

The Tenerife Property & Business Guide



FREE | November 2020
Every Month | Issue 193

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



The TPG wishes all holiday-makers a very warm welcome! We have really missed you these last few months!

IG Intelligent Group
Smart Business Sales

See our main advert on page 55

OUR ADVERTISING RATES
Monthly rates - call for a deal!

Quarter	Half	Full Page	Spread
€45	€85	€150	€290
		<small>MOST POPULAR</small>	

609 714 276

LOS ABRIGOS SEA FRONT
NEWLY REFURBISHED BUILDING
JUST 3 UNITS REMAINING!

See our main advert on page 21 and the Floor Plans of the apartments on Page 2

RD PROPERTIES
"Where houses become Homes"

SAFECLEAN
PART OF G.D.A. GROUP S.L.U. Est 1987

PEST CONTROL
For private villas, apartments, complexes, providing sanidad
certificates for Bars & Restaurants
CONTROL DE PLAGAS
Desinsectación, desratización y certificados

609 066 973
627 114 090

CLEANING
Professional upholstery & carpet cleaning, sofas, beds
LIMPIEZA
Limpieza de sofás, alfombras, tapizados etc.

www.safecleantenerife.net e-mail: info@safecleantenerife.net

Contents

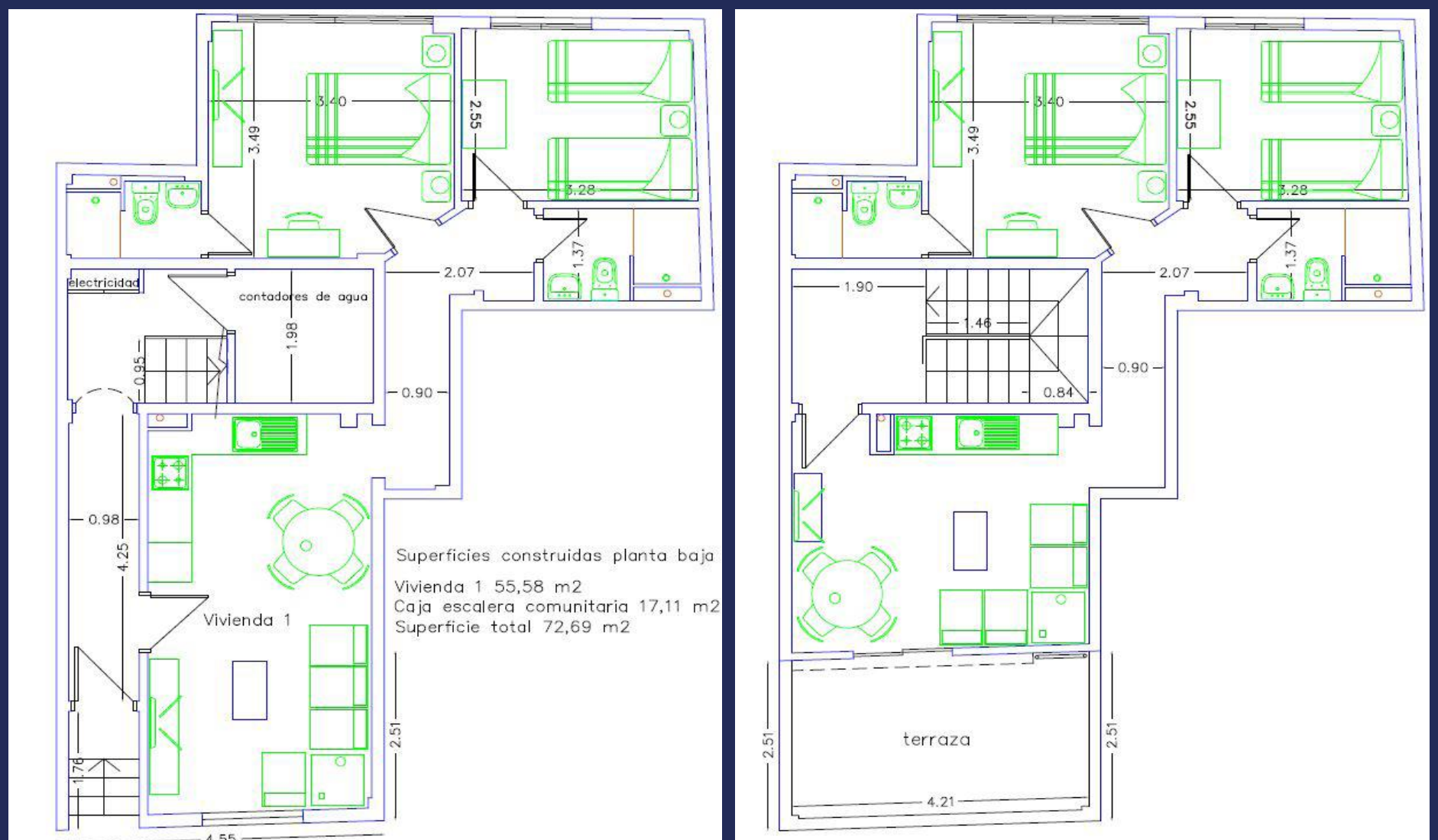
- | | | | |
|----------------|---|--------------|--|
| 03 - 25 | Residential Sales | 34 | <i>Article: Why embracing change is the key to a good life</i> |
| 26 | Direct From Owner | 38 | <i>Article: How long can you survive without water?</i> |
| 28 | Monthly update from Currencies Direct | 39 | The Captain's Table November 2020 |
| 30 | <i>Article: So what if we'd never joined?</i> | 42 | <i>A message from Tenerife's Remembrance day Service Committee</i> |
| 32 | <i>Article: The chilling experiment which created the first vaccine</i> | 46 | EPC Update / Dog of the Month |
| 32 | Motorworld: Your driver's licence and brexit | 48-49 | Sebastian St James IFAs |
| 34 | <i>Article: How to prevent a stroke: Five lifestyle modifications to reduce your risk</i> | 50 | Long Term Rentals |
| | | 52 | Businesses for Sale |

T: (0034) 922 732862
M:(0034) 683 190 977
info@rdpropietiestenerife.com



"Where houses become Homes"

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



VERY ATTRACTIVE PRICES - from €125,000!

**Book your apartment now! Only 4 properties available.
ACT NOW to avoid missing out on this fantastic offer!**

Brand new building with 4 apartments just 20 meters from the beach (INCLUDING A PENTHOUSE WITH ITS OWN ROOF TERRACE!) currently under construction (completion date planned for January 2021)



ÉLITE HOME TENERIFE

Real Estate

YOUR BRAND NEW INTERNATIONAL REAL ESTATE AGENT

Borne from the union of a team of professionals operating in the Real Estate sector of the Canary Islands. We are now established as a brand specialising in all matters relating to property sales and marketing, with a large property and investment portfolio on the island of Tenerife.

Costa del Silencio, Balcon del Mar



146.500€

1 bed, 1 bath apartment

Urb. Roque del Conde



650.000€

4 bed, 3 bath chalet

El Fraile



85.000€

2 bed 1 bath apartment

La Tosca, Callao Salvaje



157.000€

2 bed, 2 bath duplex

Urb. Guia de Isora, Playa San Juan



230.000€

4 bed, 3 bath semi-detached house

Las Chafiras



139.000€

2 bed, 1 bath apartment

NOW IS THE TIME TO TAKE CARE OF YOURSELF AND YOUR LOVED ONES

TAKE OUT THE MOST COMPLETE PRIVATE HEALTH INSURANCE FOR €42 PER MONTH

info@mbcorreduria.com | administracion@mbcorreduria.com

922 888 771 | 679 85 46 59



(+34) 922 888 771 | (+34) 618 479 988

www.elitehometenerife.com | hola@elitehometenerife.com

C/ Noelia Alfonso Cabrera No 7, Zentral Center - Playa de La Americas - Arona

TENERIFE PROPERTY SHOP S.L.

G.I.P.E. NO. 3722

- ✓ Reliability
- ✓ Professionalism
- ✓ Security
- ✓ Service
- ✓ The BEST Portfolio

Service



Security

OUR OFFICE LOCATIONS:

CC San Blas - Golf del Sur

Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas



2 BED APARTMENT - GOLF DEL SUR

PERFECT HOLIDAY HOME!

This spacious two bedroom apartment is perfect as a holiday home, winter base or even as a rental investment at a great price! Based on a tourist complex with three pools, community garden, reception area as well as a pool bar and a selection of bars and cafes within the complex. There is a choice of supermarkets nearby. The property is modern in style and is sold furnished.

Ref: GOLF01622

Price: €115,000 (approx. £105,500)



1 BED APARTMENT - AMARILLA GOLF

STUNNING VIEWS!

This top floor one bedroom apartment has been completely renovated throughout in a clean, modern style and has amazing views across Amarilla Golf and to the Ocean. Perfect as a winter base to escape those cold months at home. The residential development is peaceful and has a pleasant pool area, and even a pool bar which is ideal for a cool afternoon drink before the sun sets!

Ref: AMG00537

Price: £118,000 (approx. €128,500)



2 BED TOWNHOUSE - SAN EUGENIO

AIR CONDITIONED COMFORT!

Located in the San Eugenio Alto area this immaculately presented two storey, two bedroom house enjoys stunning panoramic views to the Costa Adeje coastline, the neighbouring island of La Gomera and the Ocean! Carefully renovated throughout including double glazing and air conditioning. Bright and spacious, this is ideal as a permanent home or as a winter retreat.

Ref: LA01880

Price: €170,000 (approx. £156,000)



2 BED APARTMENT - GOLF DEL SUR

AL FRESCO DINING!

If you are looking for space inside and outside then this could be right up your street. This converted two bedroom two bathroom apartment is situated in an extremely well maintained development and comes with its own parking space. The internal square metres are well proportioned and the huge terrace offers sun from the afternoon until dusk, the perfect place to enjoy the rays and dine al fresco.

Ref: GOLF01630

Price: €175,000 (approx. £191,000)



2 BED APARTMENT - GOLF DEL SUR

TURNKEY PROPERTY!

Very spacious fully furnished two bedroom two bathroom apartment, situated on the ground floor of this popular residential development offering magnificent views from its large terrace across the two communal pools out to the sea and golf course. Secure complex close to all amenities & within a short walk of the sea front. Right price, right location - what are you waiting for?

Ref: GOLF01609 *Previously €275,000*

Price: €260,000 (approx. £238,500)



2 BED BUNGALOW - AMARILLA GOLF

CLOSE TO THE SEA!

A wonderful opportunity to acquire a beautifully presented two bed, two bath bungalow which is situated in an idyllic front-line development only metres from the sea.... The property offers a comfortable 75m² internally and a generous sun drenched 23m² of terrace too. The layout is very practical with the spacious bedrooms on either side of the lounge which is furnished to a high standard.

Ref: AMG00534 *Previously €289,000*

Price: €275,000 (approx. £252,500)



3 BED TOWNHOUSE - CHAYOFA

SPACIOUS TOWNHOUSE!

A wonderful opportunity to purchase an extremely well-maintained townhouse with stunning views that span from Arona to Costa Adeje, whilst taking in the coast line, La Gomera and the sea. This fabulous home, consists of three bedrooms, two bathrooms and a garage that is so big it could be a basketball court. Situated within a very secure development that offers an electric entrycom system.

Ref: OUT01152

Price: €285,000 (approx. £261,500)



2 BED APARTMENT - LOS CRISTIANOS

IDEAL LOCATION!

It really would be hard to find a better location than this! Just a two minute walk to the renowned Las Vistas Beach or to the upmarket Golden Mile and Safari Centre, this is a perfect property for a winter base, holiday home or for those who like to live in a central location. Sold unfurnished, the property also includes an underground parking space and large storeroom which is a great addition in this area!

Ref: LC00593

Price: €299,950 (approx. £275,000)



EUROPEAN
PROPERTY
AWARDS
REAL ESTATE

★★★★★

BEST REAL ESTATE
AGENCY SINGLE
OFFICE CANARY
ISLANDS

Tenerife Property Shop S.L.

2019-2020

★★★★ BOOST YOUR PROPERTY EXPOSURE ★★★★★

Want to SELL YOUR PROPERTY?

We can help optimise your Property's Sales Potential

with a professional **VIDEO PRESENTATION**



FOR MORE
DETAILS..

Call

922 714 700



EUROPEAN
PROPERTY
AWARDS
REAL ESTATE

AWARD WINNER

REAL ESTATE AGENCY
WEBSITE SPAIN

www.tenerifepropertyshop.com
by Tenerife Property Shop S.L.

2019-2020

www.TenerifePropertyShop.com

2 BEDROOM APARTMENT - CALLAO SALVAJE



This garden apartment is absolutely perfect for a family! The property is 58m² and has two patios to the front and rear of the property with a total of 50m². Ideal to enjoy the sun or for a family to enjoy together and entertain friends. The property is based on a pleasant complex in the heart of Callao Salvaje and has a communal pool. It is sold furnished and with underground parking.

Ref: CS00162

Price: €160,000 (approx. £146,750)

3 BEDROOM VILLA - AMARILLA GOLF



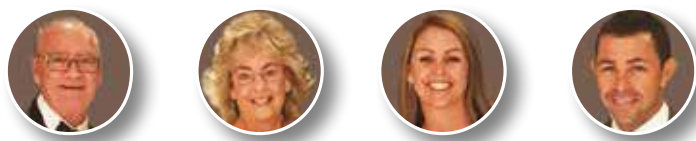
A very private three bedroom, two bathroom detached villa perched on the edge of the Amarilla Golf Course. This well maintained property offers a private swimming pool, air conditioning throughout, spacious accommodation WIFI and satellite TV. The master bedroom is en-suite and both bathrooms have benefited from a recent make over. The villa is secure, boasts golf course views and has a private driveway.

Ref: AMG00544

Price: €365,000 (approx. £335,000)



We don't make promises. We give GUARANTEES!



Two generations of a Family Business · Over 30 Years of Experience
Service & Security in your purchase · Professional Indemnity Insurance
20 Year Insured Title Deed Guarantee

☎ 0034 922 714 700 /
0034 922 715 064

From UK: 0845 862 1634

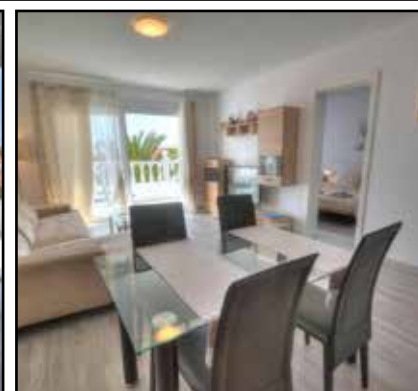
Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeprimeproperty.com

GOLF DEL SUR, SAND CLUB

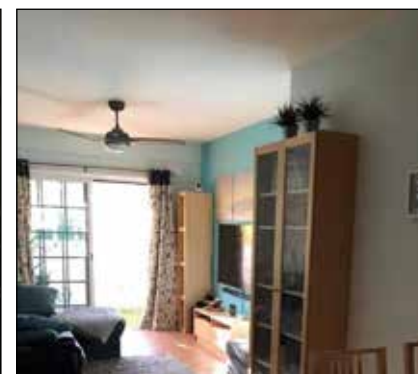


Beautifully presented, fully furnished, 2 bed, 1 bath apartment (65sqm + 20sqm terrace) on sought after complex with lovely pool and sunbathing area. The property has a lounge/dining area, American-style fitted kitchen, and a large sunny terrace. Sand Club is only a short walk to the San Blas Commercial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

Ref: S-02 1421

€185,000

LLANO DEL CAMELLO, LA CONCEPCIÓN



Very nice, fully furnished and equipped 2 bed, 2 bath (1 en suite) first floor apartment on this popular complex with pool. The property has a lounge/dining area, utility room, independent fitted kitchen and a large sunny terrace overlooking the pool. There are lifts throughout the complex and plenty of off-street parking.

Ref: S-02 1430

€159,995



C.C. Rio Center, local 6A
TORVICAS BAJO (near the old Sky Park)
 ☎ 692 146 808 / 670 801 154

Web: www.tenerife-belfin-property.com
 Email: info@tenerife-belfin-property.com

#strongertogether

Find us:



VALLE SAN LORENZO, BEAUTIFUL 1 BED



Beautiful, fully furnished, 1 bed, 1 bath apartment with parking space and storeroom in a well-kept residential complex with pool and lifts. The property has an independent fitted kitchen, utility room, spacious lounge/dining room and a balcony with afternoon sun. Very peaceful location in a cul de sac. Excellent value for money!

€84,900

AP123-BP

LAS AMERICAS, PARQUE CATTLEYA



Recently refurbished and redecorated, fully furnished and equipped studio apartment in centrally located complex with pool. Close to all services and a short walk from the sea front, the property offers great rental potential!

€115,000

ST102-HP

SAN EUGENIO BAJO, LOS GERANIOS



Very nice, fully furnished and equipped 1 bed, 1 bath apartment in sought after, sea front complex with pools. The property has a lounge/dining area, American style kitchen and a sunny terrace overlooking the pool and sea.

€245,000

AP112-HP

LAGOS DE FAÑABE



Lovely, fully furnished 2 bed, 1 bath corner penthouse apartment in this popular resort with very nice pool area situated right on the beachfront. The apartment has a lounge/diner, American-style fitted kitchen and a large sunny terrace.

€365,000

AP107-HP

SAN MIGUEL VILLAGE, BUILDING PLOT



Great opportunity to build your dream home in the lovely village of San Miguel, only 10 minutes' drive from the TF1 motorway. Excellent views to the coast! Contact us for more information.

€69,000

L101-BP

FANABE, SOL SUN BEACH



Fully furnished and equipped studio apartment with sunny terrace and pool views in lovely beach-front complex with great community pool and sunbathing terraces. Top location! On-site cafeteria. Touristic complex.

€179,000

ST113-HP

BUZANADA, LARGE FAMILY HOME



Large, fully furnished, 5 bed, 2 bath family home on 3 levels in popular Canarian town. The property has a large lounge/dining area, open plan kitchen, balcony, terrace, roof terrace and garage. Lovely sea and mountain views from the 100sqm roof terrace.

€270,000

VH108-BP

GOLF DEL SUR, GREEN PARK



Lovely, spacious, refurbished and fully furnished studio apartment with nice sunny terrace and lovely views in popular complex with 3 pools and pool bar. Great for a holiday apartment or long term rentals. Close to all amenities.

