



2015 TRAVELLERS' CHOICE™ WINNER
#1 WORLD

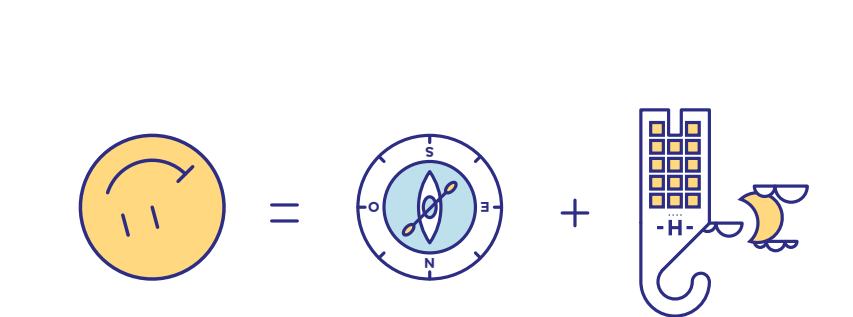
A four star wellness hotel with creative Canary Island cuisine

- ✓ Small, familiar, in a quiet location
- ✓ The restaurant has a directly access to a large, covered and wind protected, but sunny terrace.

Main courses from 13 Euros.
Menus from 22 Euros.

Hotel Luz del Mar | Avda. Sibora no 10
38470 Los Silos/Tenerife | Tel.: +34 922 841 623
info@luzdelmar.eu | www.luzdelmar.eu

