GRAN CANARIA

Free and practical guide to discover Gran Canaria

AUDIOGUIDES | THEMED SECTIONS | MAPS | PLACES TO VISIT | CALENDAR | TIPS & INFORMATION
Dreaming of Gran Canaria

A visit to Gran Canaria is a dream come true for millions of people around the world. The magic of our beaches and the islanders’ pleasant character have captivated several generations of Europeans, who also value the diversity of our natural surroundings and the multicultural origins of our fiestas and traditions.

The Gran Canaria experience goes far beyond a simple holiday, it entails engaging with the customs of unique towns and villages, plus the chance to discover Las Palmas de Gran Canaria, a wholly open, cosmopolitan and modern city offering a huge range of leisure, entertainment and shopping facilities. It also boasts a fine cultural and historical heritage, and a living vitality that can be felt around its streets, making your journey here a truly unique experience.

Sports are another real luxury in Gran Canaria, as they can be played every single month of the year. The surrounding seas are the ideal stage for professional and amateur sports enthusiasts to release some adrenaline by going surfing, windsurfing, deep sea diving and all sorts of nautical pursuits. Or if you prefer, let yourself be captivated by the sheer majesty of the mountains and ravines which have provided a stunning backdrop for hikers, cyclists and climbers in search of their perfect escape.

Eating out in Gran Canaria is like tasting a piece of history. Bathed in the Atlantic ocean, ours is a rich and fertile island, where our warming sun plays a key role in helping to grow products unique to the island, sculpting a traditional recipe book with subtle hints of Europe and Latin America, due to their sentimental proximity, and Africa, for its geographical proximity.

As Tourism Councilor for the Cabildo de Gran Canaria, I take the opportunity to thank you for choosing us for your holidays, and I invite you to be swept away by our fairytale island, with gorgeous landscapes that change around every corner, and which will provide you with a sumptuous gallery of ever-lasting memories.

Inés Jiménez Martín
Tourism Councilor for the Cabildo de Gran Canaria
WORTH A NOTICE

Aborigine tradition  Travel in time to know better about the lifestyle of the very first settlers in the island and discover the legends and heroes who stood through the conquest through resistance.

Nature like never seen before  Explore such unexpected landscapes like a sand desert attached to the sea, reddish volcanic territories remotely located, outstanding cliffs or deep and dry canyons reminding you of the american wild west.

Paradise to the water sports lovers  Gran canaria offers you the best european spots for the practice of sports like windsurf, surf, body board, kite surf and scuba diving.

Very tasty gastronomy  Try our most traditional dishes, made of fresh products from our lands or seas, like our very famous papas con mojo.

Beach specialists  Gran canaria offers you beaches of all colors so that you enjoy the island’s coast in thousand ways.

Cities, towns and villages of another era  The grancanarian traditional architecture is absolutely colonial, highly influenced by the dominant styles in spain during the xvi to the xix centuries.

Open air urban style  In the capital city and the tourist areas of the south, the island copes up its speed with the rhythm of other cosmopolitan cities.

Shopping centers having best brands, coffee houses, restaurants, cinemas, pubs and night clubs, and to top it all, it is all in the open.

Popular culture  The carnivals, festivals, traditional romerias and saint festivities of each town of the island showcase the best of the islands’ culture lived in the streets. Gran canaria complete your expectations with its very varied cultural offers in its numerous museums, theaters and auditoriums.

Relax and wellness  Check out the beneficial effects of the marine medium to our health with the treatments offered by the thalassotheraphy centers. The thalassotherapy is one of our specialties but not the only one!

Entertainment guarantees  You don’t have time to get bored in gran canaria thanks to its unlimited entertainment offer: water parks, zoological centers, theme parks, and other endless number of options.

Since 2005, a 46% of the island and a great part of its marine space are honored with the international recognition of place on planet earth having unique biodiversity.
The good weather in Gran Canaria, all year long, makes many of its shows, festivals and sporting events are held outdoors.

In our Agenda we highlight some of the most important events in the coming months, so you won’t miss anything during your stay on the island.

27 April
CHALLENGE GRAN CANARIA MOGÁN
challengegrancanariamogan.com

1 May
RHAPSODY OF QUEEN
auditorio-alfredokraus.com

21 April
THE MOSCOW BALLET
Sleeping Beauty
auditorio-alfredokraus.com

2 – 4 May
THE CANARY ISLANDS RALLY
rallyislascanarias.com
2 - 12 May
GAY PRIDE MASPALOMAS
In the 19th edition of Maspalomas Pride we expect a week of amazing events such as live shows with international artists, the huge parade with over 100,000 visitors, boat excursions, pool parties and much more. Some events are free and some charge an entrance fee.
maspalomaspride.es

10 - 12 May
INTERNATIONAL SEA EXPO [FIMAR]
fmarlaspalmasgc.es

18 - 19 May
TRANSGRANCANARIA BIKE
transgrancanaria.bike

23 June
SAN JUAN’S EVE
Las Canteras beach is the place where the traditional celebration of San Juan is held on the night of June 23, where thousands of people gather to celebrate the shortest night of the year in the company of family and friends. At midnight, some spectacular fireworks invite everyone present to take a dip in the sea, which is synonymous of good health for the whole year.
lpavisit.com
5 - 21 July
INTERNATIONAL CANARIAS JAZZ & MÁS FESTIVAL
The most diverse jazz, and those close to jazz, music styles, musicians and more representative groups of all ages and countries, have left their mark in the Canary Islands through this Festival.

Every summer, the Festival becomes the expected annual meeting where massively to share best jazz music.
- canariasjazz.com

5 - 22 September
CIRQUE DU SOLEIL - Totem
TOTEM follows the human species from original amphibian state to ultimate desire to fly. The characters evolve on a stage, evoking a giant turtle, the symbol of origin for many ancient civilizations. TOTEM explores the ties that bind Man to other species, his dreams and his infinite potential.
- cirquedusoleil.com/totem
- expomeloneras.com

12 - 14 July
INTERNATIONAL BIG BANG VINTAGE FESTIVAL
Festival of Rock and Roll and retro vintage culture trends of the 40s, 50s and 60s. Concerts, djs, burlesque, fashion, dance, exhibitions, cinema, collecting, recycling, market, classic motor, tattoo, hairdressing, competitions, food trucks, children’s workshops and more.
- vintagefestivalbigbang.com

13 - 20 July
GRAN CANARIA WIND & WAVES FESTIVAL
Over the past 30 years, the Municipality of Santa Lucía de Tirajana has hosted the PWA (Professional Windsurfers Association) event, giving the starting signal for the world circuit.
Over these years Pozo Izquierdo has become a worldwide referent for windsurfing, it offers riders great conditions that they cannot find anywhere else on the planet.
- grancanariawindandwavesfestival.com
Donde sucede la vida.
Where life happens.

Discover more on pages 74 - 83
Some quick facts

Population 850,391 [with tourists in the island it reaches up to a Million of inhabitants]
Capital City Las Palmas de Gran Canaria [population 383,343]
Area 1,560 km²
Highest point of the island Pico de las Nieves [1,949 meters]
The island is divided in 21 towns (municipalities). The Capitals of each municipality are not necessa-

The climate we all want

The Canary Islands are known to be the fortunate islands, mainly due to one of the best climates in the world!

Varied microclimates thanks to trade winds and the unusual edginess of the island In Gran Canaria, you can experience all 4 seasons in the same day! Isn’t it incredible? The South and South East of the island is throughout the year the hotter and sunnier part of the island. | In the Northern and North East part of the island is where the climate is cooler, having most of the days covered with the known climatic condition of *panza de burro* | At thousand meters of altitude, on the northern side, the clouds bring humidity in the ambience and thus temperatures go lower | Beyond the thousand meter altitude point, above the cloud sea, you can breath mountainous climate.

*Panza de burro*. The days you see the Capital City and the Northern part of the island filled with dense clouds, this hints at greater activity by trade winds. We call this clouds covering panza de burro. Beyond Telde / Aeropuerto area, complete disappearance of clouds occurs.

In Gran Canaria extreme temperatures do not exist We enjoy throughout the year temperatures rarely coming down from 15ºC [59ºF] and going beyond 30ºC [86ºF]. November to April: between 15ºC to 25ºC [59ºF to 77ºF] | May to October: between 18ºC and 30ºC [64ºF to 86ºF]. Although extreme temperatures don’t prevail, there are some days in winter, when you can choose between going up to the mountainous peaks to enjoy the snow or to take a dip into the sea at any warm beach spot in the south of the island.

Rains are not abundant in the island The rainy season of the island is between January to March, especially in the Northern and Central part.

What do I wear? When you head to an excursion to go all over the island, take along an extra clothing layer in case of possible temperature changes in different zones. Keep in mind that at nights it gets colder.

Here the sun hits hard Don’t expect your dream tan very soon. With our recommendations you shall get a good tan by the time your stay here comes to an end, and most importantly without harming your skin: use solar protection with an adequate SPF [minimum 15], higher protection for kids | we advise that kids and people having sensitive skin use protective clothing | avoid sunbathing during long hours especially in the afternoon | look for shady areas | use sun glasses and sun hats to protect the face.

Consult weather forecast on @aemet.es [Spanish weather forecast department]
Useful Information

Internet wifi access is available in most of the hotels and apartments [could be by paying] | Banks are open from Mo-Fr only in the mornings. There are exceptions | Card to pay by card is accepted in most of the shopping places. You must have photograph identification in order to pay by card. You may be asked for a minimum amount. There is a good availability of ATMs in order to withdraw cash money with your credit or debit card | Mobile phones network is available in almost all parts of the island [very high in the cities and tourist areas. Some network failures in mountainous areas in the interior] | We recommend use of bottled water just as the locals do. Tap water proceeds from the sea, previously desalinized | Post Office [Correos] You can find letter boxes [yellow colored] on the streets, in souvenir stores, in some tourism offices or the post office. You can buy stamps as well here | High tourism season: November to March and July and August.

Need more information?

There is a large network of tourism offices where your doubts can be cleared in case you still have any. At the airport you will find your first tourism office and on the maps and pages in Restart! we inform you about the rest.

Tourist Information telephone number 928 771 550
\( \text{Mo-Fr 09.00 – 18.00 | Sa 09.00 – 13.00 | you can be attended in Spanish, German and English} \)

Official Tourism website
Tourist site in: @grancanaria.com

112

For any emergency [sickness, accident, stealing, aggression or fire] you can call this number where you can be attended in Spanish, English, German, French or Italian.

Tourist Quality Distinctives
The companies and tour operators’ possessing one of these quality icons, have to maintain an elevated service and management standard, resulting into an additional guarantee while you are choosing. Islas Canarias Experience certifies in accordance to the theme offered.

Tourism Service Providers distinctives
A standardised system to distinguish the tourist operators.

With the European sanitary card you can access to free public health care. If you need medical or nursing attendance get to the nearest primary health care center [some have Emergency service]. There are also numerous private medical consultation centers and clinics available. In case of a health emergency call 112.
Gran Canaria is the ideal destination to indulge into a sea and beaches experiences. It has 240 kms of coast and approximately 60 kms of beaches waiting for you. The high temperatures work as an added advantage for you to keep enjoying of the sun and take a dip into the sea throughout the year.
Each and every beach bordering Gran Canaria, almost 80 of them, have an identity of their own. Experience urban beaches and virgin beaches in natural and protected spaces; popular beaches having facilities for the entire family or beaches remotely located with tranquility; miles of beaches of sand and dunes versus small bays surrounded by cliffs; beaches of gold sand, black sand or even the ones formed by gravels and stones.
In the south of the island you will find the most spectacular beaches, the golden sand and the sea being the main protagonists. Maspalomas and Playa del Inglés will leave you astonished.

**San Agustín - Las Burras**
The beaches of San Agustín and Las Burras, connected by a maritime promenade are the anticipation to the extraordinary beaches of the south of the island. These serene and family beaches are surrounded by touristic accommodations. From the beach of Las Burras you can see Playa del Inglés where you can walk through a maritime promenade.

**Playa del Inglés**
This is one of the most popular beaches of the island. It also gives name to the most popular touristic area of the island surrounding it. Its gold and thin sand will attract you, and to add on its length and spread: 2.7 kms of length till the end of Maspalomas beach. Another added advantage to this beach is that it offers you all kinds of services. In its parallel walk you will find all sorts of restaurants, shops, supermarkets and entertainment.

**The Blue flag**
It is a European distinctive certifying the environmental quality of beaches. In order to adorn a blue flag, the beaches must possess good quality water and other services like surveillance, first aid, bathrooms, cleanliness and accessibility amongst others.

**Maspalomas**
This is the continuity to Playa del Inglés beach, it changes its name at a turn limiting the Maspalomas beach. It is 3 kms long and ends at the Faro de [Lighthouse of Maspalomas] [HCI] [page 88]. Enjoy the most spectacular beach of the island where the golden sand is the actual protagonist, forming the marvelous dunes of Maspalomas. [NPA][page 21]. With these amazing sand mountains you will get the feeling of being in the desert but with the advantage of having an oasis, the sea.

**Amadores**
This beach is attached to Puerto Rico [it is connected by a maritime promenade of 1 km, this walk is highly recommended]. It has a paradise like feeling due to its turquoise waters and white...
Located between Cabrón Beach and Arinaga Beach, the old Arinaga Lighthouse, which was put into service in 1897, has played a fundamental role in marking the east coast of the island. Its location in an area off the coast, with nothing around it, except the breadth of the ocean that surrounds it, makes it a place of singular beauty.
Anfi del Mar
This pleasant beach buried in the tourist complex of Anfi del Mar will take you directly to the Caribbean beaches for its white sand and palm trees all over. There are stores, restaurants, a marina and a man-made landscape island.

Puerto Rico
This is the beach belonging to one of the principal touristic spots of the south of Gran Canaria. It’s familiar to tranquil waters; it is protected by 2 sports quays offering you the most ample catalogue of water sports carried out in the island [page 29]. On the promenade there are stores, restaurants, newsstands, supermarkets and other services offered.

LAS PALMAS DE GRAN CANARIA

Playa de las Canteras
All the information on this iconic beach located in the capital city is available on page 83.

NORTHEAST

In this part of the island you will find a more abrupt coast, made of black sand and stones. You will enjoy the peace of a beach with very less occupation and almost virgin, along with others nestled in traditional fishing and agricultural areas, offering you a very local experience.

Sardina
The beach is located in the quiet and picturesque area of Sardina in Gáldar, having fishing as tradition. This small beach is frequented mainly by the people of the town of Gáldar. Now that you are there, try fresh fish served in the restaurants of the area.