€95,000

ST111108-BP

PALM MAR, LUXURY VILLA WITH POOL



Beautiful, fully refurbished modern 4 bed, 3 bath (all en suite plus WC), villa with own pool on a 500sqm plot overlooking the village and the sea. The property has a large lounge/dining area, American style kitchen, large sunny terrace.

€980,000

V415-BP

EL MADROÑAL, LOS GIRASOLES



Very nice 3 bed, 2 bath semi-detached house with private pool. The property has a lounge/dining area, independent fitted kitchen, sunny garden/terraces front and rear, BBQ area and large (61sqm) garage.

€495,000

V406-HP

LAS AMERICAS, ALTAMAR



Spacious (78sqm) fully furnished and refurbished 2 bed, 2 bath townhouse on popular residential complex with pool in central Las Americas. The property has a lounge/dining area, open plan fitted kitchen and 2 sunny terraces

€195,000

TH206-HP

LA MARETA (NEAR EL MEDANO), MARETASOL



Luxurious, fully furnished 2 bed, 2 bath townhouse in small, sea front complex with pool (originally a 3 bed property, the 3rd bedroom has been converted into a walk-in wardrobe). The house enjoys sea views from both floors, and has a lounge-dining area, fully fitted kitchen, sunny terrace, jacuzzi and many extras!

€299,000

TH305-AG



LIBERTY PROPERTIES

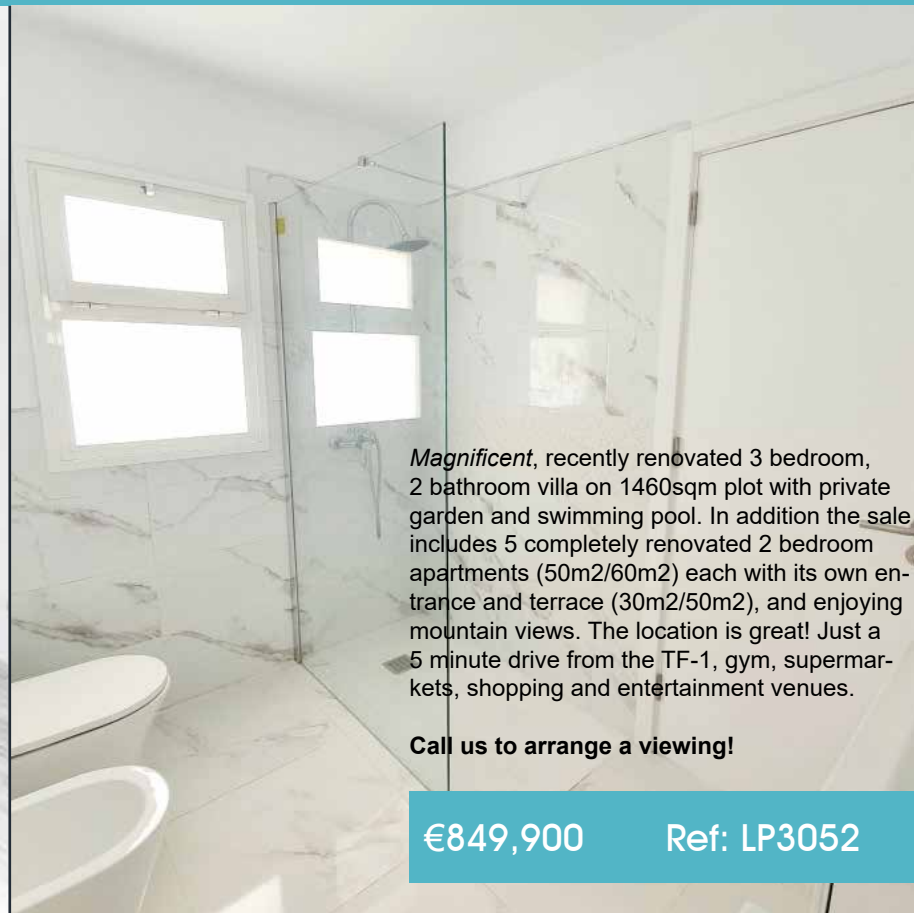
YOUR HOME, YOUR FREEDOM!



BUZANADA, ARONA

3 BED VILLA WITH PRIVATE POOL AND LARGE TERRACE PLUS 5 SEPARATE 2 BED APARTMENTS

INVESTMENT OPPORTUNITY!



Magnificent, recently renovated 3 bedroom, 2 bathroom villa on 1460sqm plot with private garden and swimming pool. In addition the sale includes 5 completely renovated 2 bedroom apartments (50m2/60m2) each with its own entrance and terrace (30m2/50m2), and enjoying mountain views. The location is great! Just a 5 minute drive from the TF-1, gym, supermarkets, shopping and entertainment venues.

Call us to arrange a viewing!

€849,900 Ref: LP3052

REFURBISHED STUDIO IN LAS AMERICAS

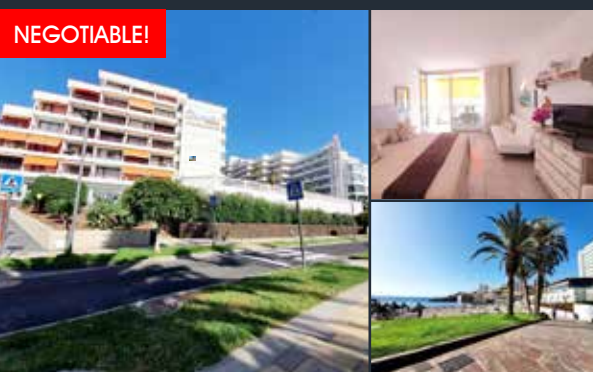


Newly renovated and elegantly furnished studio (38sqm) which enjoys the morning sun and partial sea views. Conveniently located just a few minutes' walk from Playa Troya, the famous Mila de Oro, and a wide variety of restaurants, shops and transport services.

€162,000

Ref: LP3087

LOVELY STUDIO IN TOP LOCATION



NEGOTIABLE!

Bright studio located just short stroll from Playa Troya with a sunny balcony offering spectacular sea and pool views. Sold with a vacation rental licence (VVR), making it an excellent investment. In addition, the urbanization is quiet, has parking and a community pool. Call us to view this lovely property!

€149,000

Ref: LP3089

CHARMING APARTMENT IN LAS AMERICAS



Lovely apartment for sale in a quiet corner of Las Americas with serene sea views. The complex is in excellent location just 5 minutes' walk from the famous Mila de Oro, several white-sand beaches, Siam Mall and the best known water park in the world, Siam Park. Call us to arrange a viewing!

€169,950

Ref: LP3017

CC LA NINA, LOCAL 11B, AVDA DE ESPANA 9, TORVISCAS BAJO, ADEJE 38660

Call 922 066 938 / 629 624 494

Email: info@libertyproperties.es • www.libertyproperties.es



C.C. El Trebol, Local 37,
Avda. J. A. Tavio,
COSTA DEL SILENCIO,
38630, Tenerife.
Est. 2007



+34 690 363 653
+34 922 783 066
info@tenerifehome.com



Follow us on Fb

www.tenerifehome.com



Costa del Silencio, Parque Don José
Lovely, fully refurbished and furnished, 2 bed, 1 bath ground floor apartment with beautiful South-East facing terrace (24+sqm) in sought after complex with pool. The property has a lounge/diner, American-style kitchen and enjoys all-day sunshine.

Ref: 54-0320 €179,000



REDUCED!
Costa del Silencio, Amarilla Bay
Very nice ground floor apartment on popular sea front residential complex with pool. The property is located poolside and enjoys afternoon sun in the 12sqm terrace/garden. The kitchen has been renovated. Internet via community. Fees €110 per 2 months.

Ref: 57-0520 €109,000



Valle San Lorenzo
Fully furnished, bright and fresh 3 bed, 1 bath (+WC) 1st floor apartment (100sqm + 5sqm balcony) in block of 6 built in 2007. Private storeroom on roof terrace.

Ref: 66-0920 €130,000



EXCLUSIVE!
Costa del Silencio, Atlantic View
Very well maintained 1 bed, 1 bath ground floor apartment in popular complex with pool. The property has a lounge/diner, spacious open plan kitchen, storeroom and large sunny terrace overlooking the pool and with sea views. Community costs €100 per month.

Ref: 73-1020 €139,000



Costa del Silencio, Balcon del Mar
Very nice 1 bed 1 bath ground floor apartment in sought after sea front complex with lovely pool area. The property has a lounge/dining area, American-style kitchen, and sunny terrace

Ref: 70-0920 €119,000



SEA VIEWS!
Costa del Silencio, Balcon del Mar
Well-maintained, fully furnished 1 bed, 1 bath apartment on lovely sea front complex with pools. The property has a lounge/diner, open plan kitchen and a sunny terrace with beautiful sea views.

Ref: 50-0320 €155,000



EXCLUSIVE!
Costa del Silencio, Chayofita
Nice, spacious (103sqm) part-refurbished 2 bed, 2 bath (1 en suite) duplex apartment in popular complex with communal pools. The property has a living room, kitchen and two sunny terraces. Community Fees are €83 per month.

Ref: 72-1020 €134,000



GREAT VALUE!
Costa del Silencio, Parque Don Jose
Very nice, fully furnished 1 bed, 1 bath apartment on highly popular complex with beautiful pool area. The property has a lounge/dining room, open plan kitchen and sunny terrace overlooking the pool. Community Fees: €96 per month.

Ref: 39-0120 €119,000



EXCLUSIVE!
Costa del Silencio, Parque Don Jose
Very nice 1 bed, 1 bath apartment in this beautiful complex with heated pools. The property has a lounge-diner, renovated American kitchen, and a sunny, 10sqm terrace with sunblind. Extras include aluminium shutters throughout.

Ref: 64-0720 €139,000



Arona, Finca
Beautiful property on 3 levels, split into 2 houses: Bottom floor: 1 bed, 1 bath, lounge/diner/kitchen; Top 2 floors: 3 beds, 2 baths, WC, living/dining area, kitchen and potential for extra bedroom. Swimming pool, laundry, and garage. Large garden with fruit trees.

Ref: 67-0920 €570,000

REDUCED

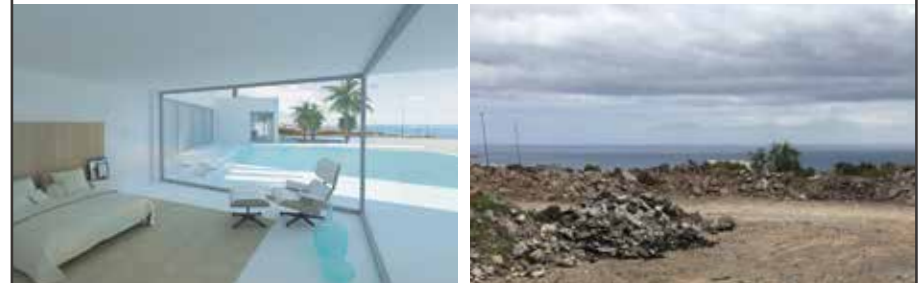
2 Bedroom in Playa Paraiso



- **Mirador del Golf, La Caleta**
- **3 bedrooms, 3 bathrooms**
- **Golf and Sea Views**
- **Ref: D1221**
- **Price: 595,000€**

This beautifully appointed townhouse is located in the exclusive gated development Mirador del Golf just a few minutes away from La Caleta. The property offers three bedrooms all with fitted wardrobes, three bathrooms, a fully equipped kitchen that leads to a light and airy living space.

Sea View Plot with Project in La Caleta



- **Plot: 2.500 m2**
- **Building license**
- **No building obligation**
- **Ref: D1253**
- **Price: 1,500,000€**

This land in La Caleta is 2.500m2 and has a building project of a villa of 375m2 with a basement of 185m2. Nevertheless, the basement can be extended to up to 1.000m2. The current project is a modern villa however, there is no building obligation on the plot.

frina@tenerife-property.com

+34 670 636 004

+34 617 29 48 03

www.tenerife-property.com

CC Puerto Colón, 1st Floor, local 213, 38660 Adeje

FRINA Tenerife S.L.
Business & Property Agency



TENERIFE PROPERTIES



ENGLISH / ESPAÑOL / FRANÇAIS / ITALIANO - 608 573 443

Контактный телефон для русскоговорящих - 648 525 024

NOVEMBER OFFERS!

Parque Cattleya, Playa de Las Americas

NEW INSTRUCTION!

Studio apartment with terrace. Complex with pool.
€115,000 Ref: A446

Villamar, San Eugenio

Studio apartment on front line to the sea.
€235,000 Ref: A431

Florida Park, San Eugenio Alto

NEW INSTRUCTION!

1 bedroom, 1 bathroom apartment with large terrace.
€169,000 Ref: N1413

Balcon del Atlantico II, Torviscas Alto

NEW INSTRUCTION!

1 bedroom, 1 bathroom apartment.
€170,000 Ref: N1417

Los Geranios, San Eugenio

1 bedroom, 1 bathroom apartment.
€199,000 Ref: N1400

Luxury Villa, Adeje Golf

LUXURY!

This detached, luxury villa is located in one of the most exclusive resorts on the island, Adeje Golf. Looking out over the green fairways of the golf course and over to the ocean, this beautiful villa is a golf lovers dream home. Comprising 3 bedrooms, 3 bathrooms, lounge, fully fitted kitchen, and 3 car garage internally, this villa offers spacious accommodation while outside you can enjoy the well-kept, tropical gardens and private heated swimming pool.

€1,100,000 Ref: I1327

PROPERTIES ARE IN DEMAND! WE OFFER A FREE VALUATION!

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

Marina Primavera, San Eugenio

1 bedroom, 1 bathroom apartment situated on the top floor of this low rise complex in central San Eugenio. This spacious apartment has a large bedroom with fitted wardrobes, lounge, fully fitted integrated kitchen and terrace with views over to the sea and to the island of La Gomera.

€189,000 Ref: N1418

Santa Maria, Torviscas

NEW INSTRUCTION!

2 bedroom, 1 bathroom corner apartment with sea views.
€325,000 Ref: T1213

Windsor Park, Torviscas Alto

2 bedroom, 2 bathroom apartment with sea views.
€229,000 Ref: T1207

Paradero I, Playa de Las Americas

2 bedroom, 1 bathroom bungalow with garden.
€275,000 Ref: T1195

Jardin de Abona, Llano de Camello

NEW INSTRUCTION!

3 bedroom, 2 bathroom townhouse on complex with pool.
€226,000 Ref: I1325

Club Atlantis, San Eugenio

NEW INSTRUCTION!

3 bedroom, 2 bathroom apartment. Front line complex.
€306,000 Ref: I1326

Translators available for any other languages.



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



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



Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE



GUIA DE ISORA



REDUCED - GREAT OPPORTUNITY!

Beautiful 4 bedroom, 2 bathroom house with kitchen, garden, terrace and barbecue area with wonderful views, located in a very quiet area. For a Rent to Buy arrangement, please call us!

Ref: 316

€275,000

PLAYA SAN JUAN



BEAUTIFUL HOUSE!

Fantastic 300sqm house on 500sqm plot with amazing sea views. The property has 3 bedrooms, 3 bathrooms, private pool, lots of outdoor space, incl. terraces and a BBQ area. Views include La Gomera, mountains, and, from the terrace, you can even see Mount Teide.

Ref: 1144

€425,000

EL ROQUE DE SAN MIGUEL



REDUCED - BEAUTIFUL HOUSE!

Lovely 86sqm independent house on 213sqm plot. This spacious and bright property is tastefully decorated and has 2 bedrooms, 1 large bathroom, fully equipped open kitchen, garden, terrace, parking, and a roof terrace with good views. There is enough room to extend, whether a second floor, or additional rooms, pool etc. Quiet area near all services.

Ref: 1127

€238,000

WE COVER THE WHOLE OF THE SOUTH OF TENERIFE – CALL TODAY FOR INFORMATION ON OUR WIDE RANGE OF RURAL PROPERTIES (INCLUDING WORKING/ NON-WORKING FINCAS AND RURAL PROPERTIES (FOR REFURBISHMENT OR READY-TO-MOVE-INTO!).

**PROPERTIES WANTED FOR RENT
 CLIENTS WAITING!**

LOS GIGANTES



Great 10,000sqm with fruit trees in Santiago del Teide council. It has an 80sqm house with beautiful views.

Ref: 723

€360,000

GUIA DE ISORA



Spectacular 4 bed villa (elevation 450metres plot size 2,000sqm) with own pool, lounge/dining area with open fire, American-style kitchen plus 2 bed, 1 bath guest apartment.

Ref: 1069

€545,000

PLAYA PARAISO



Wonderful 2 bed, 2 bath (1 en suite) duplex in exclusive complex with pools, park, and other amenities. The property is in a very good condition and has terrace with beautiful sea views.

Ref: 1139

€325,000

LAS AMERICAS



Beautiful fully furnished and equipped bungalow in the sought-after complex of Las Flores, with several pools. This property has lovely sea views and has its own parking space.

Ref: 1137

€380,000

GUIA DE ISORA



Ideal farm for cultivation. 25,000sqm with greenhouses, a large water tank, 120sqm warehouse, and small habitable space (40sqm). Fantastic views.

Ref: 1156

€370,000

SOUTH TENERIFE



We have a wide variety of fantastic fincas/plantations, arable land, greenhouses, water tanks etc., many ideal for living in or working as a business, and with wonderful views.

Ref: xx

From €370,000

ADEJE



REDUCED!

Fully furnished and equipped 2 bed, 1 bath duplex apartment in Adeje on 2 floors with living room, kitchen, balcony and garage. Great location close to schools, supermarkets and leisure areas.

Ref: 1094

€158,000

ADEJE



REDUCED!

Lovely 1 bed apartment with large terrace and nice views in very central complex (Jardin Botanico) with community pool.

Ref: 1122

€138,000

TAUCHO



Beautiful 3 bed, 3 bath (+WC) country house with pretty décor. The property has an isn interior patio and enjoys awesome sea views.

Ref: 317

€255,000

GUIA DE ISORA



Finca with 2 houses. Avocado trees in production. Lots of potential. 5,000sqm plot. Quiet area surrounded by fruit trees.

