxury Villa in Abama

Truly magnificent large villa located on a beautiful 1,872m2 plot, with a construction of 858m2. It would be much better to visit then talk about!
€3,900,000 **Ref: VS6874DN**

Villa in La Caleta Golf

Modern villa with a unique design and high quality on the plot of land of 2.536m2. Living area 286m2, located on two floors and 4 bedrooms, each with its own bathroom. Private pool and garden.
€2,800,000 **Ref: VS6859DN**

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Los Cristianos, Portonovo  Townhouse with 3 bedrooms, 3 bathrooms, large living room and independent kitchen. Three terraces, one with jacuzzi and mountain views. Pool in the complex, Garage for 2 cars. €599,000 Ref: VS7092D	Playa de las Americas, Playa Honda  Apartment in the center of Las Americas on the second floor. It consists of 1 bedroom with fitted wardrobe, open plan kitchen with a living room and a terrace. €169,000 Ref: VS6857D	La Caleta, Magnolia Golf Resort  Luxury apartment with a large terrace and a garden with mountain and ocean view, 3 bedrooms, 2 bathrooms, open-plan kitchen with a living room. Fully furnished. €650,000 Ref: VS6826D	Los Cristianos, Parque Tropical  Luxury apartment fully reformed with 2 bedrooms, 2 bathrooms, modern open-plan kitchen with living room, double terrace with access from all the rooms. Living area 85m2, terrace 25m2. €299,000 Ref: VS5504D	Callao Salvaje, San Francisco  EXCLUSIVE! Opportunity!!! Townhouse with 2 bedrooms, 2 bathrooms, kitchen and living room with opens to a large private terrace. Garage with direct access to the house. Pool in the complex. €215,000 Ref: VS7093DE
Amarilla Golf, Fairways Club  One bedroom apartment with bathroom, open plan living room with fitted kitchen and terrace with fabulous views. Famous complex with the pool, bar community parking. €139,000 Ref: VS7085D	Playa de Las Americas, El Cortijo  Investment! Apartment-duplex. 1 bedroom with wardrobe, bathroom, American-style kitchen with living room and spacious terrace. Parking and pool in the complex. Quiet area. €215,000 Ref: VS7024D	Callao Salvaje, Sunset View  URGENT SALE! Apartment overlooking the pool, 1 bedroom, 1 bathroom, living area and open-plan kitchen and terrace. Swimming pool in the complex, garage space. €129,000 Ref: VS7021D	Playa Paraiso, Paraiso del Sur  REDUCED! Fantastic ocean view. Apartment with 1 bedroom, bathroom, open-plan kitchen and terrace with beautiful views of the ocean and La Gomera island. €160,000 Ref: VS6887DE	Playa Paraiso, Marina Palace  BANK REPOSSESSION! Apartment overlooking the street and ocean. 1 bedroom, bathroom, American style kitchen with living room and terrace. Needs reform. Pool in the complex. €107,000 Ref: VS7013BS

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Tenerife Prime Property

Tenerife Prime Property

Golf del Sur, Las Adelfas I



REDUCED!

Spacious, recently refurbished to a high standard, unfurnished, 2 bed, 2 bath (master en suite) bungalow-style property on sought after, well-maintained and operated 'Touristic' complex with heated pool, restaurant and Reception. The property has front and rear terraces/gardens, lounge/dining area, independent fitted kitchen with new 'white' goods, utility room and a roof terrace/solarium with sea and mountain views.

S-02 1382

€269,000



Golf del Sur, Las Adelfas II



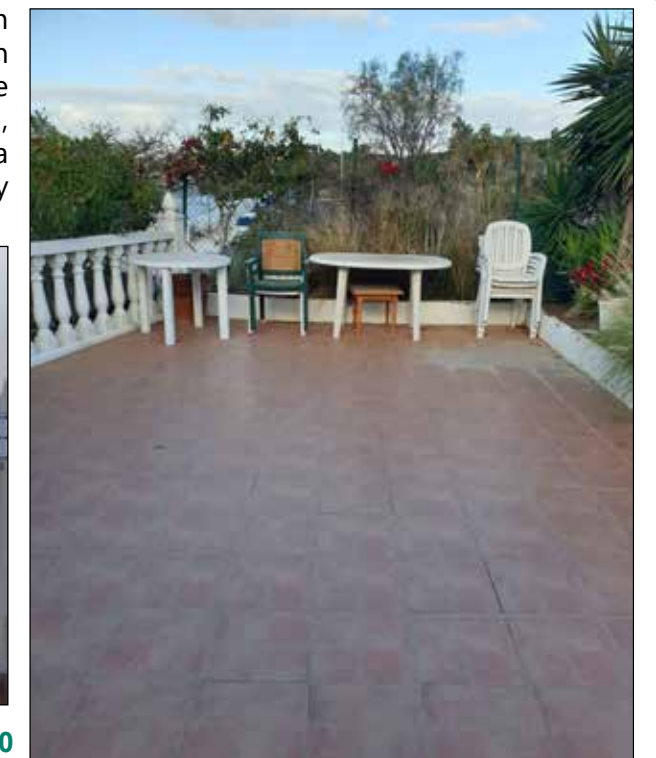
GREATLY REDUCED FOR QUICK SALE!

Spacious, part-furnished 2 bed, 2 bath corner villa with large roof terrace in sought after complex with pool. The property has a lounge/dining area, American style fitted kitchen, and a wraparound terrace which enjoys lovely sea, mountain and golf course views.



S-02 1342

€199,000



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

Amarilla Golf, Pinehurst 1 bed

Lovely, fully refurbished, unfurnished 1 bed, 1 bath 2nd floor apartment on complex with pool and bar/restaurant. The property 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.

S-01 1400 €132,000

Golf del Sur, Alamos Park

Lovely, fully furnished, 4 bed, 3 bath villa with independent 3 bed apartment private pool, and with gardens and games area. This substantial property (280sqm built on a 1,000sqm plot) exudes quality and has too many extras to list here. Close to shopping, bars and restaurants, and the sea front walkway to Los Abrigos.

S-07 1404 €599,995

Amarilla Golf, Fairways Club

Lovely, fully renovated, furnished and equipped, 1 bed, 1 bath apartment on popular, sought after holiday complex with beautiful pool and pool bar area. The property has a lounge/dining area, American-style kitchen and a sunny terrace.

S-01 1405 €135,000

Amarilla Golf, Augusta Park

Beautiful, ground floor 1 bed, 1 bath apartment being sold fully furnished. There is a lounge, fully equipped kitchen, a/c, electric shutters on windows and an 8m2 terrace. Heated community swimming pool.

S-01 1354 €136,000 Sterling

Amarilla Golf, Pinehurst

REDUCED!

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 €155,000 Sterling

Playa de las Americas, Jacaranda

REDUCED!

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 €288,000

Golf del Sur, Winter Gardens

REDUCED!

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

Golf del Sur, Las Adelfas I

Beautiful, fully furnished, 4 bed, 3 bath (2 en suite) bungalow type property with good size lounge and separate fully fitted kitchen. This property has its own private pool, garden and large terrace. There is private parking directly outside the property. This is a lovely family home and has to be seen.

S-04 1341 €375,000

Los Cristianos, Parque Tropical II

GREAT PRICE!

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

Callao Salvaje, Un Posto al Sole

Lovely, part furnished, refurbished and equipped, 1 bed, 1 bath, 1st floor apartment in sought after complex with pool, sun terraces and lifts throughout (size 45sqm + 10sqm terrace). The property has a lounge/diner, American-style fitted kitchen and a good-sized, sunny terrace with sea views and a secure storeroom.

S-01 1415 €169,950

Valle San Lorenzo

Lovely, brand new, fully furnished and equipped 3 bed, 2 bath (1 en suite), 1st floor apartment (one in block of 6) with communal roof terrace and separate laundry/storeroom. The property has a large lounge/dining area, separate fitted kitchen and sunny terrace. Extras include fitted wardrobes in all bedrooms.

S-03 1420 €130,000

Golf del Sur, Sand Club

REDUCED!

