

Ocean Dream Tenerife



WHAT'S INSIDE

- Unique views over Playa de Los Tarajales
- 1 double bedroom
- 1 sofa bed in the living room
- Fully equipped kitchen with dishwasher
- Private bathroom with shower
- 24h reception, sea view pool, children's pool, free parking

LOCATION

A few steps from Playa de Los Tarajales, with its seafront restaurants and cafés. From here you can walk all the way to Playa de Las Américas and enjoy the wonderful climate of Tenerife, mild all year round.

Just 15 minutes from Tenerife South airport, with direct low-cost flights from all the main European capitals on Wizz Air, Ryanair and more.

GET IN TOUCH

CALL (+34) 623 430 431

Fabrizio & Giancarlo



Scan or tap to find us

Ocean Dream Tenerife

PANORAMIC VIEWS



HOW TO USE THIS GUIDE

IN SHORT

Every place has a fixed number. The same number appears on the map, on the card with the description and QR code, and in the day-by-day itinerary.

Every card carries a QR code: point your phone camera at it and the exact location opens on the map, ready to navigate to.

Positions on the map are approximate: the outline of the island is schematic.

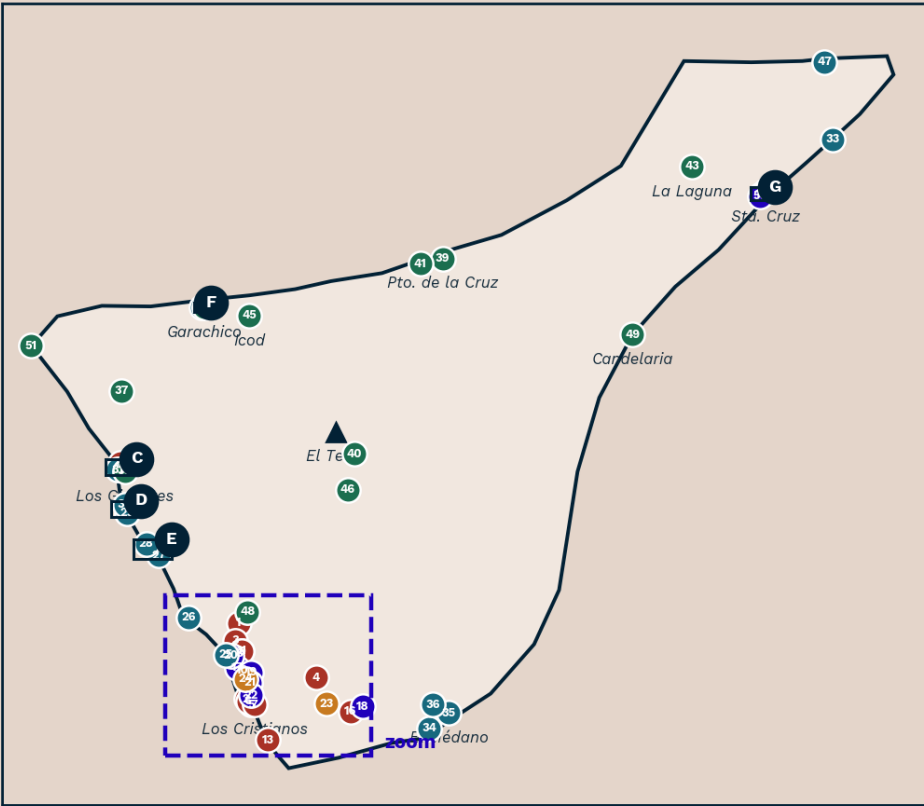
Opening hours and closing days are the ones we recorded and should be confirmed before you go.