Ref: 1147

€270,000

GRANADILLA, EL DESIERTO

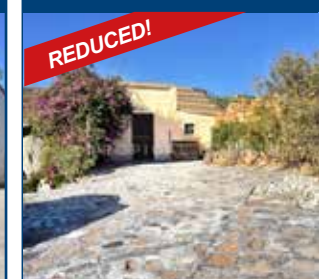


Beautiful, fully furnished detached country house (70sqm) on plot of 440sqm. The house comes with a special water filter providing drinking water as well as solar panels providing all electricity required. It is surrounded by gardens and has beautiful views.

Ref: 1152

€245,000

ARICO



REDUCED!

Finca with house to reform. Fruit trees. Lovely views. 9,000sqm plot.

Ref: 1005

€98,000

EXCLUSIVE

TENERIFE PROPERTY SHOP S.L.

G.I.P.E. NO. 3722

Service

Security

! NEW !

1 BEDROOM APARTMENT - GOLF DEL SUR



FANTASTIC SEA VIEWS



A fantastic opportunity to acquire a stylish one bedroom apartment, which offers a home from home feel and stunning views of the golf course, the sea and the community pools. This spacious property is situated within an immaculate development and would suit either a permanent residence, or a second home in the sunshine. The apartment is situated on the third floor and is accessible by lifts.

Ref: GOLF01628

Price: €145,000 (approx. £133,000)

info@tenerifepropertyshop.com



(0034) 922 714 700 / (0034) 922 715 064



Address: C/ Colon, C.C. Centro Playa, Local 9,
Puerto Colon, Las Americas, Adeje 38660
Phone: 922 719925
E: info@thepropertygallery.com

www.thepropertygallery.com



GOLF DEL SUR, GREEN PARK



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

Ref: A411

€95,000

TORVISCAS, ORLANDO

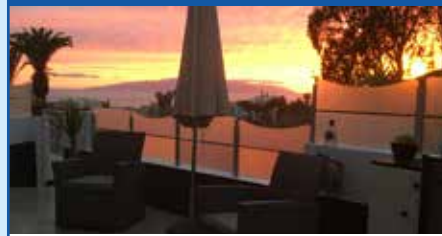


Top floor apt with good views, American style kitchen, lounge-dining area, terrace, 1 bedroom and bathroom.

Ref: B1881

€147,000

TORVISCAS ALTO, ATALAYA COURT



Spacious refurbished 1 bed ground floor apt (63m2) with a large terrace (33m2) with fantastic views to the sea & to La Gomera. Communal pool.

Ref: B1865

€135,000

NEW DEVELOPMENT!

**INSIGNE, ROKABELLA
*** LUXURY VILLA *****



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

Ref: D1842

from €849,000

LAS AMERICAS, LAS PALMERAS



2 Bedroom corner apt that enjoys spectacular panoramic & sea views. Heated swimming pool on the complex.

Ref: C1999

€700,000



**NEW CASHBACK
CAMPAIGN FOR
EXPATRIATE
CUSTOMERS!**

SAN EUGENIO ALTO



Stunning detached villa with constructed area of 695 m2 situated in elevated position with amazing views. Must be seen!

Ref: D1876

€1,950,000



VYM CANARIAS – November 20

Luxury Villa in Golf del Sur



We are pleased to offer for sale a unique villa surrounded by gardens and on the first line from the ocean. Plot of land 3709m2. Contact us for more information

€3,675,000

Ref: VS7115D

Villa in Roque del Conde



LUXURY VILLA!

The villa was built in a modern style. The house consists of 2 floors plus a basement where there is a garage for 5 cars. Plot area 750m2, living area 270m2.

€1,295,000

Ref: VS7202

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

Villa in La Caleta



Amazingly beautiful villa located in the most exclusive area of Tenerife - La Caleta Golf, on a quiet street surrounded by greenery and flowers, from where you can enjoy a beautiful view of the ocean, golf courses and mountains.

€1,100,000

Ref: VS7176D

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



SPECIAL OFFER!

Apartment next to the beach. The apartment consists of 3 bedrooms, 2 bathrooms, open kitchen and balcony. It is fully furnished and renovated.

€279,000

Ref: VS7203DN

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 Honda, Playa de las Americas



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

El Cortijo, Playa de las Americas



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

€207,000

Ref: VS7024D

Mango, Playa del Duque



One bedroom apartment in the prestigious complex with terrace and walking distance to the beach. Total area 56m2, living area 45m2.

€259,000

Ref: VS7198DN

Tejar, Playa de la Arena



FIRST LINE TO THE SEA!

Completely renovated one-bedroom apartment with ocean view. There is a living room, American kitchen, terrace. For sale with furniture. Apartment has VV licence.

€180,000

Ref: VS7112D

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



Tel: 922 787 210 / 635 881 888

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

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

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

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

El Duque: 922 547 611, email: elduque@vymcanarias.com



All Properties Tenerife®



Avda. El Palm-Mar, Edif. El Mocan, Local 3a
PALM MAR, 38632, Arona

FANTASTIC OPPORTUNITY!

€138,000

PALM MAR, EL MOCAN

Reduced in price!

Fully furnished 1 bed, 1 bath top floor 70sqm apartment in this well-maintained complex with 2 good-sized swimming pools, padel courts and smaller pools for children.

The property offers open plan living with lounge/diner, American-style kitchen, sunny terrace and garage space.

REF: SALE-EL MOCAN

LONG TERM RENTAL

€550 PER MONTH

PALM MAR, EL MOCAN

Spacious (54sqm) studio apartment for long term rental, located on the 2nd floor of well-maintained complex. The apartment is open with living room, open-plan kitchen, bathroom and garage. The apartment has double, and single pull-down beds built-into the wardrobes. The complex has padel courts, and 2 good sized swimming pools.

REF: LTR-EL MOCAN

LONG TERM RENTAL

€1,150 PER MONTH

PALM MAR, LAS OLAS

Luxurious, fully furnished, 98sqm 2 bed, 2 bath (1 en suite), 1st floor apartment for long term rent on sought after complex with lovely pool area. The property has a lounge/dining area, American-style kitchen and sunny terrace overlooking the stunning, Olympic-sized swimming pool.

REF: LTR-LAS OLAS

BRAND NEW!

€135,000

LLANO DEL CAMELLO

Brand new, spacious (92sqm), fully furnished 2 bed, 1 bath 1st floor apartment in small complex with pool located near Luther King school, health centre, and with easy access to the TF-1. The property has a lounge/dining area, and American-style kitchen with separate 'island' and Silestone countertops.

REF: SALE-LLANO DEL CAMELLO

€115,000

GUARGACHO, LOVELY APARTMENT

Excellent, spacious (74sqm), fully furnished and equipped 2 bed, 1 bath apartment in small block. The property has a large living room/dining area, American-style kitchen and a laundry room situated on the rooftop terrace from which you can see Mt Teide and the sea.

REF: SALE-GUARGACHO

Open Monday – Thursday: 9am – 5pm | Friday: 8.30am – 2pm | Saturday: by appointment

Tel: 922 89 49 38 | 659 606 775 | 667 608 175

Email: info@allpropertiestenerife.com • www.allpropertiestenerife.com



Tenerife Properties.ES

info@tenerifeproperties.es www.tenerifeproperties.es

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

JOY +34 620 253 957
 PABLO +34 620 731 368
 CATERINA +34 649 851 608

Bahia del Duque, Villas del Duque



Recently refurbished, beautiful 4 bed, 3 bath townhouse on the Prestigious complex of Villas de Duque.

Price: €610,000 Ref: 13965

Fañabe, Lagos de Fañabe



Top floor air conditioned 1 bed, 1 bath apartment on front line holiday complex, close to bars, restaurants, shops and walking distance to the beach.

Price: €249,000 Ref: 7826

Torviscas, Las Carabelas



In the heart of everything but tucked away in a peaceful residential complex. This is a 2 double bed, 2 bath duplex apartment.

Price: €345,000 Ref: 7595

El Duque, Terrazas del Duque II



Beautiful 1 bed apartment with parking space in the prestigious resort of El Duque in this sought-after complex.

Price: €305,000 Ref: 15367

Bahia del Duque, El Beril



Lovely 1 bed apartment on top floor with balcony with sun all day and beautiful sea view, totally renovated.

Price: €295,000 Ref: 19168

Torviscas, Santa Maria



Beautiful large 1 bed apartment (converted from a 2 bed) on a very established holiday complex with heated pool, pool bar, tennis court, parking area, lift access.

Price: €299,500 Ref: 15480



20 al 27 | NOV

THE BEST REAL ESTATE OPPORTUNITIES ON THE ISLAND IN ONE SITE

UP TO **45% OFF**

THE TIME TO INVEST

IS NOW!

www.hotpropertyweek.es

T: (0034) 922 732862
M:(0034) 683 190 977
info@rdproptiestenerife.com



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

LOS ABRIGOS SEA FRONT - NEWLY REFURBISHED BUILDING!



ONLY THREE REMAINING! HURRY!

**Book your apartment now! Only 4 properties available.
ACT NOW to avoid missing out on this fantastic offer!**

Brand new building with 4 apartments just 20 meters from the beach (INCLUDING A PENTHOUSE WITH ITS OWN ROOF TERRACE!) currently under construction - completion date planned for January 2021

rdproptiestenerife.com



Inmobiliaria - Estate Agent

Homes & Away



+34 922 737 044 info@homesandaway.com
 Local 31, CC San Blas, GOLF DEL SUR, Tenerife www.homesandaway.com

SALES

AMARILLA GOLF



Well-presented, 3 bed, 2 bath apartment with secure private garage on sought after residential complex.

€329,000

GOLF DEL SUR



A rare opportunity to purchase this totally refurbished 3 bed, 3 bath end terrace chalet-bungalow situated in a sought after location. A must to view! views and driveway. Ideal family home.

€285,000

LONG TERM RENTALS

GOLF DEL SUR



Spacious 1 bed apartment on residential complex with stunning golf, sea and Montaña Roja views. Includes wifi and utilities.

€750 per month

GOLF DEL SUR



2nd floor, 3 bed, 2 bath apartment in complex with lifts and popular international bowling complex. Close to all amenities.

€850 per month

GOLF DEL SUR



Spacious 1 bed apartment overlooking the pool on popular residential complex. Quiet location.

€750 per month

LOS CRISTIANOS



3 bed, 3 bath townhouse with large lock-up garage and trastero, overlooking the ocean. Water and electricity bills NOT included.

€1,650 per month

GOLF DEL SUR



Nicely presented, 1 bed apartment with good sea and marina views. Includes garage space.

€650 per month

COSTA DEL SILENCIO



Lovely 2 bed, 1 bath semi-furnished apartment on well-maintained complex.

€675 per month

GOLF DEL SUR



1 bed, 2 bath 2nd floor spacious apartment situated on popular bowling complex. Elevator.

€700 per month

SOTAVENTO



Spacious 2 bed, 3 bath townhouse with integral double garage. Residential complex with swimming pool & tennis courts. Close to the beach, main transport links & La Tejita commercial centre. UNFURNISHED.

€875 per month



Inmobiliaria - Estate Agent
Homes & Away

+34 922 737 044 info@homesandaway.com
 Local 31, CC San Blas, GOLF DEL SUR, Tenerife www.homesandaway.com

SALES

GOLF DEL SUR



Well presented three bed, two bath villa with garden, two terraces and a sea view situated on a popular residential complex close to all amenities

€285,000

AMARILLA GOLF



Lovely refurbished two bed duplex apartment in popular residential complex. Close to all local amenities and a short walk to the sea. Backing the golf course

€149,500

AMARILLA GOLF



Light and spacious refurbished 2 bed apartment with large terrace and roof terrace giving fantastic sea, pool and mountain views. Situated in an ideal quiet garden location close to the pool.

€199,000

AMARILLA GOLF



Very spacious second floor 2 bed, apartment with enclosed terrace. Good pool, garden and golf course views.

£129,000 Sterling

GOLF DEL SUR



Prime location, top floor, one bedroom apartment with west-facing terrace offering afternoon sun and beautiful 180° views to the sea, golf course and Mount Teide. Reduced for a quick sale!

£108,000 Sterling

AMARILLA GOLF



Ground floor one bed apartment with large terrace, close to the pool and the golf course. Excellent rental investment.

€125,000

AMARILLA GOLF



Beautifully refurbished, ground floor apartment with stunning marina views.

€158,000

AMARILLA GOLF



Substantial detached 3 bed, 2 bath villa with private pool in a highly sought after location with exceptional sea views and overlooking the golf course.

€425,000

AMARILLA GOLF



Spacious refurbished 1 bed apartment in quiet location backing the golf course with mountain views. Close to the pool. Popular holiday complex.

€125,000

Tenerife Prime Property

Amarilla Golf, Fairways Club

GREATLY REDUCED FOR A QUICK SALE!



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

€125,000



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, Pueblo Primavera



Fully furnished 2 bed, 2 bath end-of-terrace duplex apartment with lovely sea and mountain views. The property has a lounge/dining area, American-style fitted kitchen and two sunny terraces. Great rental potential.

S-02 1416

€209,950

Golf del Sur, Las Adelfas I

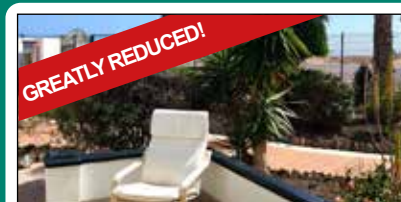


Spacious, recently refurbished to a high standard, unfurnished 2 bed, 2 bath (master en suite) bungalow-style property on touristic complex with heated pool. There are front and rear terraces/gardens and independent fitted kitchen with new 'white goods'. There is a roof terrace/solarium with sea and mountain views.

S-02 1382

€269,000

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

€145,000

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



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

Costa del Silencio, Chaparral



Fully furnished ground floor studio apartment with lounge, American-style fully fitted kitchen and an enclosed terrace made into bedroom area.

S-00 1358

€80,000

Tel: 922 703 725 / 627 230 360

carolhale.tpp@gmail.com • tenerifeproperty.com

Tenerife Prime Property

Amarilla Golf, Augusta Park

€120,000
NEGOTIABLE



Part-furnished 1 bed, 1 bath ground floor apartment on sought after complex with lovely pool area. The property has a lounge/diner, American-style fitted kitchen, interior patio and sunny front terrace with views to the pool.

REF: S-01 1426

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

Golf del Sur, The Palms

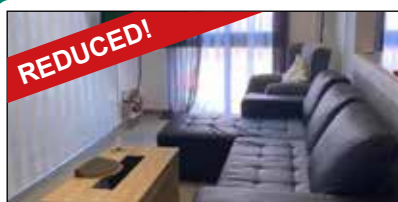


Beautiful, luxuriously furnished and equipped, 2 bed, 2 bath (+WC) apartment in this sought after complex with lovely pool and sunbathing areas, and a bar/restaurant with regular entertainment. The property has a lounge/dining area, American-style fitted kitchen, and 2 lovely terraces (the roof one has nice views).

S-02 1423

€283,500

Las Chafiras, Edf. Fabio



Very nice, spacious (78 sqm) fully refurbished and furnished, 2 bed, 1 bath apartment in block of 6 in this popular area. The property has a lounge/diner, new floors throughout, new American-style fitted kitchen, internal patio, shared roof terrace and a garage/storeroom. Close to all amenities, airport, golf courses etc.

S-02 1422

€130,000

Valle San Lorenzo, 3 bed apt



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

S-03 1420

€130,000

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

Sotavento, Las Terrazas de Sotavento

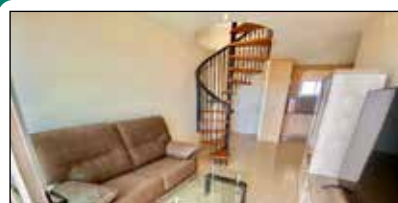


Brand new, spacious (88sqm + 20sqm terrace), part-furnished, 2 bed, 2 bath apartment in sought after complex with pool and close to all amenities and the sea front. The property has a lounge/dining area, open plan American-style fitted kitchen and a large sunny terrace.

S-02 1431

€219,000

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

€100,000

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

€290,000

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

DIRECT FROM OWNER

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.

This substantial property (280sqm

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.

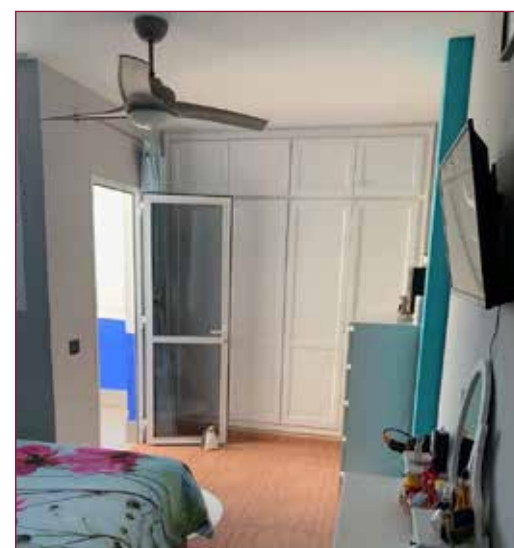
Close to the San Blas Commercial Centre's excellent shopping, bars and restaurants, the sea front walkway to the popular fishing village of

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

FOR SALE IN THE VILLAGE OF SAN MIGUEL

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.

For more information, or to arrange a viewing, please call: 629 048 529

DIRECT FROM OWNER

LOS MENORES, ADEJE

Price: €139,900



Open house between 4.00/6.00pm on Sundays, or by appointment (Tel: 682 780 530)



Lovely, newly renovated, fully furnished 2 bedroom (110sqm with 85sqm habitable) apartment with roof terrace enjoying stunning sea views.

For more information, or to arrange a viewing, please call 682 780 530

Idealista: <https://www.idealista.com/inmuelle/88275901>

360° Virtual Tour: <https://kuula.co/share/collection/7PprF?fs=1&vr=1&sd=1&initload=0&thumbs=1&chromeless=1&logo=0>

Los Abrigos
www.studio4decor.com
Info@studio4decor.net
 922 749 793 / 626 955 725

Studio 4 Decor

CURRENT OPENING HOURS
 MONDAY – FRIDAY
 10AM - 2PM / 3PM - 6PM
 SATURDAY
 10AM - 1PM

MAKING YOUR HOUSE A HOME



STUDIO4DECOR'S FABULOUS NEW SHOWROOM AND TERRACE FURNITURE SHOP IN LOS ABRIGOS ARE NOW OPEN FOR BUSINESS!