Fully furnished and renovated, 2 bed, 1 bath ground floor apartment with easy access from main road. In popular residential complex with pool located close to all amenities. The property has a lounge/diner, separate fully fitted kitchen, a sunny terrace and large garden with Jacuzzi.

SC148-VE €160,000

Golf del Sur, Edf. Cañadas

A selection of brand new, unfurnished 1 bed, 1 bath apartments on this centrally-located complex with pool and parking. All apartments come with a fully fitted kitchen (including all white goods), a spacious lounge/dining area and either a garden or large sunny terrace. Variety of sizes from 50sqm and represent great value for money! Prices start from €125,000

S-01 1417 FROM €125,000

Tenbel, Primavera

Fully furnished 1 bedroom, 1 bathroom ground floor apartment on sought after complex with pool. The property has a lounge/diner, fully fitted American-style kitchen and good sized, sunny terrace. Extras include security grilles.

S-01 1414 €115,000

Amarilla Golf, Mirador del Golf

Lovely, unfurnished, 3 bed, 3 bath (1 en suite) townhouse with private pool, garden and large garage on small, exclusive community on the edge of the popular Amarilla Golf course. The property has a large lounge/dining area, separate fully fitted kitchen and sunny terraces to the front and rear. Close to all amenities, the sea front and San Miguel marina.

3TH3253 €330,000

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REF: S-01 843 €110,000

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1 BED, 1 BATH APARTMENT



REF: S-01 1414 €115,000

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REF: S1250 €207,000

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GOLF DEL SUR, LOS ALAMOS

Price: €599,995



Magnificent, fully furnished and equipped, 4 bedroom - all en suite - villa, plus independent 3 bedroom, 1 bathroom apartment (with own entrance) comprising own heated swimming pool, al fresco dining area, gardens and games area in this exclusive location.

built on a 1,000sqm plot) exudes quality, with 'wet room' style granite-floored shower/bathrooms throughout and really too many 'extras' to list here.

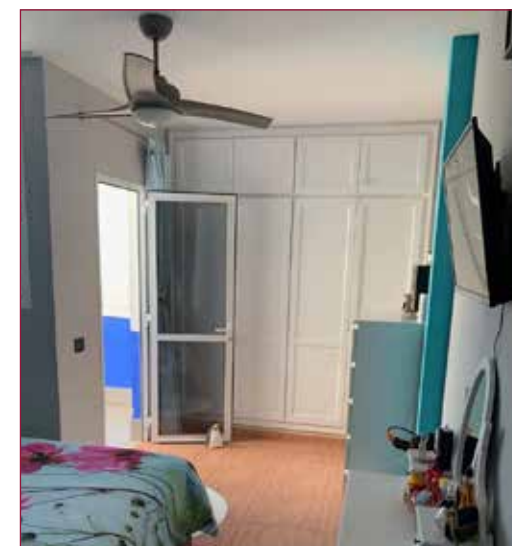
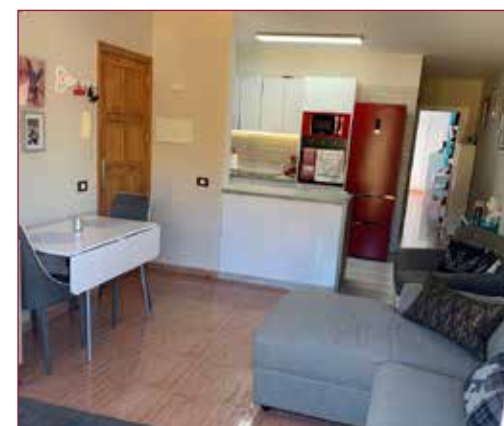
This substantial property (280sqm

Close to the San Blas Commercial Centre's excellent shopping, bars and restaurants, the sea front walkway to the popular fishing village of nearby Los Abrigos, championship golf courses at Golf del Sur and Amarilla Golf and myriad water sports including the wind-surfing paradise of El Medano, there is so much for people to do. The 'South' airport is less than 10 minutes away as are the popular resorts of Los Cristianos and Las Americas.

For more information, or to arrange a viewing, please call: 649 038 622

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Price: €120,000



Part-furnished, fully renovated to a high standard, 2 bed (both double), 1 bath (with modern 'walk-in' shower), 2nd floor apartment in popular Canarian village. The property has a spacious lounge/dining area with newly glazed patio door, an American-style fully fitted kitchen, a small front balcony plus a rear balcony with stunning views of the coastline.

The village offers an excellent range of amenities - Doctors, chemists, schools and shops and is only a short drive to the TF-1 motorway, the coast and excellent shopping centres of Las Chafiras and Granadilla.

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US dollar rebounds from two-year low as the global recovery begins to show cracks

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

Latest currency news

The second half of August has been characterised by jittery trade in the currency market, amidst growing concerns over the trajectory of the global recovery.

During this volatility we have seen GBP/EUR tick up from 1.10 to 1.11 as EUR/GBP retreated to 0.89. Meanwhile, GBP/USD climbed from 1.30 to 1.31, whilst EUR/USD has retreated to 1.18, having briefly struck a two-year high of 1.19.

What's been happening?

While the pound has trended higher through the past couple of weeks, this has not been without some hurdles, with Sterling tempered by renewed Brexit jitters and concerns of an impending unemployment crisis in the UK.

The US dollar struck a two-year low in mid-August but has been quick to bounce back, as demand for the safe-haven currency has been stoked by concerns that there are still significant risks to global growth.

In the meantime, the euro has been giving ground on fears Europe's coronavirus resurgence could hamper the Eurozone's recovery, which was highlighted by the stalling of economic

activity in August's preliminary PMIs.

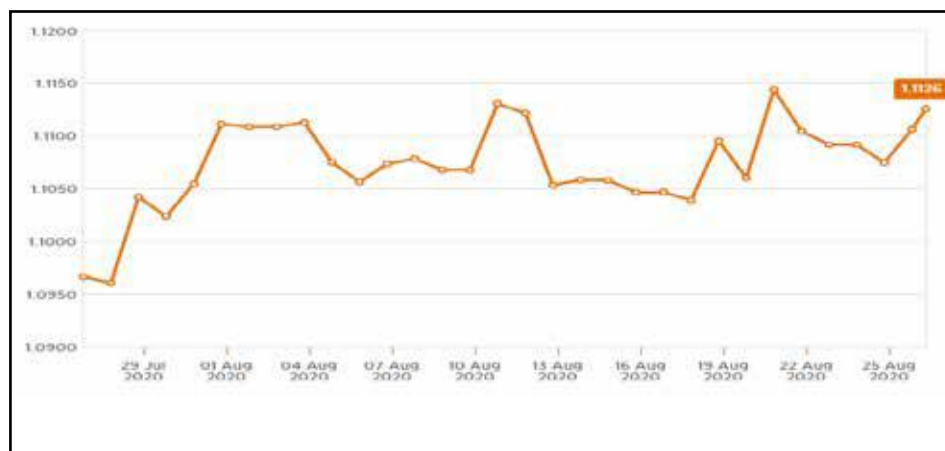
What do you need to look out for?

Looking ahead, the pound may face some headwinds going forward as the winding down of the UK's furlough scheme next month looks set to unleash the next wave of redundancies.

At the same time, the euro faces the prospect of further losses if Europe's coronavirus situation continues to deteriorate.

Finally, we may see US political risk begin to increasingly influence the US dollar in the coming weeks as campaigning begins to ramp up ahead of November's presidential election.

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The Pavlova is a meringue-based dessert named after the Russian ballerina Anna Pavlova

The surprising truth about the pavlova's origins

By Angela Saurine

Australians and New Zealanders have long argued over who invented the pavlova, but the authors of a new book have found the dessert's origins go back much further.

Baking a "pav" and turning up to a backyard barbecue with the dessert in hand is about as Australian as it gets. On Christmas Day, soon after the last prawn has been peeled, the white meringue cake topped with cream and fruit takes pride of place on tables across the country. It's a dish synonymous with summer celebrations; a refreshing sweet treat on an often hot and sticky day. With many of us being brought up to believe it to be a local invention, it's no wonder Australians feel such a strong affinity with pavlova.

The only problem is, New Zealanders feel the same way.

