

A man in yellow shorts carries a woman on his shoulders on a beach. The background shows a sandy beach, the ocean, a lighthouse, and buildings under a blue sky.

 GranCanaria

#GranCanaria#GreatDestination

LEISURE GUIDE

Welcome GranCanaria

INDEX

INTRODUCTION	2
ROUTES	6
BEACHES	30
NAUTICAL SPORTS	32
DAYTIME LEISURE ACTIVITIES	38
NIGHT TIME ENTERTAINMENT	42
GASTRONOMY	44
CULTURAL LIFE	46
MUSEUMS	48
ARCHAEOLOGY	54
CRAFTS	60
SHOPPING/MARKETS	62
FIESTAS	66
RURAL TOURISM	70
ACTIVE TOURISM	72
GOLF	76
HEALTH TOURISM	80
LGTB TOURISM	82
USEFUL INFORMATION	84





01 | Introduction

Gran Canaria is a volcanic island that shines out like a beacon in the middle of the Atlantic Ocean. This tiny European territory is situated just off the western coast of Africa, and boasts everything you need for a most unforgettable holiday, thanks to its privileged climate, top quality amenities and services, its excellently preserved natural environment, and the friendly character of its local residents.

All these qualities fit neatly into its uniquely rounded shape, in which over 60 kilometres of beach live alongside deep ravines and iconic rocky formations. The island's stunning orography, which culminates at 1,949 metres altitude at Pico de Las Nieves, provides a diverse landscape that can be easily reached by a fine network of roads, allowing visitors to move between coast and mountain in a short period of time.

This contrast can also be extended to its cultural identity, forged over centuries, the result of the blending of its aboriginal legacy and its contact with three different continents, namely Europe, Africa and America. All these have left their seal on the architecture, paintings and artistic manifestations that can be seen at the Atlantic Modern Art Centre (CAAM), and at Africa House, two of the institutions that best represent these cultural and historical links joining the island with other civilizations.

Gran Canaria's year-round average temperature of 24 degrees make it an extraordinary place for sports activities, set in truly natural surroundings. Hiking, mountain bike, cycling tourism and climbing enthusiasts are truly fortunate, choosing the ideal setting for their





favourite sport on a land whose rich natural surroundings were awarded the distinction of Biosphere Reserve by Unesco on 43% of its territory and coastline.

Gran Canaria, which has never turned its back on the sea at any time during its long history, has become a top attraction for those looking to hone their skills at surfing, windsurfing, diving and sports fishing. The quality of its waters are awarded with over a dozen blue flags every year, in recognition of its sports harbours and beaches, all equipped with modern infrastructures and nearly all of which are apt for bathing.

The island is varied and full of protected areas, which provide the perfect setting for many striking postcard scenes. The Nublo and Bentayga are two stunning volcanic rocks that loom tall over the misty summit, thanks to a spectacular natural meteorological phenomenon called the sea of clouds. Legions of pine trees await visitors at the lush green hills over Tamadaba, Inagua and Pílancones, while the volcanic craters of Bandama and Los Marteles, with their sheer drops, cast a huge chasm, reducing man to a mere speck up against these natural elements.

Gran Canaria has a troglodyte past, of which some important vestiges remain. The first dwellers on the island left behind an archaeological and cultural legacy which lives on today in its gastronomy, traditions and sports handed down from generation to generation. Following the conquest of the island and its incorporation into the Castilian Crown at the end of the 15th century, the island and its capital city, Las Palmas de Gran Canaria, became the political, economical and administrative centre of the Archipiélago.

A magical place packed with towns, villages and beautiful countryside, perfect to be explored by couples, or in the company of friends or family.



Just after this historic moment, Christopher Columbus chose Gran Canaria as a stop off port during three of his four voyages to America. He left his mark here in the shape of a museum in the ancient district of Vegueta, an area which also boasts other fine cultural hotspots such as the Atlantic Modern Art Centre (CAAM), and the Canary Museum, two must visits for those visiting the area's cobbled streets.

Farming exports to America and Europe, the driving force behind the island's economy up until the 17th century, saw a new dawn midway through the 19th century with the Free Port Law of the Canary Islands, an initiative put forward by Juan Bravo Murillo, which opened up the islands to free import and export trade. These exceptional fiscal benefits, which are included in today's Fiscal and Economic Laws, promoted tree trade, establishing relations with other countries, providing the base back then for English shipping companies to build the first hotels in the capital.