THE FIVE CATEGORIES

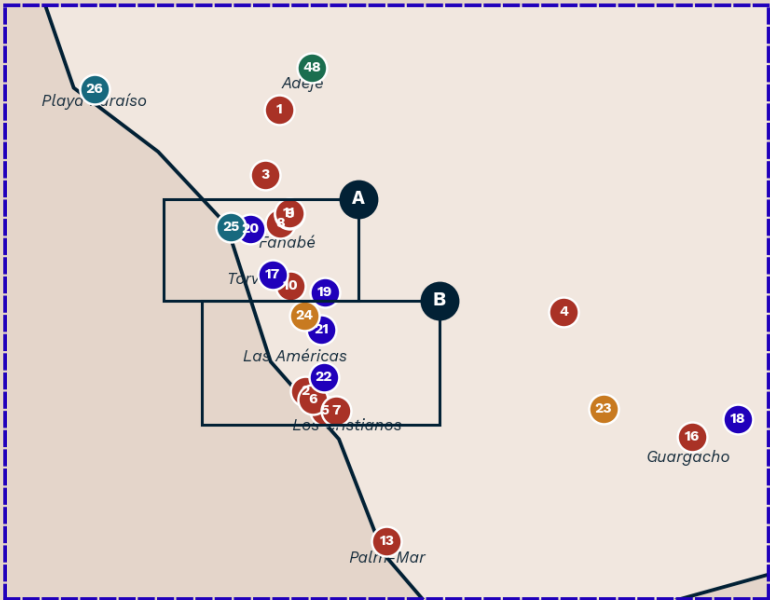
	Cafés / Restaurants	16 places
	Shops / Markets	7 places
	Attractions	2 places
	Beaches / Natural pools	13 places
	Worth visiting	13 places

MAP

QUADRO GENERALE



ZOOM: COSTA ADEJE - LOS CRISTIANOS - PALM MAR



LEGENDA

- Caffè / Ristoranti
- Negozi / Mercati
- Attrazioni
- Spiagge / Piscine naturali
- Da visitare

Il numero nel pallino corrisponde alla scheda con descrizione e codice QR.

Contorno dell'isola schematico: le posizioni sono di massima. Per la posizione esatta usare il codice QR.

I riquadri A-G segnano le zone dove i pallini si sovrappongono: sono ripresi ingranditi nella pagina seguente.

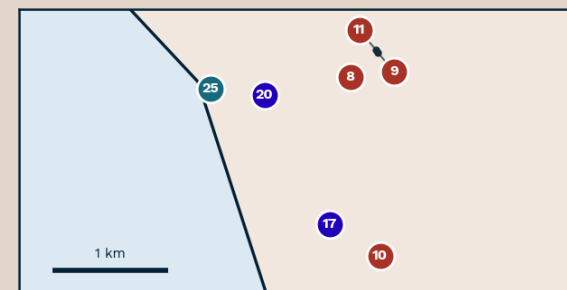
The number refers to the card. For the exact location use the QR code on the card.

CLOSE-UPS

Where the dots overlap they are fanned out: the thin line takes each one back to its real position.