Bañaderos – El Puertillo
We are talking about the beach most frequented by residents of Arucas [town located in the north of Gran Canaria]. Enjoy bathing in tranquil waters guarded from winds and currents, surrounded by traditional fishing boat and a small walk with...
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local restaurants where you can try some freshly made fish. At one extreme of the beach you will find a splendid natural pool.

Las Salinas natural pools [Agaete]
Three pools interconnected with rest area, in a volcanic zone. Until 1940 salt was collected in the salt mines located here. This place is also ideal for observing marine flora and fauna.

Güígüi [La Aldea de San Nicolás]
A unique beach. So unique and dreamlike that there are only two ways to get there: 1] Walking about 5 kms, with a slope of 400 meters by the Tasartico path. 2] By boat [from Anfi, Puerto Rico or Puerto de Mogán], you cannot miss out on the amazing cliffs guarding this heavenly enclave. The difficulty to get to the Güígüi beach makes it very rarely visited. This stretch of the coast is a part of the Special Natural Reserve, also called Güígüi.

EAST

The beaches located in the east of the island are special due to their local flavour. They are a part of the daily routine of the people living in the area. Around them there are many residential areas, even though the locals living there work and spend long hours of the day in the city, the best way to disconnect from routine is to connect to the sea before they end the day.

Salinetas and Melenara
Both these beaches belong to the town of Telde. Long ago, the areas of Salinetas and Melenara were a second residence and summer destination for people living in Telde. As of now it has become first residence for many of them. Both beaches are connected by a maritime promenade. You will find restaurants and food stores on it. On weekends it is a thickly visited area for the neighbours of Telde, who mainly enjoy these beaches more closely and spend the day on them.
Reserved properties in march 2019

598.000 €
ID: 30055

390.000 €
ID: 30032

695.000 €
ID: 30014

4.500.000 €
ID: 30059

950.000 €
ID: 20416

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In a diameter of just 50 kms you can discover an endless amount of spaces being very different and extremely opposite to each other: the scenery of deserted dunes versus the density of a humid laurel forest, the smell of the seacoast versus the aroma of pine forests situated at 2000 meters altitude, the red and the black of the volcanoes versus the intense green of wet ravines. This is the incredible beauty of this island,

A CONTINOUS CONTRASTING EXPERIENCE IN THE LAND OF VOLCANOES!
NATURAL AREAS

**Guayadeque**
In an island full of ravines, the most popular and amazing one amongst them is Guayadeque, having more than 80 types of flowers and autochthonous plants. If this was less, this valley was an important Aboriginal site, and many of the caves you will see on the walls of this canyon are footprints of the pre-Hispanic past.
- Visitors Centre: Tu-Su 09.00 – 17.00
- 2,50 € | 1 € <12 years
If you are in Guayadeque, it is almost compulsory for you to try typical Canarian food in one of the ravine caves transformed into restaurants. They are very popular and, at times it is hard to get a table.

**Roque Nublo**
The symbolic and iconic basaltic rock crowning Gran Canaria stands approximately 2000 meters tall and is absolutely majestic. At the highest point of the island, you can’t ignore other characteristic rock formations like the Bentayga rock.

**Tamadaba**
It’s known for its fabulous natural pine woods filled with local pine trees. The scarps, ravines, massifs and the breathtaking views to Teide mountain [3.718 m] [Tenerife] will leave you stunned.

**Maspalomas Dunes**
It’s by far the most visited place of Gran Canaria for being totally spectacular and incredible. In the Charca de Maspalomas [the pond of Maspalomas] and in the Palmeral [palm tree area] [they form a part of this NPA], you can come across endemic species like the Lagarto Gigante de Gran Canaria [giant lizard] or the Abubilla [bird of the desert] and various other migratory birds. Complete your visit in the interpretation center.
- Visitors Centre: Mo-Fr 08:00 – 14:30
- 2,50 € | 1 € <12 years
If you are in Guayadeque, it is almost compulsory for you to try typical Canarian food in one of the ravine caves transformed into restaurants. They are very popular and, at times it is hard to get a table.

**Los Tilos de Moya**
Would you like to know about the vegetation during the Dinosaur era? The Laurel Forest is a humid and dense type of forest belonging to the tertiary era. They are formed by different species [laurels, viñátigo, til, barbuzano, palo blanco, amongst others]. Today, you can find Laurel Forests only in subtropical areas; in Europe exclusively in Macaronesia and Gran Canaria still preserves its small laurel corner. Are you planning to miss out on it?
The very unique and picturesque scenarios Gran Canaria offers you are a result of millions of intense volcanic episodes; although it has been more than 1000 years that any geothermal activity has taken place. The most prominent part about the island creation is that it is divided in two different zones: 1) the Southwest zone, emerged from violent explosion episodes, has been submitted for much longer to a more impulsive erosion. 2) The Northwest zone, much younger and having a more refined and softer silhouette.

**Mountain of Gáldar**

**Bandama’s Crater**

**Caldera Los Marteles**

**Caldera de Tirojana**

Pinos de Gáldar – Montañón Negro

It’s a caldera caused by an explosive volcanic process that may have started for 4 and 5 thousand years. The viewpoint of the Pico de Bandama [now working as Tourist Information Office] was made during the Second World War to hide a military bunker because of the danger of British invasion. Visit both the viewpoint as the bunker to make your visit to Bandama a complete experience!

*Mo-Fr 09.30 - 16.30 | Sa and PH 09.30 - 17.00
Visit to bunker 10.00 - 14.00 [by reservation]*

### Volcanic Island Timeline

- **14.5 - 14.1 mya**
  Guígüi and Horgazales [west zone of the island]

- **14.1 - 13 mya**
  Caldera de Tejeda and Mogán [center and southwest of the island]

- **13 - 12.6 mya**
  New outbreak of volcanic activity and formation of stratovolcano

- **12.6 - 9 mya**
  Formation of Fataga [south of the island]

- **1,5 - 0.3 mya**
  Formation of the northwest zone of the island and La Isleta

- **5.6 - 2.87 mya**
  Volcano of Roque Nublo

- **3000 - 1000 years ago**
  Caldera of Pinos de Gáldar, Bandama, Montañaño Negro
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Rent me
The Route of St. James is one of the most exciting and recommended routes to help discover the variety of landscapes that are hidden away around the interior of Gran Canaria. A papal bull by Pope John 23rd in 1965 awarded the city of Gáldar the honour of celebrating St. James Holy Year with the same privileges enjoyed at Santiago de Compostela. There are 73 kilometres to walk along, set out in three stages with varying difficulty and length, separating the golden sands down at Maspalomas from the island’s first capital city in Gáldar, in a pilgrimage along a route through ravines and volcanoes.

Our journey passes through the heart of Gran Canaria, and leads us along ancient pathways, dirt tracks and royal footpaths, and provides a close up to the beauty of the local flora and fauna. Each step along the way contains a piece of history, which has been carefully preserved over the centuries, around the villages and hamlets perched on the mountain edges.

Stage 1: Maspalomas – Ayagaures – Tunte
Level: high
Duration: 8 hours

Stage 2: Tunte – Llanos del Garañón – Cruz de Tejeda
Level: medium
Duration: 6 hours

Stage 3: Cruz de Tejeda – Pinos de Gáldar – Santiago de Los Caballeros
Level: low
Duration: 8 hours

Get encouraged to walk on pilgrimage path between the Canarian volcanoes by going through a part of a stage, one stage, two stages, or if you are brave enough, maybe you can complete the entire route to Gáldar!

+ practical information and recommendations on www.grancanaria.com/caminodesantiago
The very particular edginess of Gran Canaria, from 0 to 2,000 meters of altitude in just 30 kms, allows to find concrete spots throughout the island having fascinating views. We can detail you the most important ones.

**Mirador del Roque Nublo** [GC-600]  
A window to enjoy the symbol of the island.

**Mirador del Pico de los Pozos de la Nieve**  

**Mirador Montaña de Arucas**  
This viewpoint is stored in the Volcano of Arucas, from where you have incredible views in 360 degrees. You can see Las Palmas de Gran Canaria, the interior part of the island, Arucas and the extension of cultivations of banana.

**Mirador La Crucita** [GC-215 – barrio Las Cuevas] A perfect point from where to obtain a widen perspective of the inland.

**Mirador Degollada de las Palomas** [GC-150]  
From here you’ll have a singular view to the Caldera of Tejeda.

**Mirador de la Degollada de las Yeguas**  
[Fataga - San Bartolomé de Tirajana – GC-60] Views to the entire extension of the ravine of Fataga.

**Mirador de Azuaje** [Buenlugar – Fergas – GC-42] Impressive views to the dizzying ravine of Azuaje, the deepest in the north side of the island.

**Mirador Las Tederas** [GC-553]  
A very wide view to the caldera of Tirajana and the impressives rock walls that border it.

**Mirador el Guriete** [Santa Lucía de Tirajana – GC-65]  
Fantastic views to the reddish canyon of Tirajana.

**Mirador de Roque Bentayga** [GC-671]  
From the very Roque Bentayga you have a central perspective of the ravine of Tejeda.

**Mirador de Andén Verde**  
[ San Nicolás de Tolento - GC-200] Vertiginous views to the cliffs in the West Coast of the island.

**Mirador de Pinos de Gáldar** [altura Hoya de las Casas – Artenara – GC-21] Panoramic views to Pinar de Tamadaba having the ocean as the background.

* info about these and other viewpoints in  
[www.grancanaria.com/miradores](http://www.grancanaria.com/miradores)
MARINE FAUNA

Thanks to the cold currents [that help to maintain the sea temperatures lower than normal in our archipelago] and the diversity of existing habitats in the Canarian littoral, more than 5.000 diverse species swim in our waters. Some are closer to tropical species, whereas others are familiar to the Mediterraneans and of course we cannot forget the ones belonging to the Atlantic Ocean. We do not have space to list all 5.000 but we can give you an example of some unique ones and you might find while scuba diving [more information on page 30] in Gran Canaria: cabrilla pintada [blacktail comber] | sargo breado | seifia | gallito | damisela canaria | tapa culos [wide eyed flounder] | gallinita | morena negra | caballito de mar | vieja [parrotfish] | barriguda | rascacio | tamboril | coral naranja | tortuga boba [caretta-caretta turtle]

Whale watching
Gran Canaria is a paradise for cetacean watching, as from 79 species that exist in the world, 29 are found in our waters! You can enjoy this activity throughout the year, because the intensity in the presence of cetaceans hardly changes.

| The companies offering this activity respect a series of norms to help preserve and avoid agitation in the habitat of these mammals [some of the norms would be: not getting closer than 60 meters, no interfering in their trajectory, no sudden change of direction, no being near them for more than 30 minutes, no swimming at a distance lesser than 500 meters]. Help preserve the ecosystem ensuring that the company you choose for this activity complies with these rules.

So close to the stars!

Gauthier Dubois
AstroGC Manager

It is not a mere coincidence that two of the most important astronomical observatories in the world are located in the islands. The Canaries is the best place in Europe to see the stars. Our position on the world globe is ideal, allowing throughout the year the view of the constellations in the North and the South hemispheres. Moreover, our skies are the neatest and most transparent in the world thanks to the gentle trade winds.

A different night
The best way to ensure a spectacular view of a starry panorama, is to go up to the highest points of the island, and away from population centers [Pico de las Nieves and Tejeda are optimum spots], where you leave behind pollution and possible clouds [with a little luck you would be above them].

Booking information for stargazing with AstroGC page 13
TAXIBOAT

Your best choice of Licensed Dolphin & Whale Watching Tours
Tours to the Beach of GuiGui

with the “Ferrari” of the sea

Excite

Dolphins & Fun

If you love dolphins, the sea and the beaches, hop on board for a breathtaking experience on the open sea.

Wenn Sie Delphine, das Meer und die Strände lieben, dann kommen Sie an Bord für ein atemberaubendes Erlebnis auf dem offenen Meer.

Enjoy

Dolphins & Gui Gui

Enjoy the open sea in search for dolphins and whales and experience the hidden beach of “Gui Gui” with a bath in the cristaline waters.

Genießen Sie das offene Meer auf der Suche nach Delfinen und Walsen und erleben Sie ein Bad am versteckten Strand von “Gui Gui”.

Magic

Dolphins & Gui Gui Beach

Encounter the magical experience of observing the dolphins in their natural environment and enjoy a lunch at the remote beach of Gran Canaria “Gui Gui”.

Erleben Sie die magische Erfahrung, Delfine in ihrer natürlichen Umgebung zu beobachten und genießen Sie einen lunch am entlegenen Strand “Gui Gui”.

Reservations at the reception, your tour guide +34 691 345 941 taxiboatcanarias.com
The entire island is an open air sports field where you can practice various types of incredible activities that will you breathless. Experience the most active way to know Gran Canaria.
IN THE WATER

The European Hawaii
You are in the land of surf, one of the best places in Europe to slide on the waves while surfing, windsurfing, kitesurfing, bodyboarding and stand-up-paddling [SUP] throughout the year! Riders from all over Europe escape from the cold and come down to the Canary Islands (especially from October to March) and take advantage of the best winds, waves and water temperatures during these months.

Surf | bodyboard
The island has a great variety of waves all over its coast. La Cícer [headquarters of ASP Gran Canaria Santa PRO Junior] and El Lloret are important spots found in Las Palmas de G.C. El Puertillo, El Agujero, Ojos de Garza, Arinaga and Arguineguín, are other frequented spots in the island. But, there are two internationally famous waves in Gran Canaria that stand out from the rest:

El Confital [Las Palmas de Gran Canaria] An incredible right handed wave. On this wave gathers every year [in September] the WQS – Islas Canarias Ocean & Earth Pro wqscanarias.com

El Frontón [Caleta – Gáldar] A very aggressive wave, with great force, breaking in high tide in both directions. This is a very sought-after wave by Bodyboarders, but very few dare to get on to it. It is suitable for professionals only. On this wave, every year takes place the IBA Frontón – PRO Gran Canaria ibaworldtour.com

Windsurf
The excellent conditions of beaches like Vargas and Pozo Izquierdo [always windy and wavy], convert Gran Canaria into a compulsory destination for European windsurfers. In Pozo Izquierdo since 1989 [in July], one of the most important competitions in the world circuit is carried out, the PWA – Pozo Gran Canaria TBC pwaworldtour.com Ojós de Garza, Tarajalillo, Bahía Feliz, Playa del Águila, San Agustín, Playa del Inglés, Tauro or Puerto Rico, are apt spaces for mid level riders.