This was the first milestone of the time that opened a dawn to a future of tourism, which even then had to wait until 1957, following the Second World War, when the first charter flight landed on Canary soil with the arrival of Swedish airline Transair AB. Since that defining moment, of course, demand has grown continually. Today Gran Canaria is a highly hospitable island, able to combine fun and relaxatin in just a few square kilometres. It is a magical place, with towns, villages and beautiful countryside, perfect to be explored by couples, or in the company of friends or family.



02 | Routes



LAS PALMAS GC - SOUTH

TELDE INGENIO AGÜIMES SANTA LUCÍA

The south of Gran Canaria is the main driving force behind the island's economy in general. If you are in Las Palmas de Gran Canaria, your itinerary to get to Maspalomas starts off along the southern-most tip of the capital, next to the natural pools of La Laja. Leave the city along the GC-1 motorway down the east coast. This side of the island is dotted with wonderful black sandy beaches. If you turn off momentarily at the GC-10 you will reach a shoreline walk starting off at La Garita, with its rather strange geological formation known as El Bufadero, as far as Melenara and Salinetas.

Come back onto the motorway and then turn off again at Telde, the second largest populated city on the island, and the site of one of the two aboriginal kingdoms that Gran Canaria was divided into, prior to the Castilian conquest. This municipality indeed boasts a rich archaeological legacy at several locations, the highlights of which are the pre-Hispanic settlement of Tufia and the lived in caves of Cuatro Puertas.

The neighbourhoods of San Juan and San Francisco are where the city first sprang up, and are well worth a quiet stroll around their cobbled streets. This used to be the ecclesiastical and administrative power hub for the city, and it still conserves stunning religious monuments sheltered under palm trees and bougainvillea plants. The Gothic style Basilica of Saint John the Baptist here was declared a Site of Cultural Interest back in 1991. Take a look at the Flemish altarpiece at the main altar, and the figure of Christ carved

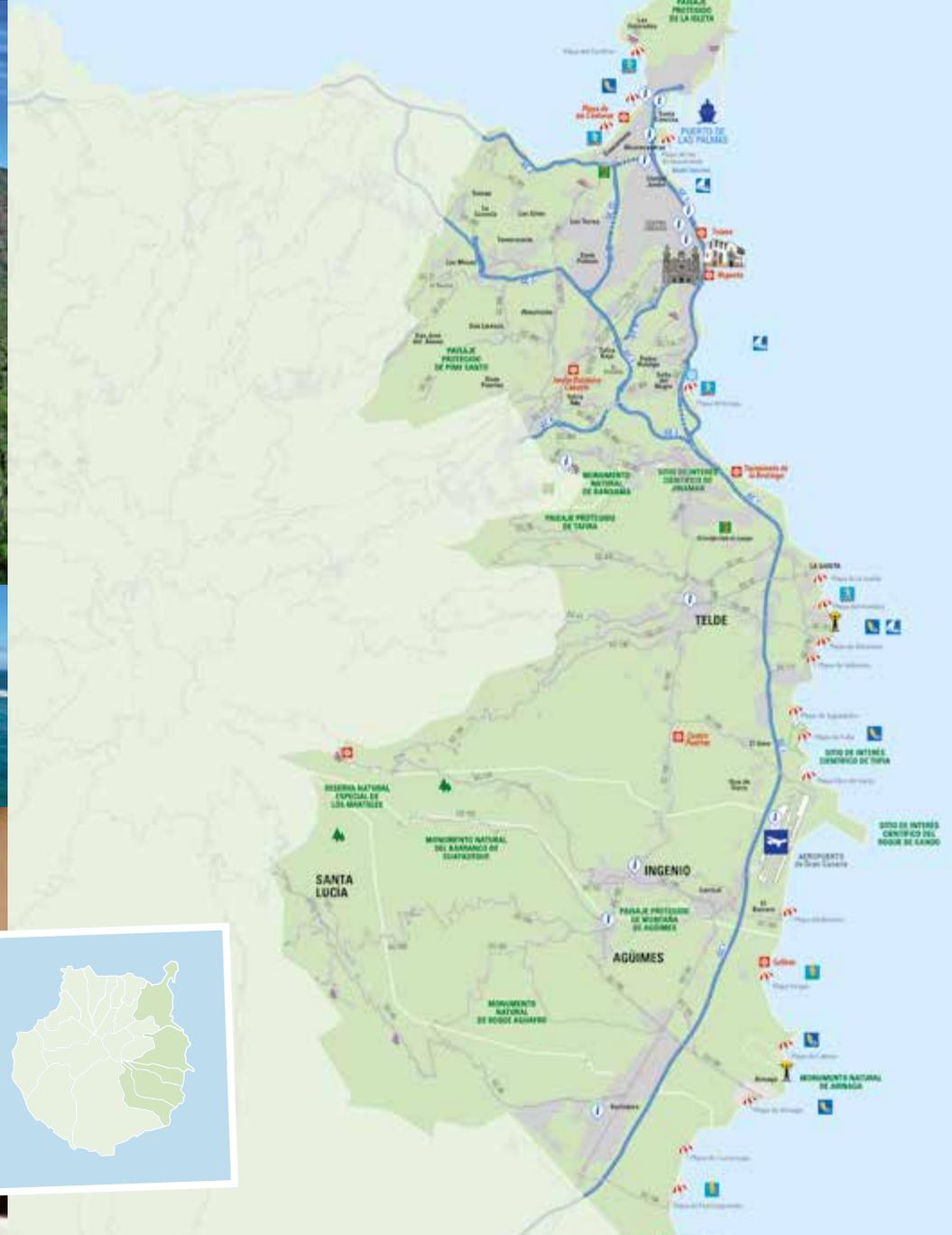
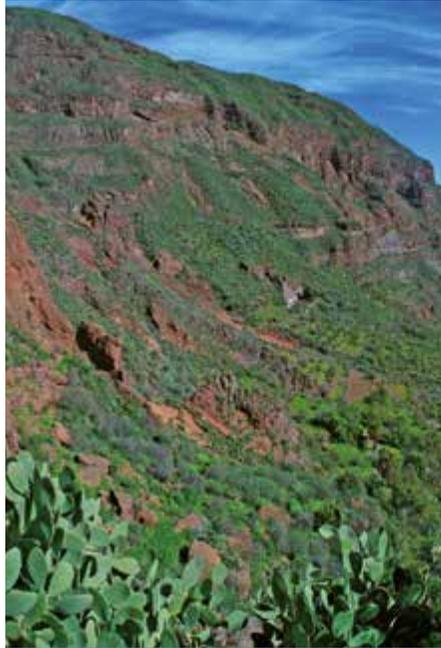
out of corn paste by native Mexicans, just two of the artistic gems that will more than justify your visit.