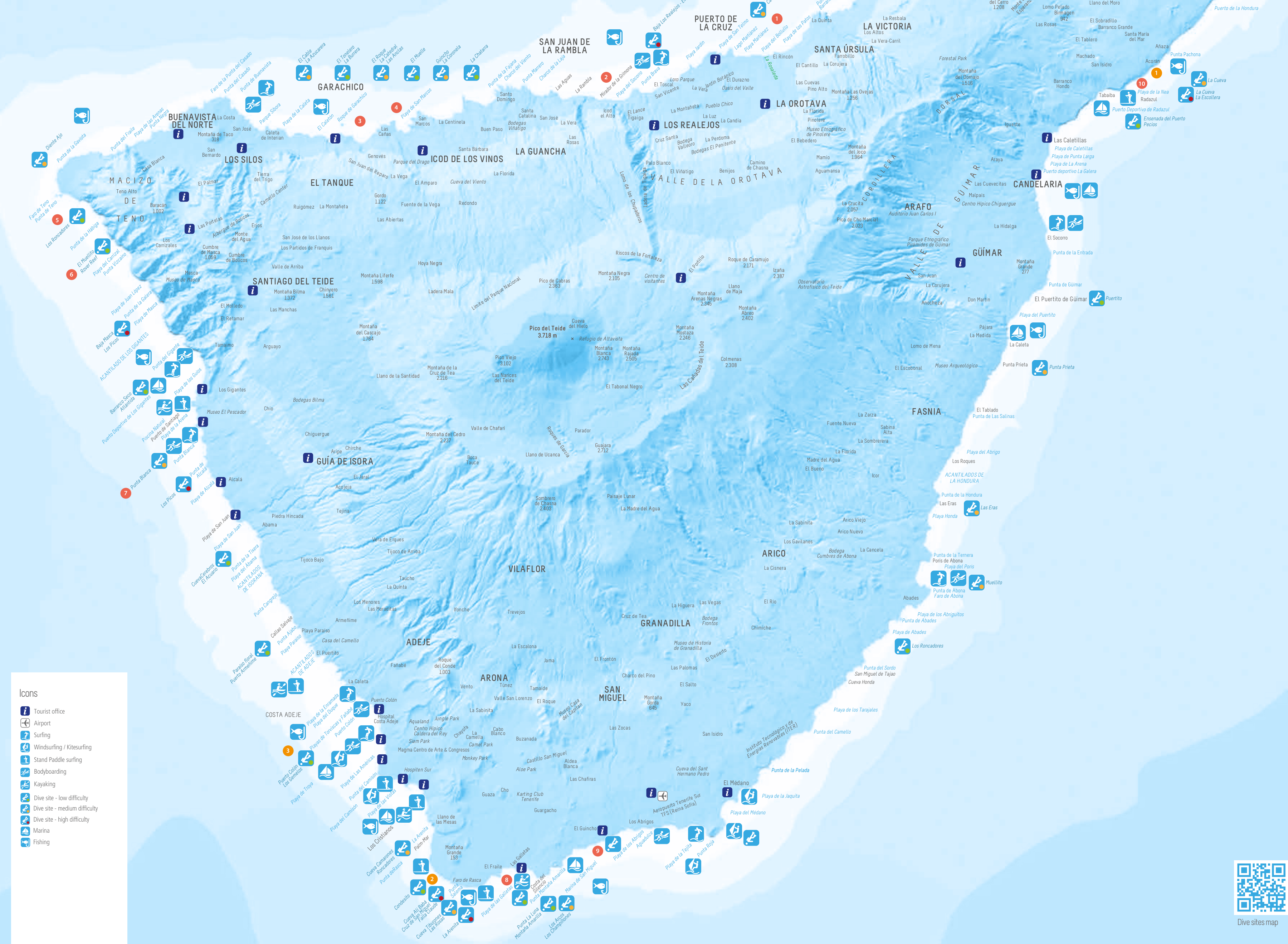
SENSIMAR ARONA GRAN HOTEL & SPA



and begin your adventure!
Book your hotel



Inmagine Graficas Sabater Cartografía base: Gofican, S.A., Elaboración: SPET Turismo de Tenerife S.A. Depósito legal: TF 990-2015



- Icons
- Tourist office
 - Airport
 - Surfing
 - Windsurfing / Kitesurfing
 - Stand Paddle surfing
 - Bodyboarding
 - Kayaking
 - Dive site - low difficulty
 - Dive site - medium difficulty
 - Dive site - high difficulty
 - Marina
 - Fishing

- The 10 best dive sites
- La Catedral
 - Los Realejos
 - Las Ancías
 - La Catedral de Garachico
 - Barranco Seco
 - Atlántida
 - Punta Blanca
 - Chuchos
 - Montaña Amarilla
 - Ensenada del Puerto, La Cueva y la Escollera

- THE WRECKS
- Pecio de Tabaiaba
 - Pecio el Condesito
 - Pecio Pto. Colón - Los Gemelos

- List of dive sites and their difficulty level

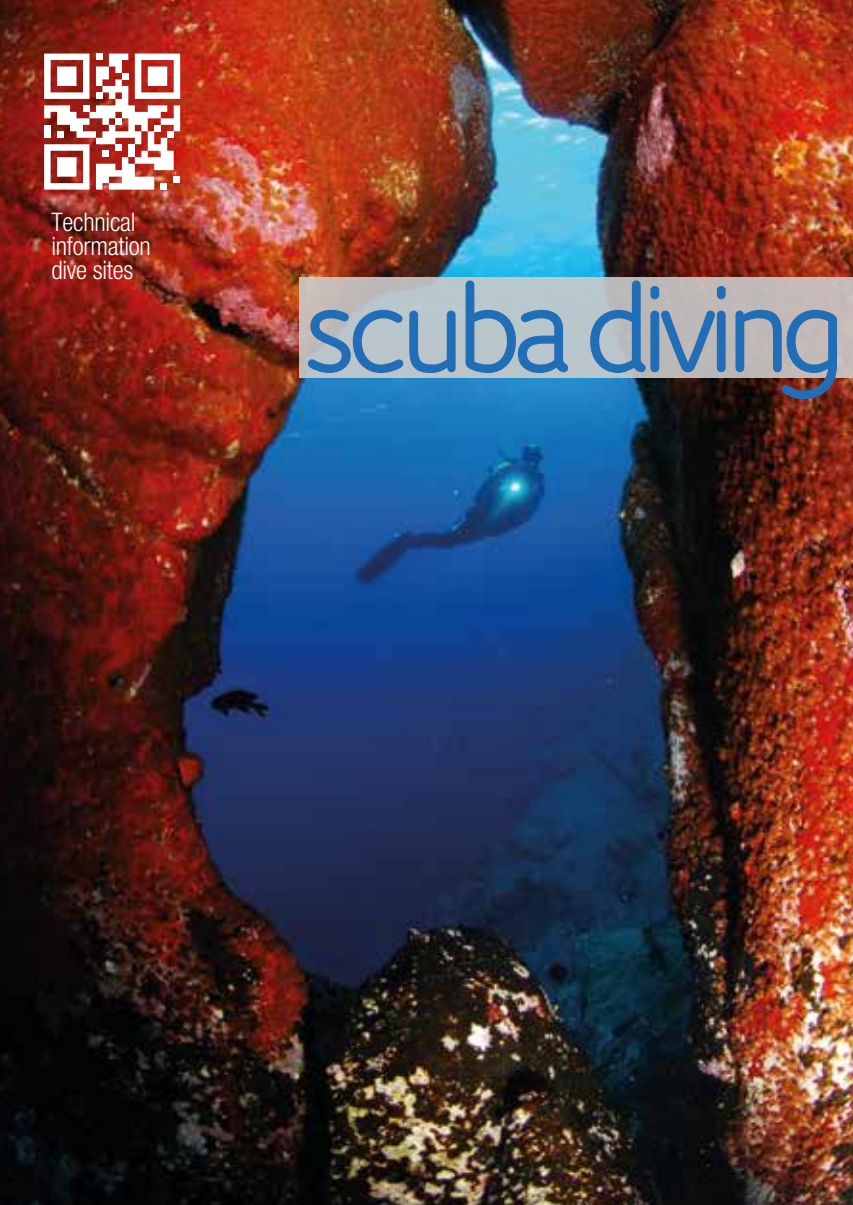
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|---------------------|--------------------|
| Carbonero | Atlántida |
| Antequera | Rover Reef |
| Bajos Verdes | Baja de Masca |
| Roque Tierra | Punta Blanca |
| Baja Palometa | Los Picos |
| Playa la Ocidilla | Cueva Cerebros |
| Las Salvajes | El Acuario |
| Punta Filo Cuchillo | Paraiso floral |
| La Barranquera | Cueva Camarones |
| Punta Viento | Roncadores |
| Baja Pris | Condesito |
| Bajón Mesa | Cueva Ali Babá |
| Veril Piscina | Cruz de San Miguel |
| Catedral | Falla Claude |
| Baja del Limón | Cueva Tiburones |
| Las Chimeneas | Las Rosas |
| Baja Los Realejos | La Arenita |
| La Chatarra | Punta la Luna |
| La Coronela | Los Champiñones |
| Guincho | Los Arcos |
| El Muelle | Montaña Amarilla |
| Las Ancías | Puerto Armeñime |
| La Catedral | Los Roncadores |
| El Roque | Muellito |
| La Burrera | Las Eras |
| El Tonelero | Punta Prieta |
| La Azucarera | Puertito |
| Diente Ajo | Pecios |
| Los Roncadores | Ensenada Puerto |
| El Muellito | La Cueva |
| Barranco Seco | La Escollera |
| | La cueva |