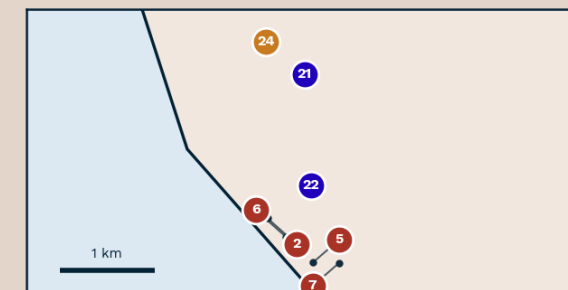
A Playa del Duque · Fañabé · Torviscas

n. 8 · 9 · 10 · 11 · 17 · 20 · 25



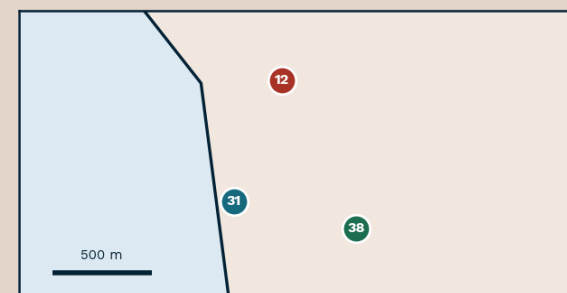
B Las Américas · Los Cristianos

n. 2 · 5 · 6 · 7 · 21 · 22 · 24



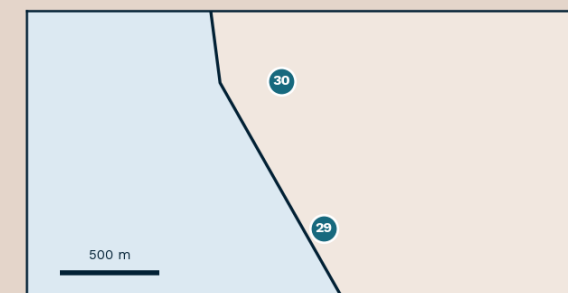
C Los Gigantes

n. 12 · 31 · 38



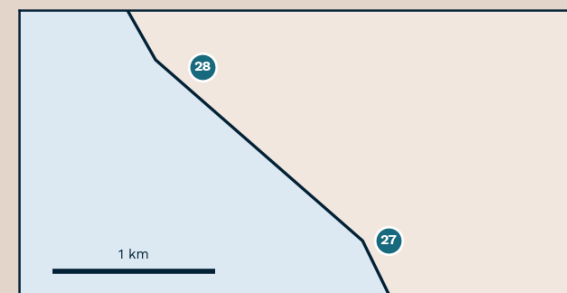
D Alcalá · Punta Blanca

n. 29 · 30



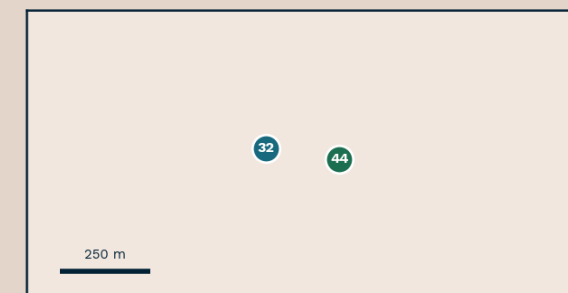
E Abama · Playa San Juan

n. 27 · 28



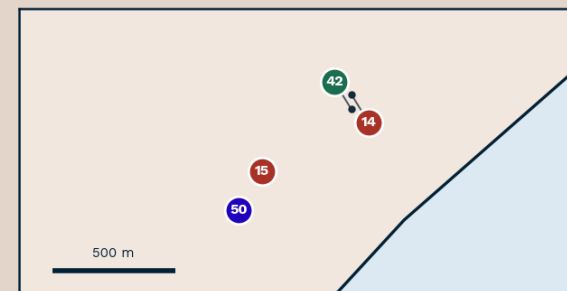
F Garachico

n. 32 · 44



G Santa Cruz · centro

n. 14 · 15 · 42 · 50



I pallini che nella mappa generale cadono uno sull'altro sono qui aperti a ventaglio: il filo sottile collega ogni pallino al suo punto reale.

CARDS 1 – 6

The QR code on each card opens the exact location of the place on your phone map.

1

CAFÉS / RESTAURANTS

Talent Tenerife**Adeje**

Italian café-bistro on Av. de los Vientos. Roman pinsa, breakfasts, artisan ice cream, early evening aperitivo. Rating 4.6/5.

Hours: Closed Mondays. 7:30-24:00



2

CAFÉS / RESTAURANTS

Cose Nostre**Los Cristianos (Arona)**

Small Italian bistro: coffee, fresh pastries, arancini, cannoli. Excellent for breakfast. Rating 4.4/5.

Hours: Daily 8:00-22:00



3

CAFÉS / RESTAURANTS

La Tajeta**Adeje (organic farm)**

Ecological association with an organic vegetable garden: vegetarian and vegan cooking with produce grown on site, live music. Rating 4.8/5. Cash only.

Hours: Thu 10-16, Fri 10-18, Sat 16-21 only



4

CAFÉS / RESTAURANTS

Da Maury - al Bacaro Venexian**Buzanada (Arona)**

Venetian fish restaurant, chef Maury. Mixed fried fish, salt cod, seafood pasta. Rating 4.6/5. Booking advised.

Hours: Closed Tue-Wed. 12-16 / 19-23:30



5

CAFÉS / RESTAURANTS

La Piazzetta**Los Cristianos**

Pizzeria and trattoria above the seafront. Fried fish, pizzas up to 80 cm to share. Rating 4.2/5.