Now take the GC-100 and stop at Montaña Bermeja, where you will come to Cuatro Puertas. Observe the upper part of this artificial excavation dug out by early Canarian dwellers, who built at its peak a sacred ritual site, or *almogarén*, where they would worship their gods.

Villa de Ingenio opens its doors with the aim of displaying the fervour of its traditions. This municipality was formerly an important site for sugar cane production, while today its economy revolves around commerce and craft, one of its main vocations. The typical lacework made here is a leading light all over the island and can be appreciated at the Museum of Canary Stone and Crafts. Ingenio is also home to a special bread called *pan de puño* and the International Folklore Festival, which since 1996 has been drawing in relevant musical groups from all the continents.

Before contuing your route it is worthwhile taking the road to Guayadeque Ravine, another remarkable inland aboriginal settlement prior to the island's joining the Castilian Crown. It is a beautiful setting with lovely buildings and quirky restaurants that occupy caves which over 500 years ago were homes and burial sites for the first Canarians.

Agüimes is a town that throws itself headlong into its festivals, and for this reason the Carnival is the greatest of its celebrations. Yet it is also packed with history, as





following the arrival of the Spanish in Gran Canaria, the Catholic Kings

gave these lands away to the church, which gave rise to an Episcopal Estate, which survived until the 19th century. The oldest part of the town, around the Church of San Sebastián, is ideal for meeting and chatting to the locals.

One of the best kept secrets in the municipality of Agüimes is the village of Temisas, a wonderful rural settlement declared a Representative Canary Hamlet by the Government of the Canary Islands. From there, visitors can either go back downwards to the beaches of Arinaga and El Cabrón, two idyllic spots for divers, or continue along the GC-550, which leads to Santa Lucía.

A stunning pine grove will greet us upon our arrival here. The Tirajana Crater, with its imposing steep walls, is a sight for sore eyes, which will whet our appetite for local wines, cheeses and the popular *mejunje* drink made from rum, cinnamon and honey. Head back down to the coast and stop off at the Fortaleza de Ansite Visitor Centre, along the GC-651, the last bastion of aboriginal resistance from where they threw their leaders off the edge to avoid surrendering to the Conquistadores. Carry on as far as Vecindario, and its large shopping centre located near to the beach at Pozo Izquierdo, known all over the world as a venue for the World Windsurf Championship, which attracts the finest competitors in the world every July.



The Special Natural Reserve of Maspalomas Dunes, one of the most beautiful enclaves of Gran Canaria.