Kitesurf
Thanks to the trade winds Gran Canaria becomes the best place to practice a sport completely dependent on winds. The more advanced riders will enjoy of spots like Playa de Vargas and Punta de Maspalomas. For other levels Playa del Águila, Tarajalillo, and Las Burras are optimum locations with good conditions.
Stand up paddle [sup]
SUP is a new variation of surf and its popularity is rising by the day in the islands. It's a great alternative for riders on flat days.

Sailing and other water crafts
Yacht navigation is highly enjoyed by locals and tourists in the island. There are 5 marinas in the island offering all the facilities and services: Las Palmas, Pasito Blanco, Anfi del Mar, Puerto Rico and Puerto de Mogán. Many European navigators travel in their yacht to Gran Canaria in order to spend and enjoy the winter months in the island making any of these ports a base.
Moreover, Gran Canaria becomes the starting point of the Atlantic Rally for Cruisers [ARC], every year [in November]; it is the most important transoceanic yacht race in the world.

Deep sea fishing
You can find on the ports in the south of the island various operated boats specialized in organizing a fishing day for you. A memorable day trying to get hold of various types of fish like The Blue Marlin, Needlefish, Albacore, Barracuda, Tuna or the Atlantic Bonito.

Scubadiving and snorkelling
Explore the seabed of the island. Its volcanic origin is the key for the rich and unique diversity in species living in it. [more info on page 26 (marine fauna)] The most important immersion points are El Cabrón [Agüimes] | Risco Verde [Agüimes] | Taliarte [Telde] | La Catedral [Las Palmas de G.C.] | Baja Fernando [Las Palmas de G.C.] | Caleta Baja [Gáldar] | Sardina [Gáldar] | Las Merinas [Agaete]. Many of these immersion points can be accessed directly from the coast.

ON THE GROUND!

On horse
It is a pleasant and active way to discover the natural side of the island, the coast as well as the interiors. Also enjoy the unique bond created between you and the horse. Get to know about the different routes and book yourself a horse stroll in one of the horse riding schools or clubs.

Cycling | mountain bike
There is a fondness for two wheeler sports in the island, and miles are waiting for you to practice it. Choose the route in accordance to your level, as there are a few mountain passes only suitable for mountain climber experts. Remember that this island has a slope of 2,000 meters at Pico de las Nieves [it is said to be the toughest mountain pass of Europe]. Other known routes are Ayaguayres, Tunte and la Presa de las Niñas.
If what you are looking for is to practice Mountain bike and to enjoy the landscape and nature at the fullest, you have here from the easiest to the most extremists muddy tracks and runways, especially in the interiors.

Rock Climbing
If you like climbing through good walls, your expectations are in for a treat. The reason for it: the volcanic origin of the island, and thousands of years of erosion makes Gran Canaria full of steep slopes, vertical cliffs, plates, rocks, craters and other ideal rock formations for climbing purpose. The basaltic rock is the dominating one. Some climbing sanctuaries in the island are El Roque Nublo, El Palmés, Ayacata, Ayagaures, Bañaderos, La Sorrueda and Fatagonia.
In many of them there are a good number of bolted ropes having different difficulty levels.
Enroll yourself in one of the 4X4 excursions and step into the interiors of the island through muddy tracks discovering dreamlike sceneries.

Get on to the famous mattress in form of banana, and have fun with speed, turns and unexpected brakes.

Enter in the battle field and use your best strategy to come out victorious by marking your opponents with the famous paintball.

Choose an excursion on natural trails using the off-road version of this unique and gyroscopic two wheeler.

Enjoy the feeling of using a parachute with a difference; this time you are not landing from the sky but raising to it launched by a motor boat to an altitude of approximately 30 meters.

Drive one of these off-roads and leave aside conventional roads and routes in order to step into muddy tracks made for adventure.

Wear on your skis or take your wakeboard and glide at full speed on water, dragged by an outboard.

Hire them in any of the tourist areas in the South, and feel the speed while you skip, jump and crash the waves.

Siéntete como un pájaro sobrevolando diferentes puntos de la isla.
Lo puedes hacer en tándem, con un monitor experimentado, sin necesidad de experiencia previa.

Feel like a bird by flying over different spots of the island. You need not have previous experience as you can do it in tandem with an experienced instructor.
In the island a great variety of entertainment is waiting for you not allowing the boredom factor to creep in. In this section of Restart! we shall talk about the theme parks and family entertainment activities in the island.
**Aqualand Maspalomas**

[Water Park]

At any time of the year you can slide on the toboggans of this huge open air water park counting with 15 different attractions. It has a wave pool and a minipark of toboggans for the younger ones.

- **45** Bahía Feliz – Palmitos Park
- **70** Puerto Rico – Palmitos Park

**Ctra. Palmitos Park, km 3 [Maspalomas]**

- **Mo - Su and PH 10.00 - 17.00 | July – Augus 10.00 - 18.00**
- **28 € | <11 years old: 19 € | other discounts**

- 🏠 | 🛍 | 🎟 | ⛔

[aqualand.es/grancanaria](aqualand.es/grancanaria)

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**Holiday World Maspalomas**

[Amusement Park]

It is the only permanent park in the Canaries and counts with attractions for all the ages [big wheel, looping coaster, sky-drop, bumper cars, merry-go-round, pirate ship, etc.]. There is also a bowling alley, clubs and a boutique-gym.

- various lines available
- **Avda. Touroperator Tui [Maspalomas]**
- **Summers: Mo-Fri and PH 18.00 – 24.00 | Winters: Su-Th and FD 17.00 – 23.00 Fr, Sa and PH eve 17.00 – 24.00**
- **You pay per attraction [park entrance is free ] | other discounts**

- 🏠 | 🛍 | 🎟 | ⛔

[holidayworldmaspalomas.com](holidayworldmaspalomas.com)

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**Mundo Aborigen**

Road to Fataga (GC 60) - Km. 6

Go back 2,000 years ago and discover how the ancient inhabitants of Gran Canaria used to live

Mundo Aborigen

Road to Fataga (GC 60) - Km. 6

- 📞 928 172 763
- 🗓 Mo - Su 9 - 18
Palmitos Park Maspalomas [Theme Park]
If you like plants and animals, you are absolutely right if you choose to spend the day at the Palmitos Park, located in the interiors of a valley full of palm trees. The favorite attraction of the park is the dolphin show, the prey birds exhibition, the parrot show, and the exotic birds exhibition. Palmitos Park also counts with various bird samples, mammals [gibbons, orangutans, etc.] reptiles, tropical and coral fishes, butterflies, cactus and orchids.

Lago Oasis Taurito [Mogán]
Being right next to the Taurito beach, this is the largest salty water pool in the island. Moreover, it counts with various toboggans and attractions for the younger ones.

Angry Birds Puerto Rico
The park is designed for the fun of both children and adults. The activities include a scooter ramp, pedal cars, a bag jump, zip lines, a climbing wall, an air somersault track (Parkour), an interactive football wall, a unique adventure croquet course, a laser maze and much more. A great way for the whole family to have fun together!

Entertainment
Gran Karting Club

Fun for the entire family and friends
regardless of age or driving ability

GKC

www.grankartingclub.com

928 157 190  grankartingclub

Ctra. Gral. del Sur, KM 46 - Tarajalillo - San Bartolomé de Tirajana
**Moonlight Cinema Meloneras**

Enjoy the magic of the movies under the stars at Europe’s only permanent outdoor cinema. A luxury cinema experience that includes: large, cosy leather sofas, waiters service, freshly prepared pizza served piping hot and much more.

All films are shown in original English version.

Where better to be outdoors than at a cinema in the warmth of the Gran Canarian climate?

- [Playa del Inglés – Puerto de Mogán](#)
- [Playa del Inglés – Puerto de Mogán](#) [Only Saturdays and public holidays]
- [Las Palmas [Santa Catalina | San Telmo] – Faro Maspalomas](#)
- [Oasis Boulevard Shopping Centre [Meloneras]](#)
  Mo-Su 18.30 and 21.30
  15 € | [moonlightcinema.es](#)

**Sioux City San Agustín [Theme Park]**

Live an experience surrounded by Red Indians and Cow Boys, with all the action coming from the American Wild West: duels, loots, fights, hangings, dances, horses, cattle-drive and much more. In Sioux City you will again find different samples of species like reptiles, spiders and amphibians.

- [Complimentary Shuttle bus from touristic areas in the South](#)
  - [Barranco del Águila, s/n [San Agustín]](#)
  - Mo-Fr 10.00 – 15.00 | Sa-Su 10.00 – 16.00
  - 22 € | <12 years old: 16 € [Friday nights: 25 €]
  - [siouxcitypark.es](#)

**Cocodrilo Park Agüimes [zoo park]**

Visiting this familiar zoo park, you shall contribute with the labor of shelter and protection for these animals, many of them retrieved from illegal traffic. The main attraction of this park is the crocodiles [more than 300], but there are Bengal tigers, tropical fishes, baboons and even zeols. There is a parrot and crocodiles show in the mornings.

- [Complimentary Shuttle bus from touristic areas in the South](#)
  - [Ctra. Gral. Los Coralillos km. 5,5 (Aguimes)](#)
  - Mo-Fr and Su: 10.00 – 17.00
  - 9,90 € <13 years old: 6,90 € | other discounts
  - [cocodrilopark.com](#)

More entertainment

[Offered in all the main tourist zones in the south of the island]

**On ground**

- excursions | camel or donkey promenades | jeep safaris | guided tours | minigolf | gaming centers | go-karting | mini-train [Playa del Inglés] | segway tours

**On water**

- yellow submarine [Puerto de Mogán] | regular boat services [Arguineguín – Anfi – Puerto Rico – Puerto de Mogán] | diving with underwaterscooter | boat excursions [catamaran, sailing boats, antique wrecks, pirate ships] [some of them having anchorage in beaches of difficult access like Güigüi] [page 18]
Come in and discover the soul of Gran Canaria

www.bloggrancanaria.com

If you are looking on the internet for useful, strict and up to date information about the island, with high quality, interactive content, then the place to come to is the official blog of the Gran Canaria Tourist Board www.grancanaria.com/blog. This tool has been made to measure for you, and will enable you to see a thousand different sides and the soul of Gran Canaria, get to know its secrets, and how to enjoy them all. Come in, look around, find out the things you want, and fall in love with the infinite island for ever. Don’t delay, the best kept secrets of Gran Canaria are waiting for you right here.

mygrancanaria
gctourism
visitgrancanaria
Start making space in your bags as it is hard to resist the temptation of shopping here. You will not be able to return back home without having spent on whims, fancies, souvenirs and gifts. In this island, especially in the capital city, the commercial movement is absolutely frantic and has nothing to envy from cosmopolitan cities.
CANARY ISLANDS TAX FREE

For years, the Canaries were very popular for being tax free zones. This very beneficial situation gave a boost to the economical activity in the island and gave way to a golden era. In that period many businessmen settled in the islands to establish all sorts of commercial activities, especially perfume and electronics stores, initiated by a very active Indian community.

Today tax reductions have changed, but some remain, like the REDUCED VAT [called IGIC here], generally a 7%.

HANDICRAFT

Handicraft, is the best souvenir you can take from the island. Choose stores like FEDAC [an institutional programme to promote Canarian craftsmen], where apart from finding a good variety of creations in different artisan fields, you will also have the complete guarantee that what you are acquiring is made by Canarian gurus of handicraft. You can also find handicrafts in the Mercadillo de Artesania y Cultura de Vegueta [Street market of craftsmanship and culture of Vegueta] [page 77] and in other traditional street markets of the island.

Canarian fashion

The climate, sceneries, colors and mixture of cultures inspire the fashion created by Canarian designers. Their creations based on lively colors, mixture of tissues and fabrics, and original cuts and volumes, will surprise you. Remarkably the Canarian bathing and swim line, it is extremely trendy and creates tendency in the international fashion scenario.

The platform Gran Canaria Moda Calida brings together many designers from the island and organizes an international fashion show named Gran Canaria Moda Calida [means hot fashion] [exclusively swimwear] and Gran Canaria Fashion Week.
Fedac Stores

Las Palmas
📍 C/ Domingo J. Navarro, 7
⏰ Mo - Fr 09.30 – 13.30 and 16.30 – 20.00

Playa del Inglés
📍 Tourism Office [corner of Avda. España / Avda. Estados Unidos]
⏰ M - Fr 10.00 -14.00 and 16.00 – 19.30

DON’T FORGET TO TAKE BACK WITH YOU

Aloe Vera [page 44]

Cheese, mojo [Canarian sauce], gofio [Canarian cereal made of corn], sweets, etc.

Even though you can find them anywhere in the island, purchasing these products in the local street markets is an experience in itself.

Pintaderas canarias and Ídolo de Tara

SHOPPING AREAS

Triana
[page 80]

y Mesa y López
[page 84]

are the main outdoors shopping areas located in Las Palmas de G.C.. You will find here boutiques, stores, and international and exclusive brands.

Shopping malls in the south

They have a very different structure from the usual shopping malls. They are entertainment centers, having restaurants, bars, night clubs and pubs. At night, after dawn, is when the actual ambience is seen here. Certainly they offer a wide range of commercial offer in fooding, electronics, fashion and perfumes.

Large Shopping Centers

There are 7 in the entire island. When we talk about large shopping centers what we mean to say is that they are big enough to find anything you need. They provide you with cinema halls, ample parking space, hypermarket chains, and restaurant area.

Las Palmas de G.C.

C.C. Las Arenas

Located at the end of Las Canteras beach, it has beautiful views from the roof top. ☐ Carretera del Rincón, s/n

C.C. El Muelle

With wonderful views to the Avenida maritima [Sea Avenue] and the Puerto of Las Palmas [Port of Las Palmas] from any of the roof tops of the mall. It does not have any supermarket. ☐ Muelle de Santa Catalina, s/n.

C.C. La Ballena

☐ Avda. Gral. Del Norte, 112

C.C. Siete Palmas

☐ Avda. Pintor Felo Monzón, 44

Telde

C.C. El Mirador y C.C. Las Terrazas

Located next to each other at a 2 minutes distance by car. The main characteristics of Las Terrazas is that it is the only large shopping center offering OUTLET stores in the island, it also has numerous outdoor spaces and it offers ample entertainment options.

Vecindario

C.C. Atlántico

☐ C/ Adargoma s/n ☐ 28

Maspalomas

C.C. El Tablero

It has no cinema.