Hours: Daily 13:00-24:00



6

CAFÉS / RESTAURANTS

ZenZero Gastro Restaurant**Los Cristianos**

Fine dining with a cocktail bar and sea-view terrace, just above the seafront. Paella with scallops. Rating 4.9/5.

Hours: Closed Tuesdays. 13-16 / 18-23:30



CARDS 7 – 12

The QR code on each card opens the exact location of the place on your phone map.

7

CAFÉS / RESTAURANTS

Joia - Pizzeria Contemporanea*Los Cristianos*

Contemporary pizzeria down a side street, light dough and quality ingredients. Rating 4.9/5.
Book ahead.

**Hours: Closed Tuesdays. Evenings
from 17-18**



8

CAFÉS / RESTAURANTS

Pizzeria Carbone*Fañabé / Costa Adeje*

Neapolitan pizza at the CC Aquamall, shaded outdoor seating and a small play area. Rating 4.7/5.

**Hours: Closed Mon-Tue. 13-16 /
19-23**



9

CAFÉS / RESTAURANTS

Antonio - La Alacena*Fañabé (Miraverde)*

Family-run Canarian and Spanish eating house, off the tourist track: tapas, tuna, secreto ibérico. Rating 4.5/5. Book ahead.

**Hours: Closed Mondays. Lunch
always, dinner Fri-Sat**



10

CAFÉS / RESTAURANTS

Guachinche Pal Choso*Fañabé / Costa Adeje*

Guachinche (rustic Canarian eatery) behind Aqualand: Canarian meat dishes, large portions, low prices. Rating 4.1/5. Check the bill.

Hours: Daily 14:00-23:00



11

CAFÉS / RESTAURANTS

Restaurante Flamenco (tasca andaluza)*Fañabé*

Andalusian tavern with live flamenco late in the evening. Croquetas, padrón peppers, patatas bravas. Rating 4.5/5.

**Hours: Closed Mon and Sun.
18:00-2:30**



12

CAFÉS / RESTAURANTS

Restaurante Los Gigantes Beach Club*Los Gigantes*

On the beach at the foot of the cliffs: fish, tasting menu, live music. Spectacular views. Rating 4.7/5.

Hours: Daily 10:30-22:30



CARDS 13 – 18

The QR code on each card opens the exact location of the place on your phone map.

13

CAFÉS / RESTAURANTS

Restaurante Bahia Beach*Palm-Mar*

Beach club by the sea, sunbeds, paella, sunsets and live music. Rating 4.3/5.

Hours: Daily 10:00-23:00



14

CAFÉS / RESTAURANTS

Restaurante Manglar*Santa Cruz de Tenerife*

On Plaza de España, facing the lake-fountain. Croquetas, artichokes, cannelloni, black rice. Rating 4.1/5. Book ahead.

Hours: Closed Mondays. From 12:30



15

CAFÉS / RESTAURANTS

BULAN Terraza-Restaurante*Santa Cruz (La Noria)*

Terrace in the old quarter on calle Antonio Domínguez Alfonso. Asian fusion cooking, paella, grilled meat. Rating 4.2/5.

Hours: Closed Wednesdays. From 13:00



16

CAFÉS / RESTAURANTS

Guachinche El Cordero*Guargacho / El Monte*

Huge guachinche inside a banana plantation: chargrilled meat, paella, local wine. Rating 4.2/5. Book at weekends.

Hours: Daily from 13:00 (Sun from 12:30)



17

SHOPS / MARKETS

Stop&Shop Supermercado Italiano*Torviscas*

Supermarket with Italian products and a wide choice; open on Sundays and Canarian public holidays too. Watch out for the paid parking.

Hours: Daily 9:00-22:00



18

SHOPS / MARKETS

Mercadillo del Agricultor*Las Chafiras*

Covered farmers' market: local fruit and vegetables, eggs, bread, cheeses, honey, fish. Rating 4.5/5.

Hours: Wed 8-14, Sat and Sun 7-14 only



CARDS 19 – 24

The QR code on each card opens the exact location of the place on your phone map.