"When I was growing up in the 1970s, I remember my mum would make a pavlova and take it to friends' houses and parties," said Australian chef Peter Gilmore, who is known for his meringue-based Snow Egg dessert, which found fame in the 2010 series of MasterChef Australia. "I think of the Australian variety having tropical fruit, like passionfruit and mangoes. So, when I put my Sydney Opera House-shaped version on the menu at [Sydney Opera House restaurant] Bennelong, passionfruit was the obvious choice for me to feature."

Like many in the industry, Gilmore had long believed the pavlova to be an Australian creation, only recently discovering New Zealand also makes the

same claim. The dessert was named after the Russian ballerina Anna Pavlova, who was a megastar when she toured both countries in the 1920s.

On the Australia side, chef Herbert "Bert" Sachse is said to have created the pavlova at Perth's Esplanade Hotel in 1935, and it was named by the house manager, Harry Nairn, who remarked it was "as light as pavlova". In an interview with Woman's Day in 1973, Sachse said the proprietress, Elsie Ploughman, and Nairn recruited him to make something "different and unique" as a cake or sweet. "I had always regretted that the meringue cake was invariably too hard and crusty, so I set out to create something that would have a crunchy top and would cut like a marshmallow," he said. "After a month of ex-

perimentation – and many failures – I hit upon the recipe, which survives today."

Caption: The 1929 New Zealand pavlova was the version that sparked the pavlova "wars"

New Zealanders often cite the story of an unnamed chef at a Wellington hotel, who is said to have invented the pavlova during the ballerina's only tour of the country in 1926. But emeritus professor Helen Leach, a New Zealander who specialises in food anthropology at the University of Otago and authored The Pavlova Story: A Slice of New Zealand's Culinary History, was unable to verify this version of events.

It's no surprise that both Australia and New Zealand would want to claim it as something they have given the world

However, Dr Leach found references to three types of dessert called pavlova in her homeland prior to Sachse's offering. The first was the brand Davis Gelatine's multicoloured, layered jelly in 1926. Next came small coffee and walnut-flavoured meringues, similar to kisses, which appeared in the city of Dunedin in 1928 and became popular throughout the country. Then in 1929, a recipe for a large meringue cake named after the ballerina appeared in the regional publication Dairy Farmer's Annual. "This third type of pavlova was the one that several decades later became the subject of the pavlova 'wars', which insist that the pavlova was 'created' or 'invented' and then stolen/falsely claimed by chefs/cooks across the Tasman," Dr Leach said.

US-based food scholar Darra Goldstein became fascinated with pavlova after her daughter moved to Australia in 2014, and later New Zealand, and she began collecting cookbooks from both countries. She included a chapter about it, written by Dr Leach, in the book she edited, The Oxford Companion to Sugar and Sweets.

"The author said that the precise origins of pavlova can't be determined, and that, in fact, it's misguided to believe that recipes are invented – rather, recipes evolve over time, often in more than one location," Goldstein said. "When there's a dish as popular



The Spanische Windtorte was an 18th-Century Austrian dessert consisting of meringue, whipped cream and fruit

as pavlova, it's no surprise that both Australia and New Zealand would want to claim it as something they have given the world. Friendly rivalries are always fun, and for some it's a matter of national pride."

That's certainly the case for New Zealander Dr Andrew Paul Wood and Australian Annabelle Utrecht, who met debating pavlova's origins on a mutual friend's Facebook post. Both went away determined to prove the other wrong. But after they started digging deeper, they were surprised to find that the history of the pavlova goes back a lot further.

The pair have spent the past seven years piecing together what Utrecht describes as a "culinary jigsaw puzzle", trawling

said. "By the 18th Century, large meringue constructions incorporating cream and fruit elements could be found in aristocratic kitchens across German-speaking lands, so the thing we call a pavlova today is actually more than two centuries old."

Soon, she said, women in middle-class European kitchens began creating meringue cakes topped with whipped cream, nuts and fruit or fruit preserves. Utrecht said Europe was in turmoil with the Napoleonic wars in the 1800s and when people moved and settled in other lands, the pavlova-like desserts went with them. "By 1860 you can find it in Great Britain, Russia and North America," she said. "I have made a couple of cakes from



The porra, a plumper cousin of the churro, is similar to Chinese youtiao

through cookbooks, newspapers, still life paintings and archives from around the world. Originally, they planned to make a short documentary, but when they realised the pavlova story was much bigger than just a trans-Tasman battle, they decided to write a book, which has the working title Beat Until Stiff: The Secret History of the Pavlova and a Social History of Meringue Desserts.

"To start with, we undertook a forensic examination of both the Kiwi and Australian legends, and new facts [were] quickly revealed that flip the narrative completely," Utrecht

1850 that I have served to guests and asked what it was, and they say pavlova. But I tell them it's not, it's a schaum torte, which means 'foam cake' in German." Utrecht said recipes for schaum torte arrived in South Australia in the lead-up to World War Two, when there was a large influx of German immigrants.

As power shifted between empires and kingdoms, the meringue went with it

But Utrecht said Sachse produced a "sophisticated

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The 1929 New Zealand pavlova was the version that sparked the pavlova "wars"

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Cont. from Page 34

and highly stable" pavlova. "I have baked his pavlova a couple of times and guests



German-speaking immigrants to the US and Australia brought meringue-based desserts like baisier torte (kiss cake)

love his cake because it's the closest thing to the pavlova in their minds," she said. "When I baked the 1929 New Zealand pavlova I was really surprised; it's actually a meringue sandwich, not the pavlova we have today. But the next pavlovas that came out of New Zealand by around 1932 to 1933 were single-level cakes topped with fruit and cream."

As for the name, the pair also discovered hundreds of recipes for sweet and savoury dishes named after Anna Pavlova in the northern hemisphere. They include Strawberries Pavlova, an Edwardian-period glacé served with a garnish of raspberries, which appeared in the New Zealand Herald in 1911 but Utrecht believes it was reprint-

ed from England. "If you go back even earlier in 1911, there was a pavlova dessert in the United States that included a meringue

which is made by pouring a sugar syrup over the top of egg whites rather than the baked kind that we're familiar with. "We think this sort of cooking with meringues and sugar syrup probably passed into Europe via Portuguese-controlled territories in Africa (formerly Arab-held), or through the Moorish occupation of Spain, Sicily and France," he said. "The earliest European references turn up in places like Italy and Spain, where there was a large Muslim population in the medieval ages. Sugar was incredibly expensive, so these treats were confections destined for the wealthiest of tables, like that of the Imperial Habsburgs, who also happened to be rich in New World sugar. Baked meringues (petite arrangements) can be found in the Spanish Habsburg's Imperial Madrid kitchen by the late 16th and early 17th Century. By the 18th Century, larger and more sophisticated meringue productions

component that could only be obtained under Pavlova's name for a limited time," she said. Dr Wood said he was particularly surprised to come across a frog's legs pavlova in New York. "Anabelle is really the maestro in the kitchen and she tested just about every recipe that we have dug up, but we have not trialed that one," he said.

Dr Wood was even more astonished to find a recipe in medieval Arabic books, including the 13th-Century Syrian cookbook Kitab al-Wusla ila al-Habib fi Wasf al-Tayyibat wa al-Tib (Book of the Bond of Friendship in the Description of Good Dishes and Perfumes) that, while not a meringue, "if you squinted at it in the right way" is similar to an Italian meringue,

begin to reveal themselves in cookbooks, and by the end of the 1700s, very large and sophisticated meringue cakes can be found in the homes of Habsburg nobles, like that of an Austrian meringue cake, three meringue layers high, filled with fruit preserves. Going into the 1800s, meringue cakes became incredibly popular among the wealthy middle classes too."

But he believes the Australasian-style pavlova, perfected by Sachse, was honed by housewives in America's Midwest by the late 19th Century. "That's where they started adding things like cornflour," he said. "Our pavlova usually has a starch ingredient that makes it stiffer and stronger. But the fruit is the big thing; that's probably the biggest difference between Australian and New Zealand pavlova. The New Zealand pavlova is very much a kiwi fruit thing, whereas in Australia you have passionfruit and occasional atrocities I've seen, like pineapple. In

Britain, it's very much about strawberries, while in older versions chopped walnut was a big thing."