Dive sites map



Technical information
dive sites



scuba diving

■ You check that all of the equipment is ready and you get into the water. You begin diving there is a lot of light in the water. You swim a little more and you see catalufas, sargos and African striped grunts. You keep descend-

ing and you can see everything very clearly. You know that you will soon have to go back to the surface - but, meanwhile, you enjoy the marvellous spectacles below.

Sport and adventure companies:

Aqua-Marina,
centro de buceo
Tel. 00 34 922 194 689
info@aqua-marina.com
www.aquamarinadivingtenerife.com

Cidemat
Tel. 00 34 922 597 525
cidemat@idecogestion.net
www.deportestenerife.net

Diving Center OLA
Tel. 00 34 822 664 876
diving@ola-aventura.com
www.ola-aventura.com

Fly Over
Tel. 00 34 654 450 148
info@flyover.es
www.flyover.es

Moana Diving
Tel. 00 34 922 714 067
info@moana-diving.com
www.moana-diving.com

Seascuba
Tel. 0034 922 862 271
seascubatenerife@gmail.com
www.seascuba.es

Specialist Travel Agencies:

CanariasViaja.com
Tel. 00 34 922 248 161
info@canariasviaja.com
www.canariasviaja.com

El Cardón Naturexperience
Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

Guru Experiences
Tel. 00 34 610 777 311
sales@guruxperiences.com
www.guruxperiences.com

XTM-Travel.com
Tel. 00 34 922 098 968
info@xtm-travel.com
www.xtm-travel.com



Technical information
waves



surfing
bodyboarding

■ It's true what they say. In Tenerife you have swell every ten minutes. You don't like one wave - well, go for the next one. You can choose the seabed - from sand, to stone, to volcanic reef...

There's a really good vibe in the water. And furthermore, you can surf all year round! Forget your winter suit, because here - the water's always warm.