19

SHOPS / MARKETS

Finca verduras**Av. Francia - San Eugenio (Costa Adeje)**

Farm with direct sales: seasonal fruit and vegetables picked on site, goat cheeses, kefir, honey, fresh orange juice. Low prices. Rating 5/5. The same farm also appears as Finca La Caldera.

Hours: Daily 8:00-17:30

20

SHOPS / MARKETS

CC Plaza del Duque**Costa Adeje**

Upmarket shopping centre (boutiques, watches, niche perfumery) a short walk from Playa del Duque. Rating 4.3/5.

Hours: Daily 9:30-22:00

21

SHOPS / MARKETS

Siam Mall**Costa Adeje**

Large shopping centre next to Siam Park: shops, supermarket, food court, free parking (then charged). Rating 4.4/5.

Hours: Daily 10:00-22:00

22

SHOPS / MARKETS

CC Parque Santiago 6**Playa de las Américas**

Modern centre with a Mercadona, restaurants, gym and play area; live music on Fridays. Rating 4.4/5.

Hours: Closed Sundays. 10:00-22:00

23

ATTRACTIONS

Karting Club Tenerife / Teckart**Cho - Las Chafiras**

Karting circuit with separate adult and children's tracks, bar and panoramic terrace. Best to arrive at opening time. Rating 4.3/5.

Hours: Daily 10:00-21:00

24

ATTRACTIONS

Siam Park**Costa Adeje**

Thai-themed water park, among the most awarded in the world. Book online, arrive before opening, bring water shoes. Rating 4.4/5.

Hours: 10:00-18:00 (in season also 20:00-24:00)

CARDS 25 – 30

The QR code on each card opens the exact location of the place on your phone map.

25

BEACHES / NATURAL POOLS

Playa del Duque*Costa Adeje*

Golden sand, breakwaters, sunbeds for hire, accessible. On the right-hand side the sand turns to black volcanic. Rating 4.6/5.



26

BEACHES / NATURAL POOLS

Playa Las Galgas*Playa Paraíso (Adeje)*

Quiet cove of pebbles and black sand, calm clear water, good for snorkelling. Water shoes advised. Rating 4.3/5.



27

BEACHES / NATURAL POOLS

Abama Beach (+ Cueva de la Abama)*Guía de Isora*

Golden sand cove (rare on the island) between the cliffs, public despite appearances. Little parking and a long stairway. Rating 4.6/5.



28

BEACHES / NATURAL POOLS

Playa San Juan*Guía de Isora*

Fishing village with a beach and promenade, local rather than touristy.



29

BEACHES / NATURAL POOLS

Playa La Jaquita*Alcalá*

Three black sand coves with calm water and natural pools at either end; showers, toilets, lifeguard. Views of La Gomera, remarkable sunsets. Rating 4.6/5.



30

BEACHES / NATURAL POOLS

Punta Blanca - Escultura y Mirador*Alcalá*

Walkway over the ocean with stepped seating and a panoramic sculpture. Best around 18:00 for the sunset and the surfers. Rating 4.8/5.



CARDS 31 – 36

The QR code on each card opens the exact location of the place on your phone map.

31

BEACHES / NATURAL POOLS

Piscina Natural Acantilado de Los Gigantes

Los Gigantes

Shallow natural pool at the foot of the cliffs. Water shoes essential (sea urchins, slippery bottom). May close in rough seas: check first. Rating 4.4/5.



32

BEACHES / NATURAL POOLS

Piscinas Naturales El Caletón

Garachico

Natural pools formed by the 1706 lava flow. Very busy: the furthest pools are quieter. Closed in rough seas. Rating 4.6/5.



33

BEACHES / NATURAL POOLS

Playa de Las Teresitas

San Andrés

Golden sand brought from the Sahara, breakwaters and calm water: the best one for children. Free parking but full at weekends. Rating 4.6/5.



34

BEACHES / NATURAL POOLS

Playa de la Tejita

Granadilla

Very long beach at the foot of Montaña Roja, rarely crowded. Often windy. The stretch towards the mountain is naturist. Few facilities. Rating 4.5/5.



35

BEACHES / NATURAL POOLS

Playa El Médano

El Médano

Lively and very Spanish town, the capital of windsurfing and kitesurfing. Several beaches and coves, wooden boardwalk, bars and shops. Rating 4.5/5.