The thing we call a pavlova today is actually more than two centuries old

Ultimately, Dr Wood said the pair see the "great, great granddaddy" of the large meringue cake, as we would understand the pavlova, as being the Spanish Windtorte (souffle cake), which was an Austrian dessert consisting of a meringue shell or layers, filled with whipped cream and fruit. "It was the first of its kind, and known to be baked in Habsburg kitchens during the late 1700s," he said.

"Identical in nature, baisier torte and schaum torte recipes only began to surface during the 1800s when geopolitical factors motivated nomenclature changes in non-Habsburg kingdoms. A large section of our book is dedicated to examining Eu-

ropean geopolitics and why the Windtorte was renamed so often." Dr Wood said it's been fascinating following the social history of pavlova, and the family tree of meringues, looking at how meringue cakes possibly started on the African continent and evolved in the Habsburg and Roman Empires in Central Europe. "As power shifted between empires and kingdoms, the meringue went with it," he said.

But he admits eating, breathing and sleeping pavlova for the past few years has taken its toll. "We had no idea it was going to be this involved when we started it," he said. "I'm not interested in making them or eating them anymore. For years my family has asked me to make a big pavlova for Christmas, but now it's the last thing I want to do."

reprinted from *The Guardian*, 2019. Photo: Getty Images



Strawberries Pavlova was an Edwardian-period glacé served with a garnish of raspberries

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reprinted from *The Guardian*, 2019. Photo: Getty Images

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You can't 'Zoom' trust

By Admiral James Stavridis, U.S. Navy (Retired)

When I was Supreme Allied Commander at NATO, I spent an enormous amount of time on the road. Each year, I would visit each of the Alliance's capitals a couple of times a year. I'd also go to the nations that were not NATO allies but strong partners in Afghanistan. I did it because I wanted to have a human interaction and to build personal trust with the leaders of those nations and their militaries. In the U.S. military we have a saying, "You can't surge trust." In times of crisis, you can surge forces, but you must build trust one interaction at a time.

I've been thinking about

that recently. As we continue to deal with the effects of COVID-19, many of us are now zooming (pun intended) past the 150 day point away from our offices. For many, the daily commute is just a few feet to a home office, and we have our "Zoom shirts" hanging on the back of the door knob. There is an entirely new rhythm to life via telephonic conference calls, video and facetime chats, and the wide variety of video conference options—Blue Jeans, Zoom, Cisco Webex, Microsoft Teams, GoToMeeting, and many

Cont. on Page 38



Admiral Stavridis meeting with Afghan National Army leaders in Afghanistan.



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others. For those in industries where work can be accomplished virtually, there is a seductive quality to this. We “buy back” the cost and time of commuting, dry cleaning, lunches out, and other aspects of heading for the office. Recovered time can be used in so many positive ways—reconnecting with loved ones, exercising, and building intellectual capital from studying a language or reading classic literature. Some firms are thinking about permanent cuts to “in-person” work sites and offering hybrid home/work balance packages to workers. Twitter, for example, has indicated it will allow its workers to continue working from home permanently. Others will surely follow, if for no other reason than to save the significant costs of owning and operating real estate and offices, especially in expensive urban settings. But what are we giving up by potentially walking away from the office experience? As Robert Frost famously

said, “Poetry is what gets lost in translation.” Are we headed for a world in which face-to-face interaction becomes the exception rather than the norm? Throughout my seven years as a 4-star combatant commander, I participated in many, many video teleconferences, called “VTCs” in military jargon. They were conducted over highly secure communications systems and would often include sensitive briefings on upcoming operations—from a hostage rescue in Colombia to counter-terrorism raids in Afghanistan. The conferences were useful tools that ensured alignment from the highest levels of government in Washington, D.C. (White House, Secretary of Defense, Chairman of the Joint Chiefs) to the combatant commanders and their components conducting operations around the world. But the shortcomings of VTCs were apparent—and those shortcomings are increasingly part of the business and government landscape today. Leaders should consider them before rushing

headlong into this brave new world. First, there is a real loss of subtle but important physical cues in the VTC world. The inability to measure a person’s body language, enthusiasm, level of intensity, and nuance of behavior is a significant limitation. When briefing the National Security Council staff some years ago on a VTC from Miami about operations in Colombia, I wasn’t able to pick up on the subtle but critical doubts some of the junior staff in Washington felt. I learned of their doubts later from a colleague who had been in the White House Situation Room for the brief, and it ultimately undermined my recommendations. In person, in many situations, we are able to adjust our message and presentation and more fully satisfy our audiences. Another concern is cybersecurity. While all of the various teleconferencing companies are working to make their apps more secure, all of them are vulnerable to cyber intrusion from hackers, cyber criminals, competitors, or for-

eign governments. Russia, China, North Korea, and Iran all have sophisticated and capable offensive cyber tools that could be employed against U.S. businesses. While it is tempting to use VTC services that are simple and easy to operate, there is no substitute for face-to-face meetings to safeguard the most sensitive conversations. You just can’t do that from home. In the military context, we spent an enormous amount on ensuring cybersecurity for VTCs, but for the most sensitive matters, meetings were face-to-face. Third, you can’t surge trust. Relationships are built, interaction-by-interaction, over time. At the start of the pandemic, when everyone locked down and started working from home, many companies and organizations were able to continue working well together because team members already knew each other. But think of trust like a bank account: You make deposits into it over years of face-to-face interactions, and you draw on it as you work remotely and rely on video teleconferences. You

know the person on the screen, so you can extrapolate from the tiny vision in front of you and understand what they are thinking. Unfortunately, over time, that bank account draws down as new people join the organization, new clients are added, a new outside legal counsel is needed, and fresh opportunities require diligence from another firm or organization that is not a regular partner. I’d say most organizations—whether they be military commands, corporations, non-profits, schools, or universities—have about a year of “trust capital” from pre-existing relationships in the bank, but by early 2021, much of that capital will be exhausted. Finally, we should recognize that humans are generally a gregarious species. Most of us draw energy from the people around us. (There are, of course, exceptions in the broad spectrum of personality.) As a result, working from home may have a highly seductive appeal initially; but over time, the ethos of most organizations will be damaged by a lack of

real, in-person, human interaction. There is significant “poetry” in the human relationships that form the fiber and ethos of an organization. As we communicate and work together, we should observe that the poetry is exceedingly delicate, fragile, and can evaporate over time. The military is no exception—we need personal contact, especially in stressful times. None of this means we haven’t learned powerful lessons that can be applied as we return to a “new normal,” hopefully next year. It seems likely, for example, that less business travel will ensue, and some organizations will offer creative hybrid work arrangements in the time to come. Big conferences may be done virtually at vastly reduced costs. But we must be mindful of the long-term power of in-person interactions—in the military, business, and every field of human endeavor. Poetry matters, and we should not allow it to be lost in translation.