☐ Avda. Fco. Vega Monroy, 21

☐ 48 El Tablero
Bring back a tasty souvenir of the island of eternal spring

On sale in the best gourmet shops of Canarias

Tastes of Canary Islands

**Mojos (typical sauce)**
- Spicy Mojo
- Soft Mojo
- Green Mojo
- Curry | Spicy

**Jams**
- Pepper Jam
- Tomato Jam
- Papaya-Orange Jam
- Banana Jam
- Palm Tree Syrup
  - Seasonal:
    - Prickly Pear Jam
    - Apple Preserve

**Flavoured sea salt**
- Natural Marine Salt
- “Guayojje” Onion
- With Active Carbon
- Aromatic Herbs
- With Wine
- With Tomato
- With Chili
- With Lemon

Recipes for all tastes
Craft production taking care of our products

www.mardenube.com
Get your body geared up in Gran Canaria because the island turns into a huge open air SPA, in a natural and privileged environment, totally capable to give you multiple health benefits. Make the most of it, because it will never be as easy anywhere else!
You have at your disposal in the entire island an ample range of health and wellness centers specialized in taking good care of you with the most innovative and trendy treatments. Pool circuits, bubbles, water jets, jacuzzis, saunas, Turkish bath, therapeutic massages, volcanic stones, beauty treatments and many more alternatives, so that you can gift your body and mind the perfect balance. The Aloe Vera treatments are the most requested. Majority of spa centers in Gran Canaria are found inside the hotels. Las Palmas de G.C. and other cities have smaller urban spas.

The best way to improve your blood circulation and tone your body is by walking barefoot on the wet sand of the seashore. No other surface will give better results. A sunny dip with suitable protection gives energy, allows vitamin D synthesis in the skin, stimulates your defenses and acts like an antibiotic for your body. The sea water stimulates your muscles thanks to the contribution of sea salts, minerals and trace elements like the iodine (disinfectant and regulator) and sodium. The humid sea breeze supports our breathing system and gives negative ions producing a relaxing and antidepressant effect in the body. The sand is excellent natural exfoliant for your skin.
When buying pure aloe vera, make sure that the first ingredient of the product is pure aloe vera juice, with a proportion of 99%, either for internal intake or for external use. In the case of aloe vera-based cosmetics, it should be among the first ingredients of the product.

Aloe Vera’s home

Adrián Lesmes
Finca Canarias Manager

The aloe vera plant is typical of dry and warm climates, such as the Canary Islands. Thanks to this fact, its pulp stores a multitude of vitamins, minerals, antioxidants and enzymes to survive droughts. These nutrients are effective to treat the skin and the body, as it has a high healing, cell regenerator, antiseptic and anti-inflammatory power. Pure juice and pure aloe vera gel are great allies to combat dermatitis, psoriasis, stomach problems, blood circulation and joint and muscle pain. In addition, its powerful antioxidants and enzymes help improve liver, pancreas and kidneys function.

Thalassotherapy

Gran Canaria is a specialist in thalassotherapy due to its various centers making the most of various therapeutic elements benefitted from sea water, algae and the marine iodine in order to carry out treatments. The thalassotherapy centers offer a great variety of alternatives like: pool circuits | hydromassages and sea water jets | steam baths and marine inhalations | beauty treatments with seaweed wraps or marine iodine.

Mind and Spirit

Gran Canaria is the ideal place to transport your mind and spirit into a relaxation and absolute calm mode. In order to do that, it gives you the suitable dosage of sunsets and sunrises in its majestic sceneries making best use of sounds and colors. On page 25 we are suggesting you the best viewpoints in the island, where you can enjoy all these sensations.
Family organic farming

Guided visit
Visit our Organic Aloe Vera Plantations. Travel through the 5,000 years of history of this plant on a guided tour of 30 minutes, where you can cut an aloe vera leaf, try the pulp directly from the leaf and test all the products that are made of this natural gel. As a small Canarian company we grow Aloe Vera in the Canary Islands since 1990.
A journey to feel the smooth caress of the volcanoes and the ocean in GRAN CANARIA

As Agathe Christie also knew, this Canarian island pampers and heals its visitors with natural conditions that are complemented by the best care and medicine.

She came to Gran Canaria with her daughter Rosalind, result of her wedding with Colonel Archibald, her personal secretary, Charlotte Fisher, and her typewriter. Nevertheless, she was willing to give herself to the embrace of the Atlantic winds and thus make a gift to her own health. Health tourism was in fact, already at the time, in the twenties and thirties of the twentieth century, the reason that attracted thousands of Englishmen to the island. Although in this case, we are talking of no less that the famous Agatha Christie. The writer housed in the former Hotel Metropole in Las Palmas de Gran Canaria, and she soon revealed the mystery of the island. In her autobiography, she praised the perfect temperature of a city in which she finished several of the chapters of her book ‘The Mystery of the Blue Train’.

Gran Canaria softly pampers and heals, as the accustomed European travelers who came to the island from the second half of the 19th century well knew. They would come to bathe in the medicinal waters of the health resorts of Azuaje and Los Berrazales, in the north of the island, and to enjoy a nice and gentle climate.

Here, somehow, everything seems to have a healing power: the walks on the golden sand that massage your feet, the naturally-salted sea breeze filled with iodine, the chromotherapy provided by the ever-changing natural light, the sound therapy of the ocean waves on the beach, the whistling in the air through the branches of the pine forests, the enigmatic forests of laurisilva, bathing in crystal-clear waters, one of the purest varieties of aloe vera and, all in all, nature wrapped in an annual average temperature of 24 degrees, so beautiful and delicate that almost half of its territory is protected and a large section has been declared part of the World Biosphere Reserve.

This natural symphony has inspired the health tourism model of Gran Canaria. The intrinsic conditions of the island are complemented with an infrastructure of facilities that provide relaxation and healthcare both for the body and the mind, on the shores of the Atlantic. An Italian visionary, Eduardo Filiputti, laid the first brick on this road to health with the opening of a heliotherapy centre in the sixties, to explore the therapeutic effects of sun and sand. The centre was precisely built in the dunes, which move slowly, cautiously but surely, such as expert hands giving a massage.

Even volcanoes have a smooth caress touch in Gran Canaria. Volcanic stones are applied on the body and echo the distant times when the earth and the seas opened up, roared and threw fire. Now there is only a memory, rocks and calm. Indeed, the suggestive catalogue of health treatments which can be found in the specialised centres of Gran Canaria is also nourished by surrounding nature.
That is why it is possible to have a beautiful body wrap, made with aloe vera that grows happily and freely, or mud, marine clay, salts or seaweed, as if the iconic Poem of the Atlantic, the series of paintings by Néstor de la Torre, burst out of their frames and came to life. This local symbolist painter could very well be the most virtuous of the painters of the island, and without a doubt, he is the artist who best portrayed the soul of the depths.

What is more, in Gran Canaria, there is no excuse not to follow the good advice of doing active sport outdoors as one of the main pillars for good health. The variety of the landscapes, which range from ravines and gorges to desert plains, from pine groves to the volcanic caldera of the higher areas of the island, that Unamuno called a “petrified storm”, are a constant temptation to leave one’s footprint on its tracks, or a salty splash when diving in an ocean turned into the scene of a renewal ritual.

**The ‘healthy island’ flag**

As a reflection and also as a boost for a sector that is at home on the island, the Gran Canaria Spa, Wellness & Health Association (www.grancanariawellness.com) was created in 2004. This official trademark of the Tourist Board of Gran Canaria (Patronato de Turismo) joins, under the same flag, the best wellness centres (Spas and thalassotherapy facilities integrated in first-class hotel establishments) and medical centres, with the large groups of medicine and health fields.

*You can book the best de spa, wellness & health experiences in [www.grancanariawellness.com](http://www.grancanariawellness.com)*
If your passion is golf you have found the perfect place to play it! In Gran Canaria there are eight golf courses; most of them constructed recently, in unique and incredible surroundings with best equipments and services. Do you want to play in a different course every day? In Gran Canaria you can do it.

Lopesan Meloneras Golf
Placed in the new and luxurious area of Meloneras, practicing golf in this course is an authentic treat; a large number of holes are found attached to the sea giving you the sensation that the green of the grass is melting with the blue of the Atlantic Ocean in the horizon.
The Meloneras Golf is a wide and flat course having 4 tees of exit per hole, in favor of players having different types of handicaps.

- 18 holes [par 72]  
- DESIGN: Ron Kirby  
- Driving range, Pitching area, Chipping green and Putting green  
- Golf School  
- Club house, restaurant and coffee shop  
- Hotel  
- Rent buggies, carts and clubs  
- Pro shop  

**WINTERS:** Mo-Su and PH 07.00 – 19.00  
**SUMMERS:** Mo-Su and PH 07.00 – 21.00

lopesan.com

Green Fees
The courts are open throughout the year, but during winters [October-April] is high season period to play golf in Gran Canaria. In all the clubs you can acquire your green fee [with time restrictions in the Real Club and El Cortijo] at a price of 30 to 60 € during low season, and in the range of 90 to 110 € during high season. There are discounts available for clients of hotel resorts having golf course.
Salobre Golf and Resort
This golf complex has 2 fascinating golf courses in the middle of an extraordinary landscape simulating an American desert, where you can breathe absolute tranquility.
| Sur: 18 holes [par 71] | Norte: 18 holes [par 71] |
| DESIGN: Sur: Roland Favré | Norte: Ron Kirby |
| Driving range, Pitching area, Chipping green and Putting green |
| Golf School | Club house, restaurant and coffee shop |
| Hotel | Rent buggies, carts and clubs |
| Pro shop | Winters: Mo-Su and PH 07.30 – 18.00 | Summer: Mo-Su 07.30 – 20.00 |
| salobregolfresort.com

Anfi Tauro Golf
The Anfi Golf displays its green carpet at the starting point of the Tauro ravine, generating an appealing contrast with the reddish volcanic rock of the valley. From this golf course there are magnificent views to the Tauro coast. The course is very wide but has various difficulties and obstacles making your golf session very entertaining.
| 18 holes [par 72] | DESIGN: Von Hagge, Smelek and Baril |
| Pitch & Putt [9 holes – par 3], Driving range, Pitching area, Chipping green and Putting green |
| Golf School | Club house, restaurant and coffee shop |
| Hotel | Rent buggies, carts and clubs |
| Pro shop | Winters: Mo-Su and PH 07.30 - 18.30 | Summers: Mo-Su and PH 07.30 – 20.00 |
| anfi.com/golf

Real Club de Golf de Las Palmas
You can breathe tradition in the oldest golf course of Spain, inaugurated in 1891 for the first British tourists who would travel down to the island to spend their long winters here. It is located next to the crater of a volcano having incredible views to the sea and the mountain peak.
| 18 holes [par 71] | DESIGN: Mackenzie Ross |
| Driving range | Club house, restaurant and coffee shop |
| Rent buggies and carts | Hotel | Tennis |
| Mo-Fr 08.00 – 13.00 [other timings for members only] |
| realclubdegolfdelaspalmas.com

El Cortijo
One of the largest golf courses of Spain is located at only 6 kms from the Capital City, next to the GC1 highway, occupying the space of an antique agricultural estate farm. Its up to 6 tees per hole give an endless number of game alternatives for golf players having different sorts of handicaps.
| 18 holes [par 72] | DESIGN: Blake Stirling and Marco Martin |
| Driving range, Pitching area and Putting green |
| Golf School | Club house, restaurant and coffee shop |
| Rent buggies, carts and clubs |
| Pro shop | Tennis, paddle, pilates |
| WINTERS: Mo-Fr 07.45 - 18.30 | SUMMERS: Mo-Fr 07.45 – 20.00 [other timings for members only] |
| elcortijo.es

Las Palmeras Golf [pitch & putt]
In the Capital City you can play golf in this pitch & putt course [the most recent in the island] having 18 holes and 1.200 meters of extension. Even though you are in an urban surrounding, don’t miss out on the fantastic views to the Las Canteras beach.
| 18 holes [par 3] | DESIGN: Stirling and Martin |
| Driving range, Putting green and Chipping green |
| Golf School | Club House, restaurant and coffee shop |
| Rent of clubs | Pro shop | Paddle, gimnasio and piscina |
| WINTERS: Mo-Fr 08.30 - 18.00 | Sa, Su and PH 08.00 – 18.00 | SUMMERS: Mo-Fr 08.30 - 20.00 Sa, Su and PH 08.00 – 20.00 |
| laspalmerasgolf.es
Map of Gran Canaria
In Gran Canaria we pride the fact that we love our traditions and make the most of them, as thanks to them we are who we are. Attend any of the popular festivals [celebrated in towns and neighborhoods] and romerías [processions] celebrated in the island, where there are sales stalls of Canarian gastronomy and handicraft, music and dance shows, and traditional games.
MUSIC AND DANCE

Feel the different rhythms of Canarias; the joy of dancing an **isa** in a group choreography [derived from the Jota form of Aragon]; the sentiment and longing transmitted by a **malagueña** or a **folia**; the colors and dynamism of the **seguidilla**, dance, the satire and fun of the verses from a **polca picona**; or the memories of Aborigine period awakened by the drums and chácaras [Canarian percussion instrument] of a **tajaraste**.

Join the “Parranda”!

There is no claimed romería or festival in the island lacking amusement by a good parranda. A parranda is a group of musicians playing traditional Canarian songs using various instruments like the guitar, the mandolin, the timple, the traditional lute, drums, or the pandero [typical tambourine]. The best parrandas are the informal ones allowing you to sit on a table while listening to them, accompanied of some good tapas and drinks, and of a lively and joyful conversation with family and friends.

The timple

The timple is the musical instrument of Canarias and the most characteristic sound of these islands. It belongs to the guitar family, but is much smaller in size and has 5 cords. It is due to the smaller dimension of the echo box that the characteristic sharp sound is produced. Its production is until today handcrafted. A few luthiers are in charge of producing the instrument following the instructions of the timple musician, so it can be hard to find two timples alike.

Totoyo Millares has been one of the pioneers in giving the timple a main instrument condition. Jose Antonio Ramos and Benito Cabrera are other performers exploring new possibilities of fusion between the timple and symphonic music, so it can be hard to find two timples alike.

Till the end of the last century, the shepherds of the island would have fluency in it and would use it to make long distance communication easier, without the need of moving between mountains and ravines. In order to preserve this ancestral tradition that became an Intangible World Heritage since 2009, the “silbo Gomero” has been introduced as a subject in the schools of La Gomera.