36

BEACHES / NATURAL POOLS

Cueva del Hermano Pedro

Granadilla

Cave-sanctuary of the shepherd who became a missionary, a place of quiet reflection in an arid landscape. Aircraft noise (South runway threshold). Rating 4.5/5.

Hours: 8-14 / 16-19



CARDS 37 – 42

The QR code on each card opens the exact location of the place on your phone map.

37

WORTH VISITING

Masca***Buenavista del Norte***

Village among the ravines of the Teno massif, on a very winding mountain road. The ravine trail requires a separate booking.



38

WORTH VISITING

Los Gigantes - Mirador Archipenque***Puerto de Santiago***

Balcony over the Atlantic with the widest view of the basalt cliffs (up to about 800 m). On a clear day you can see La Gomera. Rating 4.6/5.

**Hours: Closed Mondays (bar).
9:00-22:00**



39

WORTH VISITING

Puerto de la Cruz***North***

Historic town in the north, cooler and damper: the old centre, Lago Martiánez, Playa Jardín.



40

WORTH VISITING

El Teide - Teleférico***National Park***

Cable car up to about 3,555 m (8 min). Book online; a separate permit is needed for the crater. Wrap up: it can be 20 degrees colder than the coast. Rating 4.3/5.

Hours: 9:00-18:40 (suspended in strong wind)



41

WORTH VISITING

Loro Parque***Puerto de la Cruz***

Large zoological park: parrots, aquariums, jellyfish, shows. Allow at least 5-6 hours. Rating 4.6/5.

Hours: 9:30-17:30



42

WORTH VISITING

Santa Cruz - Plaza de España***Santa Cruz***

The heart of the capital: an artificial seawater lake and, beneath the square, the remains of the Castillo de San Cristóbal, free to visit. Rating 4.5/5.

Hours: Always open



CARDS 43 – 48

The QR code on each card opens the exact location of the place on your phone map.

43

WORTH VISITING

San Cristóbal de La Laguna*La Laguna*

ADDED. UNESCO World Heritage old town and university city: calle Obispo Rey Redondo, grand town houses, Casa del Corregidor (1545).



44

WORTH VISITING

Garachico*North*

ADDED. One of the prettiest towns on the island, buried by lava in 1706 and rebuilt. Combine with the El Caletón pools (no. 32).



45

WORTH VISITING

Drago Milenario*Icod de los Vinos*

ADDED. The world's most famous dragon tree (estimated at 800-1000 years old) in the botanical park. Entry around 5 euros; also visible from the road. Rating 4.4/5.

Hours: 8:00-20:00



46

WORTH VISITING

Sendero Roques de García*Teide Park*

ADDED. A loop of about 5 km with 180 m of ascent from the Mirador de la Ruleta, the finest easy trail in the park. Rating 4.9/5. Altitude 2,100 m: bring water and layers.

Hours: Always open



47

BEACHES / NATURAL POOLS

Playa de Benijo*Anaga*

ADDED. Black sand and sea stacks at the far end of Anaga, reached on foot. Strong waves, often not safe for swimming: you go for the landscape and the sunset. Rating 4.7/5.



48

WORTH VISITING

Barranco del Infierno*Adeje*

ADDED. Trail through the canyon to the waterfall, about 3 hours. Ticket must be booked online (max 300 people a day), helmet provided. Rating 4.5/5.

Hours: Entry 8:30-13:30



CARDS 49 – 51

The QR code on each card opens the exact location of the place on your phone map.

49

WORTH VISITING

Basílica de Candelaria***Candelaria***

ADDED. Sanctuary of the patron saint of the Canaries by the sea, with the statues of the nine Guanche menceyes on the square. Rating 4.7/5. A natural stop on the way to Santa Cruz.

Hours: 7:30-19:30 (Mon from 15:00)



50

SHOPS / MARKETS

Mercado Ntra. Sra. de África***Santa Cruz***

ADDED. Historic 1940s market: fresh produce, fish stalls on the lower floor where you can eat on the spot with a glass of wine. Rating 4.6/5.