around £10 billion a year. That’s without mentioning the myriad of other invisible disabilities faced by millions. While we continue to become more open to talking honestly about the experience of mental health challenges, there is still a long way to go before acceptance is mainstream and treatments stop being taboo. Patients diagnosed with depression, PTSD, or anxiety are often prescribed tried-and-tested medicines that have worked well for others. But what about the significant proportion of people who are resistant to medicinal treatment? In Britain almost a third of those suffering from depression, 1.2 million people, are living with a treatment-resistant form of the illness. Even worse, there have been no major advances in the treatment of depression for decades. There is clearly an urgent need for more research into novel therapies for treatment-resistant cases. Enter psilocybin, a compound found in over 100 species of fungi, commonly known as ‘magic mushrooms’. It is a psychedelic that induces temporary

changes in mood, perception and cognition via activation of serotonin receptors in the brain. What’s more, it’s quite safe. It is associated with a low potential for harm relative to other classes of psychoactive drugs: it has very low toxicity and is not associated with the development of physical dependence, nor with acquisitive or other crime, while deaths attributed to its abuse are extremely rare. Despite this, it is listed in Class A of the Misuse of Drugs Act 1971 and in Schedule 1 of the Misuse of Drugs Regulations 2001. There is overwhelming scientific consensus that the current legal status of psilocybin is based not on evidence, but on overstated historical assumptions of harm (partly due to an anti-hippie backlash from the 1960s). So, what does this have to do with mental health treatment? Psilocybin shows real promise as an alternative approach to existing mental health therapies. Early studies show that it can be administered safely and in a controlled manner to

patients, is well tolerated, and is likely to have lasting therapeutic effects. “There were times in the whole experience where I felt like I was being purged of self-doubt, guilt and was being shown ways of handling all that was bringing me down,” one clinical trial participant reported back. “It was like having the best therapist in the world inside your mind, but all the answers were within.” These promising early results will need substantiating with larger-scale phase 3 trials in order to create a robust evidence base. However, as is so often the case, government red tape is holding up progress. The Home Office’s classification of psilocybin as Schedule 1 drug makes pharmaceutical trials expensive and time-consuming. The stigma associated with Schedule 1 status also reduces funding opportunities and approval from ethics boards. Compliance with regulations and obtaining licenses from the Home Office costs precious time and money which would be better used creating much-needed treatments. In the latest paper from the Adam Smith Institute, in

conjunction with the Conservative Drug Policy Reform Group and researchers from the University of Manchester and King’s College London, we call for psilocybin to be rescheduled as a Schedule 2 drug, like cannabis now is. In practice this would mean universities could study the drug without any additional licensing or red tape, ensuring further medical trials can be conducted to determine the feasibility of psilocybin as a treatment for debilitating mental health conditions like depression and PTSD. We cannot allow our outdated approach to drug classification to hamper research into medicinal use of traditionally recreational drugs with strong therapeutic promise. A simple reclassification would be a big step forward in pursuing a treatment that has huge potential. With a growing mental health crisis following months of isolation, anxiety, financial stress, and bereavement caused by Covid-19, now is the time to pursue every avenue available to us to bring relief to those of us who are silently struggling.



It’s magic, you know: Why it’s time to lift the restrictions on psilocybin

By Morgan Schondelmeier, Journalist

1. Psilocybin mushrooms show real promise as an alternative approach to existing mental health therapies
 2. Psilocybin is nowhere near as harmful as its classification suggests - a change is long overdue
 3. Given the huge cost of depression, we should be pulling out all the stops to find new treatments
- One of the most welcome developments of recent years is that we have become much more open



SOME NOTABLE CHANGES TO YOUR LICENCE IN SPAIN

With thanks to Emma Swain, Motorworld, Tenerife



Whilst some people will not necessarily agree with these changes, they are as follows:

Drivers with a Category B licence and two years’ driving experience are now authorised to drive SOME ‘Goods’ vehicles (those generally with a Gross Weight 3,500kg and 4,250kg. The 2019 Law change allows a Category ‘B’ Licence Holder to drive a ‘Goods’ vehicle with a Gross Weight no greater than 3,500kg. In these cases, the driver must have 3 years’ driving experience and the vehicle to be driven to be a mini-bus (max 9 persons including the driver), or a ‘transit-type’ vehicle

(Ford transit, Hyundai H1 etc) This is not the first time that Category B licence holder legislation has been changed. From October 2004, every such Licence-holder can ride a 125cc motorcycle, provided it does not have a sidecar and does not exceed 11kw power output. Here again, the holder of such a Licence will have had three years’ driving experience when applying for the Licence without requiring further paperwork. Other changes relate to Age Limits on certain Licences: Dependent of the type of vehicle and its use, the age limit to obtain a category C,D,D1; C+E, D+E and D1+E will be reduced ONCE the Applicant ob-

tains a Certificate of Aptitude Professional (CAP) In addition, those wishing Licences C, C1, D, and D1 (for trucks and buses) or combined B+E, C+E, C1+E, D+E or D1+E (articulated lorry) should be able to benefit from a reduction in the minimum training schedule on the risk factors associated with the type of vehicle that will be examined, so long as they then satisfy the test requirements. IMPORTANT: We would remind all UK citizens resident in Spain and still holding a current UK Driver’s Licence that they should start the exchange process without delay and not to leave it until the last minute. At the present time, after 31/12/2020

Category	Vehicle Description	Requirements
A	Moped	> 50 cm ³ > 45 km/h at max 20 km/h < 30 km/h
A1	Motorcycle	max. 125 cm ³ max. 11 kW 16 < max. 60 km/h < 18
B	Car	max. 3.5t max. 9 seats max. 750 kg
BE	Car + Trailer	max. 750 kg
C1	Truck	> 3.5t < 7.5t max. 9 seats max. 750 kg
C1E	Truck + Trailer	max. 750 kg
C	Truck	max. 750 kg
CE	Truck + Trailer	max. 750 kg
D1	Bus	max. 9 seats max. 16 seats
D1E	Bus + Trailer	max. 750 kg max. 16 seats max. 12
D	Bus	max. 750 kg
DE	Bus + Trailer	max. 750 kg

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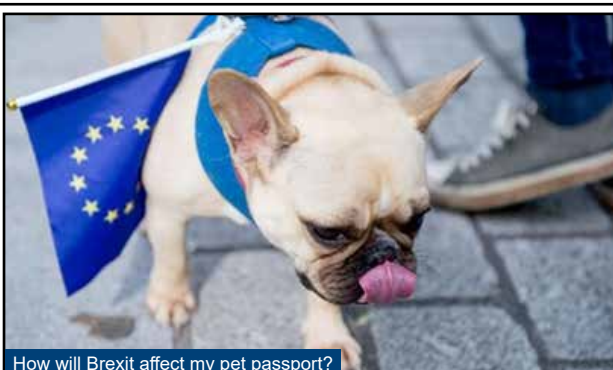
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How will Brexit affect my pet passport?

Pet Passports: How will Brexit affect my pet passport?

By Liam Doyle, Journalist, Express Newspapers

PET passports allow people to take their beloved companions on holiday rather than having to leave them with a carer. But as Brexit becomes more complicated, people wonder whether they will still be valid. How will Brexit affect pet passports?

A pet passport allows a pet to travel abroad with their owner, many stuffed in the cabin of a plane or boat alongside them. The documents aren't quite as complicated as human passports but remain vital for national health and safety. Much like with free movement, the EU allowed a more seamless transition for people with pets, which

will change from next year.

How will Brexit affect pet passports?

Pet travel within the EU acts much like coronavirus air corridors do right now. Owners could bring their companions into another EU country without having to quarantine them first. Quarantine would give authorities time to ensure no animal diseases had entered their borders.



No deal Brexit: What does No Deal Brexit mean for Britain's pets?

Pet passports circumvent this, providing officials with a reliable summary of treatments a pet has received. They include evidence the animal has vaccinations against rabies and other diseases. Only qualified vets may issue a pet passport, and once issued, they will allow people to travel within the EU with-

out resistance. Brexit will make these passports invalid from January 1, 2021. Pet owners will need to follow a new process to take them on holiday when the UK withdraws from the EU. When it does so, Britain will become a third country, which exits outside the single market. As EU countries issue the documents themselves, Brits will have to find another way to get their pet approved. Officials have asked people to ensure they contact their vets

at least four months before travelling.

According to Gov.uk, third countries may choose to become listed with the European Commission. They will then get either unlisted, part one or part two listed status. The process will require the Government to make arrangements, however, as it is not automatic.

The status the UK gets will affect how people travel through the EU with their



Officials have asked people to check with their vet at least four months before travel

Part one listed country

Countries which gain part one status would require people to apply for a UK rather than an EU pet passport. Dogs would need tapeworm treatments, and other pets a rabies vaccination and microchip.

Part two listed country

Residents of a part two listed country must get an animal health certificate (AHC) 10 days before they go on holiday, on top of the

above requirements. The certificates show an animal is microchipped and vaccinated against rabies, and owners must get a new one before each trip.

Unlisted country

Residents of an unlisted country must do all of the above and send a blood sample taken from their pet at least 30 days after a rabies vaccination. The sample goes to an EU-approved laboratory, and after three months will go on a pet's AHC.