The Studio4decor team are waiting to help turn your house into a home. We have furniture to suit all tastes and budgets and an "On site" workshop making Bespoke Sofas, Headboards, Pelmetts and made-to-measure Curtains. We also now offer a great range of blinds, both electric and manual, and in our Exterior Furniture Showroom we have an extensive choice of Sunbeds, Sofa sets, Day beds, pots and artificial plants and much more. Call into the Showroom for a "no obligation" quote. We are on the main road into Los Abrigos Village from Las Chafiras Industrial Estate on the left-hand side. Let us turn your house into a home.

- ✓ Full re-upholstery service available
- ✓ Bespoke sofas, headboards and pelmetts
- ✓ Beautiful made-to-measure curtains
- ✓ 1,000's of fabric swatches to choose from

Call into our Los Abrigos Showroom (29 Calle La Marina, Edificio Bogavante) and let us help turn your ideas into reality.

Beautiful interiors at a price you can afford!

Lack of UK-EU trade resolution puts pressure on pound

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

Uncertainty over the continuation of UK-EU trade talks prompted fresh volatility for the pound, with investors still wary of the potential for a no-deal Brexit scenario. Even so, fresh signs of weakness within the Eurozone economy and new coronavirus restrictions helped to limit the downside potential of GBP/EUR and kept it trending in the region of 1.10. On the other hand, GBP/USD experienced some sharper movement between 1.28 and 1.30 as political tensions in the US continued to mount, while

EUR/USD holds at 1.17.

What's been happening?

Mixed signals over the prospect of further Brexit trade talks drove some significant volatility for the pound as investors braced for the possibility of the two sides walking away from talks.

Support for the euro weakened, meanwhile, thanks to confirmation that the Eurozone inflation rate had fallen deeper into negative territory in September, increasing the odds of further European Central Bank (ECB) action. While market risk appetite proved limited, this offered the safe-haven US dollar some support against its rivals, with markets still disappointed by the fading prospect of any imminent fiscal support for the US economy.

What do you need to look out for?

As investors continue to price in the higher risk of a no-deal Brexit scenario, this is likely to keep the pound under a degree of pressure. Even so, a stronger UK inflation rate and resilient retail sales growth could help to keep GBP exchange rates from sliding in the near term, while any news of Brexit talks progress would provide plenty of upside in the pound.

With forecasts pointing towards another lacklustre month for the Eurozone services PMI, the mood towards the euro looks set to sour further as the chances of a sustained economic rebound fade.

Meanwhile, growing anticipation ahead of the US presidential election may provide the US dollar safe-haven gains. Added to this, market sentiment could sour further if jobless claims figures fail to show improvement in the weeks ahead, coronavirus cases continue surging, and US stimulus remains at an



impasse.

At Currencies Direct, we're here to talk currency whenever you need us, so get in touch if you want to know more about the latest news or how it could impact your currency transfers. Since 1996, we've helped more than 325,000 customers with their currency transfers, just pop into your local Currencies Direct branch or give us a call to find out more.

 Currencies Direct

+34 922 971 781

canaries@currenciesdirect.com
currenciesdirect.com



Local currency knowledge, at your disposal.

We've been helping our customers make fantastic savings on their currency transfers for over 20 years.

With branches from Tenerife to Valencia, you're never far away from one of our friendly local experts or our bank-beating exchange rates.



Contact us for more information

Tenerife Calle Oregón 5, Residencial los Seres, Local 6,
Los Cristianos, Arona, 38650, Tenerife.

canaries@currenciesdirect.com
+34 922 971 781

currenciesdirect.com



Ted Heath after signing the treaty on Britain's accession to the European Economic Community

So what if we'd never joined?

By Helen Dale, The Lancashire Telegraph

In May this year, Sir Keir Starmer rejected the possibility of an extension to the Brexit transition period. It's fair to say this surprised many people, including me. Starmer was Remain's standard-bearer during the December General Election. The architect of Labour's manifesto promise to hold a second referendum, his commitment to Europe was never anything less than wholehearted.

Of course, one could argue he was cognisant of the immensity of Labour's electoral defeat — and that his referendum policy played a role in it — and hamstrung by coronavirus, but the limp way he rolled over suggested other things were in play.

Professor Vernon Bogdanor, whose knowledge of constitutional matters is unparalleled, elucidates those “other things” with wonderful clarity in his *Britain and Europe in a Troubled World*, which was published late last month. In short, Starmer made no attempt to relitigate Brexit or extend the transition period because “Europe” and “banging on about it” decimated British politics (both major parties and all the minors) for the best part of 50 years. The extent of this history is hard to credit, but Bogdanor pulls the story off con brio.

In 145 extraordinarily succinct pages, Bogdanor does something else, too: he forces the reader to ask whether the UK should ever have joined what later became the European Union, while acknowledging the reality of that accession and its effect on British pol-

itics. I didn't think this was possible and suspect no one other than him could write such a book.

I say this because, when I was a little girl, one of my mother's favourite quips — inevitably directed at me when I was trying to unpick some past foolish act — was “if ‘ifs’ and ‘ands’ were pots and pans, there'd be no need for ironmongers”. Bogdanor sets out how, in many respects, Britain joining was foolish. He explains why it was foolish, and why so many interests on both sides started out thoroughly misaligned and stayed so until the 2016 Referendum result. However — and this is crucial to understand, and why I cannot recommend his book highly enough — there is no blame. He does not take a “side” as such, unless it is that of constitutionalism and peace.

He cannot be pinned as Leave or Remain and, for all its political analysis, his book is sensitive in its account of Britain's three great traditions: liberalism, social democracy, and conservatism. Bogdanor flies the flag for liberalism (as he always has done) but it is a capacious liberalism, one large enough for both Boris Johnson and Keir Starmer and their respective parties, let alone historic liberals (and Liberals) who were always more pro-accession than Labour or Tories, going right back to the 1950s.

Simultaneously, he provides what amounts to the first half of a standard, year-long “Law of the European Union” course, something to every interested person's benefit regardless of how he or she vot-

ed. His history of what people like Jean Monnet and Robert Schuman set out to achieve in establishing the European Coal and Steel Community — and the extent to which it was a peace plan — is crafted in such a way as to warm the most ardent Leaver's heart. That said, the ECSC and its successor organisations' supranationalism coupled with broader (and legitimate) British hostility, over decades, towards Europe's unelected politicians and elected officials is recounted in such a way as to set the most ardent Remainer back on his heels. Bogdanor makes Vote Leave's democratic deficit argument better than anyone in that organisation ever did.

“What mechanism did the Schuman Plan propose? Schuman proposed that the coal and steel production of France and Germany be placed under a common governing body called the High Authority. That High Authority was to be a transnational body. Its members would be appointed by the member states, but they were not to be representatives of the member states. They were instead to represent a common European interest, an interest which transcended the interests of the separate member states. They were to embody a European, not a national perspective” [p 12].

The High Authority's members were bound by ECSC rules to make decisions that favoured both Germany's and France's interests. They couldn't support one country over the other, and they couldn't do both down and so en-

ter a mutually destructive spiral. In effect, the system was designed to prevent a classic game of Prisoner's Dilemma (a paradox in decision analysis in which two individuals acting in their own self-interests do not produce the optimal outcome. The typical prisoner's dilemma is set up in such a way that both parties choose to protect themselves at the expense of the other participant), and all the while both it and its successor organisations remained small and its nation-state members had shared economic and political characteristics, it worked splendidly. As more countries (including the UK) joined and the Community expanded, the system became sclerotic, even inoperable.

Bogdanor's account also emphasises the extent to which liberalism fell out of love with nationalism and democracy, shifting from its 19th century concern to give effect to, say, popular movements for self-determination, to seeing nationalism in particular but also democracy as enemies rather than friends. If Britain and Europe in a Troubled World has a core claim, it's one that says liberalism, democracy, and nationalism need to mend fences, and swiftly, or the European Union could itself be consumed by the same forces that produced Brexit.

To give readers an idea of the care with which Bogdanor both queries the wisdom of Britain joining in 1973 while also acknowledging the political realities attaching to membership, his discussion of Charles de Gaulle's attitude to the UK and comments on the Common Agricultural Policy are instructive. As with the rest of his book, parts of the argument ruffle Remainer feathers and others pull Leavers' tails.

As is well known, General de Gaulle bitterly opposed UK membership of the European Community, twice deploying France's veto and only being overruled in death. His behaviour is often viewed as churlish and petty, but Bogdanor goes a long way towards rehabilitating his reputation as a statesman aware of both his own country's history and what later became the EU's shortcomings.

After his first “Non!” in 1963, de Gaulle observed

that the European Communities comprised six continental states “which were of the same nature”. Britain, he said, was “insular, she is maritime, she is linked through her exchanges, her markets, her supply lines, to the most diverse and often the most distant countries; she pursues essentially industrial and commercial activities, and only slight agricultural ones”. For de Gaulle, the Common Agricultural Policy was at the heart of the European Community, which amounted to little without it. Relatedly, he thought that if the UK joined before the CAP was nailed down, the Brits would seek to sabotage it.

And he had a point.

Bogdanor notes how, when the UK first sought accession, Britain's agricultural sector contributed just 3.6% to its GDP and had little political cachet. In France, by contrast, agriculture was almost 20% of the economy, in Italy 25%, and in Germany 12.5%. Worse, European political parties of the centre-right depended on the votes of peasant farmers, who resisted high direct taxation. Between the wars, those same peasant farmers also formed a large part of fascist movements, and when they became indebted to moneylenders in bad years they often turned to crude anti-Semitism. De Gaulle, Konrad Adenauer and leaders in the Benelux countries developed and then defended the CAP out of acute awareness of “what they had done” (Bogdanor's phrase, paraphrasing de Gaulle and others) during the last European war.

Before 1973, the UK's management of its very different economic position was simplicity itself: it imported its food from the Commonwealth while providing its few farmers with “deficiency payments” to manure the countryside. By the late 50s, it was clear Australia and Canada were already agricultural and resource superpowers with which European farmers could not compete. Not only did de Gaulle (rightly) point out that Australian, Canadian, and New Zealand farmers were richer than French or German farmers, they were also astonishingly productive and

their produce was of higher quality. “Britain continues to supply itself cheaply from Canada, New Zealand, and Australia,” he complained at one stage. “What will we do with European, and particularly French surpluses? If we have to spend 500 billion [francs] a year on agricultural subsidies what will happen if the Common Market can no longer assist us?”

The problem, of course, is that the CAP did not work like Britain's taxpayer-funded deficiency payments. The CAP subsidised agriculture not through taxation but through guaranteed prices, which meant that Europe's food was more expensive than that on the world market. In short, the consumer paid, and once Britain joined, its buyers were supporting continental food imports at the expense of those from the Commonwealth. Eighteen months after the 1975 referendum, when Britons had voted 2-to-1 to stay in, pollsters found the percentages had reversed — largely in response to increased food prices. In other words, the 2016 referendum result had agricultural roots, and it was clear British support for the wider EU “project” may have been miles-wide in June 1975, but it was only an inch deep.

“Sometimes perhaps one's adversaries see one's situation much more clearly than one's friends,” Bogdanor observes at one point, drily, after yet another round of the Community versus a Britain that only wants to join because inflation is running at 26%.

As of last month, I'd written approximately 100,000 words on Brexit for outlets across four countries. I've read hundreds of academic papers, reviewed dozens of books, and spent last year watching far more BBC Parliament than is healthy. Sometimes I think DIED OF BREXIT is going to wind up on my tombstone.

If, however, you have no special interest in Brexit wonk-world and simply want to understand the arguments people made at the time and still make now, then Britain and Europe in a Troubled World is what you should read. It'll only take you a few hours. And you'll be both better informed and wiser as a result!

The Prestige Group

Agustin Millares 20, Armeñime, Adeje 38678

Interior & Exterior Sun Blinds

Tenerife's leading specialist in the manufacture, repair and installation of all types of awnings, canopies, interior and exterior blinds - manual or electric.



The Prestige Group is a trading name of JAC Enterprises S.L.

Tel: 922-740888

www.theprestigegroup.es

info@theprestigegroup.es

Showroom open
Monday to Friday:
9.00am to 5.00pm
Situated opposite the BP
garage in Armeñime

Outdoor Furniture

We offer a large range of exclusive garden and terrace furniture in a wide variety of styles, designs, fabrics and colours. We also have parasols and cushions.



Roller Shutters, Grilles & Garage Doors

Specialists in the manufacture, repair and installation of industrial and domestic shutters, security grilles and garage doors – electric or manual.



The chilling experiment which created the first vaccine



By Richard Hollingham, science and space journalist, and feature writer for BBC Future, and the author.

Smallpox used to kill millions. But a chance discovery led to the first vaccine, and a transformation in human health.

Smallpox was a terrible disease. “Your body would ache, you’d have high fever, a sore throat, headaches and difficulty breathing,” says epidemiologist René Najera, editor of the History of Vaccines website. But that wasn’t the worst of it.

“On top of that, you’d get a horrible disfiguring rash over your entire body – pustules filled with pus on your scalp, feet, throat, even lungs – and over the course of a couple of days, they would dry out and start falling off,” says Najera.

With the rise in global trade and the spread of empires, smallpox ravaged communities around the world. Around a third of adults infected with smallpox would be expected to die, and eight out of 10 infants. In the early 18th Century, the disease is calculated to have killed some 400,000 people every year in Europe alone.

Ports were particular-

ly vulnerable. The 1721 smallpox outbreak in the US city of Boston wiped out 8% of the population. But even if you lived, the disease had lasting effects, leaving some of the survivors blind and all of them with nasty scars. “When the scabs fell off, they’d leave you pock-marked and disfigured – some people committed suicide rather than live with the scarring,” Najera says.

Treatments ranged from the useless to the bizarre (and also useless). They included placing people in hot rooms, or sometimes cold rooms, abstaining from eating melons, wrapping patients in red cloth and – according to one 17th-Century medic giving “12 bottles of small beer” to the patient every 24 hours. The intoxication might have at least dulled the pain.

There was, however, one genuine cure. Known as inoculation, or variolation, it involved taking the pus from someone suffering with smallpox and scratching it into the skin of a healthy individual. Another technique involved blowing small-

pox scabs up the nose. First practiced in Africa and Asia before being eventually brought to Europe in the 18th Century, and North America by an enslaved man named Onesimus, inoculation usually resulted in a mild case of the disease. But not always. Some people contracted full-on smallpox and all those inoculated became carriers of the disease, inadvertently passing it on to people they met. A better solution was needed.

By the 1700s, it was relatively well known in rural England that a group of

Jenner’s interest in curing smallpox is thought to be influenced by his childhood experience of smallpox inoculation.

In 1796, after gathering some circumstantial evidence from farmers and milkmaids, Jenner decided to try an experiment

It’s said that Jenner was psychologically scarred by that experience, some of his motivation was just how horrific he’d found it,” says Owen Gower, manager of Dr Jenner’s House Museum. “He was thinking, ‘I want to find an alternative, something that’s safer, that’s less terrifying’.” In 1796, after gathering some circumstantial evidence from farmers and milkmaids, Jenner decided to try an experiment. A potentially fatal experiment. On a child.

He took some pus from cowpox lesions on the hands of a young milkmaid, Sarah Nelms, and scratched it into the skin of eight-year old James Phi-

creating immunity, creating antibodies, creating memory, and they had no concept of that,” says Cruickshank. “It’s mind blowing, slightly scary as well.”

Jenner didn’t seek to make any money from his vaccine, he wasn’t interested in patenting it – Owen Gower

Nevertheless, Jenner realised that his smallpox vaccine – the name derived from the Latin for cowpox, vaccinia – had the potential to transform medicine and save lives. But he also knew he would only halt the disease if he could vaccinate as many people as possible. “Jenner didn’t seek to make any money from his vaccine, he wasn’t interested in patenting it,” says Gower. “He just wanted people to know about it and he wanted to share it.”

He converted a rustic summerhouse in his garden into his Temple of Vaccinia and invited local people to be vaccinated after church on Sunday. “He wrote to other physicians offering them samples of the vaccine material and encouraging them to do it themselves so that people were vaccinated by their own local trusted health professional,” Gower says. “It’s a theme that we see now in terms of vaccine advocacy and ensuring acceptance of a vaccine is the right message delivered by the right person.”

Caption: In the 19th Century, smallpox is thought to have killed 400,000 people a year in Europe alone

After Jenner published his findings, news of the discovery spread across Europe. And then, thanks to the support of the King of Spain, around the world. King Charles IV had lost several members of his own family to smallpox, while others – including his daughter Maria Luisa – were left scarred after surviving the disease.

When he heard of Jenner’s vaccine, he commissioned a physician to lead a global expedition to deliver it to the furthest reaches of the Spanish Empire. Although to be fair, most of these areas of the world were places European colonists had introduced smallpox to in the first place.

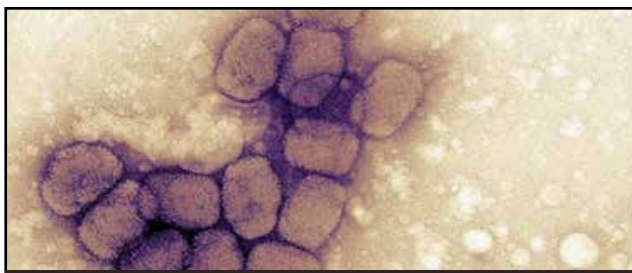
In 1803, the ship sailed for South America. On board were 22 orphans to act as vaccine carriers. “There is no way of mass-producing vaccine, so they give it to a child,” explains Najera. “The child will develop the lesion, then they take it from their child a couple of days later, give it to the next child and so on and so forth down the line.” The children were cared for on the journey by the orphanage director, Isabel de Zendala y Gomez, who also brought along her own son to contribute to the mission.

Jenner did all this without knowing what he was dealing with - René Najera

Dividing forces, the expedition travelled through the Caribbean, South and Central America and eventually crossed the Pacific to reach the Philippines. Within 20 years of its discovery, Jenner’s vaccine was already saving millions of lives. Soon, smallpox vaccination was common practice around the world. It was completely eradicated in 1979.

“Personally, it gives me hope for the Covid-19 vaccine,” says Najera. “Now we have 200 years of knowledge of viruses and the immune system but Jenner did all this without knowing what he was dealing with.”

“Jenner’s up there as one of my top scientific heroes,” says Gower. “His determination and innovation changed the world and saved countless millions of lives and continues to save lives.”