El silbo gomero

[Whistled language of La Gomera]

We could not forget to talk about the very unique and genuine means of communication used for generations by the inhabitants of the island of La Gomera [it was used at a point of time in Gran Canaria as well]. It consists in the phonetic reproduction of a spoken language [it could be any language] through different whistling sounds. Till the end of the last century, the shepherds of the island would have fluency in it and would use it to make long distance communication easier, without the need of moving between mountains and ravines. In order to preserve this ancestral tradition that became an Intangible World Heritage since 2009, the “silbo Gomero” has been introduced as a subject in the schools of La Gomera.
WE LOVE TO PARTY!

We the Canarians are very social by nature and we love one to one contact with people, we enjoy outdoors, eating, drinking and having fun with our family and friends. In Gran Canaria, throughout the year, you can enjoy festivities like neighborhood festivals, romerías, open-air dance festivals and carnivals. These become best opportunities to meet up and have fun times.

The best known Romerías and Festivals of the island
El Pino [Teror], la bajada de la Rama [Agaete], El Almendro en Flor [Valsequillo and Tejeda], la Fiesta del Charco [La Aldea], la Fiesta del Agua [Lomo Magullo [Telde]] and la Suelta del Perro Maldito [Valsequillo]
Go through the calendar on page 6

SPORTS AND GAMES!

Vela latina [Lateen Sail]
If it is a Sunday [between April and October] and you are in Las Palmas de Gran Canaria, get to the Avda. Marítima in the Capital City, where you will see various vela latina lovers looking from more closely at the regular competitions carried out in this discipline [some with binoculars]. What makes vela latina different is the sail boat used for competing: they are replicas of boats used in the olden days for fishing and transport. The impressive measurement of the triangular sail in comparison to the size of the boat is the other distinctive characteristic of this watercraft.

Lucha canaria [Canarian fight]
This form of fight practiced by the ancient settlers of the island [generally for conflict resolving] is today the most representative sport of Canarias. The main distinctive aspect of “lucha canaria” is the elegance in which it is practiced, as the aim here is not to hurt physically your rival. The fight is won by making your rival touch with any part of his body [excepting the soul of the feet] the terrero [the circle field where the fight is carried out]. To knock down the rival, the fighter uses mañas [techniques]. At time you can take advantage of the self physical force of your rival while he is attacking.

Salto del Pastor [Shepherd’s leap]
Imagine yourself coming down the mountains with the help of a long stick, fixing the end at a lower point help you slide down! The aboriginal inhabitants of the islands would use this mean of transporting themselves safely across the island ravines. Later on, the shepherds in the island continued using this technique and preserved it for centuries, and today, there are various organized groups continuing the tradition.

Palo canario
Just like fencing, the Canarian stick fighting is a combat with sticks between two players who mark and defend each other through retained strikes avoiding hurting each other. For the antique Canarian settlers this was a way of training for the combat.
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GRAN CANARIA, AN ISLAND OF INTENSE FLAVOR

In order to enjoy at the fullest of Gran Canaria you will need to frequently restore your energies. Eating out is no luxury in Gran Canaria, on the contrary it is a part of the culture and a way of living for the islanders! The land, the sea, and the good climate give way to the best fooding raw material production later giving way to the gastronomy.
**Papas arrugadas**
Without any doubts, one of the star dishes of the islands. You can eat it as a tapa or as a garnish. The secret lies in the type of potatoes used, and in boiling them with loads of salt. In fact, earlier they would be boiled in sea water. It's eaten with mojo canario. The mojo and potatoes are inseparable!

**Mojo canario**
The mojo is the very famous Canarian sauce. Even though it is served as accompaniment to papas arrugadas, the mojo is very polyvalent, and is used for many other Canarian dishes. There are various types of mojo and many ways to prepare it. These are the most common ones:

**Mojo rojo (red)**
[red capsicum, paprika, oil, vinegar, garlic, parsley and salt]. It is served with meat dishes based and with papas arrugadas.

**Mojo verde (green)**
[coriander/parsley, cumin, oil, vinegar, garlic and salt]. It is served with fish dishes and with papas arrugadas.

**Potaje de berros**
A mishmash based on berro [watercress], a vegetable cultivated in the island and with high usage amongst the Canarians. [There even is a variation of it, it is consumed in a sandwich, and you can try it at many eating joints].

**Conejo en salmorejo**
Rabbit meat marinated in garlic, spices and white wine.

**Puchero canario**
Meat and vegetables stew.

**Ropa vieja**
Stew made of meat, chickpea, spices, fried potatoes and other ingredients. You can see the bond between the Canaries and America by just knowing that this very own Canarian dish is also a very typical and popular dish in Cuba and Venezuela.
Fixed Menus

Many restaurants especially in Las Palmas de G.C. and local areas offer very reasonable rated fixed menus on weekdays during lunchtime.

Timings

The timings in tourist zones during lunchtime are quite wide, but in local areas the typical Spanish timings are followed: approx. 13.00 – 16.00 and 20.00 – 24.00

Tips

Although service charge and taxes are already included in the bill, there is a habit of leaving a tip if you have liked the food and the service.

Restaurant areas in the Capital City are detailed in the maps of page 77 | 81 | 84.

GOFIO

Gofio is a type of elaborated flour having corn as its principal element. It is and has been since Aborigine times a basic element in the Canarian diet. From here the expression “You are more Canarian than the Gofio”.

By the day more and more deserts are elaborated with gofio but there are more traditional ways to eat it, such as the Gofio Escaldado (diluted in fish stock turning into a paste), the Gofio Amasado (knead it with water and served as a substitute to bread) or the Gofio with milk (to get energy, just like the canarian kids do every morning).

THE PRODUCTS OF THE LAND

Canarian banana

The banana is the most cultivated fruit in the islands and along with tomato, the most exported one. It’s differentiated from the Central American banana by its smaller size and its brownish characteristics little specks, but most importantly by its flavor and much creamier texture.

Canarian Tomato

With that pinch of sweetness and aroma not found in any other tomato.

Tropical fruits

We encourage you to try our season tropical fruits, like mangoes, papaya, pineapple and avocados.

Fish and seafood

It could not be any other way in an island of fishing tradition where there is an abundance of sea products. VIEJA [autochthonous fish], SAMA, CHERNE [wreck fish], MERO [sea bass], CHOCO [white sepia], SQUID, TUNA, CANARIAN LOBSTER, CRAB and OCTOPUS, are the most popular ones. In fishing villages you can ask this variety of fishes in grilled, fried or coated way.
May
Feast of San José and la Santa Cruz
Boat and Castel’s burning
(4 of May)

June
Feast of the Sacred Heart
Corpus Christi flower carpets

July
Water Festival from 5th al 21st of July
(pilgrimage-offering, cattle exhibition and Latino Festival of Villa de Teror)

www.TEROR.es

more Teror at page 94
GOING FOR TAPAS!

Going for tapas is part of the gastronomical culture of Spain and is a very social form to experiment the island dishes. There are various places serving tapas, but the area of Vegueta and Triana [see “I am hungry” on page 75] are reference points and you can breathe in them the best tapas ambience, especially on weekends, starting from Thursdays. The secret to learn the art of tapas is:

1. doing it in a group of people, because it’s all about asking for a variety of portions to share,
2. change your place and don’t eat in the same joint and
3. do not get confused about the concept of tapa [usually small portions of main dishes being eaten with a fork], pincho [very small portion with various components brought together with a stick or toothpick] and montadito [similar to the PINCHO concept but with a piece of bread holding at the top all the ingredients together].

Paella

Your food table should not lack of the Spanish dish by excellence during your stay. Although originally the paella from Valencia was made of rice with meat [chicken, duck, rabbit, and snails], today more variations have been created, like the seafood paella [with fish and seafood]. This paella variation is the most popular one in the Canaries for obvious reasons.

SWEETEN YOURSELF!

Bienmesabe

It’s probably our most famous sweet dish, elaborated in the interiors of the island. It has a smooth jam like structure and is made of grated almonds from the town of Tejeda, egg, sugar and lemon. It can be eaten just like that but it’s a good accompaniment to ice cream amongst others.

Bizcocho de Moya

There are two secrets to this very tasty sponge cake: the icing of glaze syrup covering it and the double baking given to it.

Suspiros de Moya

This is the way the meringues from the village of Moya are called in Gran Canaria. They are smaller than the traditional ones from Mainland and have a slight taste of lemon.

Chocolate con churros

Don’t miss out on the opportunity of having breakfast in the very popular and traditional churrerías. You can find them in the Capital City and also in various villages of the island, but not in the tourist areas. The most frequent way to have it is at breakfast, but you can also have it at tea time.
CANARIAN CHEESE

Do try and take along one of the most popular Canarian delicacies. It is commonly served in restaurants as starters or tapas.

*Flor de Guía*

[With designation of origin] It’s one of the few cheeses elaborated in Europe with vegetable rennet; in this case the cardoon flower gives this cheese its characteristic aroma and taste. It is elaborated with sheep, cow, and goat milk, and it is made in the most traditional way. It is difficult to find this cheese outside the towns of Guía, Moya or Gáldar.

*Majorero and Palmero*

[With designation of origin] These are the cheeses coming from the islands of Fuerteventura and La Palma. The majorero was the first Spanish cheese to get certificate of origin.

*Fresh Cheese*

They are highly consumed in Gran Canaria. The most popular are the ones from Valsequillo and San Mateo. As they are fresh, we do not recommend you to travel back home with them.

An island of flavours

Learn more about our gastronomy in this video
AN ISLAND, A MIXTURE OF CULTURES.

Gran Canaria has a very personal and genuine cultural identity, marked by the mixture of influences coming from 3 different continents; this is due to the privileged geographical situation, permitting for many centuries the coming and going of people from Europe, South America and Africa.
**MUSEUMS**

**Archaeological museum and park Cueva Pintada GÁLDAR**

Cueva Pintada is a pre-Hispanic site of great archaeological value; having as prominence the walls decorated with geometric motives located in the interiors of the cave, being the most relevant example of artistic representation of the Aborigine culture in Canarias. Besides visiting the site, in this modern museum, you will know about the form of living of the ancient settlers of the island.

- **Address**: C/ Audiencia, 2 (Gáldar)
- **Openings**: Tu-Sa 10.00 – 18.00 | Su and PH: 11.00 – 18.00 [last guided tour at 16.30]
- **Some days closed**: Mondays and 24/12 | 25/12 | 31/12 | 1/1 | 5/1 | 6/1 | 1/5
- **Ticket prices**: 6 € | free: <18 years and first Sa-Su of the month | discounts for students and others
- **Website**: cuevapintada.com

**Antonio Padrón House Museum GÁLDAR**

In this museum, promoted by the family of the artist, you will be able to observe the main artwork of Padrón. Besides the collection of paintings, there are sculptures of stone and mud, and objects of decorative art created by the author.

- **Address**: C/ Drago, 2 (Gáldar)
- **Openings**: Tu-Su and PH 10.00 - 18.00
- **Ticket prices**: 2 € | 1 €: students, >65 and others | free: <18, first Sa and Su of the month and others
- **Website**: antoniopadron.com

**Finca Condal Museum and Winery**

Discover the essence of Gran Canaria, its history, heritage, relevant characters, crops and economic cycles, from sugar and salt to Tourism. You will appreciate the beauty of the typical architecture in a tour around the traditional Canarian manor house and wonderful 17th-century church. Visit the Winery, where you can taste a delicious Vega Grande wine with a delightful local goat’s cheese.

- **Address**: GC-500 km 2,2 (Juan Grande)
- **Openings**: Tu, Th and Sa 10.30 and 12.00
- **Ticket prices**: 6 € | 9 € [includes VG wine and goat’s cheese tasting] | 3 €: children
- **Website**: fincacondal

**Las Palmas de G.C.**

**Élder Museum of Science and Technology**

“Don’t be scared of touching” is the slogan of this ideal space so that all age groups enjoy it, specially the younger ones. Situated in the Puerto area of Las Palmas de G.C, the museum recommends you to get closer to the fascinating world of science through its planetary, its greenhouse, its projection room in 3D as well, and through its temporary exhibitions.

- **Address**: Parque de Santa Catalina, s/n
- **Openings**: Tu-Su 10.00 – 20.00
- **Ticket prices**: 6 € | free: <6 years | discounts: students and >65
- **Website**: museoelder.org
Museo Canario
[Canarian Museum]
Working since 1879, this center is dedicated to preserve, study and show the largest archeological collection of Canarias to the public. In its various spaces you can go through the pre-Hispanic past of the island and know how the Canarians would carry out daily chores in the olden days, about their economical activities, their funerary practices and their rituals.

Atlantic Center of Modern Arts [CAAM]
The main museum of contemporary art of the Canaries offers you the possibility to go through the temporary exhibitions of painting, photography and sculptures, complementing other activities. The center also offers an owned collection of work of art elaborated under the concept of three-continent principle, highly present in the Canaries.

Casa de Colón
[Christopher Columbus’ house]
Casa de Colón occupies one of the most emblematic buildings [traditional Canarian style] of Las Palmas de G.C., the old island governor’s house, very probably visited by Christopher Columbus during his stay in the island in 1492. In its exhibition spaces you can get information on the expeditions carried out in the end of the XV century for the discovery of “the new world” and the important role played by the Canaries.

Pérez Galdos Museum House
The house where the famous writer Benito Pérez Galdós was born and lived invites you to a journey through the domestic customs of the author and the bourgeois ambience settled in the area of Triana in the XIX century. It is a property that becomes the living example of traditional Canarian architecture with 2 central courtyards [patios].
EXPLORE THE UNSPOILT SIDE OF GRAN CANARIA

www.SENDEROSLAALDEA.com

More about La Aldea on page 99
The first settlers in the islands were Berber descendants, who would have maybe arrived in Gran Canaria about 2,000 years ago, proceeding from Northern Africa. They got established here and developed during various centuries [until the Castilian conquest] a strongly linked to nature lifestyle.
defended easily | the mountain arch would act as a natural winter coat | there was good temperature and humidity].

Tu-Su 10.00 - 18.00 3 € | 2 €: students, >65 and others.

page 50

**Network of Archaeological Sites**

**La Fortaleza [Santa Lucía]**
This natural fortress has always been related to the last resistance of the ancient inhabitants of the island before the Spanish invasion of the late fifteenth century. It has now become a modern museum where you can re-live the history of the site and feel the passion for archeology.

Tu-Su 10.00 - 17.00
4 € general | 2 € reduced  

Maipés de Agaete
The Maipés is a “malpaís”, an arid, rocky area of volcanic lava flow in which a cemetery is preserved, with nearly 700 ancient Canarian tombs, some of which were made over 1,300 years ago.