Hours: 6:00-14:00 (Sun from 7:00)



51

WORTH VISITING

Punta de Teno***Buenavista del Norte***

ADDED. Lighthouse at the western tip, looking at the Los Gigantes cliffs from the opposite side. The road is closed to private cars for much of the day: you get there by shuttle bus.

Hours: Check the traffic restrictions



ITINERARY • DAYS 1-4

DAY 1**Landing and settling into the south**

- Settle in and do a first shop: Stop&Shop (17) in Torviscas, open on Sundays too.
- For fruit and vegetables, Finca verduras (19) on Av. Francia in San Eugenio: picked on site, daily until 17:30.
- An easy afternoon at Playa del Duque (25) and a stroll round the CC Plaza del Duque (20), right next door.
- Dinner at Antonio - La Alacena (9) in Fañabé: family-run Canarian cooking. Closed Mondays, book ahead.

DAY 2**Los Cristianos on foot**

- Breakfast at Cose Nostre (2): Italian coffee and pastries.
- Morning on the beach and the promenade; a look round the CC Parque Santiago 6 (22), closed on Sundays.
- Dinner at Joia (7), a contemporary pizzeria down a side street: closed Tuesdays, book ahead.
- Alternatives nearby: La Piazzetta (5) for a big pizza to share, ZenZero (6) for a more gastronomic dinner.

DAY 3**Siam Park**

- Siam Park (24) from opening time: book online, water shoes, lockers at either end.
- Leave in the afternoon and stop at the Siam Mall (21), right beside it.
- Dinner at Pizzeria Carbone (8) in the CC Aquamall. Closed Mondays and Tuesdays.
- Alternatively Guachinche Pal Choso (10) for a Canarian meat dinner at low prices.

DAY 4**West coast and golden sand**

- Morning at Abama Beach (27): arrive early, parking is scarce and there is a long stairway.
- The Cueva de la Abama opens onto the cliff beside the cove: only reachable in calm seas.
- Lunch and a walk at Playa San Juan (28), a fishing village.
- Back for dinner at Talent (1) in Adeje: pinsa and early evening aperitivo. Closed Mondays.

The numbers in brackets refer to the cards and to the map.

ITINERARY • DAYS 5-8

DAY 5**Alcalá, Punta Blanca and Los Gigantes**

- Morning at Playa La Jaquita (29) in Alcalá: black sand, natural pools at the sides, full facilities.
- A walk at Punta Blanca - Escultura y Mirador (30), out over the ocean.
- Afternoon at the Piscina Natural Acantilado de Los Gigantes (31): check it is open, it closes in rough seas.
- Sunset at the Mirador Archipenque (38) and dinner at Los Gigantes Beach Club (12), looking at the cliffs.

DAY 6**Teno: Masca, Punta de Teno, Garachico**

- Early towards Masca (37): a very winding mountain road, drive calmly.
- Punta de Teno (51): private traffic is restricted for much of the day, normally you go up by shuttle bus. Check first.
- In the afternoon Garachico (44) and a swim at the Piscinas Naturales El Caletón (32).
- A long day: back in the evening, a light dinner locally.

DAY 7**A slow day in Adeje**

- Morning at Playa Las Galgas (26), Playa Paraíso: a quiet cove, water shoes useful.
- Lunch at La Tajea (3), an organic farm in Adeje: open Thursday, Friday and Saturday only. Cash only.
- Evening at the Restaurante Flamenco (11) in Fañabé: eat early, the live flamenco starts late (from 22:30).
- Closed Mondays and Sundays: plan the day accordingly.

DAY 8**El Teide**

- Up to the National Park in the morning. Cable car (40): book well in advance online.
- Climbing to the crater needs a separate permit, distinct from the cable car ticket.
- Sendero Roques de García (46): a loop of about 5 km, 2 hours, the finest easy route in the park.
- Wrap up well: at 2,100-3,500 m it can be 20 degrees colder than on the coast.
- If you stay after sunset, the sky above Teide is among the best in the world for stargazing.

The numbers in brackets refer to the cards and to the map.