Pets may have to go through more hurdles for holidays after Brexit



WHY MUSCULAR SORENESS COULD BE BAD

From Menswear Style in Health & Fitness

Millions of men exercise on a regular basis. Some are interested in gaining muscle. Others might instead prefer to lose body fat or train for an upcoming marathon. Whether hitting the weights or pushing past your limits in order to achieve a five-minute mile, the fact of the matter is that soreness is a natural part of the process. Some even gauge the efficacy of their training sessions upon how sore they are the following day. To

muscular pain is known as myalgia. When we push our bodies to the limit, we actually cause the fibres within our muscles to tear at a microscopic level. These tears will then need to heal over the next few days; the main reason why our muscles tend to ache after completing a difficult training session. Not only will the proper amount of rest enable us to grow stronger over time, but this very same pain is how our bodies let us know to rest and recover before moving on. Those who are prone to extremely gruelling sessions



WHY DO MUSCLES BECOME SORE AFTER A HIGH-INTENSITY TRAINING SESSION?

The medical term for



may train a body part (such as the quadriceps) to the point that it remains sore for four or five days. This is entirely natural and there is no reason for alarm. However, there are other times when soreness could represent a warning sign.

IDENTIFYING ACUTE PAINS

Those who are sore will sometimes choose to take supplements such as the

er signals that you are feeling more than an average level of soreness include:

- Pain that progressively increases throughout the days following the training session.
- Muscles that become red, swollen or painful to the touch.
- The inability to move a specific joint.
- A decreased range of motion around a specific area of the body (such as the shoulder girdle).

All of these scenarios could be signs that more damage has been done than you initially suspected. As much as you might still be tempted to ignore such pains and hit the gym, this will result in more harm than good. It is best to speak with your doctor in order to obtain a proper diagnosis. You will then be able to return to normal activities in no time at all.

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US election 2020: A really simple guide

With thanks to BBC News

The president of the United States of America has a huge influence on how the world responds to international crises, such as wars, global pandemics and climate change.

So when the election comes round every four years, there's a lot of interest in the outcome but not a lot of understanding about

ard Nixon.

The Democrats are the liberal political party in the US and their candidate is Joe Biden, an experienced politician best-known for serving as Barack Obama's vice president for eight years.

Both men are in their 70s - Mr Trump would be 74 years old at the start of his

battleground states.

Who can vote and how do they do it?

If you're a US citizen and you're 18 or over, you should be eligible to vote in the presidential election.

However, lots of states have passed laws requiring voters to show identification documents to prove



will be on Trump v Biden, but voters will also be choosing new members of Congress when they fill in their ballots.

Democrats already have control of the House so they will be looking to keep hold of that while also gaining control of the Senate. If they had a majority in both chambers they would be able to block or delay Pres-

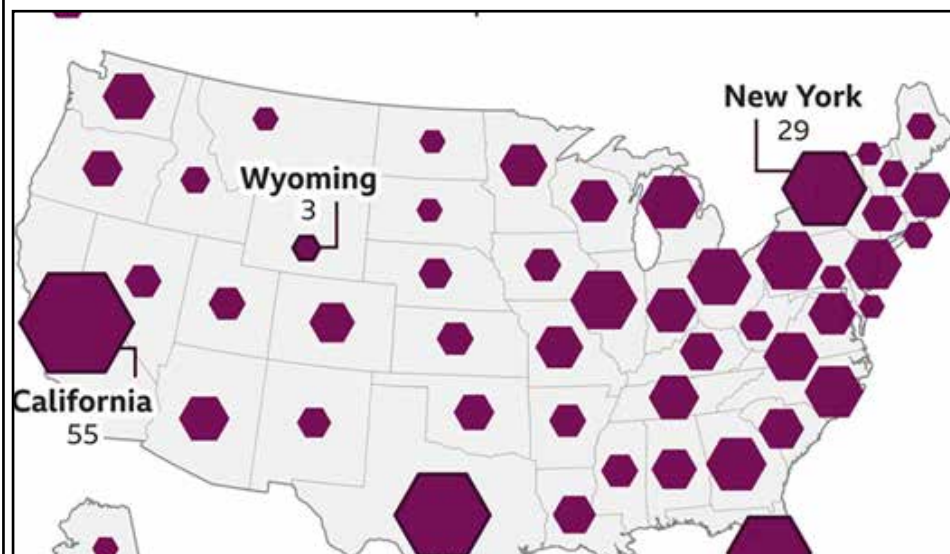
ed, but it's usually pretty clear who the winner is by the early hours of the following morning. In 2016, Donald Trump took to the stage in New York at about 3am to give his victory speech in front of a crowd of jubilant supporters.

But don't set your alarm clocks just yet. Officials are already warning that we

made a month later.

When does the winner take office?

If Joe Biden wins the election, he wouldn't immediately replace President Trump as there is a set transition period to give the new leader time to appoint cabinet ministers and



how the process works. If you're looking for a refresher or trying to understand it for the first time, this simple guide to the US election will help.

second term, while at 78, Mr Biden would be the oldest first-term president in history.

How is the winner decided?

The winner is not always the candidate who wins most votes nationally - as Hillary Clinton found out in 2016. Instead, candidates compete to win electoral college votes. Each state gets a certain number of electoral college votes based on its population and there are a total of 538 up for grabs, so the winner is the candidate that wins 270 or more. This means that when someone votes for their preferred candidate, they're voting in a state-level contest rather than a national one.

All but two states have a winner-takes-all rule, so whichever candidate wins the highest number of votes is awarded all of the state's electoral college votes. Most states lean heavily towards one party or the other, which means the candidates focus their efforts on a dozen or so states where either of them could win. These are known as the

who they are before they can vote. These laws are often put into place by Republicans who say they're needed to guard against voter fraud. But Democrats accuse them of using this as a form of voter suppression as it is often poorer, minority voters who are unable to provide ID like a driving licence. States also have different rules on whether prisoners can vote. The majority of them lose their right to vote when they are convicted but regain that right when they have served their sentence.

Most people vote at a polling station on election day, but alternative methods of voting have been on the rise in recent years. In 2016, 21% of those who voted did so by post. How people vote is a contentious issue this year because of the coronavirus pandemic. Some politicians are calling for wider use of postal ballots, but President Trump has said - with very little evidence - that this could result in more voter fraud.

Is the election just about who is president?

No. All of the attention



ident Trump's plans if he were to be re-elected. All 435 seats in the House are up for election this year, while 33 Senate seats are also up for grabs.

When will we find out the result?

It can take several days for every vote to be counted.



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HOW A LACK OF SLEEP WEAKENS YOUR IMMUNE SYSTEM AS MUCH AS STRESS

Your body needs sleep to function correctly. Studies show that a person can go 11 days without rest, but the signs of the lack of sleep will begin to show after three or four days. Without rest, your mind and body will start to shut down. The lack of sleep can cause things like hallucinations and paranoia, but thankfully the symptoms resolve once a person gets to rest. How much sleep does a person need? Well, adults between the ages of 18-60 should get about seven hours each night. Infants need almost double the amount of sleep as their parents, with an average of around 10-13 hours a night.

Sleep is so important because your body is busy repairing and building your immunity to thrive. Your damaged tissues and cells are being healed and restored. If you don't get the right amount of sleep, then you are more susceptible to disease and infections.

OVERCOMING LACK OF SLEEP SHOULD BE A PRIORITY

Do you use your sleep as a bargain time for you to do extra things? For instance, do you think that you can shave off two hours here or there so you can make time for friends and family? Your sleep time should be non-negotiable. Your body requires about 49 hours each week to thrive. If you get 40 hours instead of what you need, you are sleep deprived. While you may not feel the effects immediately, it's affecting your immune system.

You may start getting sick more, and you may find that your overall health begins to deteriorate. The Center for Disease and

sufficient levels.

HERE'S WHAT HAPPENED WHEN PARTICIPANTS GOT PLENTY OF SLEEP VERSUS THOSE WHO SUFFERED A LACK OF SLEEP

The participants that got sufficient amounts of sleep found that they had a higher level of T cell formation along with integrin activation. The people who were lacking in sleep saw disturbing low levels of these innate cells. When a person doesn't have enough sleep, and they deal with stressful situations, it hurts their immune system because it cannot function properly.