Tu-Su 10.00 - 18.00
3 € | 2 €: students, >65 and others.

Necrópolis de Arteara
The Arteara Necropolis is the largest aboriginal cemetery of its kind on the island, both in terms of size and number of burial mounds there. It occupies an area of 137,570 m2 and houses 809 tomb structures, with both individual and collective burial mounds.

Tu-Sa 10.00 - 18.00
3 € | 2 €: students, >65 and others.

Cañada de los Gatos
It is a large archaeological site composed of the remnants of what was a great coastal town, more than 1,600 years ago.

Tu-Sa 10.00 - 18.00
3 € | 2 €: students, >65 and others.

Life 2000 Years Ago

They would live in settlements of houses and caves or even both. They would also construct artificial caves forming big complexes, with barns and collective spaces [for ceremonies].

Their main activity was agriculture and cattle rising. They would also fish, hunt and harvest.

The language they would communicate in was a variation of Amazigh language [in use even today amongst Berbers].

They would manufacture clay products like utensils or decorative elements, and would paint them with geometric forms. With stone they would elaborate knives and mortars to grind the gofio [corn flour]. With the skin and bones of animals they would make punches, spatulas, clothing, footwear, bags and others.

They were divided in social classes, guanartemes [kings], fayzagues [noble class], the common man and villains. The plebeians were distinguished by short hair and no beard. The noble class would carry long plated hair tied with strips of reed and leather.
Getting to know Gran Canaria
Move all through the island easily by car or motorcycle. Feel complete liberty to move wherever and whenever you want. To move around the asphalt of the island is not complicated at all, but with our indications it will be much easier.

**There are two main highways in Gran Canaria**

- **GC-1** – Autovía del Sur [South highway] [it covers the distance starting from Las Palmas de G.C. passing through the entire east coast of the island up to Puerto de Mogán] | **GC-2** – Autovía del Norte [North Highway] [recoovers the distance from Las Palmas de G.C. passing through the entire north coast up to Agaete - Puerto de las Nieves].

**The airport is located in a parellal way to the GC-1 highway** between Las Palmas de G.C. and the tourist zones in the South, having directs exits to both directions.

**Rent a car**

You can easily rent a car at the airport, tourist zones or from the reception of your hotel or apartment. There are also companies specialized in renting motorcycles.

The prices are very reasonable and discounts are applied on tariffs after the 3rd day of renting | **Minimum age to rent a car varies between 21-25 years and 1 year of valid driving license is usually a must** | any EU driving license is valid in the island, licenses from Iceland, Liechtenstein, Norway and the International license are permitted too; other driving licenses, please consult | in Gran Canaria you always will be offered unlimited kilometers consumption for car renting | make sure to check on the insurance coverings the price includes, because it is not always risk and liability.

**Las palmas has a ring road at its entry point**

**GC-3 | GC-23** If you are at the GC-2 – North Highway, and you want to connect with GC-1, without entering in Las Palmas de G.C. you can take the ring road following the indications: GC-23 Aeropuerto | Maspalomas. If you want to connect with GC-2 coming from the South through GC-1 – South Highway you do not want to enter in the Capital City, follow the indications: GC-3 Gáldar, to connect through the ring road.

**Generally the interior roads are initiated in the center of the island and draw a radius up to the coast** Usually they have one lane for each direction. Some are quite sinuous, bordering ravines going to the direction of mountain peaks. The main ones are **GC-21** [Las Palmas – Teror], **GC-15** [Las Palmas – Santa Brígida – San Mateo – Cruz de Tejeda], **GC-41** [Telde – Valsequillo – San Mateo] and **GC-60** [Maspalomas – Fajana – San Bartolomé de Tirajana – Tejeda].

**Gas Stations**

You easily find service stations on GC-1 and GC-2 highways, in the cities and in the most important tourist areas. But on the contrary, going through the interiors of the island and all along the west coast, there are fewer service stations, so it is important for you to take on your drive with sufficient fuel in your tank.

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In the island you shall not have problems if you are looking to move around by taxi. Actually it turns out to be a very good transport alternative with the facility to get a taxi stop anywhere or catch one at the road [especially in tourist areas, in Las Palmas de Gran Canaria and at the airport] The rates per traveling are very reasonable. The fares are official, with slight differences between them depending on the town the taxi belongs from. For you to have an idea, we detail you the actual tariffs in Las Palmas de G.C.

**Approximative prices for main routes**

| [move in the city] | 4-7 € | 25-35 € | 30-40 € | 18-28 € | 5-8 € | 50-60 € |

For radio-taxi service call on 928 460 000 or 928 154 777. You can ask for vehicles with more sitting area, also adapted for people having
The turquoise guaguas from the company called Global join all the points of the island. The main bus station is San Telmo, in Las Palmas de Gran Canaria, becoming a strategic point with a big amount of connections. Moreover, right outside the bus station there is a connection with the principle urban lines [guaguas municipales].

Tickets
- Individual ticket [price depends on chosen journey | it is bought directly at the bus]
- Cards – 10 trip pass [multipersonal | discount of 20% | price depending on route | valid for same destination | it is acquired at the bus stations]
- Roundtrip cards [45% of discount | price depending on journey | it is acquired at the bus stations | valid on saturdays, sundays and public holidays for routes Las Palmas – San Agustín – Playa del Inglés – Maspalomas – Puerto Rico – Amadores]

Consult timings, route options, maps and more information on globalsu.net

GUAGUAS (BUS)

Global

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Consult timings, route options, maps and more information on globalsu.net

Guaguas Municipales

The yellow guaguas will ease out your travelling through the city of Las Palmas de Gran Canaria.

Tickets
- Individual tickets [1,40 € | acquired at the bus]
- Card – 2 trip pass [2,40 € | acquired at bus stations and kiosks]
- Card – 10 trips pass [8,50 € | multi person use | acquired at bus stations and kiosks]

Consult timings, route options, maps and more information on guaguas.com

why do we use Guagua instead of Bus?
The word guagua has travelled the ocean to end up in our vocabulary. The Cubans adapted in Spanish language the American term wagon turning out in guagua. The big amount of Canarian emigrants from Cuba brought along the word and extended its use in the islands.

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Reduced mobility, kids seat, or the ones accepting payment by card.

Taxi meter down 1,73 € | km. Covered 0,64 € | waiting hour 11,73 € | airport entry 1,65 € | night fares 0,60 € | sundays and public holidays 0,60 | night fares on december 24th, 31st and january 5th 3 € | radio-taxi 0,50 € | bags 0,35 € per bag | entry in ports 0,60 €

The official taxis are white in color and have designed the corresponding shield representing the town it belongs from; they also have a municipal license number [LM].
There are infinite possibilities of journey creation around the island. It depends entirely on you, on the experiences and combinations you are looking for, the time you dispose of and the rhythm you would like to set.

Las Palmas de Gran Canaria
Delight your senses in the very charming city of Las Palmas de G.C., waiting for you with open arms in order to surprise you. The incredible Las Canteras beach and a very strategically located Maritime Port having frantic movement are two of the most important identity references of this city. You cannot imagine how open to the sea Las Palmas de G.C. is. The streets of the colonial neighborhoods of Vegueta and Triana disclose the aroma of history and culture mix.

- Las Palmas de Gran Canaria [page 74]

South
The south of the island combines natural beauty, charming places and urban and tourist areas offering the best entertainment you can imagine [shopping centers, spas, theme parks, golf courses, restaurants, pubs, night clubs and many other facilities and services]. The fact that you can choose amongst different experiences in a mere 30 km extension is the best part of this side of the island!

- San Agustín [page 85]
- Playa del Inglés [page 86]
- Maspalomas [page 88]
- Puerto Rico [page 89]
- Puerto de Mogán [page 92]

Interior
Few of us would be expecting to reach in Gran Canaria and find ourselves admiring mountain sceneries. At only 45 minutes from the coast, you can start discovering the centre of the island and feel the majesty of a unique volcanic landscape, created and sculptured during millions of years. Imposing ravines, fertile plains, pine forests and traditional rural villages will complete your ideal picture crowned by Pico de las Nieves and the Roque Nublo, at about 2.000 meters of altitude above sea level.

- Artenara [page 93]
- Teror [page 94]
- Tejeda [page 95]

East
Beaches having a very local ambience for the practice of windsurf, kitesurf and scuba diving is what the east coast of the island claim to have. But, it does not stop here; the East also offers the possibility to go through the tranquil streets and corners of two towns located here, having most history and tradition in the island.

- Ingenio [page 96]

Northwest
Do you like beaches and coastal zones of wild and abrupt nature? The north of the island, away from the hustle of most tourist areas, offers you a different experience, with green sceneries punctuated by big extensions of banana tree and other crops, villages having agricultural vocation and tradition, small ports, fishing areas, and much more.

- Galdar [page 97]
- Agaete [page 98]
- La Aldea [page 99]
Would you like to go around the entire island?

It seems that when one comes to an island the first thing he wants to do is to border it by its coast. In Gran Canaria you can do it in one day. Almost the entire route [3/4th parts] is via highway [GC-1 and GC-2] but the west side is by National route and is very sinuous but spectacular as you are bordering various cliffs. If you do this route, start it early in the morning so that you get time to stop and enjoy the interesting spots through the journey. We recommend you to stop at the Aldea de San Nicolás, an agriculture based town maintaining intact its customs and traditions.
THE CAPITAL OF GRAN CANARIA WILL NOT LEAVE YOU INDIFFERENT

Even if you are entering the city from the South or coming from the North you will see the silhouette of a city dominated by the sea with a serene, open and especially welcoming personality.
The Vegueta area is the historic heart of the city of Las Palmas de G.C. You have not lived the Capital City if you have not strolled around the colonial streets of this neighborhood; this area founded the city in the end of the XV century.

DON’T MISS IT

1 Cathedral of Las Palmas
This is the most important monument of the Canaries and is considered as the grand architectural work of Castilia outside the mainland. Although its construction started in 1497, the same did not end before the end of the XX century. This is because, even though we see a building maintaining a unique internal unit in front of our eyes, there are actually different styles used to build it, like the later introduced Gothic style in its interiors and the Neoclassical style in the façade. On the left side of the cathedral and directly connecting you can find the Patio de los Naranjos [courtyard of the orange trees] of colonial style, with a unique balconada canaria [typical Canarian balcony]. This building next to the Cathedral is the headquarters of the Canarian Diocesan Museum of Religious Art.

Museum of Religious Art and Cathedral Interiors
⏰ Mo-Fr 10.00 – 16.30 | Sa 10.00 – 16.30
Entrance 3 €

Access to the Tower of the Cathedral
⏰ Mo-Fr 10.00 – 18.00 | Sa 10.00 – 13.30
Entrance 1.50 €

3 Town Hall and Main square of Santa Ana
As of today, this is the institutional headquarters of the city council of Las Palmas de G.C., but, centuries ago the justice administration of the island was located here. The actual building, having a Renaissance façade, was built in 1855 after a fire incident that destroyed the interiors of the construction during the mid period of the XVI century, making the archives of the city disappear and a great part of the island’s history as well. In the interiors what stands out is the majestic Salón Dorado (gold room). Santa Ana is the biggest square in the city and is traced since the year 1500.
In this square Captain Juan Rejón camped with his troops; earlier this was the heart of the city of Las Palmas de Gran Canaria. Here, in those days, the most important buildings of the new city were located, amongst them the hermitage having the same name of San Antonio Abad, initially the Cathedral of Las Palmas.

Plazoleta de San Antonio Abad

In this square Captain Juan Rejón camped with his troops; earlier this was the heart of the city of Las Palmas de Gran Canaria. Here, in those days, the most important buildings of the new city were located, amongst them the hermitage having the same name of San Antonio Abad, initially the Cathedral of Las Palmas. 

Tu-Sa 10.00 – 21.00 | Su 10.00 – 14.00

Plaza and Iglesia de Santo Domingo

You will find a lot of history in this remote premise of Vegueta. At first, when you go there, stand in the middle of the square and observe how the stylish pillar of the XVII stands out, constructed for the easy provision of drinking water for the residents. The church was constructed in the beginning of the XVI century, but before that, in this very building, the headquarters of the Dominican order of Las Palmas was placed, constructed in the year 1522. mass time.

Where to eat

[Vegueta | Triana]

We suggest you to try the cuisine of any of the restaurants in this area. Since few years the streets of Vegueta and Triana have been converted into reference trendy areas as per gastronomy is concerned. You can find restaurants of great tradition, although nowadays we see more abundance of modern restaurants; these restaurants maintain the charm of the olden architecture around them, but at the same time try fusions of Canarian cuisine with the Mediterranean one introducing innovative elements. On weekdays, majority of them offer reasonable rated fixed menus during lunch time, and on weekends, the streets of Vegueta and Triana are highly frequented places by the inhabitants of Las Palmas de G.C. for tapas and dinner. Thursdays night, from 20h onwards, some bars of Vegueta offer tapas, pinchos or montaditos accompanied with a drink at very low pricing, a successful initiative attracting more people by the day.

RESTAURANT AREAS HIGHLIGHTED ON THE MAP
6 Plaza and ermita del Espíritu Santo
Every corner of this square is witness to the splendid moment lived by this city in the XVII century. In the surroundings of the square the main stately houses of that period are located. In the centre you cannot miss out on the singular fountain of neoclassical style.

7 Mercado de Vegueta [food market]
Mo-Th 06.30 – 14.00 | Mo and Th 17.00 – 20.30 | Fr-Sa 06.30 – 15.00

8 Canarian Museum [page 64]

9 Atlantic centre of Modern Art

10 Handicraft and Culture Street
Market of Vegueta ☺ Su 11.00 - 15.00

11 Columbus House
[page 64]
DON’T MISS IT

1 Main Street of Triana
Existing since 1514, this is the delineation of one of the most commercial and traditional streets of Las Palmas de G.C.. The buildings you can observe today, guarding this street are a live sample of the different architectural styles settled here through the years. Feel and live one of the streets with maximum movement in the city, strolling around in it and treating yourself with whims and fancies from one of its boutiques.

2 Modernist Houses on Main Street of Triana
This block of houses is a sample of the splendid modernism of the city. These façades can be seen on the street numbers 78 and 80 [Architect Laureano Arroyo] and on numbers 76 and 82 [Architect Navarro y Navarro]. Floral forms and curvy and organic lines are characterized in these buildings, symbol of identity of modernism.

3 Hurtado de Mendoza Square [Las Ranas]
Popularly known as Plaza de las Ranas [square of the frogs] because of the frog sculptures on the fountain placed at the center of the square. This square has been, all along its 2 centuries of existence, a meeting point for the inhabitants of Las Palmas de Gran Canaria.