Before Jenner’s involvement, the treatments for smallpox ranged from the useless to the bizarre

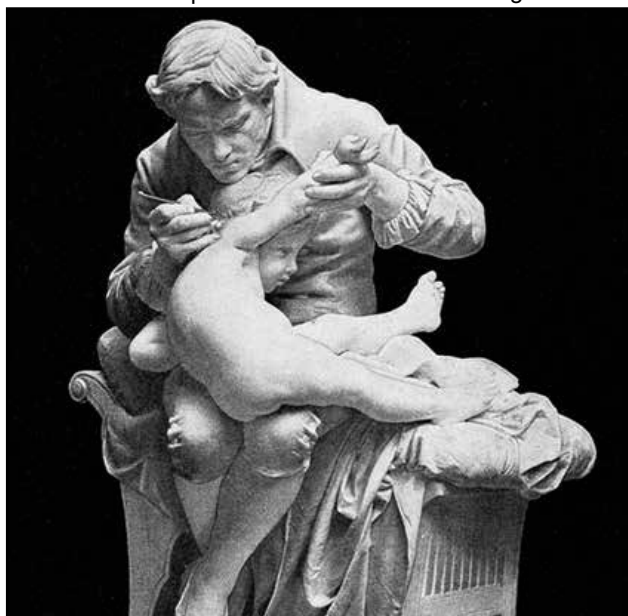
people seemed to be immune to smallpox. Milkmaids instead contracted a relatively mild cattle disease called cowpox, which left little scarring. During a smallpox epidemic in the west of England in 1774, farmer Benjamin Jesty decided to try something. He scratched some pus from cowpox lesions on the udders of a cow into the skin of his wife and sons. None of them contracted smallpox.

It wasn’t, however, until many years later that anyone knew of Jesty’s work. The man credited with inventing vaccination, and more importantly, popularising it, made similar observations and came to similar conclusions. Edward Jenner was a country doctor working in the small town of Berkeley in Gloucestershire. He had trained in London under one of the foremost surgeons of the day.

After a few days of mild illness, James recovered sufficiently for Jenner to inoculate the boy with matter from a smallpox blister. James did not develop smallpox, nor did any of the people he came into close contact with.

Although the experiment worked, by today’s standards it was ethically problematic.

“It really wasn’t a clinical trial and the choice of who they vaccinated really makes you uncomfortable,” says Sheila Cruickshank, professor of immunology at the University of Manchester. Nor did Jenner know the science underlying the discovery. There was no understanding that smallpox was caused by the variola virus, and the functioning of the body’s immune system was still a mystery at the time. “A lot of what they were doing was relying on



Edward Jenner, memorialised here in a statue vaccinating his son, swerved ethical concerns to see whether a cowpox vaccine could save lives



In the 19th Century, smallpox is thought to have killed 400,000 people a year in Europe alone



MOTORWORLD TENERIFE YOUR DRIVER'S LICENCE AND BREXIT

With thanks to from Emma from Motorworld

At the time of going to press a no deal Brexit cannot be ruled out. This of course affects people living in the UK and abroad, so, in this issue, we are going to cover the legal obligations as they stand regarding Drivers Licences here in Spain.

Once you become a resident in Spain you have 2 years in which to voluntarily exchange your Licence for a Spanish one. Our recommendation is always to do this as soon as is practical. With Brexit end day being the 31/12/20 it is imperative that those

people who wish to, or are obliged to by Law to, exchange their Licences do so as swiftly as possible and not leave it to the last minute.

So, what should you do?

Holders of Green Residencia Certificates (Certificado de Registro de Ciudadano de la Union)

If you have held this type of Residencia for less than 2 years an exchange can

be done voluntarily without the need for a medical. However, if you are nearing the expiry of your Licence, or approaching the age of 70, a medical is recommended as this will mean that your new Licence issued by DGT will be valid for a longer period of time.

If you have held a Green Residency Certificate for more than 2 years (the A4 paper or small credit card-sized one) a medical will always be necessary regardless of your age or the length of time left on your Licence. Medicals are always carried out at special centres called Centros de Reconocimiento Medicos and there are many dotted around the island. They test your sight, hearing and co-ordination.

Holders of the New TIE Card

If you have exchanged your old Residencia for a TIE (or obtained the TIE as a first-time applicant) a medical is required or a Certificado de Residencias Legales issued by the National Police, the latter not being recommended by us as it will likely take longer than getting a medical! If you have applied, but do not yet have the card, an exchange can be done with the Resguardo and a Certificado de Empadronamiento.

If you are not yet Resident but have an NIE certificate with no expiry date, a current Certificado de Empadronamiento (which shows that you have lived in Spain for at least 6 months) and a current passport you can still do an exchange at time of writing.

After 31/12/20 a UK Driver's Licence will not be valid in Spain, unless an agreement is reached between the UK and Spain. This could mean that anyone wishing to exchange their Licence after 31st December may have to sit a Spanish Driving Test (both theory and practical), which, due to language problems may not be possible - or in any event will not be easy and of course will be far costlier. Any non-resident will however be able to drive in Spain with an International Licence.



er's Licence will not be valid in Spain, unless an agreement is reached between the UK and Spain. This could mean that anyone wishing to exchange their Licence after 31st December may have to sit a Spanish Driving Test (both theory and practical), which, due to language problems may not be possible - or in any event will not be easy and of course will be far costlier. Any non-resident will however be able to drive in Spain with an International Licence.

Please remember that after 31/12/20 British citizens will no longer be 'European' and, in Spain (unless and until any agreement is reached) anyone not holding a Green Residencia or TIE will come under the same legislation as for other Non-European citizens (e.g. those from China, Venezuela etc.).

We at Motorworld will always be happy to help with exchanges or to answer any questions you may have.



NOW ONLINE!
www.laschafirasbookshop.com

LAS CHAFIRAS BOOK SHOP

The Bookshop is located at Calle Luciano Bello Alfonso No 5 in Las Chafiras (behind and above Pit Team Sur and the Golf Shop, and opposite Marrero Homes). Books cost just €3.00 but we offer a 'Buy two get one FREE' system and we buy books we don't have for 50 cents each.

We now have more than 10,000 books to choose from, either in the Shop itself, or via the internet (www.laschafirasbookshop.com), where you can 'browse' our inventory and order – we will be happy to deliver to anyone not able to get in.

Should you come to the shop and no one is in, just call us on either 609 714 276 or 627 230 360 – we're never very far away and will get back as fast as we can – while you have a coffee at one of the many cafés nearby!

CLAUDIA JANE CLEANING SERVICES

TENERIFE SOUTH

- OUR SERVICES -

- SHORT AND LONG-TERM RENTALS
- HOME CLEANS (WEEKLY/FORTNIGHTLY/MONTHLY)
- HOLIDAY APARTMENTS
- SPRING CLEANS
- AFTER-PARTY CLEAN-UPS

contact claudia.reynolds@hotmail.co.uk or +44 7896 350 960 for a quote



How to prevent a stroke: Five lifestyle modifications to reduce your risk

By Chanel Georgina

HOW TO prevent a stroke: An ageing body makes a person more susceptible to having a stroke, but there are five other risk factors you can control. What are they?

If you'd like to live a long and healthy life, you'll need to avoid having a stroke. There are five steps you can action to reduce your

risk of the deadly condition.

Blood pressure control

Harvard Medical School warns that uncontrolled high blood pressure can "quadruple your stroke risk". The ideal blood pressure is less than 120/80mmHg if possible, which you can keep track of using a blood pressure monitor.

Although it may seem

counterintuitive, one of the best ways to lower your blood pressure is to get your heart thumping. Daily exercise - where your heart rate increases - will help to lower your blood pressure reading in the long term. It's recommended to do at least 30 minutes of activity every day, and more if possible. Another way to reduce your blood pressure reading is to

reduce the salt in your diet. Omit salt from your cooking, as that'll be a great start; also consider the hidden salts in lots of packaged foods.

It will be useful to get into the habit of checking nutrition labels, aiming for low salt and low saturated fats. Fruits and vegetables really are nature's blessings, as they too can help lower high blood pressure.

A trim figure

"Obesity raises your odds of having a stroke," confirmed Harvard Medical School. The ideal body mass index (BMI) is 25 or less, which may involve working with your doctor to create a personal weight loss strategy. The ideal food consumption, per day, is between 1,500 to 2,000 calories - try not to exceed this limit. In addition, you'll need to burn off more calories than you eat if you're goal is to lose weight. Activities can

include golf, walking, playing tennis or another sport, or jogging.

Keeping fit

Exercise "also stands on its own as an independent stroke reducer", as its health benefits are numerous.

When you're exercising, if you reach a level where you're breathing hard, but you can still talk, you're doing a great job. If you find it difficult to carve out 30 minutes daily in one big block, you can break it up into 10 to 15 minute intervals throughout the day.

Drink less

"Studies show that if you have about one [alcoholic] drink per day, your risk [of a stroke] may be lower." However, "once you start drinking more than two [alcoholic] drinks per day, your risk [of a stroke] goes up very

sharply".

If you're wondering what's the best tittle to consume, the answer is red wine. This is because it contains "resveratrol, which is thought to protect the heart and brain". And be wary of how full you fill a glass - one five-ounce glass of red wine is the limit.

Don't smoke

The final tip from Harvard Medical School is not to smoke, as it "accelerates clot formation".

"Smoking cessation is one of the most powerful lifestyle changes that will help you reduce your stroke risk significantly."

Do you have any of the risk factors - smoking, obesity, or inactivity - that put you at risk of a stroke? If so, PLEASE do something about it TODAY!



Playing tennis counts as a workout that could reduce your risk of a stroke



One glass of red wine daily may reduce your risk of a stroke

Why embracing change is the key to a good life

By Lindsay Baker, BBC feature writer



Conventional wisdom says people are drawn together when they're most similar. But how you navigate the world together might actually be what ignites the spark.

How we handle change is the essence of our existence and the key to happiness, particularly in our current times of uncertainty. In the first of a new series, The Art of Living, Lindsay Baker explores the philosophy of change.

"Life is flux," said the philosopher Heraclitus. The Greek philosopher pointed out in 500 BC that everything is constantly shifting, and becoming something other to what it was before. Like a river, life flows ever onwards, and while we may step from the riverbank into the river, the waters flowing over our feet will never be the

same waters that flowed even one moment before. Heraclitus concluded that since the very nature of life is change, to resist this natural flow was to resist the very essence of our existence. "There is nothing permanent except change," he said.

Or, as the novelist Elena Ferrante said recently: "We don't have to fear change, what is other shouldn't frighten us." If we can learn to handle this constant flux, we can handle life itself - which, several millennia on from Heraclitus, in our currently uncertain and fast-changing times, feels particularly resonant. Since humankind

has existed, many great artists, writers and philosophers have grappled with the notion of change, and our impulse to resist it. "Something in us wishes to remain a child... to reject everything strange," wrote the 20th-Century psychologist and author Carl Jung in The Stages of Life, echoing Heraclitus. For these thinkers, a refusal to embrace change as a necessary and normal part of life will lead to problems, pain and disappointment. If we accept that everything is constantly changing and fleeting, they say, things run alto-

Cont. on Page 36



Tenerife Insurance Services SL

Cars, Houses, Life, Health, Dental, Funerals, Travel, Boats, Business Premises, Communities, Bars & Restaurants, Savings & Investments and more.....

Tel: 922-735-672



CASH BACK

27/08 – 23/12/2020

60€ for every NEW policy for existing Customers

30€ for first policy and 60€ for extra policies for NEW clients



	Third Party	TPFT	Comp
Renault Clio 1.2	209€	210€	270€
Seat Ibiza 1.4	209€	215€	270€
Ford Fiesta 1.6	209€	220€	270€



Cover for Buildings or Contents or BOTH
Prices FROM 84€ per year!

Covers Claims for Floods, Fires, Robberies, stolen purses, Cash & Public Liability & more.

Great Prices & Guarantees

Policies in English, German or Spanish and much more

(All prices quoted are examples – Terms & Conditions Apply. Policies done to match your requirements)

ALSO - INSURANCE FOR STATIC & WOODEN HOMES – Ask for details!



HEALTH POLICY for RESIDENCIA
ELITE cover – no additional payments

SPECIAL OFFER ENDS 31 DEC 2020

30 yr old – 54€ per mth
40 yr old – 60€ per mth
50 yr old – 73€ per mth



GUARANTEED Interest & GUARANTEED Capital

5,000€ - 5% per annum
10,000€ - 6% per annum
15,000€ - 7% per annum
20,000€+ - 8% per annum

Calle Clara Toledo Gomez, Local A, LAS CHAFIRAS - info@tenerifeinsurance.biz

TENERIFE'S FAVOURITE BRITISH BAKERS



CROQUANT



BRITISH BAKERY & COFFEE SHOPS

IT'S OFFICIAL!
We're THE BEST bakery in Tenerife!



Ample free parking

Fresh coffee and snacks on our outside terraces in Los Cristianos and Las Chafiras

Daily Specials



BOTH SHOPS OPEN DAILY FROM 7.00AM – 9.00PM (MONDAY – SATURDAY), AND 8.00AM – 3.30PM (SUNDAYS)



FRESH, NOT FROZEN!

A huge assortment of breads, sausage rolls, quiches, cakes, freshly made sandwiches, hot toasties and wraps, all with a choice of fillings.

NOW AVAILABLE:

HOMEMADE
Toasted teacakes, potato cakes and savouries
ALL FRESHLY BAKED IN-STORE!



Baked under Licence – Hovis – THE ORIGINAL, multi-seed granary bread!

FIND US AT:
LOS CRISTIANOS:
Avenida Los Playeros
(Main street)
Tel: 922 798 133

LAS CHAFIRAS:
Fundadores
Co-operativa
No. 74

Cont. from Page 34

gether more smoothly.

So does the 'life is flux' theory mean we must be resigned in a fatalistic way to all the challenges, changes and crises life throws at us? Not necessarily, says John Sellars, author of new book *Les-*

Epictetus and Marcus Aurelius – showing how their ideas can help us today.

Everything changes, the question is, do we change with it? – John Sellars

"Stoics believe that nothing is stable, and we need to come to terms with that.

goes on changing is a self that goes on living." In one of her most unconventional works, the prose poem *The Waves* (1931), Woolf follows the consciousnesses of six friends, starting from their childhoods. The characters enter new phases of life that are filled with novelty and lack of certainty. A

never cease. High battlements of thought, habits that had seemed as durable as stone, went down like shadows at the touch of another mind and left a naked sky and fresh stars twinkling in it."

Woolf – although she was in the end unable to conquer her demons – was an avid keeper of a journal, and wrote down her innermost thoughts aiming to work through her feelings. She shared this habit with many significant writers and thinkers, among them Susan Sontag, Joan Didion, Oscar Wilde – and Stoic Marcus Aurelius. In fact, practising Stoics Today still recommend the keeping of a journal, in order to steel themselves for whatever the day ahead may throw at them, and later in the day, to review their actions. The idea is to train yourself to be as prepared as pos-

siating things now but also understanding that they are not forever. "Don't be afraid of uncertainty." In this sense, says Sellars, Stoicism has broad parallels with Buddhism. "Things are changing, live in the present moment, don't have strong attachments to external things." This may sound a little unfeeling, cold even – but it's not, insists Sellars. "Because like Buddhism, Stoicism also advises to feel compassion for all sentient creatures, and to have natural affinities, and not to be unfeeling or emotionless."

In her speculative, sci-fi novel *Parable of the Sower* (1993), Octavia E. Butler presents a protagonist, Lauren, who founds a religion she calls Earthseed, and who has visions of change as the animating force of the cosmos. Lauren notes down her

And Lauren's vision for the world is one where good conquers evil, and where kindness conquers cruelty. As US author and academic Rebecca Raphael notes in an essay on Butler's work: "Lauren joins these Heraclitus-like ideas with ethical injunctions to attend well and to shape consciously the change in which one is implicated. There is nothing supernatural about Earthseed's Change: neither a providence nor an otherworldly eschatology, it is a call to responsibility for the shifting patterns of one's world."

Lauren's religion, Earthseed, contains aspects of both Stoicism and Buddhism. As Raphael puts it: "The component ideas of Earthseed are not new. It has elements of Buddhist metaphysics, of Judaic world-shaping through



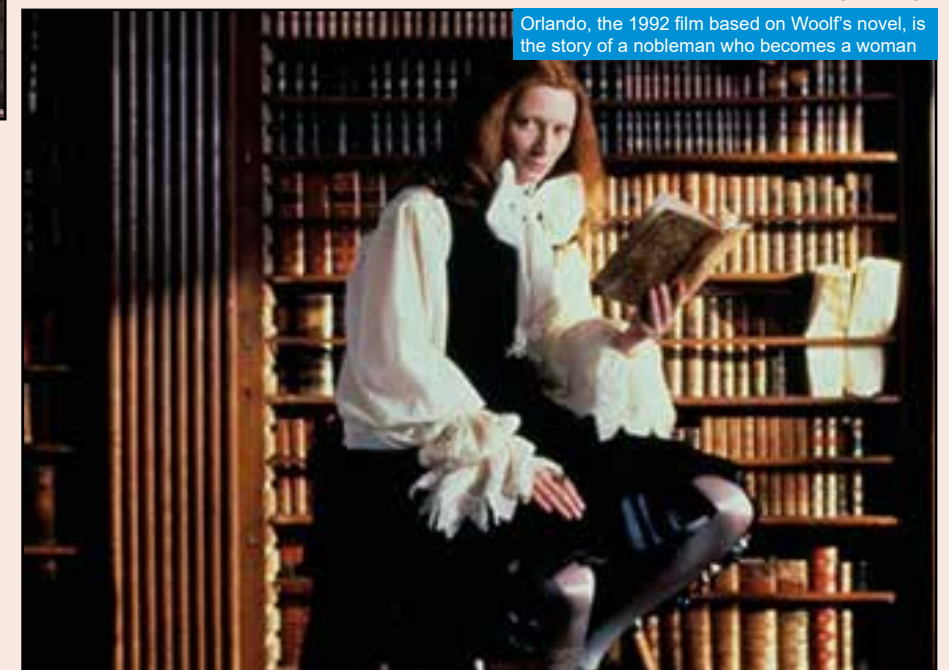
The philosopher Heraclitus (right, at desk) is featured in Raphael's masterpiece *The School of Athens*

sions in Stoicism and philosophy lecturer at Royal Holloway, University of London. According to Sellars, Heraclitus's theory is less about resignation and more about "acceptance". Change is a favourite subject of Stoicism, a school of Hellenistic philosophy (partly inspired by Heraclitus) that is informed by a system of logic and its view of the natural world. To be 'stoical' in the popular imagination is to endure hardship without complaint, to 'grin and bear it'. But the philosophy is more nuanced than that. In his book, Sellars weaves together the thoughts of three Stoics – Seneca,

The natural world is made up of a series of processes that are changing, but if we want to live happily with nature we have to live in harmony with it." And in fact, he says, Stoicism is not so much about resisting change as facing up to it. Everything changes, the question is, do we change with it?" says Sellars. "Stoics say we don't have any choice, we can't fight it." This idea is echoed throughout art and literature. British author Virginia Woolf, who famously wrote in an interior-monologue style that itself captured the mutability of thought, wrote: "A self that

fluid narrative voice shifts subtly between their different points of view, as all of them struggle in some way to define themselves. Woolf presents them all as in a perpetual process of change and metamorphosis throughout the story, as all of us are in life.