Sport and adventure companies:

Ar2 Surf Project
Tel. 00 34 646 112 055
ar2surfproject@gmail.com
www.ar2surfproject.com

La Marea Surf School
Tel. 00 34 922 105 534
lamareasurfschool@gmail.com
www.lamareasurfschool.com

Sports Club Tenerife
Tel. 00 34 922 787 245
info@sctenerife.es
www.sctenerife.es

Specialist Travel Agencies:

CanariasViaja.com
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Technical information



windsurfing

■ Will it be windy tomorrow? In El Médano, you can enjoy about 300 days of wind a year. The water is warm both in winter and in summer. In this area in the South of the island, sportsmen from all over the world come together. National and international championships are held. And there is an atmosphere of calm and passion for windsurfing all round, which makes it completely unique.

Sport and adventure companies:

Surf Center Playa Sur
Tel. 00 34 922 176 688
mail@surfcenter.biz
www.surfcenter.eu

Tenerife Kitesurf, Windsurf & Surf
Tel. 00 34 666 201 160
info@tenerifekitesurf.com
www.tenerifekitesurf.com

Specialist Travel Agencies:

CanariasViaja.com
Tel. 00 34 922 248 161
info@canariasviaja.com
www.canariasviaja.com

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www.xtm-travel.com

■ It's sunny, the water's warm and twenty-two knots are blowing from the East. Your kite is now barely touching the water and you're going faster and faster. You hold on until the last minute. You have your kite at maximum power and... you're flying! For a few seconds, you see the Red Mountain of El Médano upside-down and, when you fall, you feel a rush of adrenaline all through your body.

Sport and adventure companies:

Azulkiteboarding
Tel. 00 34 637 575 931
info@azulkiteboarding.com
www.azulkiteboarding.com

Surf Center Playa Sur
Tel. 00 34 922 176 688
mail@surfcenter.biz
www.surfcenter.eu

Tenerife Kitesurf, Windsurf & Surf
Tel. 00 34 666 201 160
info@tenerifekitesurf.com
www.tenerifekitesurf.com

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www.xtm-travel.com



Kitesurfing
Technical information



kitesurfing

■ Imagine a winter with sun and a 22-knot wind. You look at the horizon and the sea looks like an infinite plain waiting for you to sail on it. You check the sails and the equipment... all ready! You only have to leave the port and begin sailing.

Sport and adventure companies:

Cidemat
Tel. 00 34 922 597 525
cidemat@idecogestion.net
www.deportestenerife.net

Specialist Travel Agencies:

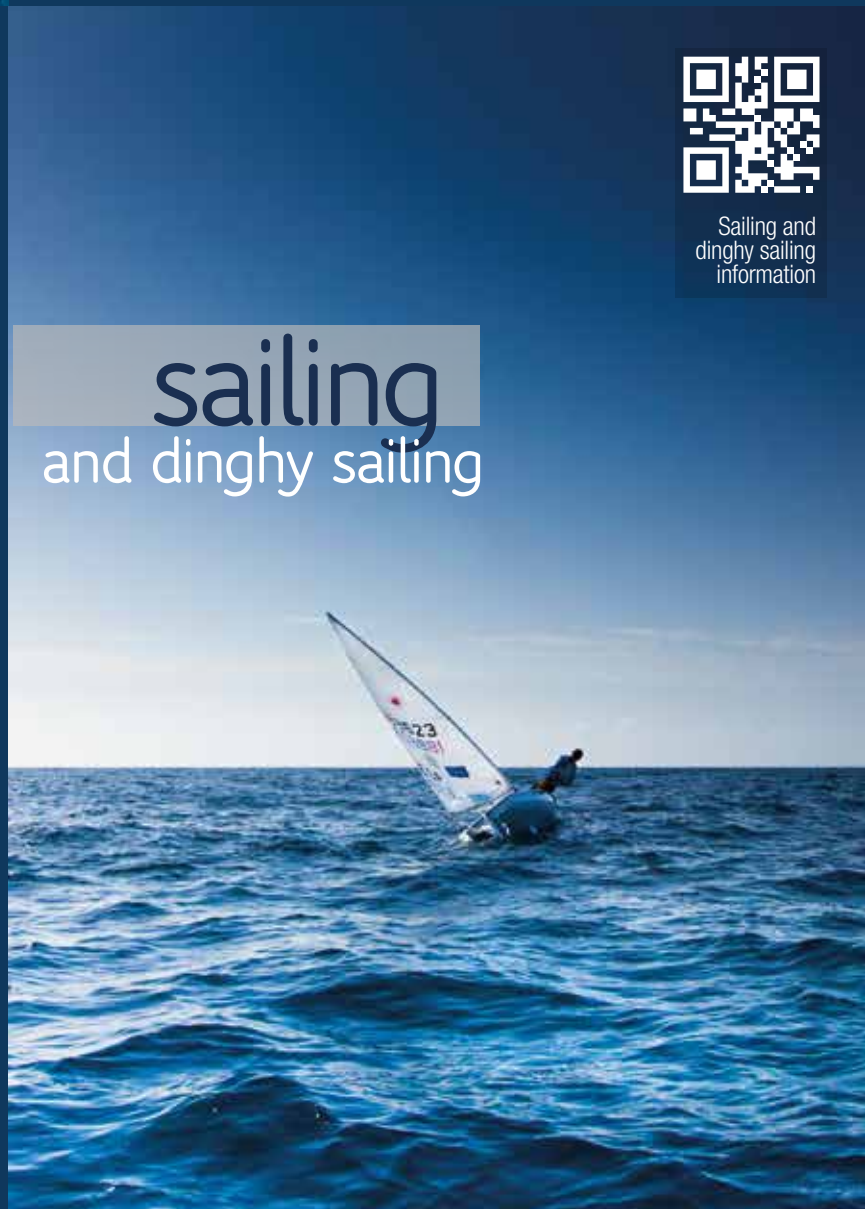
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www.canariasviaja.com