4 Alameda de Colón and Gabinete Literario
Las Palmas de Gran Canaria was living in the middle of the XIX a modern era and one of the results of it, was the construction of this boulevard and the most characteristic building in this space, working as the first theatre of the city. In present days and since the end of the XIX cen-
The building is a property of the Sociedad del Gabinete Literario [Society of Literary Board], created for the purpose of contribution in the progress of the island through the promotion of literature, science and culture. At this building of neoclassical style, during its last restoration in the beginning of the XX century, a new modern air was blown, visible today in its façade. Don’t miss out on the opportunity of sitting and having something on the terrace of the Gabinete or right in front of it, in the coffee shop of the historic Hotel Madrid, where you can see photographs of some important personalities who stayed there, like the entire crew of the movie Moby-Dick.

5 Parque San Telmo

Not very long ago Parque de San Telmo was the area where the old maritime port of Las Palmas de G.C. was located and it also was considered as the city limit coming from the North. For you coming to San Telmo means to get out of the hustle and rush of Triana in order to enter in a more paused and tranquil space. The jewel crowning this park is impossible to miss out on. It's about the colored modernist kiosk designed in 1923, where the garlands of fruits and the mosaics of tiles stand out. We suggest you to stop by here and have something in one of the open aired bars, always frequented by strolling neighbors. Also notice the other two modernist monuments of the park, the flower kiosk since 1926 working as Tourism Information Office today, and the music kiosk placed at the center. Complete your visit to the park having seen the [HCI] hermitage of San Telmo made in the XVI century, reconstructed post the Dutch attacks by Van der Does in 1599. Important in this small shrine is its Gothic-Renaissance façade, its interior roofing of Mudéjar style, and its bigger altarpiece in Baroque style.

 масса time

**Enjoy our terrace on the seafront**

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Reservations: 928 314 382
Marina, 86
San Cristóbal
Las Palmas de G.C
6 Palacete Rodríguez Quegles
This very luxurious residence is an authentic example of the economic prosperity in the end of the XIX century. This architectural project initiated the modern style homes so very appreciated in those days. Today the building is occupied by some services of the Government of Canarias.

7 Pérez Galdós Museum House

8 Pérez Galdós Theatre

9 Cuyás Theatre

10 City & Sea Museum Castle of Mata

Shopping

The commercial artillery of this area is without doubt the Main Street of Triana but in all the cutting and parallel streets you can get interesting shopping options and offers as well. In the Main Street you will find the principal multinational and Canarian chain of stores of fashion and complements, intermingled with traditional stores of jewelry, perfumes, electronics and others. But, if what you are looking for is to get a different shopping experience you can do it on the parallel and perpendicular streets of Triana, where you can come across small boutiques and stores dedicated to a more selective crowd. In these streets you will come across boutiques having a more exclusive line of Spanish and European fashion. MORE INFORMATION ON “SHOPPING” ON Page 38

SEE COMERCIAL STREETS SHADED IN THE MAP

How to get here?

From the South

30 Maspalomas - Las Palmas
91 Playa del Cura - Las Palmas
Teatro Pérez Galdós or Estación San Telmo
GC-1 Las Palmas VEGUETA - TRIANA
DON’T MISS IT

Parque Doramas
Is the lung of the city where you will find an interesting sampling of the Canarian flora.

Hotel Santa Catalina
The hotel is of Canarian colonial style and was constructed to accommodate the very select British colony present in the island. In this hotel, personalities like Sir Winston Churchill, María Callas, Agatha Christie, Gregory Peck, Charles Princes of Wale and the Kings of Spain amongst others have stayed.

El pueblo canario [Canarian village]
is a picturesque square surrounded by homes representing the Canarian architecture. It was conceptualized in 1930.

Néstor Museum

How to get here?

From Las Palmas de G.C. [San Telmo]
- GC-1
- Juan XXIII

From the South
- Maspalomas - Las Palmas
- Juan XXIII

The tourism in Gran Canaria was born in the beginning of the XX century with the presence of the British colony in the island. This colony was completely fascinated by the beauty, climate and charm of the island, and thus started promoting Gran Canaria informally as a relaxation destination in Great Britain. Through the years, these informal initiatives went on being substituted by more organized systems in order to attract tourism to the island.
In El Puerto [Port area], the city offers you a cosmopolitan, urban and extremely attached to the sea experience, because here the city gets literally narrow and makes the Atlantic Ocean the lead protagonist in every sense.

**DON’T MISS IT**

1. **Parque de Santa Catalina**
   Parque de Santa Catalina is the heart of El Puerto and a neighborhood marked with the diversity of origins. It is difficult to stroll around this park without getting the feel of the multicultural ambience in the commercial and social activity carried out here. Moreover, in Santa Catalina it is rare not finding an open air stage, since this park is where lots of festivals and events are carried out.

   **How to get to Parque de Sta. Catalina?**
   - From Las Palmas de G.C. [San Telmo]
     🚌 12 | 13 | 08
   - From the South
     🚌 30 Maspalomas - Las Palmas ➡
     🚊 Estación Santa Catalina [last stop]
     🚊 GC-1 Las Palmas ➡ Santa Catalina [parque]

2. **Playa de las Canteras [blue flag]**
   Without doubt, this 3 kms long strip of blond and thin sand is one of the grandest symbols of the city and nothing lesser than that. We are talking about one of the most important urban beaches of the world [as per studies carried out], but Las Canteras beach is much more, it’s one of the most favorite places to socialize, relax, stroll or bathe for the inhabitants of Las Palmas de G.C.; this is the place with most rhythm in the city. And this doesn’t happen only during the day, it also happens in the night, thanks to the splendid promenade covering one end to another, and the ambience extended all along because of the restaurants and coffee places having open air terraces.
Shopping

The Mesa y Lopez boulevard and the surroundings of Parque Santa Catalina are ideal places to shop in the city. In Mesa y Lopez you will find Spanish and prestigious multinational store chains of fashion and complements. Moreover, in the avenue, two department stores of the popular chain El Corte Inglés are present as well. In direction towards Parque Santa Catalina you will find the main bazaars settled by the Indian colony, mainly designated to electronics, but also perfumes, table linen and souvenirs. MORE INFORMATION ON “SHOPPING” ON Page 40

SEE COMERCIAL STREETS SHADED IN THE MAP

How to get to Mesa y López

From Las Palmas de G.C. [San Telmo]
- GC-1 Las Palmas ➔ Av. Mesa y López

From the South
- 30 Maspalomas - Las Palmas ➔ Alcaravaneras

3 Castillo de la Luz [Light Castle]

4 Élder Museum of Science and Technology [page 63]

5 Alfredo Kraus Auditorium

6 Poema del Mar Aquarium

El Puerto

Tourism Office
PARQUE SANTA CATALINA
Mo-Su 09:00 - 15:00 & 16:00 - 18:00
LAS CANTERAS
Mo-Su 09:00 - 14:00 & 15:00 - 18:00

Bus stop
Bus station
Where to eat
Shopping

Where to eat
Shopping
San Agustín

San Agustín is the first amongst tourist areas to get extended in the South of Gran Canaria. It specially stands out for being tranquil, cozy and colloquial if compared to the lively Playa del ingles or Maspalomas. This tourist area owns a very cozy golden sand beach and nearby are located all the hotels and tourist complexes.

DON’T MISS IT

1 Playa de San Agustín | Las Burras

In the surroundings

- Sioux City (theme park)
- Playa de La Caleta | Las Salinas | Castillo del Romeral

How to get here?

From Las Palmas de G.C.
- Las Palmas [Santa Catalina | San Telmo] – Faro Maspalomas
- Las Palmas [San Telmo] – Playa del Cura
- GC-1 | Aeropuerto | Sur | Maspalomas
  - 37 | Bahía Feliz | San Agustín GC-500

From Aeropuerto
- 66 Aeropuerto – Faro Maspalomas
- 90 Telde – Faro de Maspalomas
- GC-1 Sur | Maspalomas
  - 37 | Bahía Feliz | San Agustín GC-500

DON’T MISS IT

1 Playa de San Agustín | Las Burras

In the surroundings

- Sioux City (theme park)
- Playa de La Caleta | Las Salinas | Castillo del Romeral

How to get here?

From Las Palmas de G.C.
- Las Palmas [Santa Catalina | San Telmo] – Faro Maspalomas
- Las Palmas [San Telmo] – Playa del Cura
- GC-1 | Aeropuerto | Sur | Maspalomas
  - 37 | Bahía Feliz | San Agustín GC-500

From Aeropuerto
- 66 Aeropuerto – Faro Maspalomas
- 90 Telde – Faro de Maspalomas
- GC-1 Sur | Maspalomas
  - 37 | Bahía Feliz | San Agustín GC-500
Almost the entire entertainment offer, restaurants, stores and services is concentrated in the various open air Shopping Centers spread all over Playa del Inglés. Stores are open everyday and you can get fashion articles, souvenirs, perfumes, electronics and other products. The biggest and most important ones are Yumbo, Cita, and the set formed by Plaza, Kasbah and Metro.

More info on “Shopping” on page 38

How to get here?

From Las Palmas de G.C.
30 Las Palmas [Santa Catalina | San Telmo] – Faro Maspalomas
91 Las Palmas [San Telmo] – Playa del Cura
GC-1 | Aeropuerto | Sur | Maspalomas
\[\text{GC-500}\]

From Airport
66 Aeropuerto – Faro Maspalomas
90 Telde – Faro de Maspalomas
GC-1 Sur | Maspalomas
\[\text{GC-500}\]

If there is something you will not miss in Playa del Inglés is fun and party when the night is here. It is the main party zone in the South of the island and where you will be able to enjoy the different ambiences offered by multiple pubs, clubs, night clubs, bars, open air bars catered to all styles and ages. Fun is guaranteed throughout the year, and all the days of the week. The majorities of party places are found in the shopping centers and their surroundings, especially in C.C. Plaza, Kasbah and Metro and C.C. Yumbo.

In the surroundings

- Fataga and San Bartolomé (Tunte)
DON’T MISS IT

1. Playa del Inglés (the beach)  
   page 14

2. Dunas de Maspalomas  
   page 21

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**Map of Maspalomas:**
- Playa del Inglés
- Dunas de Maspalomas
- GC-500
- GC-1
- Av. de Gran Canaria
- Av. de Bonn
- Av. de Alfereces Provisionales
- Av. de Francia
- Av. de Bonn
- Metro
- Plaza
- Yumbo
- Anexo
- Kasbah
- Golf

**Icons:**
- Bus stop
- Bus station
- Tourism office
- Clinic
- Pharmacy
- Service station
- Police
- Shopping center

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**Contact Information:**
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- Av. de Gran Canaria 47
- 928 76 6601
- we can send our navigation with whatsapp
- 0034 618 478 883
- Follow us on Facebook
DON’T MISS IT

Playa de Maspalomas and Playas de Meloneras – Las Mujeres page 14

Faro de Maspalomas
This is the most popular lighthouse of the Canaries and one of the oldest ones functioning even today. It is used as a signal for the navigators since 1890. It is formed by the tower and the residence of the custodian, having in the interior a centrally located courtyard of traditional Canarian style.

Dunas de Maspalomas page 21

Holiday World [amusement park] page 33

Maspalomas Golf and Lopesan Meloneras Golf

Punta Mujeres [archeological site] Expomeloneras

In the surroundings

- Aqualand Maspalomas [water park] and Palmitos Park [zoological and botanical park] page 33
- Salobre Golf & Resort
- Fataga and San Bartolomé [Tunte]

Maspalomas is the other grand tourist center of the island; it is attached to Playa del Inglés. Here you combine the grand hotels with a large number of bungalow type accommodations. We have the charm of the newly made tourist area of Costa Meloneras, where the most luxurious resorts and hotels of the island are concentrated.

How to get here?

From Las Palmas de G.C.
- 30 Las Palmas [Santa Catalina | San Telmo] – Faro Maspalomas
- 91 Las Palmas [San Telmo] – Playa del Cura
- GC-1 | Aeropuerto | Sur | Maspalomas
- 46 | San Fernando | Maspalomas

From Airport
- 66 Aeropuerto – Faro Maspalomas
- 90 Telde – Faro de Maspalomas
- GC-1 Sur | Maspalomas
- 46 | San Fernando | Maspalomas

DON’T MISS IT

Playa de Maspalomas and Playas de Meloneras – Las Mujeres page 14

Faro de Maspalomas
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Dunas de Maspalomas page 21

Holiday World [amusement park] page 33

Maspalomas Golf and Lopesan Meloneras Golf

Punta Mujeres [archeological site] Expomeloneras

In the surroundings

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How to get here?

From Las Palmas de G.C.
- 30 Las Palmas [Santa Catalina | San Telmo] – Faro Maspalomas
- 91 Las Palmas [San Telmo] – Playa del Cura
- GC-1 | Aeropuerto | Sur | Maspalomas
- 46 | San Fernando | Maspalomas

From Airport
- 66 Aeropuerto – Faro Maspalomas
- 90 Telde – Faro de Maspalomas
- GC-1 Sur | Maspalomas
- 46 | San Fernando | Maspalomas
Puerto Rico is one of the main tourist destinations in the South, and is very different from the rest. Its grand attraction is that it gets extended till the sea occupying an entire valley and its slopes, keeping away the trade winds, so dominant throughout the island; it is also that area of Gran Canaria where more hours of sunshine prevail during the day.

**How to get here?**

- **From Las Palmas de G.C.**
  - 91 Las Palmas [San Telmo] – Playa del Cura
  - **GC-1** | Aeropuerto | Sur | Maspalomas
  - | Mogán ➔ Puerto Rico

- **From Airport**
  - 91 Las Palmas [San Telmo] – Playa del Cura
  - 01 Las Palmas – [San Telmo] - Puerto de Mogán **[indirect service]** [bus stop located at the highway GC-1]
  - **GC-1** | Sur | Maspalomas | Mogán ➔ Puerto Rico

- **From Playa del Inglés | Maspalomas**
  - 33 Playa del Inglés - Puerto de Mogán **[indirect service]**
  - 39 Playa del Inglés - Playa de Amadores **[reduced frequency]**
  - **GC-1** ➔ Puerto Rico

**DON’T MISS IT**

1. **Playa de Puerto Rico and Playa de Amadores**
   - Page 14

2. **Walk from Puerto Rico to Amadores**
   - We recommend you this very tranquil and relaxing walk of a little more than a kilometer bordering the coast and communicating the Puerto Rico beach to the Amadores beach.