Change was one of Woolf's obsessions. In her earlier, playful novel *Orlando* (1928), she tells the story of a nobleman in Elizabethan times who, halfway through the novel, awakes to find that he has become a woman. "Change was incessant," writes Woolf in the novel, "and change perhaps would



Orlando, the 1992 film based on Woolf's novel, is the story of a nobleman who becomes a woman

sible, given the changeability of life. Maybe this is why Stoics have gained a reputation for a no-nonsense 'stiff upper lip'. "There's some basis in reality, yes," concedes John Sellars. "It's partly about toughening up and training, since learning how to deal with adversity means it doesn't feel so hard. But it's not about controlling or repressing – the idea that Stoicism is just about remaining resolute misses something important."

The only lasting truth is cool rationality the key to negotiate change, then? "The goal is to lead a good, happy life," says Sellars, "and to get into the right place to experience genuine joy, not a flat emotion." The Stoics advise appre-

visions as epigrammatic statements: "All that you touch you Change. All that you touch you Change changes you. The only lasting truth is Change. God is Change." She also makes the same connection between life, change and nature as Heraclitus did in his 'life is flux' theory. Butler writes: "Seed to tree, tree to forest; Rain to river, river to sea; Grubs to bees, bees to swarm. From one, many; from many, one; Forever uniting, growing, dissolving—forever Changing. The universe is God's self-portrait."

All that you touch you Change. All that you Change changes you. The only lasting truth is Change – Octavia E Butler

ethical action, and of Stoic focus on what, however small, one can actually do in the moment. It has no contempt for a social or religious out-group, but instead fosters kindness in a violent world, in order to prepare humans for life on other planets."

So in our current crisis, how would the Stoics advise us to approach change – not only now but also in the future, whatever that may hold? "We must distinguish between things that are in our control, and things that are not," says Sellars. "You can self-isolate and social distance, and do those things as an act of calm rational caution, not motivated by pan-



In the speculative novel *Parable of the Sower*, the connection between life, change and nature is a central theme

Cont. on Page 38

LIBERTYCASHBACK

When
YOU
need it
most

Until
23rd
DECEMBER
2020



ALREADY A CUSTOMER?

€60 CASHBACK

on each new policy

A NEW CLIENT?

€30 CASHBACK

on your first policy & €60 from
the second policy onwards

Take out a new Car, Life, Home or Funeral policy NOW to access our Cashback offer – because tough times deserve little treats!



There's no limit on the number of policies
you take out, so there's no limit on Cashback!



Liberty
Seguros

#1
preferred
expat
insurer

Visit your agent or call 91 342 25 49

Offer valid from 27th August 2020 to 23rd December 2020. Policies must be paid by direct debit. Applies to new car, life, home and funeral policies only. Not for renewals or replacements. Conditions and minimum premiums will be applied in all cases. Visit our website www.libertyexpatriates.es or ask your broker/agent for full details.

Cont. from Page 36

ic, fear or anxiety.”

The Modern Stoicism movement holds an annual Stoic Week, in which those involved are challenged to focus on the process not the outcome, and to face up to the reality that adversity is part of the normal course of life; that we can learn from adversity, and learn through failure.

Adversity, in other words, is a learning experience.

This too shall pass

A medieval prophet asked a wise man for a message to keep him safe. His answer? “This too shall pass”. It was a phrase used in recent months by the actor Tom Hanks in connection with the Coronavirus pandemic, and it’s the name of a book out recent-

ly by psychotherapist Julia Samuel. In *This Too Shall Pass: Stories of Change, Crisis and Hopeful Beginnings*, Samuel relates (anonymously) some of her clients’ stories. “Every person who has walked through my door has had a problematic relationship with change,” she tells BBC Culture. “Change is the one certainty of life, and pain is the agent of change, it forc-

es you to wake up and see the world differently, and the discomfort of it forces you to see the reality of it. It’s through pain that we learn, personally and also universally.”

Samuel says that when the current pandemic first struck, a lot of us were “numb, shocked and anxious. It was like the scary Jaws music coming, you can block it but in the end you have to pay attention, you have to shift and change”. She chose the phrase ‘This too shall pass’ for her book’s title because “you have to go with change and crises to come out the other side. You may not believe that it will ever end. In winter you may not believe that summer will come, but it does.”

Accepting change also makes you better at it, she says. “It’s the paradox that the more you allow yourself to accept that change is inevitable, the more likely you are to change intentionally and adapt.” Change can be an engine of progress. Samuel is all for accepting the flux of life and nature,

and for facing up to the biggest change any of us ever experiences, our own mortality. “I think what we don’t look at grows inside us, so it’s good to have conversations with each other about the end of life. The things you don’t talk about could haunt you and make everything more complicated. Life is precious but it’s good to accept that it’s limited.”

Change is the basis of all history, the proof of vigour – Jenny Holzer

It’s been more than half a century since Sam Cooke’s powerful and optimistic civil-rights anthem *A Change is Gonna Come*. Yet it’s a song that remains as timely as ever. And it’s been nearly 40 years since the US conceptual artist Jenny Holzer’s iconic lithograph *Inflammatory Essays*, with its rousing message: “Change is the basis of all history, the proof of vigour”. The provocative artwork, created in the early 1980s, is full of the US artist’s trademark dogmatic, pithy truisms.

Recently exhibited at London’s Tate Modern, it still feels resoundingly relevant today. “Upheaval is desirable because fresh, untainted groups seize opportunity,” is another phrase from the artwork, along with “The decadent and powerful champion continuity”; “Slow modification can be effective; men change before they notice and resist”; and “The worst is a harbinger of the best”.

The current crisis – and the fight for racial and social equality – make Holzer’s words feel all the more resonant. And with many communities showing solidarity and support, it seems that qualities such as courage, resilience, compassion, empathy – and a sense of fairness and justice – still can be found. How will we look back on this time of turmoil, change and upheaval? Will we come out of this situation with a deeper understanding and an enhanced perspective on humankind, our priorities and our values? With our ‘vigour’ proved?



To live in the present moment in our changing world is one of Buddhism’s tenets



HOW LONG CAN YOU SURVIVE WITHOUT WATER?

By Abigail Beall, BBC feature writer

Water is one of the vital ingredients for life on Earth, but what happens to us if you suddenly can’t get this precious liquid?

The river wasn’t far away. Chaz Powell could see the Zambezi churning over boulders in the gorge a few hundred metres below him. It was tantalisingly close, but out of his reach.

“I can’t describe how thirsty I was,” says Powell. Teetering on the edge of a cliff at the top of a gorge, he had run out of water and had no way of getting down to the river. Recalling the precarious position he found himself in, Powell describes an over-

whelming feeling of panic as he worried about how to find something to drink. “By this point I was starting to feel really ill,” he says. “I started to overheat, and my body temperature was just insane.”

Powell, an expedition guide from Shropshire in the UK, was about to experience what it is like to be stranded without the commodity most of us take for granted. In most developed countries, accessing clean water is as simple as turning on a tap. People in these places pour gallons of it down the drain every day without a thought, as they brush their teeth, shower and flush the toilet.

But around 1.1 billion people lack access to safe drinking water around the world, and a total of 2.7 billion find water difficult to access for at least one month of the year.

Water is one of the fundamental ingredients for life on Earth and our bodies are mainly composed of it. When we are forced to go without water, things can turn nasty very fast indeed.

Powell experienced this for himself while two months into a solo expedition walking the length of the Zambezi River, having started his trip at its source in Zambia. He followed the river through eastern Angola, across the borders

of Namibia and Botswana, until he reached the gorges at the border of Zambia and Zimbabwe, after Victoria Falls. Here, the terrain became much more difficult to traverse. “The gorges are steep sloped cliffs that carve through the landscape for around 150 miles,” Powell says. It was August 2016, and the hottest time of year, with temperatures reaching 50C (122F) during the day. Powell, who was 38 at the time, had to walk at this time of the year to avoid the Barotse Floodplains, which are under water for about 90% of the time. His trek had been going well, covering around 20 miles (36km) each day. But once in the gorges, Powell found himself slowing considerably. “I had walked maybe a couple of miles a day, if that, just going over boulders,” he says. “It was so slow.”

At such a slow pace, Powell calculated it would take a month to get to the other end of the gorges, and with no other people for miles around, he was beginning to run out of food. “The only thing I saw when I was down there were baboons throwing rocks, and huge rapids going through this huge gorge,” he says. After two weeks of trying to pick his way through

the gorge, Powell decided he needed to find another route. On his map he could see another river heading into the Zambezi which looked quite substantial. “I thought to myself I can get on the top it’s going to be about 20km (12 miles) to get to this other river,” he says. “But I didn’t know what the top of the land was going to be like at this point, I just thought ‘it’s potentially four hours fast walking, I can do it’.”

The first stage of dehydration is thirst, which kicks in when 2% of body weight is lost

Setting off at 4am, Powell climbed out of the gorge with two-litre water bottles. He had been used to drinking straight out of the Zambezi, so didn’t foresee the need to carry any more than that. When he began walking it was already 48C (118F), and three hours later he made it out of the gorge, which he thinks was between 750m (2,475ft) and one kilometre of ascent. At this point, he had one water bottle left. But when he reached the top it was not what he expected. “In my mind at the top is going to be very flat and easier to walk, but it was just completely overgrown with

thorns and it was just a series of little hills going down to the gorge” says Powell. After three hours of walking around in circles looking for a path, he completely ran out of water.

“I’d probably walked about a couple of kilometres, if that,” he says. “I hadn’t even got away from the gorge itself, so I decided I was going to try and get back down.” But he wasn’t in the same place as where he had climbed out, and he was on the edge of a cliff. He could see the river far below him in the gorge, but there was no way of getting down.

On average, water makes up about 60-70% of the human body, largely depending on your age. Our bodies lose water through our urine, sweat, faeces and breath, so we have to continually replace this by drinking and eating (around a third of the water we consume comes from our food). If we don’t do this, our bodies can become dehydrated.

The first stage of dehydration is thirst, which kicks in when 2% of body weight is lost. “When thirst kicks in, your body clings to all remaining moisture,”

Cont. on Page 40

The Captain's Table

NOVEMBER 2020



To my many past readers and fans, it is wonderful to write my Captain's Table restaurant review again. I feel, after many requests, and in these very difficult times, we should

try to appreciate and support the many restaurants and bars that have opened under the most severe restrictions.

Of course, many of you might ask: Where is open?

Or, Do we have to go to Mars? Now, every month, you will just need to read this column in The TPG through which we can once again read about (and visit!) the many great

eateries of our Island of Eternal Spring!

If you are a restaurant owner in the South (or the North) and are open for business in these difficult times, I would be

pleased to hear from you and pay you a visit to perhaps share a bottle of wine while I tell my hundreds of readers what they are missing!

If you would care to

contact me, I will organize myself to renew or discover your fine establishment. I hope to read about you one day soon in my monthly Captain's Table!

Bloom Bar & Brunch La Caleta



Let's start at the top. Many of my readers who were kind enough to fol-

low my restaurant reviews for the last 10 years might be surprised that this is a comeback, and whilst obviously restaurants and bars have had the most terrible times, I have discovered that on this island one can still dine or

drink at many new establishments that are well worth a visit.

Starting with the fantastic new brunch bar 'Bloom Bar & Brunch' -

part of the Venture Group - and like all their other restaurants it is both decorated and managed to the highest of standards. I think it is very important that in restaurants you should eat with your eyes, not the 2 Danish girls sitting at the next table, but the superb food. I love a restaurant with beautiful decor and Blooms is a lovely bar with superb decor and seating arrangements.

Luckily for any visitor, the food is superb and the chef makes every dish an art-form on the plate. The choice is superb, served superbly and looks superb - and what a fantastic selection! There are several delicious courses as appetizer, poached eggs with avocado, classic choice of omelet, scrambled eggs with smoked salmon and if you like salads, one can choose smoked salmon, chicken or the healthy

bowl.

Although not a great fan of healthy dishes (I find that everybody who works in a healthy restaurant looks white and terrible), if you like pancakes or waffles you don't have to go to America to have a wonderful waffle, you can have one here. The Granola Greek or the Blue China yogurt cup ends a fine meal.

I fell in love with this small, intimate restaurant in La Caleta - which, as most readers know, is a lovely area where you can park easily - often right outside the restaurant - or you could take a taxi - it's well worth it! While the absence of tourists is a significant factor, locals and residents will surely visit this special restaurant. If we meet there please come and join me for a glass of wine.

This is a new 5* attraction, you simply MUST pay a visit!

Until next month, take care,
The Captain



Spanish and English Lawyers

Conveyancing · Inheritance & Wills
Family Law · Criminal Law
Civil Litigation & Personal Injury
Timeshare · Tax & Commercial law

De Cotta Law

T: 922 719 520

E: tenerife@decottalaw.net

C. C. Terranova, Av. de España s/n, Locales 312 y 313

38660 San Eugenio Costa Adeje · Tenerife

www.decottalaw.com

Cont. from Page 38

says Dileep Lobo, professor of gastrointestinal surgery, who researches fluids and electrolyte balance. "Your kidneys send less water to your bladder, darkening your urine. As you sweat less, your body temperature rises. Your blood becomes thicker and sluggish. To maintain oxygen levels, your heart rate increases." The rate at which dehydration occurs varies according to the extremes placed on the body, but with no water in a climate of 50C (122F), coupled with extreme exercise, dehydration can quickly become lethal. "Humans have an upper limit to heat tolerance, beyond which we suffer heat stress and even death," says Lobo. "Death rates do climb on extremely cold days, but increase much more steeply on extremely hot ones."

Even mild dehydration can leave us feeling more tired and less able to perform physically

When exercising in a hot environment, the human body can lose between 1.5-3 litres (2.6-5.3 pints) of water every hour due to sweat. Another 200-1,500ml (0.3-2.6 pints) can be lost as moisture in exhaled breath, depending on the humidity of the surrounding air. The effect this can start to have on the human body is profound. Even mild dehydration can leave us feeling more tired and less able to perform physically.

As we lose more water, our ability to cool down through sweating also de-



Chaz Powell had been walking along the Zambezi River when he found himself stranded without access to water

creases, making overheating more of a risk. With more water leaving our bodies than coming in, our blood starts to thicken and become more concentrated, meaning our cardiovascular system has to work harder to keep our blood pressure up. Our kidneys try to compensate by retaining more water through reduced urination, water also rushes out of our cells into our blood stream, causing them to shrink in size. When we lose 4% of our body weight as water, blood pressure drops and fainting can occur.

The third stage, when 7% of body weight is lost, is organ damage. "Your body is having trouble maintaining blood pressure," says Lobo. "To survive, it slows blood flow to non-vital organs, such as your kidneys and gut, causing damage. Without your kidneys filtering your blood, cellular waste quickly builds up.

You're literally dying for a glass of water."

Yet some people can not only survive such severe dehydration, they can

berto Salazar sweated out an estimated 3.06 litres (5.4 pints) per hour in the sweltering Los Angeles heat during the 1984 Olym-



More than a billion people around the world still do not have access to clean drinking water

even still keep performing at high levels. The long-distance runner and coach Al-

pic Marathon and lost 8% of his body weight. Salazar, however, was able to quickly rehydrate after the marathon and had a team of medical experts to care for him.

With no way of getting to a water source, however, Powell decided to seek help. He activated an SOS phone he was carrying, which linked to a service operated by a US-based company. But when he got through those on the other end could not find anyone nearby to help him. Panic started to set in. Desperate, Powell dug a hole in the dry soil in an attempt to keep cool, and started to drink his own urine, which he combined with a rehydration sachet. In a healthy adult, urine is 95% water and the rest is waste products, excreted by the kidneys, including salts and

ammonia. When someone is dehydrated the water content becomes markedly reduced, making it more like drinking seawater.

As dehydration worsens it can affect how our brains work, disrupting our mood and our ability to think clearly

"Although it may be safe to drink urine in the short term to rehydrate, the physiological response to dehydration is to conserve salt and water," says Lobo. "Urine output decreases, and ultimately the human can develop acute kidney injury and anuria (where the kidneys fail to produce urine). Hence, the quantity of urine in the medium-term will not be enough to sustain adequate hydration." Adding rehydration salts without good volumes

it would take four hours. "I'm going to be dead in four hours," he remembers thinking. "In the end I just said to myself that I'd rather die falling down a cliff than sitting here," he says. He examined the cliff and saw a few exposed tree roots to hold onto, so decided to make an attempt at climbing down, but fell 15ft (4.5m), slicing his nose open in the process.

His decision to attempt the climb may have been in part due to the dehydration itself. As dehydration worsens it can affect how our brains work, disrupting our mood and our ability to think clearly. The blood flow to our brains, and the brain volume itself, reduces. Mild to moderate levels of dehydration – a loss of 2% or more of body water – can impair our short term memory, our vigilance, arithmetic ability and coordina-

of water could help Powell to replace salts and sugar, but it also risked causing further negative imbalances in his body. In extreme cases an imbalance in salt levels can lead to seizures and even brain haemorrhage. In his hole, Powell was cooling down but was also fast becoming more dehydrated. He remembered watching a documentary, Walking the Nile, in which travel writer Matt Power developed heat stroke during an expedition to walk the length of the great river. "I remember thinking it had come on really quickly," says Powell. "So, in my head, I was thinking 'I'm overheating, this is happening to me, I'm getting really ill.'"

Eventually the SOS team told Powell they could get a helicopter to him, but

tion skills, particularly when performing strenuous activities in hot environments. Some studies, mainly in elderly patients, have also found that dehydration can play a role in delirium.