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www.guruxperiences.com

XTM-Travel.com
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info@xtm-travel.com
www.xtm-travel.com



Sailing and dinghy sailing
information



sailing
and dinghy sailing



Technical information



kayaking

■ You will row to places that you have never seen before. You will discover volcanic caves and you'll see how the crystal-clear water reflects on the ceiling of Malpais. You will hear the echo of your voice and that of your friends

or your family... Do you feel like a swim? Dive in! Bring your camera because you'll see impressive scenery. And, if you're lucky, you'll be able to enjoy the dolphins accompanying you on your voyage.

Sport and adventure companies:

Abeque Experience
Tel. 00 34 618 449 896
abequeexperiences@gmail.com
www.abeque.es

Actividades Náuticas de Tenerife
Tel. 00 34 678 673 047
info@velatenerife.es
www.velatenerife.es

El Cardón Naturexperience
Tel. 00 34 922 127 938
info@elcardon.com
www.elcardon.com

Sports Club Tenerife
Tel. 00 34 922 787 245
info@sctenerife.es
www.sctenerife.es

Teno Activo-Actividades en la Naturaleza
Tel. 00 34 618 000 972
www.tenoactivo.com
info@tenoactivo.com

Specialist Travel Agencies:

CanariasViaja.com
Tel. 00 34 922 248 161
info@canariasviaja.com
www.canariasviaja.com

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www.elcardon.com

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www.guruxperiences.com

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info@xtm-travel.com
www.xtm-travel.com



Technical information



free diving

■ Do you know your limits? Do you think you are in control of your body and your mind? It's not about holding your breath under water; it's about learning to control your mind and your body to limits that you never imagined before. Tenerife is one of the main destinations in Europe for free diving. Do you dare?

Sport and adventure companies:

Apnea Academy West Europe
Tel. 00 34 609 048 351
apneaacademy.we@gmail.com
www.apneaacademywe.com

Cidemat
Tel. 00 34 922 597 525
cidemat@idecogestion.net
www.deportestenerife.net

Tenerife Top Training - T3
Tel. 00 34 922 782 755
info@tenerifetopttraining.com
www.tenerifetopttraining.com

Specialist Travel Agencies:

El Cardón Naturexperience
Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

XTM-Travel.com
Tel. 00 34 922 098 968
info@xtm-travel.com
www.xtm-travel.com



Technical information



fishing
top-class

■ Everything is calm, until you feel the pull. When you get the pull, a very powerful battle begins. You hold the rod tightly! Your adrenaline is pumping. Your heart is beating fast. You snap the line back. The line races out to sea. This continues until one of you gives in. When it's over you feel like all the effort was worth it. You're already planning your next fishing trip.

Sport and adventure companies:

Mi pesca Tenerife
Tel. 00 34 922 751 576
info@mapeados-tenerife.com
www.mipescatenerife.com

Marítima Acanatlados
Tel. 00 34 922 861 918
reservas@maritimaacatlados.com
www.maritimaacatlados.com

Specialist Travel Agencies:

Guru Experiences
Tel. 00 34 610 777 311
sales@guruxperiences.com
www.guruxperiences.com

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www.elcardon.com

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www.xtm-travel.com