SOUTH-SOUTHWEST

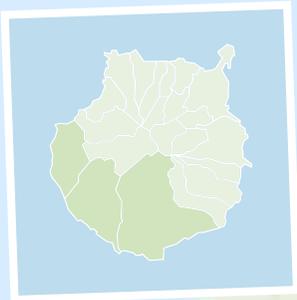
SAN BARTOLOMÉ DE TIRAJANA MOGÁN LA ALDEA DE SAN NICOLÁS

San Bartolomé de Tirajana, Mogán and La Aldea de San Nicolás are our next stops on our route around the southwest of the island. We can start our route at the Condal Vega Grande Estate, an ethnographic complex that covers centuries of history and culture in Gran Canaria. We head on southwards along the GC-1, passing Tarajalillo, San Agustín, Las Burras and Playa del Inglés to our left. The beaches along this stretch have made this area one of the most popular holiday destinations in Europe.

You cannot return home without first stopping to take a quick snap of your journey through the Special Natural Reserve of Maspalomas Dunes. This desert setting covers around 400 hectares, and is one of the most beautiful enclaves in Gran Canaria. It is made up of a series of gently undulating sandhills, with abundant halophyte vegetation, and a lake frequented by unique insects and ornithological species, known by locals as La Charca (The Pool).

Next to the beach, and at the border with neighbouring Meloneras, towers the Maspalomas Lighthouse, a 60 metre high construction that was inaugurated in 1890. This symbolic landmark of Gran Canaria was declared a Site of Cultural Interest by the Government of the Canary Islands, in the category of Historic Monument, and is one of the main attractions in the area. It is surrounded by night clubs, restaurants and other leisure and entertainment venues.





**Puerto de Mogán,
one of the most attractive
picture postcard scenes
on the island, surrounding
Puerto Rico,
Tauro and Taurito.**



Apart from the standard attractions available at the municipality of San Bartolomé de Tirajana along its coastline, such as the many nautical sports, there are lots of alternatives further inland. If you would like to see its more rural side, then take the GC-60 main road towards Tunte, its administrative capital, and enjoy the journey as you go along, and take in the aboriginal necropolis of Arteara, the amazing views afforded by the viewpoint over Degollada de La Yegua, and the gorgeous village of Fataga.

If on the other hand you wish to continue southwards, get back onto the main road to Mogán. This seaside town of Arguineguín will be your first port of call. This town has an important fishing port, with restaurants serving the finest sea bass, *viejas*, marinated tuna and other fresh varieties brought to you straight from the ocean.

The whole municipality is eminently touristic, and houses many modern urbanizations along its jagged coastline. It is one of sunniest places on the planet, and boasts a magnificent recreational area for going bathing at any of its wide range of beaches, all the way along to Puerto de Mogán, with its fine picture postcard setting, surrounding Puerto Rico, Tauro and Taurito, either via the GC-500, or the GC-1 main road itself. The boats that bob about on its sports marina adorn a landscape dominated by bright, picturesque buildings and canals inspired by the city of Venice. Superb

fresh fish is available at the local restaurants, and the port is the starting point for a range of excursions for visitors to go fishing, diving, or underwater sight-seeing in a submarine, over an extraordinarily rich Atlantic sea bed.

Mogán is also one of the main suppliers of tropical fruits on the island. Tasty mangas, avocados and papayas are cultivated on these lands, that will set visitors up with a succulent bite as they head for La Aldea de San Nicolás, the most secluded region in Gran Canaria.

La Aldea is a land of ravines and towering cliffs, and treasures beaches that have staved off human interference, including Tasarte, Tasartico or the near virgin beach of Güigüi, a veritable Garden of Eden located off the beaten track. Right along the GC-200, as we leave behind Veneguera, we can see a swathe of whimsical tones which have altered the volcanic streams known as Los Charcos Azules (The Blue Pools), as we approach one of the largest tomato producing regions in Europe.

La Aldea de San Nicolás is the place where the Fiesta of El Charco is celebrated every year. It is born out of a tradition dating from aboriginal times, based on a rudimentary fishing technique consisting of bewildering the fish by splashing local cardoon and tabaiba branches in the water around the water's edge, to then make their catch. From this culminating point of our route we can turn back the way we came, or head for the capital along the GC-200. If we choose the second option we mustn't forget to stop at the viewpoint over the Andén Verde, which will give us breathtaking views all down the western coastline of the island.