Fuelled by adrenaline and the desire to live, however, Powell kept going down, grabbing onto anything he could on the cliff face. When he reached a ledge, he fainted, blacking out for a short while before coming round.

"My hands were bleeding, my face was covered in blood, my legs were bruised," he says. Even so, Powell kept pushing himself down the cliff for nearly an hour until he made it back to the river. He had to sit there for an hour, cooling down and drinking wa-



Water scarcity is predicted to become more common due to climate change

Cont. on Page 42



EL PATIO

GARDEN FURNITURE



WE ALSO SUPPLY FURNITURE FOR BARS & RESTAURANTS!



**SITUATED DIRECTLY BEHIND THE BINGO HALL
IN LAS CHAFIRAS**

C/ Argentina, 7, LAS CHAFIRAS INDUSTRIAL ESTATE (San Miguel de Abona)

+34 922 736 203

info@patiosur.com · www.patiosur.com

**Hot Spring Spas
Titanium Heat Pumps
Pool Covers and Rollers
Saunas**



**Designed by BMW Group
Design Works USA.**



Waves have a structure, with parts, like this:

Aqualux Pools and Spas
Calle Daniel Feo Feo, Nave 5, Las Chafiras, Tenerife
Tel: 922 736 944 / Mob: 619 781 924
www.aqualuxspas.eu
Email: aqualuxtenerife@gmail.com

Cont. from Page 40

ter, until he was able to get onto his satellite phone to tell his rescuers he was OK. "Chaz saved himself by finding a supply of water and shade," says Natalie Cookson, an emergency medical trainee doctor working in London. "Resting in the shade reduced body temperature, slowing the dehydration process." Most importantly, when Powell eventually reached drinking water, it replaced the fluid he had lost. "Dehydration is reversible and by replacing body water, a full recovery is likely," says

Cookson.

Dehydration can also cause vital parts of the cardiovascular system, such as the blood vessels, to harden, increasing the risk of a heart attack

Had he not managed to rehydrate, Powell's kidneys would have started to fail. Without an adequate supply of water flushing through them, toxins can begin to build up, causing the kidneys to stop functioning correctly. This can lead to a form of kidney damage known as acute tubular necrosis, which even if rehydration occurs

can take weeks to recover from. The extra strain on his heart would have also led to irregular heartbeats, falling blood pressure and possibly seizures. Dehydration can also cause vital parts of the cardiovascular system, such as the blood vessels, to harden, increasing the risk of a heart attack.

Being dehydrated in a hot climate only compounds the problem.

"The body is unable to regulate this heat which causes key enzymes in normal metabolic pathways to be destroyed, causing organs like the brain, heart



Chaz Powell managed to get back to the river just in time so he could drink and cool down

and lungs to de-function" says Cookson. Eventually this can lead to seizures, coma and, as organs start to fail, death. Exactly how long someone can survive without water is still largely debated. Most scientists agree humans can only go for a few days without taking in any food or water. In 1944, two scientists deprived themselves of water – one for three days and one for four days – but ate a dry diet of food. By the final day of their experiment, the pair had difficulties swallowing, their faces had become "somewhat pinched and pale", but they stopped the experiment long before their condition deteriorated to the point where it became dan-

gerous.

The ability to go without water can also vary greatly between individuals. There is some evidence, for example, that the human body can adapt to the level of water a person regularly consumes.

The longest someone is known to have gone without water was in the case of Andreas Mihavecz, an 18-year-old Austrian bricklayer who was left locked in a police cell for 18 days in 1979 after the officers on duty forgot about him. His case even made it into the Guinness Book of World Records. While few of us are likely to experience this kind of extreme dehydration, around four billion people experience severe water scarcity at least one

month of the year. Climate change is also likely to make access to clean water supplies harder many parts of the world. According to some estimates, as much as two-thirds of the world's population will face water shortages by 2025.

As for Powell, his ordeal involved being without water for 10 hours in the searing heat. He was lucky. After returning to Livingston and resting for a week, he was able to continue his journey, taking a different route. He completed his walk in 137 days. Although his experience was a lesson in patience, it also taught him how important water is.

"I certainly don't take it for granted anymore," he says.



When we are dehydrated we fatigue more easily and our physical performance deteriorates



A MESSAGE FROM D. R. WALLACE - TENERIFE REMEMBRANCE DAY SERVICE COMMITTEE

Dear supporters and friends, It is with deep regret we, the Remembrance Service Committee, have to inform you that this year's service, normally held at Westaven Bay, is cancelled. Local Church services are yet to be confirmed. The decision was not taken

lightly and we know many of you will be disappointed. However after exploring many options the conclusion was that, because of the fluid times in which we live, and taking into consideration the safety of attendees, it would be unfair to restrict the number of people that could attend.

At this time we do not know if we will have to adhere to the Government's restrictions or whether there might be a total lockdown. Add to this the sanitizing of the venue before and after the service, social distancing and having to turn people away once the quota is reached and of course

the possibility of spreading the virus makes it sensible to simply just cancel. This year's poppy appeal (charitable collection) however, will go ahead but with a reduced number of poppy boxes. The boxes will be in bars, shops and other establishments between Los Abrigos and Playa Pariaso.

The short list of the location of the poppy boxes can be found below and hopefully this information will spread amongst local communities (that may not have access to social media, online newspapers or local radio etc). Once again, our apologies for this announce-

ment but we are sure you will all understand why this decision was made. Lastly may we take this opportunity to thank you for your support over the years and please support this year's poppy appeal if you can.

Calle Tilena, 19, LAS CHAFIRAS



922 749 664

649 574 851

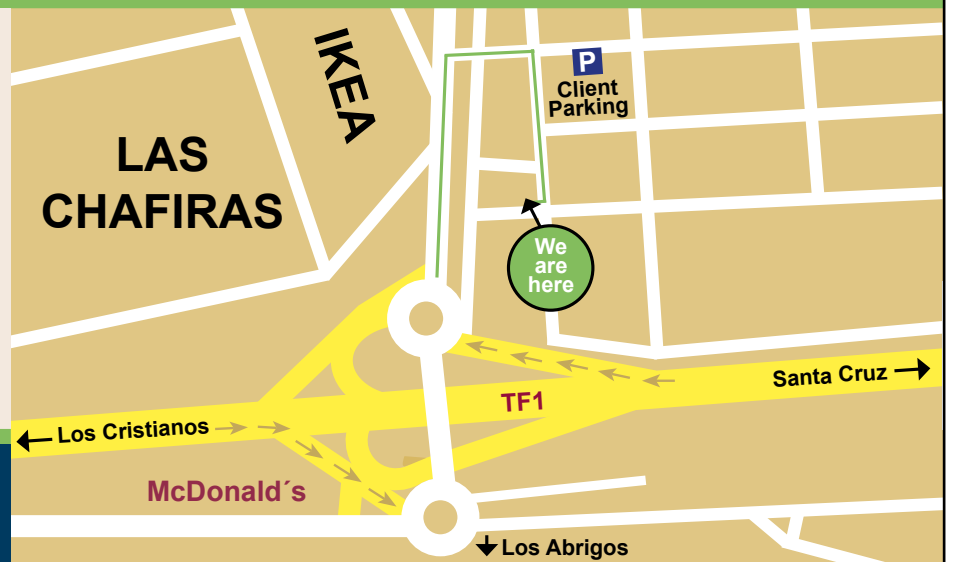
NEW OPENING HOURS

Monday - Saturday
10.00am - 2.00pm

**HUGE RANGE OF
TOP QUALITY
PRE-OWNED FURNITURE**



- ✓ Second Hand Store
- ✓ Household Clearances
- ✓ We Buy Your Furniture and Pay **CASH!**
- ✓ Delivery/Collection Island-wide



Email: losabrigosauctionroom@hotmail.com
Facebook: Las Chafiras Second Hand Tenerife

NEW MATTRESSES AND BED BASES IN STOCK!



MY THAI LOUNGE

Puerto Colon Marina, San Eugenio

- * COCKTAILS
- * FRESH JUICES
- * THAI FOOD
- * QUALITY WINES
- * SELECTION OF BEERS



Come and enjoy the authentic Thai cuisine of the lovely, recently-opened *My Thai Lounge*, overlooking the beautiful Puerto Colon Marina.

This modern and family-friendly Thai Restaurant was created because of the spectacular views available from its first-floor location and spacious terrace overlooking the harbour.



How would you like to enjoy a romantic dinner with a glass of wine while watching the sun go down over the marina – or a night of fun with your whole family – allowing the Thai cuisine to surprise and delight your senses!

Whatever you are looking for, you will find it the *My Thai Lounge* with its wonderful ambience and the fabulous views the cherry on top!



MYTHAILOUNGE KATRIEN



(+34) 670 883 604

LOCAL 223, C.C. PUERTO COLON
38670 - ADEJE - TENERIFE

Closed on
Wednesdays

Adeje Farmers Market

**Calle Archajara
Adeje**



**Saturday/Sunday: 8.00am – 2.00pm
Wednesday: 3.00pm – 7.00pm**



CLAUDIA JANE CLEANING SERVICES

TENERIFE SOUTH

- OUR SERVICES -

- SHORT AND LONG-TERM RENTALS
- HOME CLEANS (WEEKLY/FORTNIGHTLY/MONTHLY)
- HOLIDAY APARTMENTS
- SPRING CLEANS
- AFTER-PARTY CLEAN-UPS

contact claudia.reynolds@hotmail.co.uk or
+44 7896 350 960 for a quote

FREE PACKING BOXES FOR ALL LOCAL AND INTERNATIONAL MOVES



**Mobile:
0034 609 528 250**

**BUSINESS
AS USUAL!**

Let us take the hassle out of your move!



universalexpo52@hotmail.co.uk

The Tenerife Property and Business Guide
Editor and Publisher:
Ali JS Gray NIE: X-5323899-C
trading as Spanish Property Guides
C/ Luciano Bello Alfonso No 5,
LAS CHAFIRAS, San Miguel de Abona, 38639

General Enquiries:
Tel: 922-703725
E: george.thetpg@gmail.com
W: thetenerifepropertyguide.com

Office Hours:
Monday – Friday:
9.00am – 5.00pm

The Tenerife Property and Business Guide takes all reasonable care to check the contents of every advertisement or article, but cannot accept responsibility for the claims or statements made in them. Also, statements or opinions expressed by contributors do not necessarily reflect those of the Editor or Publisher. Material featured in The Tenerife Property and Business Guide may not be reproduced without the express permission of the Editor. ©2018 The Tenerife Property and Business Guide.

Printed by: Artes Graficas del Atlantico, Gran Canaria

ENERGY PERFORMANCE CERTIFICATES IN SPAIN

NOVEMBER 2020 UPDATE

Seven years and five months have now passed since the legal requirement was brought in for Energy Performance Certificates to be carried out in Spain and it can be seen from the Canarian Government's official register that a grand total of 245,980 certificates have now been prepared and duly registered. This means

that 1,795 certificates were completed in October just 8% down on the total for October last year. Bearing in mind the effect that COVID19 is still having on the rental and sale market this is encouraging and points to the fact that properties are still being sold, that people are still willing to purchase and that they are finding ways such as the setting

up of Powers of Attorney to allow transactions to take place.

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 efficient). The Certificate, registered with the Canarian Government is valid for 10 years.

How to arrange an

EPC:

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

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

November 2020 DOG OF THE MONTH

VOZ



Voz has been in the kennels for around 6 years. He is now 13 years old and desperately needs to get out and spend his last years in a proper home. Voz is a really friendly dog who gets

on well with people and other dogs. We think he might be suffering from depression as he used to bark and come to the gate to greet people but now it is like he has just given up. Can anyone please help this loving dog?

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, or email cpa.tierrablanca@tragsa.es for more information.

Opening Hours:
Mon-Fri:
10am - 2pm
Av. Virgen de Guadalupe, 21
38679 -
LA CALETA
Costa Adeje

Art Gallery LA MUSA
Paintings, sculptures and inclusive art projects for private homes, hotels and resorts.

Call us any other time to make an appointment:

667 608 083
618 888 897

www.lamusadeadeje.com



CANARIAN PROPERTY GUIDE LAUNCHING SOON!

www.canarianpropertyguide.com
facebook.com/canarianpropertyguide



Sebastian & St. James

International Financial Advisers Limited

Speak to us about:

Investments · Pensions · Savings · QROPs

info@ss-ifa.com

+34 711 001 011 (Local Consultant)

+34 711 002 135 (Local Consultant)

+353 (1) 2343171 (International Head Office, Dublin)

+44 (0) 1446 704420 (UK Office)

www.ss-ifa.com

Advice based on integrity, trust & experience.

Sebastian & St. James

International Financial Advisers Limited

Speak to us about:

Investments • Pensions
Savings • QROPs

Advice based on
integrity, trust & experience.

info@ss-ifa.com

+34 711 001 011 (Local Consultant)

+34 711 002 135 (Local Consultant)

+353 (1) 2343171 (International Head Office, Dublin)

+44 (0) 1446 704420 (UK Office)

www.ss-ifa.com

Registered with the FCA no. 582504

Sebastian & St James International Financial Advisers Limited is regulated by the Central Bank of Ireland

Your requests! Our Solutions! Without Surprises!

ADVERTISING AND MARKETING IN TENERIFE

Tenerife Surprise is THE website to get to know the island, whether you want to come for a holiday, or move here permanently, Tenerife Surprise researches, describes and promotes the best professionals on the island to provide solutions for ALL your requests!



Tenerife Surprise is a marketing and advertising company, working online, providing services for any type of businesses in Tenerife. We are ready to help you anytime!



Calle Londres, Local LF-19,
FANABE, 38679, Adeje, Tenerife



Tenerife Surprise
tenerifesurprise



642 796 365/88

www.tenerifesurprise.com | tenerifesurprise1@gmail.com

Long Term Rentals

€1,999 - €1,000 p/m
La Caleta, Apartment

€1,800

3 bed · We are pleased to offer for sale this magnificent luxury apartment with a large terrace and a garden in the complex "Magnolia Golf Resort", La Caleta. This apartment has three bedrooms, two bathrooms, an open-plan kitchen with a living room and a garden terrace with mountain and ocean views. It is for sale with furniture, household appliances and a parkin... For full information see website or contact:

Ref: **VR6826D** | **Vym**
Canarias | **922 787 210**

Costa Adeje, Townhouse

€1,600

2 bed · SE ALQUILA/FOR RENT – COSTA ADEJE GOLF. This great 2 bed apartment situated in the quiet residential area of Costa Adeje Golf is for long term rental with a minimum of 6 months. Close to La Caleta where you have a choice of good eateries a 5 minutes drive from the elegant Plaza del Duque shopping center and innumerable gourmet restaurants.

Ref: **7024** | **All Properties**
Tenerife | **922 89 4938**

Puerto de La Cruz, Villa

€1,500

4 bed · This beautiful villa built in 1991 is located in one of the best developments in the quiet area of

Puerto de la Cruz, El Durazno. The house is distributed on three floors. The ground floor consists of a terrace with a garden at the entrance of the house, a spacious living room, a bathroom, a bedroom and the kitchen with access to the garden. The upper flo... For full information see website or contact:

Ref: **IR1500V** | **Agata's Real Estate** |

Golf del Sur, Apartment

€1,400

2 bed · Luxury spacious, two bed, two bath south facing apartment in sought after location with garage space and stunning views Available from October 2020.

Ref: **2101** | **Homes & Away** | **922 737 044**

Los Cristianos, Apartment

€1,300

3 bed · This brand new furnished apartment is situated in one of the

seacoast complexes of Sotavento, near El Medano. It comprises of 3 double bedrooms with built-in wardrobes, 2 bathrooms (main ensuite), living room with balcony, separate fitted kitchen, utility room. Includes a parking space and a storage room in underground safe garage. On site facilities: poo... For full information see website or contact:

Ref: **KV0231** | **Tenerife Alizes Properties** | **922 738653 / 626 274040**

Golf del Sur, Linked House

€1,200

3 bed · Spacious and well furnished three bedroom, two bathroom linked villa on the small Phase one section of Residencial San Blas. There is a garden and large integral garage with room for two cars. The property is available for long term rent now. Monthly rent is 1200

euros with water and electric bills on top. A deposit of 1800 euros is required to secure the... For full information see website or contact:

Ref: **PMSR015R** | **Palm Mar Sales and Rentals** | **677-623713 / 671-129558**

Puerto de La Cruz, Apartment

€1,200

1 bed · We offer this modern luxury apartment in Parque Lotos, La Paz in Puerto de la Cruz. It consists of a living room connected to the kitchen, a bathroom with a shower, a bedroom and a spacious terrace with views. The apartment is on the 3rd floor of the building that has the community pool and a lift. The luxury apartment building with its unique architectur... For full information see website or contact:

Ref: **IR1200A** | **Agata's Real Estate** |

Golf del Sur, Apartment

€1,100

1 bed · Large fourth floor, one bed apartment with sea views on prestigious complex. Available for a minimum of six months.

Ref: **1749** | **Homes & Away** | **922 737 044**

Playa Paraiso, Apartment

€1,000

2 bed · We are pleased to offer this fantastic apartment for sale, in the brand new complex Ocean Garden, Playa Paraiso! Comprising two bedrooms, two bathrooms, open

plan kitchen and living room leading to a terrace overlooking the town of Playa Paraiso and the ocean. The apartment has an air conditioning and garage space in the underground parking. It is situate... For full information see website or contact:

Ref: **VR5571D** | **Vym**
Canarias | **922 787 210**

La Tejita, Apartment

€1,000

1 bed · Bright 1 bed, ground floor apt for rent in NEW building in La Tejita. Has spacious garden. Large bedroom leading to chill-out terrace. 3 months only Pets allowed. Water and electric bill excluded. Close to shops and transport, just a 5 min walk down to the sunny beach, 5 min drive to surfers El Medano beach and only a 10 min drive to the south airport

Ref: **LAPR1077** | **Los Abrigos Properties** | **922 170021**

Los Cristianos, Apartment

€1,000

3 bed · Duplex apartment in the complex Nirvana, Los Cristianos. It consists of 3 bedrooms, 1 bathroom, 1 toilet, american kitchen with living room and dining room, 2 terraces. Surface 84m2. Apartment is renovated and fully furnished. The complex is located in the center of Los Cristianos close to shops, bars, restaurants, cultural center.