Thus, a conclusion that states that a lack of sleep can make you sick is verified. Your body is building its defence system when you sleep at rest. It's not a process that can happen quickly as it needs several hours to complete. When you lack sleep, it does more than just halt the production of T cells. Many severely underestimate the importance of getting enough rest. If you don't get at least seven hours each night regularly, then you are allowing the formation of a hostile environment inside your body.

RESTORING IMMUNITY WITH T CELLS

Different cellular parts make up the immune system. T cells are a vital part of this essential network. These cells are very resistant in their battle to fight intracellular pathogens, which keep you safe. Research shows that T cells can battle against the flu or things as deadly as cancer. They could be the very thing that stops you from getting sick even though everyone in the household is ill. A recent study was conducted on the effects that a lack of sleep has on these vital cells.

The study found that during your hours of rest, these T cells kick into overdrive, helping your immune system to boost its defense. Part of their efforts is made during sleep because your stress hormones are at their lowest during this time. Since stress prohibits these cells from properly fighting your immunity, it halts the T cells from doing their job.

When your body has a cell that is virally infected, your system will activate integrins to fight against the foreign pathogens. These integrins are similar to that of a sticky protein that will attach itself to the bad cells to destroy them. The study compared the difference between people who got adequate amounts of sleep versus those who had in-

When you have insomnia, chronic sleep deprivation can give you both long- and short-term health problems. The short-term consequences of poor sleep may cause:

- Anxiety
- Mood Fluctuations
- Forgetfulness
- Poor Judgment
- Errors at Work
- Car Accidents
- Relationship Issues

When you have chronic sleeping issues that impair your ability to function well, then it becomes dangerous. Your body needs sleep, and if it doesn't get adequate rest, then it builds a sleep deficit. The deficiency can cause problems with the following things:

- Inflammatory Conditions
- Increase in Blood Pressure
- High Levels of Cortisol
- Weight Gain
- Heart Disease
- Insulin Resistance
- Blood Sugar Regulation Issues

IS THERE A CORRELATION BETWEEN HEART DISEASE AND SLEEPLESSNESS?

A study was conducted about the effects of sleep on heart disease. They used mice for the study. The goal was to find if there were any changes in the heart when the animal received proper amounts of rest or inadequate amounts. They investigated things like bone marrow, blood vessels, as well as brain function.

When the mice had adequate amounts of sleep, the mechanisms that protected the hardening of the arteries engaged and helped to keep disease at bay. However, the mice that didn't get enough sleep were prone to heart disease.

The link between adequate sleep and good cardiovascular health is not fully understood and needs more research, but it's a promising lead to show how to improve heart health.

WHAT MIGHT BE CAUSING YOUR LACK OF SLEEP?

Why do so many people resist getting a good night's rest when they know their body needs it? Sleeplessness is often caused because a person's priorities are not inline. Most of the reasons why people don't get adequate sleep are vol-

untarily brought on.

1 - POOR BEDTIME HABITS

It's essential to set the right mood for rest. For instance, your bedroom should be cold and dark. You should avoid having distractions such as televisions, computers, electronics, and other technological devices. Even an alarm clock that is too bright can disrupt your REM sleep.

2 - ALLOWING PETS IN THE BED

While you may enjoy having Fido sleep with you, pets can be a significant cause of a miserable night's rest. They can hog the bed and mess with your blankets, making sleeplessness a real issue. If you have a spouse that has a snoring problem, then it also needs to be addressed.

3 - UNDIAGNOSED SLEEP DISORDERS

Many people have undiagnosed sleep apnea that can be deadly if not treated. Additionally, you may have a snoring problem. You may need to go to the bathroom during the night. These are things that you can't control, but you can get help for them.

4 - VITAMIN OR MINERAL DEFICIENCY

Insomnia happens for many reasons. If you cannot get the right amount of sleep, no matter what you try, then you need to see your doctor. Essential oils and natural supplements like melatonin can help to increase your sleep time without nasty side effects. Still, you need to make sure there is no underlying condition contributing to

your lack of sleep.

5 - CONSUMPTION OF TOO MUCH CAFFEINE

Another thing that you need to be cautious of is your caffeine consumption. Caffeine is a stimulant that increases the heart rate. According to one study, too much coffee or other caffeinated beverages can keep you up well into the night. It's not that your body doesn't want to rest, but the stimulant is prohibiting you from entering that state of slumber.

6 - NOT GETTING SUFFICIENT EXERCISE

Keep in mind that if you have a hard time going to sleep, you need to start a nightly routine. New research debunks the myth that you should avoid working out before bedtime. Exercise can be an excellent way to end your day, and it's shown to promote healthy sleep. The bottom line is good sleep is a priority that you must make in your life, and it's not something that you can use as a bargaining chip.

FINAL THOUGHTS: YOUR LACK OF SLEEP COULD AFFECT YOUR ENTIRE BODY

What starts as a few hours missed here or there could turn into a severe issue. If you're having problems getting sufficient rest, then you must take preventative measures to correct it. When you don't get sufficient amounts of rest, you are putting your immunity in a volatile position. Those with weakened immune systems are more susceptible to sickness and disease than those who have excellent resistance.



Sleeping next to someone you love makes you fall asleep faster, reduces depression, and helps you live longer.

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ENERGY PERFORMANCE CERTIFICATES IN SPAIN

SEPTEMBER 2020 UPDATE

It is now seven years and three months since the legal requirement was brought in for Energy Performance Certificates to be carried out throughout mainland Spain and the Canaries. Reviewing the Canarian Government's official register it can be seen that around 242,600 certificates have now been registered - an increase of 1,790 certificates issued in August, almost the same number as were carried out during August of 2019 and some 150 more than in the month of July 2020. This appears to suggest that some degree of 'normality' might be settling on the property market. This is of course groups both residential and commercial properties and those for sale as well as for rent in all of the Islands which together form the Canaries.

Selling your property

From 1st July 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 already been let prior to 1st July 2013, no EPC is required until one tenant leaves and the property is offered for long term rental

again. If your property was built after 2007 you should already have an EPC provided by the seller. If you only rent your property out on a short term basis, for less than 4 months of each year, you may not need to have an EPC. If you are the tenant your landlord or the letting agent should be able to show you the EPC for your property.

The EPC contains:

Information about a property's energy use and typical energy costs, and recommendations

as to how you may be able to reduce energy use and save money.