3. **Water sports at the marina**
In the surroundings

- **Lago Oasis [Taurito] [pools and toboggans]** page 34
- **Playa del Pajar and Playa de Anfi del Mar** page 16

Nightlife

To get the best night ambience in this area you have to go to the main shopping center, the C.C. Puerto Rico, where all the pubs, bars and night clubs are located. There are also pubs and bars in the C.C. Escala, in the commercial zone right next to the Escala Port and in Amadores.
Dolphin Search Trip

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Puerto de Mogán offers you a uniquely seen vignette in the island, having flowery garden areas, narrow pedestrian walking streets, Mediterranean style villas, water canals and a pleasant walk near the marina bay, where you can see small and modern restaurants, cozy coffee places, and some jazz bars. This very singular image gives the title of Small Venetian in the Canaries to Puerto de Mogán.

DON’T MISS IT

Playa de Mogán If you are in Puerto de Mogán, don’t miss out on the opportunity to enjoy the beach of thin and golden sand. Even though it is not a big in size beach, it counts with surveillance service, renting of parasols and cleanliness.

Water sports at the marina

Open Air market

How to get here?

From Las Palmas de G.C.

01 Las Palmas [San Telmo] - Puerto de Mogán [indirect service | 2 hours journey]

GC-1 | Aeropuerto | Sur | Maspalomas | Mogán | end of highway

Puerto de Mogán

From Airport

01 Las Palmas [San Telmo] - Puerto de Mogán [indirect service] [bus stop located at the highway GC-1]

GC-1 | Aeropuerto | Sur | Maspalomas | Mogán | end of highway

Puerto de Mogán

From Playa del Inglés | Maspalomas

01 Las Palmas - Puerto de Mogán [indirect service]

32 Playa del Inglés - Puerto de Mogán

32 Playa del Inglés - Puerto de Mogán [only saturdays and public holidays]

GC-1 Mogán | end of highway

Puerto de Mogán

In the surroundings

· Lago Oasis [Taurito] [pools and tobogans] page 34

· Anfi Tauro Golf
Artenara is a must-see for all visitors to Gran Canaria, as it is the highest village and where you can find some of the best views of the island. 100% of its territory is World Biosphere Reserve (UNESCO) since 2005. Much of Caves throughout the island are in Artenara. Hiking, enjoying the sights, the taste of its cuisine and visiting the Casas Cuevas [house-caves] becomes a vital experience, in the least populated municipality of the island.

DON’T MISS IT

San Matías Church
Mo-Su and PH 09.00 - 14.30  Free
Unamuno viewpoint
Casas Cuevas museum
Mo-Su and PH 11.30 - 16.30  Free
La Cuevita Hermitage
Mo-Su and PH 09.00 - 20.00  Free
La Cilla viewpoint
Agricultural and Craft Market
every second Sunday of the month

In the surroundings

Tamadaba Natural Park [page 21]
Dams of La Candelaria, Las Hoyas, Lugarejos and Los Pérez
Acusa Seca troglodyte village
Network of viewpoints in Artenara

How to get here?

From Las Palmas GC
220 Las Palmas de G.C. – Artenara [from Las Palmas or Teror]
GC-3 Tamaraceite | Teror ➔ 9 GC-21 Teror | Valleseco | Artenara [37 km]

From the South
Avda. Tirajana [Playa del Inglés] ➔
GC-60 Fataga | San Bartolomé de Tirajana [22 km] ➔ GC-60 Tejeda [17 km] ➔
GC-210 Artenara [6 km]

Tourist Information
Casas Cuevas Museum
Calle Párroco Domingo Báez, 13 [50 metres from Unamuno viewpoint] Mo-Su and PH 11.30 - 16.30 928 666 102 artenara.es/turismo
Teror is one of the oldest towns in the island and also the religious capital of Gran Canaria. It is home to the Patron Saint of Gran Canaria, the Virgin of Pino. The religious fervor is felt in the entire town, and not to be considered mild, as it is also the pilgrimage place for the inhabitants of Gran Canaria. Thanks to the agricultural development carried out during the XVII and XVIII centuries that a strong push in the economic field occurred. This economic boost is reflected in the architecture of the area, having colonial style residence adorned with elegant and striking Canarian balconies. All these elements make of Teror a Heritage of Cultural Interest.

DON’T MISS IT

**Basílica del Pino** This is one of the most important religious buildings of Canarias, as it accommodates in its interior the image of the Saint Patron of the island, the Virgin of Pino. In 1916, the pope Benedict XV gave this building the recognition of Minor Basilica. Since 1514, there already existed a small temple guarding the Virgin. Another small temple was constructed later to substitute this one.

**Basílica**
- Mo-Fr 09.00 – 13.00, 15.30 - 19.45 | Sa 09.00 - 20.00 | Su and PH 07.30 - 19.30 📌 free

**Chapel of Virgin Mary – Museum**
- Mo-Fr 13.00 – 15.00 | Sa-Su and PH 10.00 – 15.00 📌 1,50 €

**Façades and balconies of Calle Real de la Plaza**

**How to get here**

- From Las Palmas de G.C.
  - GC-1 (Las Palmas)
  - 4 GC-3 Tarifa
  - 9 GC-21 Teror [11km]

- From San Telmo
  - 216 From San Telmo
  - 220 From San Telmo
  - 229 From San Telmo

- From the South
  - 216 From San Telmo

**In the surroundings**

Complete your visit to the town trekking in the routes offered by Teror.

**Tourist Information**
- C/ Real de la Plaza, 2 🕒 Mo-Fr 09:30 - 17:00
- Sa 09:30 - 15:30 📞 928 613 808 🏤 teror.es
We have now come to the heart of the island, in a town with a special charm, as you will be surprised to know that Tejeda town is situated inside a volcanic caldera, decorated of numerous almond trees and guarded by the Bentayga and Roque Nublo rocks, symbols of the island. Such beauty is not surprising, since Tejeda belongs to the network of most beautiful Villages in Spain.

Parish Church of Nuestra Señora del Socorro Tejeda
Tejeda Medicinal Plants Center
5000 square meters to know about the contribution of plants as a health curative and preventive remedy, and also the place where we can find out about the beneficiary effects of local products, like the sour almond oil.

C/ Párroco Rodríguez Vega, 10 ☑ Mo-Su and PH 10.00 - 16.00 [Public Holidays on weekdays is closed] 3 € | discounts applicable.

Don’t forget to try and buy the bienmesabe and marzipans of Tejeda [more info on * page 60]

How to get here?

From the South
18 From Maspalomas [low frequency]
Avda. Tirajana [Playa del Inglés] ➔
GC-60 Fátaga | San bartolomé de Tirajana [22 km] ➔ GC-60 Tejeda [17 km]

From Las Palmas GC
303 Las Palmas GC – San Mateo ➔
305 ➔ Tejeda
GC-15 Tejeda

In the surroundings

Cruz de Tejeda It is found at a distance of about 9 kilometers from Tejeda at a point where various mountain roads cross their path. You can find here the only Parador Nacional [State Heritage Hotel] of the island, some restaurants having open air terraces and stalls selling local products from this particular area.

Roque Nublo [page 21]
Roque Bentayga
Cruz de Timagada viewpoint
Degollada de Becerra viewpoint

DON’T MISS IT

Tourist Information
GC-60, [next to petrol station] ☑ Mo-Fr 10.00 - 17.00 ☎ 928 666 189 tejeda.es
Just 30 minutes away from the south of the island, you can get into this quiet and unique town where you can sense tradition and craftworks in any corner. Ingenio lived itself a strong development during the XVI century thanks to the sugar cane. You will be fascinated with the picturesque places in the old parts of the city, where the historic gems are visible in its streets and buildings. Ingenio is, in addition, a small paradise for rural tourism lovers: there is a network of paths in unique settlements, warm rural accommodations, and select restaurants with the most typical and traditional canarian food.

**La Plaza de La Candelaria** where the parish of Nuestra Señora de Candelaria is located. It was built in 1901 on top over the previous hermitage.

- Mo-Th 09.00 – 13.00 and 16.00 – 20.00 | Fr-Sa 19.30 | Su and Ph 08.00, 12.00 and 19.30 🛋️ free

**Ingenio’s Historical Heritage Visitors Centre** Interactive space to travel through time, from the present to the pre-Hispanic era. Visit an Immersive Projection room, an exhibition room with touch screens, and a cave.

- C/ Ramón y Cajal, 1
- L-V 08.00 - 15.00
- 🛋️ Free

**Taller Municipal de Cerámica [Municipal Pottery Workshop]** where Handcrafts are showed

- C/ Nueva, 7 🌱 Mo-Fr 09.00 – 15.00 🛋️ Gratuito
- Don’t forget to try the Pan de Puño [handmade bread], the delicious traditional cheeses and the different kinds of meat.

**How to get here?**

- From Las Palmas de G.C.
  - 🚕 11 21 lesser stops
  - 🚕 GC-1 ➔ 18 Carrizal | Ingenio ➔ GC-191 Ingenio [3km]

- From the South
  - 🚕 GC-1 ➔ 19 25 Arinaga | Agüimes ➔ GC-100 Agüimes [8km] ➔ GC-816 Ingenio [2km]

**In the surroundings**

- Barranco de Guayadeque [page 21]
- Special Natural Reserve of Los Marteles

**Tourist Information**

- C/Ramón y Cajal, 1 🌱 Mo-Fr 09.00 – 15.00
- 📞 928 783 799 🌐 turismo.ingenio.es
The city of Gáldar reminds us of another period, when this was the glorious headquarters of the Aborigine kingdoms in the island [Guanartematos]. This footprint is smouldering even today in the entire town, counting on the most important archeological sites and museums of the Canaries [La Cueva Pintada], where we can relive the pre-Hispanic era of Gran Canaria.

**In the surroundings**

**Cenobio de Valerón**

**Pinos de Gáldar – Montañón Negro and Pico de Gáldar**

[page 22]

**Playa de Sardina and Playa del Agujero [piscinas naturales]**

[page 16]

**How to get here?**

- **105** Las Palmas [San Telmo] – Gáldar
- **103** Las Palmas [San Telmo] – Puerto de las Nieves
- **GC-2** Arucas-Gáldar → **GC-20** Arucas

**DON’T MISS IT**

**Church of Santiago**

The actual construction is from 1778 and is of neoclassical style, bringing out the 35 meters tall twin towers. Plaza de Santiago s/n | Mo-Su 08:00 - 12:45 and 17:30 - 19:30 | free

**Old City Hall**

Guarding in its interior a sample of one of the oldest drago [endemic tree of the Canary Islands] in the island, from the year 1718. Plaza de Santiago, 1 | Mo-Fr 08:00 - 15:30 | free

**Consistorial Theater of Gáldar**

1912, recently restored and having in its interior a vault to stand out in the form of a conch and decorated with Aborigine motives from the Canarian artist Pepe Dámaso. Mo-Fr 08:00 - 15:30 | gratuito

**Museum House Antonio Padrón**

Tu-Su 10.00 - 18.00 | 2 € | free: <18 years and first Sa-Su of the month | discounts: students and others

**Museum and Archeological park Cueva Pintada**

[page 63]

**Tourist Information**

Plaza de Santiago, 1 | Mo-Fr 8:00 a 15:30
928 895 855 | ciudaddegaldar.com
Puerto de las Nieves
Puerto de las Nieves is one of the best reviewed corners of the island; it is a small locality of intense marine tradition and is based in a pictorial framework, with spectacular views to the first and prominent cliffs drawing the steep hillside of the west coast of Gran Canaria.

DON’T MISS IT

La Rama Museum
In this museum you can experience the essence of this popular festival all year long.

C/ Párroco Alonso Luján, 5
Tu - Fr 10.00 – 17.00 | Sa 10.00 - 13.30

Cultural Center and City Hall
Both these buildings are of traditional Canarian style from the XIX century, with the characteristic interior courtyards and wooden Canarian balconies.

Huerto de Las Flores
Meeting and inspiration place for renowned poets canaries we can find more than 100 tropical species from all over the world, especially America.

C/ Huertas  Tu-Sa 11.00 – 17.00  1,50 €

Las Salinas natural pools
[page 18]

Maipés de Agaete

In the surroundings

Tamadaba

[page 21]

How to get here?

Las Palmas [San Telmo] – Puerto de las Nieves

GC-2 Arucas-Gáldar  Agaete | Puerto de las Nieves

Tourist Information

C/ Nuestra Sra. de las Nieves, 1.
Puerto de las Nieves  Tu-Fr 09.00 – 16.00 | Sa 09.00 – 13.30  928 554 382  agaete.es

Without doubt, what more draws the attention when you enter in Agaete is the dominant white color, result of the whitewash carried out to all the buildings of the village producing a contrast with the intense colors of the valley in which they are located. Agaete combines agricultural [cultivation of tropical fruits and coffee] and seafaring tradition, thanks to the fishing activity for local consumption.
La Aldea de San Nicolas is located to the west of the island of Gran Canaria in a broad and fertile valley. It is a municipality surrounded by towering volcanic mountains, spectacular views, dream sunsets and clear skies for stargazing.

DON’T MISS IT

Church and walk along Calle Real, old town.

Mirador cruz del Siglo
[by car or on foot on path]

Flour wind and water mills
along the valley.

The Micro Marine Area Visitor Center “El Roque”
Marine exhibition where the seabed of this area is explained through information panels and videos.

Ruben Diaz Park
The only urban-marine park in the Canary Islands immersed in a grove of Taraheles [tamarix], pines, palm trees and other endemic plants. It also has tables and seats, perfect for picnics.

El Charco
El Charco [the pond] as a natural and ethnological space is the symbol of this town. The place is an ecosystem-wetland located on the seashore, where a popular festival is held every September 11th.

Town of ramshackle houses and Burial mounds
One of the most important archaeological sites of Gran Canaria.

The small Cove of the Port

In the surroundings

The Tasarte neighbourhood - Degollada de la Aldea

Degollada Tasartico viewpoint

Balcon viewpoint

How to get here?

From Gáldar:

101 101 Gáldar – La Aldea

From South:

38 Mogán - La Aldea

From North:

GC-2 Gáldar – Agaete GC 200 La Aldea [30 km]

From South:

GC-2 Mogán GC 200 Mogán – La Aldea [30 km]

Tourist Information
Visitors Centre in La Aldea beach

C/ Paseo el Muelle, 140 Mo-Fr 10.30 - 14.30 928 890 378 senderoslaaldea.com
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