Ref: **VR5165D** | **Vym**

Canarias | 922 787 210

€999 - €650 p/m

Playa Paraiso, Apartment

€950

2 bed · Beautiful apartment in the newly built Ocean Garden building. The complex has communal swimming pools and green areas. The 80m2 apartment is distributed in 2 bedrooms, 2 bathrooms, living room, kitchen, terrace. With views of La Gomera. The apartment is fully furnished and equipped with everything necessary for a comfortable stay. Installed Internet. € 12... For full information see website or contact:

Ref: **VR5322D** | **Vym**
Canarias | **922 787 210**

Palm Mar, Apartment

€950

2 bed · DISPONIBLE DESDE 13/12/2019 SE ALQUILA, EL PALM-MAR · Edf. El Mocan · 2 x Dormitorios · 1,5 x Baños · Cocina – Totalmente equipada · Piscinas comunitarias · Concha de Padel · Mascotas (por solicitud) 950€/POR MES + GASTOS Servicios Locales: Supermercado, Banco, Playa, Chringito, Bahía Club de Lujo, Cerca del campo de golf de Los Palos, Farmacia, Transport... For full information see website or contact:

Ref: **8069** | **All Properties**
Tenerife | **922 89 4938**

Palm Mar, Apartment

Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeproperty.com

Tenerife Prime Property

Tel: 922 703 725 / 627 230 360

Email: carolhale.tpp@gmail.com

Web: www.tenerifeprimeproperty.com

PUERTO COLON, POPULAR BAR FOR TRASPASO



Lovely, fully licenced (including for entertainment) and equipped bar (60sqm + 25sqm terrace) in great 1st floor location in popular Puerto Colon. Extras include entertainment equipment (karaoke system etc), sound-proofing and air-conditioning throughout. Owner-owned and operated with 2 staff for 9 years - owner now wishes to retire.

€69,000

Ref: B-120

LOS ABRIGOS, VETS & GROOMING PARLOUR



Lovely, modern, fully equipped and alarmed Vet's on the main street in Los Abrigos. Has an Office and Reception area, Treatment area and Grooming parlour (Monthly rent just €450) was refitted at a cost of €25.000 in 2019. The replacement cost of all equipment would currently be in excess of €60.000. Opening Hours 10.0am – 2.00pm and 4.00 – 8.00pm, Saturdays 10.00am-1.30pm. Current contract expires in 2021 but will be renewed.

€120,000

Ref: B-118

ESTATE AGENCY - READY-MADE WEBSITE



Fully operational, high quality, ready-to-go website for sale. Full operating instructions included. Owner/operator has had to return to his native Germany. Call for more information.

€1,750

Ref: B-121

LOS CRISTIANOS, SPORTS/ ENTERTAINMENT BAR



Long-established sports and entertainment bar in great location near many holiday complexes and the Passarella Centre. The business is fully equipped, Licence pending and accounts are available to any serious potential clients. Great takings – ready to walk in and take over!

€75,000

Ref: B-118













Canary Islands Business Sales S.L.
Part of The Intelligent Group
Smart business sales

steve@intelligentcommercial.com
sales@intelligentcommercial.com

+44 20 7175 5980
+34 711 083 801

www.intelligentcommercial.com

DO NOT BUY A BUSINESS IN TENERIFE WITHOUT SPEAKING TO US FIRST!

MODERN VILLA, SOUTH TENERIFE	OFFICES/BUSINESS CENTRE/HEALTH	SPORTS AND GASTRO BAR				
						
<p>€1,290,000 REF: 0031</p> <p>Completely refurbished, fully furnished, 5 bed, 4 bath modern villa with own heated pool and wonderful sea views. The property is V.V. licensed (i.e. completely legal for holiday rentals) and shows an 85% 'occupancy rate'. Reviews for this prestigious property include: "million-dollar views", "amazing and spacious". Extras include: wifi, aircon throughout.</p>	<p>€398,000 REF: 0032</p> <p>Beautiful office space of 512sqm offering many opportunities. A smoked glass frontage invites you to a well-appointed reception/ waiting area, several individual offices, sauna, gym, shower cubicles, storage rooms and a bar area with a kitchen. This property could easily facilitate a business centre or health clinic, with great transport links less than 5 minutes from the motorway and ample free parking.</p>	<p>€35,000 REF: 0025</p> <p>B.C. licence until 3 am. Located under a residential complex on street level with ample parking for clients and close to a very popular disco (always busy). All major sports are shown. All licences in place for new owner to start immediately. Current owner has a young family and wishes to spend more time with them. Easily managed by a couple.</p>				
BAR/CAFÉ/NIGHTCLUB	MINI-MARKET IN TORVISCAS	LOCAL BAR/CAFÉ	BEAUTY SALON, LAS AMERICAS	EXCURSION SHOP	GARDEN FURNITURE	HEALTH CENTER
						
<p>€365,000 REF: 0036</p>	<p>€75,000 REF: 0002</p>	<p>€70,000 REF: 0034</p>	<p>€47,500 REF: 0001</p>	<p>€28,500 REF: 0040</p>	<p>€1,200,000 REF: 0035</p>	<p>€37,500 REF: 0039</p>

restaurant is spacious 90 m2 and has a large covered terrace, and all together are tables... For full information see website or contact: **Ref: 2173 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Cristianos, Restaurant

€69,000
You cannot miss this Los Cristianos restaurant if you are looking for a modern and well-established catering business. The restaurant opened almost 5 years ago and thanks to the delicious homemade food and great service the owner has many returning guests. Premises of the Los Cristianos Restaurant The premises of the restaurant are spacious, modern and re... For full information see website or contact: **Ref: 2291 | FRINA Tenerife SL - Business Sales | 922 085 191**

Fanabe, Bar/Cafe

€68,500
FRINA Tenerife is happy to offer this Sandwich Café in Fanabe, which is part of a popular and well-known franchise. Hence, it is a great success already and easy to run. Also, this particular café of the franchise has very good reviews on Tripadvisor and Google. Since 2015 the café has been in this amazing location next to the beach, so it is well-established... For full information see website or contact: **Ref: 2280 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Abrigos, Bar/Cafe

€68,000
This traspaso for sale in Los Abrigos is a very popular bar-café in an excellent location. The business has been established for years and has many regular clients.

And it has been open for 6 years and is a well-established business in a good area, which keeps expanding. Premises of the Traspaso for Sale The bar-café is spacious 130 m2 with a good size ki... For full information see website or contact: **Ref: 2266 | FRINA Tenerife SL - Business Sales | 922 085 191**

Golf del Sur, Pizzeria

€65,000
FRINA Tenerife offers for sale this well-established leasehold pizzeria which is located in Golf del Sur and runs very well since the direct competition in this area is very low. It is a take away and delivery pizzeria which offers pasta dishes as well, but there is a proper extractor in the kitchen so you can expand the menu with other snacks like burger... For full information see website or contact: **Ref: 2273 | FRINA Tenerife SL - Business Sales | 922 085 191**

La Orotava, Hairdresser's

€60,000
Hairdresser business transfer in the village of Llano del Camello with the hairdresser licence and esthetic. Contract for rent 850 euros renewable every 5 years. Great opportunity, call us for more information! **Ref: VS4454D | Vym Canarias | 922 787 210**

Los Abrigos, Restaurant

€59,500
FRINA Tenerife offers for sale this cozy restaurant in Los Abrigos. It is known for international dishes and a lot of fish and seafood. It serves both locals and many tourists, and is located in the perfect spot, right next to the ocean in the little fishing

village. The business has been running for 10 years, and 5 years with the current owner. The rest... For full information see website or contact: **Ref: 2340 | FRINA Tenerife SL - Business Sales | 922 085 191**

Golf del Sur, Commercial Property

€53,000
Freehold commercial premises for sale as an investment in Golf del Sur in the south of Tenerife. This investment brings a fantastic gross return of over 9% annually! The premises are situated on the territory of a luxury time-share and private resort with 184 villas, located just in the middle of a championship golf course. This freehold locale is rented ... For full information see website or contact: **Ref: 1724 | FRINA Tenerife SL - Business Sales | 922 085 191**

UNDER €50,000

Roque del Conde, Supermarket

€35,000
Business for sale. Supermarket in Roque del Conde. Fully equipped reformed commercial premises with three air conditioners and video surveillance. With a license and all necessary documents. Monthly fee - 1800 euros with taxes. Good location in a residential area. It is also possible to buy this commercial premises. The total area of 133 m2. **Ref: VS6750D | Vym Canarias | 922 787 210**

Puerto Colon, Excursion Business

€32,000
This unique excursion boat for sale

includes a battery-driven boat which is charged by the sun so, when you live on the island of eternal spring you will never run out of free power. Moreover, the boat is environmentally safe because no noise or pollution will disturb the animals and you can get very close to the animals here. The overheads are very low... For full information see website or contact: **Ref: 2251 | FRINA Tenerife SL - Business Sales | 922 085 191**

Adeje Town, Bar/Cafe

€30,000
This leasehold café for sale with FRINA Tenerife is located in the old charming city Adeje. It is run as a café-bar and serves breakfast, lunch, and snacks. The guests are a mix of tourists visiting Adeje and regulars who lives and works close by. Also, the menu is a mix of Spanish and English snacks. It is a smaller business, which of a great size for... For full information see website or contact: **Ref: 2271 | FRINA Tenerife SL - Business Sales | 922 085 191**

Las Americas, Bike/scooter Rental Business

€30,000
FRINA Tenerife offers this bike & scooter rental for sale, which has been established for 3 years and is located in a super busy area of Las Americas. This shop offers rentals of bikes, e-bikes, mobility scooters and, wheelchairs. The clients are both pedestrians passing by and clients who find the offers online. Included in the business for Sale Th... For full information see website or contact: **Ref: 2185 | FRINA Tenerife SL - Business Sales | 922 085 191**

Los Cristianos, Pool Bar

€26,500
Looking for a great little business in Tenerife? Then you cannot miss this long-established Los Cristianos pool bar. It is located in a complex with 170 apartments that house both tourists and residents. And about 70% of the clients are English. The menu is a variety of cold drinks and snacks like sandwiches, burgers, sangria, and cocktails. Premise... For full information see website or contact: **Ref: 2357 | FRINA Tenerife SL - Business Sales | 922 085 191**

Costa del Silencio, Pet wash

€25,000
The Self Service is open 6 days a week and the Groom Room is open Tuesday to Friday. Our Pet Services are available 7 days a week, 365 days a year. Good client base. Security system and medicum sized store room at the side of the shop. **Ref: 2080 | Homes & Away | 922 737 044**

Costa Adeje, Clothes Shop

€20,000
Now for sale with FRINA Tenerife is this busy clothing boutique in a shopping center in Costa Adeje. The store sells womens clothes, shoes and bags. It is in a good location where it's guaranteed footfall, and the customers are mainly tourists. The store is 53m2 spacious. The interior is clean, well-maintained and equipped. There is also a small storage r... For full information see website or contact: **Ref: 2322 | FRINA Tenerife SL - Business Sales | 922 085 191**
Las Americas, Hairdresser's

€10,000

Now FRINA Tenerife offers this Las Americas Hair Salon for Sale. The salon is located in a shopping center at the Golden Mile, Las Americas and enjoys many new and returning clients who visit the area year-round. The salon offers both male and female haircuts. If you are a hairdresser who wishes to run your own salon in Tenerife you cannot miss this ba... For full information see website or contact: **Ref: 2374 | FRINA Tenerife SL - Business Sales | 922 085 191**

Las Americas, Retail Business

€8,000
FRINA Tenerife brings to the market this electronic store for sale in Las Americas. The main products are games, laptops, game consoles, and smaller electronic accessories. Moreover, the business also offers repairs of cell phones and has a variety of secondhand electronics. Premises of the Electronic Store for Sale The store is 40 m2 and has a ter... For full information see website or contact: **Ref: 2344 | FRINA Tenerife SL - Business Sales | 922 085 191**

Tenerife South, Local

€2,800
FRINA Tenerife offers this large commercial property and showroom to rent. The premises used to be a motorbike showroom and would be perfect for another showroom or store. The premises are spacious 150m2 and have a large terrace/ parking area of 100 m2 too. The premises have large display windows, an electrical garage port, and employee toilets. **Ref: 2269 | FRINA Tenerife SL - Business Sales | 922 085 191**

FRINA Tenerife S.L.

tenerifebusinessforsale.com

TOUGH TIMES DON'T LAST
TOUGH PEOPLE DO!

Las Americas Restaurant



This restaurant has been established for more than 8 years and is located in one of the busiest areas in Las Americas. It is known as a great family restaurant with lovely service and good value for money. The owner would consider offers.

Ref.: 2387

Price: 120,000€

Pizza Cafe in Las Galletas



This well-established Pizza Café is very popular among residents that come to eat in, or order take away and delivery. The café has excellent reviews on social media and is located centrally, so it enjoys many guests.

Ref.: 2376

Price: 35,000€

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 Restaurant-Bar



Reduced

You find this successful restaurant-bar in a busy area of Los Cristianos close to the beach and with sea view from the terrace. It has amazing reviews and is known for its quality food and lovely service, so you have to book in advance.

Ref.: 2370

Price: 35,000€

Cafe & Cocktail Bar



Reduced

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: 22,500€

Successful Restaurant & Bar



Reduced

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: 29,000€

New Large Pool Bar



This pool bar has tables for 50 guests and is very well-established and placed in a large and popular holiday resort that has hundreds of tourists every month year-round. If you are looking for a solid business, you cannot miss this.

Ref.: 2385

Price: 135,000€

Bakery & Pastry Company



Reduced

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: 395,000€

Lovely Coffee Bar & Cafe

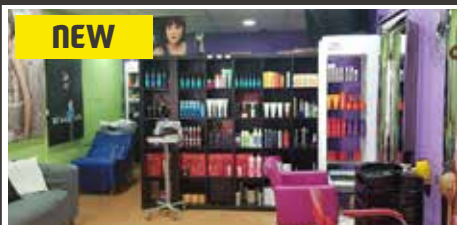


This modern coffee bar is in the old part of Los Cristianos and enjoys plenty of footfall days and evenings. It has been established since 2017, has great reviews on social media and is known for great service and quality coffees.

Ref.: 2368

Price: 50,000€

Los Americas Hair Salon



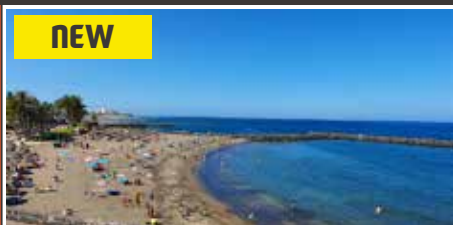
NEW

The small hair salon is located in a shopping center at the Golden Mile, Las Americas and enjoys many new and returning clients who visit the area year-round. The salon offers both male and female haircuts and is fully equipped.

Ref.: 2374

Price: 10,000€

Las Americas Tapas Bar



NEW

This tapas bar-cafe is located centrally in Las Americas and offers an outstanding sea view. It is 60 m2 with a terrace that has tables for 30 guests who can enjoy the view. If you are looking for view and location you cannot miss this!

Ref.: 2391

Price: 69,000€

Popular Cabaret Bar

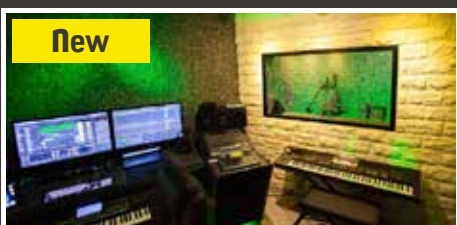


This popular cabaret bar has been established for many years. It is well visited among new and returning tourists and is known for amazing drag shows, singers, and bands. It has tables for 72 guests and the terrace is facing a busy street.

Ref.: 2382

Price: 80,000€

Modern Music Studio



New

This modern music studio is located in Torviscas. It is 80 m2 and is fully equipped for recording and producing. It was built in 2017 and in excellent condition. Note if you wish to buy it unfurnished for a lower price this is an option too.

Ref.: 2383

Price: 43,000€

Medical & Beauty Clinic



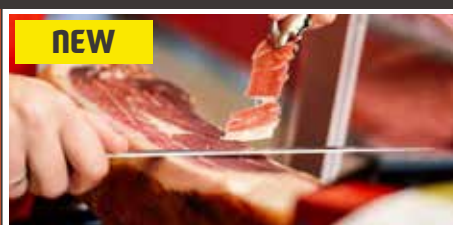
Reduced

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: 37,000€

Successful Cafeteria



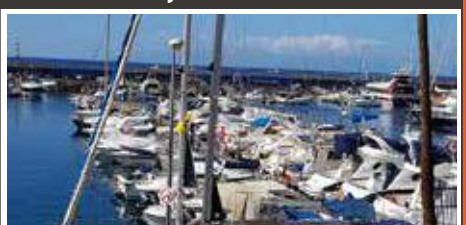
NEW

This Cafeteria in Adeje is the preferred place for breakfast and lunch for residents and workers in the area. It has been established for 18 years and shows a healthy income even though it is only open 5 days a week during daytime.

Ref.: 2390

Price: 69,000€

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€

Freehold Bar Investment



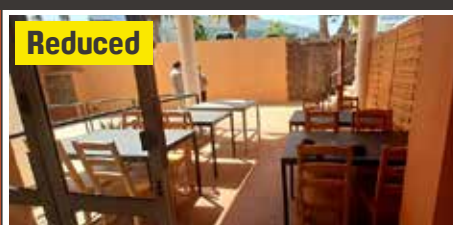
NEW

The premises of the freehold are 59 m2 with extractions and toilets installed. It is located in Adeje and is a long-established business in a central location and with good tenants that pay 1,100€ monthly.

Ref.: 2378

Price: 150,000€

Las Americas Pizzeria



Reduced

This Pizzeria is located centrally in Las Americas next to the Golden Mile and offers pizzas, kebabs and several vegetarian options as well to eat in the café, for take away or as delivery. It has a fully integrated and equipped kitchen.

Ref.: 2377

Price: 15,000€

Minimarket & Souvenir Shop



This bargain minimarket & souvenir shop is located in a commercial area in Las Americas. It has been running for 3 years and sells a variety of everyday goods, beverages, and souvenirs. Note, the stock is included in the bargain price!

Ref.: 2381

Price: 18,500€

+34 670 63 60 04

+34 922 08 51 91

frina@tenerife-business.com

tenerifebusinessforsale.com

we are here too

Calle Colón, 1st Floor, local 213, Puerto Colón, 38660 Adeje

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