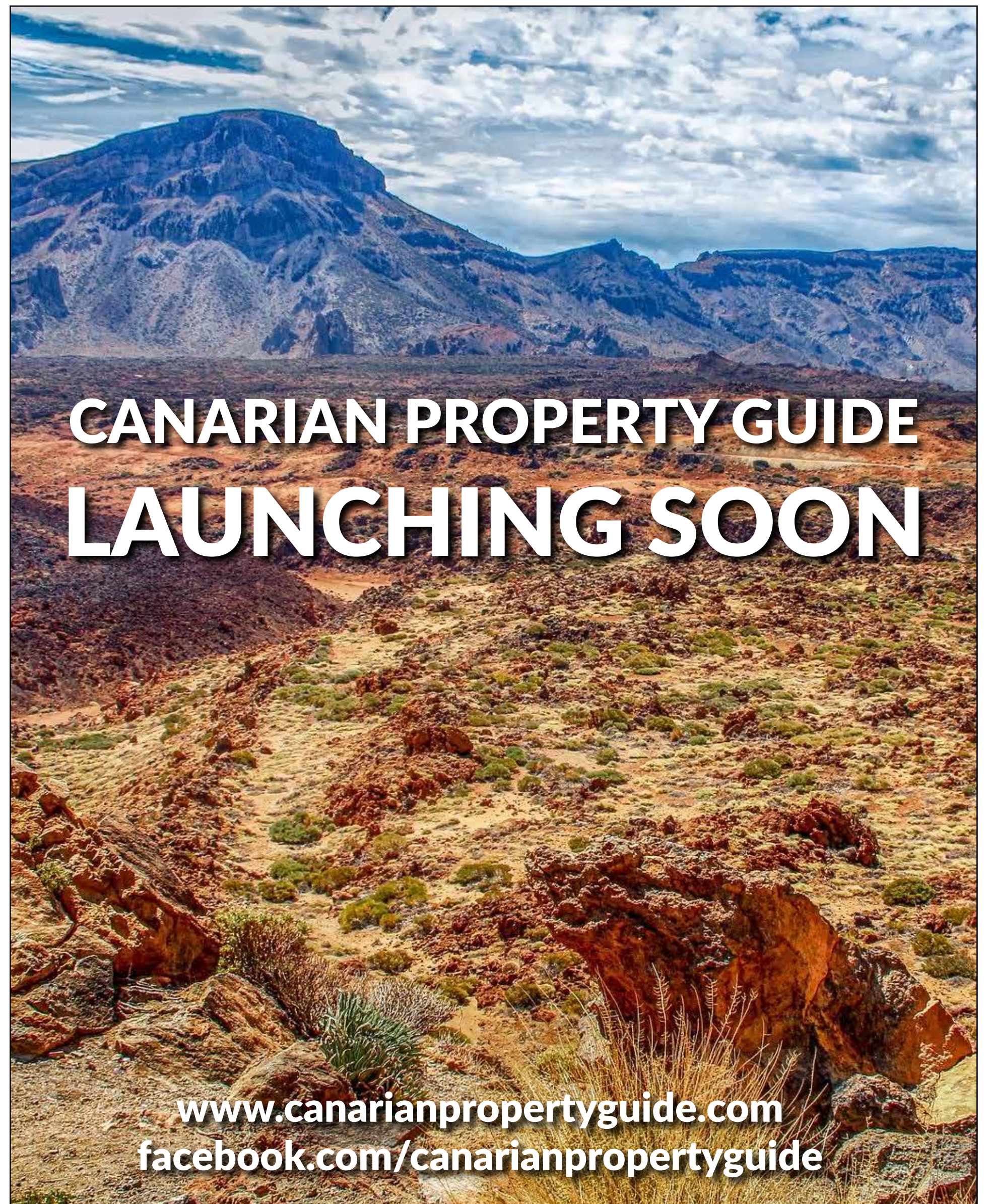
An EPC allocates an Energy Efficiency Rating, ranging from 'A' (most efficient) to 'G' (least

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.

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.



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Fuerteventura



Fuerteventura is a young, very obedient dog with a puppy-like personality. He is only around 2 years old and is playful, intelligent, very loyal and good at obeying orders. He is sociable with people and with other dogs so he would make a great

family dog. Would anyone like to adopt this lovely boy? He gets so bored in the kennels. The Centro de Proteccion Animal de Tierra Blanca is located off Junction 15 of the TF-1 by the restaurant Los Chasneros, just 200 metres above the

TF-1. They don't ask for adoption fees, only a donation of food and some photos to let them know how your new pet is getting on in his/her new home. Please call Rachel on 629 031 273 for more information.

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Modern Bar & Cafe

NEW



New and Modern Café for sale in San Eugenio Bajo that was just refurbished. It is known for delicious tapas and outstanding cocktails! Nevertheless, the owner had to leave Tenerife and that is why it is for sale. A must see!

Ref.: 2371

Price: 39,500€

Los Cristianos Pool Bar

Reduced



This pool bar located in a complex in Las Americas is a great for a couple or even a single person. The inside premises are spacious 70m2 and the terrace is 20m2. The complex has 170 apartments that is both residents and tourists.

Ref.: 2357

Price: 26,500€

Dry Clean & Laundry Business



This business offers dry clean, laundry and house cleaning services in Tenerife South. It has been established for 7 years and the clients counts both private persons and larger complexes and hotels.

Ref.: 2351

Price: 69,000€

Successful Cafe For Sale

NEW



You find this successful café in a busy area of Los Cristianos close to the beach and with sea view from the terrace. It has amazing reviews on social media and is known for its high-quality food and lovely service.

Ref.: 2370

Price: 60,000€

Cafe & Cocktail Bar



This Los Cristianos Snack & Cocktail Bar has a good reputation, is known for its large cocktails and homemade burger sliders that attracts both locals and tourists. The premises are newly renovated and is 76 m2 altogether.

Ref.: 2356

Price: 49,500€

Successful Restaurant & Bar



Most people know this restaurant and bar in Fanabe, located first line at the beach. It is a popular concept and it is highly ranked on social medias. You cannot miss this if you are looking for a well-established business!

Ref.: 2346

Price: 54,000€

Boutique in Shopping Center

Reduced



This bargain store is located in a shopping center in San Eugenio that guarantees plenty of footfall. The local is 53m3 and sells women clothes, shoes and bags. The stock is sold separately and costs about 10,000€

Ref.: 2322

Price: 8,000€

Bakery & Pastry Company



This S.L. company includes a bakery and 2 cafes. The bakery produces mouthwatering bread and pastry to cafes and restaurants in Tenerife as well as their own 2 cafes. The bakery and the 2 cafes are sold as 1 S.L. company.

Ref.: 2353

Price: 570,000€

Lovely Coffee Bar & Cafe

New



This modern coffee bar is in the old part of Los Cristianos and enjoys plenty of footfall days and evenings. It has been established since 2017, has great reviews on social media and is known for great service and quality coffees.

Ref.: 2368

Price: 50,000€

Italian Bar-Restaurant



This cozy Italian bar-restaurant in Las Americas is located among large hotels and resident complexes, but without a lot of direct competition. The restaurant is 50m2 inside and has a large covered terrace of 75m2 all in great condition.

Ref.: 2328

Price: 47,000€

Day Care & Nursery

New



This well-established daycare & nursery in Tenerife South has been established for several years. The premises are licensed for 50 children and fully equipped. Today it is open every day but evenings and weekends too.

Ref.: 2366

Price: 81,000€

Bargain Successful British Bar

Reduced



If you are looking for a bargain you cannot miss this successful British Bar San Eugenio Bajo that has been established for more than 10 years, shows a healthy income and has been dramatically reduced for a fast sale!

Ref.: 2007

Price: 23,500€

Las Americas Pub

New



This small but well-known pub has been established for many years and comes with many regular guests. It is especially busy during the mornings for breakfast and in the evenings with quizzes or sport in TV.

Ref.: 2364

Price: 42,500€

Los Cristianos Cocktail Bar



This modern cocktail bar is located centrally in Las Americas / Los Cristianos. The bar is spacious, has a large terrace and is newly refurbished. During daytime it works as a café and during evenings it is cozy a cocktail and lounge bar.

Ref.: 2350

Price: 55,000€

Licensed Animal Farm



This black pig farm is located in Adeje. This is a rare opportunity to get a fully renovated and licensed farm made in a collaboration agreement for the conservation of the Canary Islands black species. Rent only 300€ monthly!

Ref.: 2361

Price: 100,000€

Luxury Boat Charters



This reputable charter business located in busy in Puerto Colon includes a sailing yacht and a motorboat, which both offers 3-hour excursions to see whales and dolphins but also private charters from 2 hours to full days.

Ref.: 2338

Price: 330,000€

Cafe Leasehold or Freehold



This café is located in Costa del Silencio, has been established for more than 3 years and shows a healthy income. It is a British Café with an international clientele. And is for sale both as a leasehold and a freehold.

Ref.: 2324

Price: 69,000€ / 185,000€

Medical & Beauty Clinic

Reduced



This clinic offers medical and beauty treatments from urine tests and health certificates to teeth whitening. Located in Las Americas it has both walk-ins and make home visits. The majority of the clients are foreigners with insurances.

Ref.: 2359

Price: 69,000€

Dance & Night Club



This newly refurbished bar & club is located in Las Americas and has the license to run both as a Cabaret Bar (lap dance) and Bar Sexual (sex club). It is 300m2 with a bar, DJ booth, dancing area and 8 private rooms with bed and showers.

Ref.: 2254

Price: 139,000€

Prominent Diving School



If you are looking for a successful excursion business, you cannot miss this! Established for 6 years and is a genuine success story run by a very serious and experienced team. It is a registered SL company with all papers up to date.

Ref.: 2358

Price: 250,000€

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