ITINERARY • DAYS 9-12

DAY 9**North: Puerto de la Cruz and Loro Parque**

- Loro Parque (41) in the morning: allow at least 5-6 hours to see it all.
- The centre of Puerto de la Cruz (39) in the late afternoon.
- On the way back, stop at the Drago Milenario in Icod de los Vinos (45): also visible from the road.
- The north is cooler and cloudier: take something warmer.

DAY 10**Santa Cruz and La Laguna**

- Stop at the Basílica de Candelaria (49) on the way, with the statues of the Guanche menceyes by the sea.
- Mercado Ntra. Sra. de África (50) in the morning: it closes at 14:00, you can eat fish at the stalls on the lower floor.
- Plaza de España (42) and the castle remains beneath the square, free to visit.
- Afternoon in San Cristóbal de La Laguna (43), a UNESCO World Heritage old town.
- Dinner in Santa Cruz: Manglar (14) on the square (closed Mondays) or BULAN (15) in the La Noria quarter (closed Wednesdays).

DAY 11**Anaga**

- Morning at Playa de Las Teresitas (33): Saharan sand, very calm water, free parking but full at weekends.
- Afternoon in the Anaga massif as far as Playa de Benijo (47): you walk down.
- At Benijo you often cannot swim because of the waves: you go for the landscape and the sunset over the sea stacks.

DAY 12**South-east: El Médano and La Tejita**

- Morning at Playa El Médano (35): a lively town, windsurfing and kitesurfing, wooden boardwalk and bars.
- Playa de la Tejita (34) at the foot of Montaña Roja: very long and windy, few facilities.
- Cueva del Hermano Pedro (36) in the afternoon, only a few minutes away.
- Dinner at Da Maury - al Bacaro Venexian (4) in Buzanada: fish. Closed Tuesdays and Wednesdays, book ahead.

The numbers in brackets refer to the cards and to the map.

ITINERARY • DAYS 13-14

DAY 13

Karting, market and guachinche

- Mercadillo del Agricultor in Las Chafiras (18): Wednesday, Saturday and Sunday only, closes at 14:00.
- Karting Club Tenerife / Teckart (23) in Cho: arrive at opening time, after midday the track gets busy.
- Dinner at the Guachinche El Cordero (16) inside the banana plantation: book ahead, it is huge but always full.

DAY 14

Adeje and a last swim

- Barranco del Infierno (48) in the morning: ticket must be booked online, max 300 people a day, entry 8:30-13:30.
- About 3 hours of walking, helmet provided at the entrance.
- Afternoon and sunset at Bahía Beach (13) in Palm-Mar: sunbeds, paella, live music.
- An easy drive back to the South airport.

The numbers in brackets refer to the cards and to the map.

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- 27 **Abama Beach (+ Cueva de la Abama)**
Guía de Isora
- 28 **Playa San Juan**
Guía de Isora
- 29 **Playa La Jaquita**
Alcalá
- 30 **Punta Blanca - Escultura y Mirador**
Alcalá
- 31 **Piscina Natural Acantilado de Los Gigantes**
Los Gigantes
- 32 **Piscinas Naturales El Caletón**
Garachico
- 33 **Playa de Las Teresitas**
San Andrés
- 34 **Playa de la Tejita**
Granadilla
- 35 **Playa El Médano**
El Médano
- 36 **Cueva del Hermano Pedro**
Granadilla
- 37 **Masca**
Buenavista del Norte
- 38 **Los Gigantes - Mirador Archipenque**
Puerto de Santiago
- 39 **Puerto de la Cruz**
North
- 40 **El Teide - Teleférico**
National Park
- 41 **Loro Parque**
Puerto de la Cruz
- 42 **Santa Cruz - Plaza de España**
Santa Cruz
- 43 **San Cristóbal de La Laguna**
La Laguna
- 44 **Garachico**
North
- 45 **Drago Milenario**
Icod de los Vinos
- 46 **Sendero Roques de García**
Teide Park
- 47 **Playa de Benijo**
Anaga
- 48 **Barranco del Infierno**
Adeje
- 49 **Basílica de Candelaria**
Candelaria
- 50 **Mercado Ntra. Sra. de África**
Santa Cruz
- 51 **Punta de Teno**
Buenavista del Norte