LAS PALMAS GC NORTH

**ARUCAS
FIRGAS
MOYA
GUÍA
GÁLDAR
AGAETE**

**The Parish Church
of Saint John the Baptist,
a unique neo-Gothic style
architectural masterpiece
built out of local stone
by local workmen.**

The north of Gran Canaria has much to offer. The route around this region starts with a short trip from the capital along the GC-2 motorway and GC-20 main road as far as **Montaña de Arucas**, a 300,000 year old volcano which rises some 412 metres above sea level and which can be scaled quickly by a winding road. Once at the top, fantastic panoramic views are afforded all around. Las Palmas de Gran Canaria and neighbouring municipalities of Firgas and Moya display all their splendour, mingled with reservoirs and banana plantations.

The solemn, pointy silhouette of the Parish Church of Saint John the Baptist comes into view, a unique neo-Gothic style architectural masterpiece built out of local stone by local workmen. All around the cobbled streets surrounding the Cathedral, as the great temple is officially known, which dates from 1909, are a plethora of small businesses and restaurants where the finest local foods are served up.

While we are in this historic part of town, it worth taking a look around the highly valuable symbolic green areas in Arucas. The Marquis House and Garden and the Municipal Park are peaceful havens that contrast so sharply with the frenetic pace of life at the Arehucas Rum Factory and Museum, founded back in 1884. Its rum bodegas - the largest and oldest in Europe - give off an aroma that seduced many great figures including Tom Jones, Plácido Domingo and Julio Iglesias. Their signatures are etched eternally into the oak barrels where this drink lays peacefully biding its time, so loved by thousands of Canarians.

We now move off a few kilometres from here to **Firgas**, where we come across some typical old streets which are a great attraction to tourists, such as the Gran Canaria Walk and Canarias Walk, plus other places of subtle beauty such as the 16th century gofio corn mill, the square and church of San Roque, and a viewpoint strategically placed on its outside, overlooking the immensity of the Atlantic ocean.

Hiking enthusiasts shouldn't miss the lushness and beauty of the ravines at Azuaje and Las Madres. Firgas is a huge source of natural water with woody vegetation, as is neighbouring Moya, home to the Special Natural Reserve of Los Tiles, a tiny remnant of the former ancient Doramas





Jungle. In this town hanging over the edge of the ravine, Tomás Morales was born, one of the finest poets in the history of the Canaries.

We now set off towards Santa María de Guía, along the GC-75 road overlooking the coast. The Silva Bridge hangs some 100 metres over land, bypassing the Cenobio de Valerón, a unique grain store which the local aborígenes used to store their harvests. This archaeological settlement is made up of over 350 caves carved out by the island's first inhabitants, is around 800 years old and is extremely well preserved, providing a surprise for visitors.

Once we are in the town, the race is on to find an example of the famous Flower Cheese made in this region. Move around the town centre, go and see the Néstor Álamo Museum and the Parish Church housing the eight religious carvings by José Luján Pérez, a prolific sculptor who passed on a legacy to his country with the necessary artistic attributes by building a clock that went on one of the church's two towers around the middle of the 19th century.

Back on the GC-2, our route continues onto the city of Gáldar, one of the two kingdoms that divided the island into two prior to the Castilian conquest. It is the land of the guanarteme kings of the time, and for this reason top of our list is a visit to the Painted Cave Museum and Archaeological Park, the most important aboriginal



settlement in Gran Canaria. The museum stands over an ancient pre-Hispanic population who left their mark in the form of geometrical wall paintings inside one of the caves. It is the defining proof of a not so long distant past that today lives alongside the modern day commercial activity in the town.

The coastline of Gáldar is popular for its exquisite marine life on sea beds all around Sardina, and for the highly respected wave that crashes in at El Frontón, a windsurfer's paradise. The day is nearly over, and there is no better plan than to take in a stunning sunset at Agaete, a genuinely Canarian village where the whitewashed houses offer a lovely uniform display.

The **Valley of Agaete** hides a wholly enigmatic setting, crowned by the towering Tamadaba massif. Hiking paths criss-cross it in an intricate mesh, around the edges of estates that boasts the only coffee to be grown in Europe, thanks to its organoleptic properties.



**The day is nearly over,
and there is no better plan
than to take in a stunning
sunset at Agaete.**

Just above the centre of the village is Maipés de Agaete, an aboriginal cemetery declared a Site of Cultural Interest, with around 700 tombs that are over 1,000 years old. Back down at the centre of the village is the place for some peace and relaxation, at the Huerto de las Flores botanical gardens, which is home to over a hundred different plant species from all over the world. The hermitage of Virgin of Las Nieves, with its scale model boats and its polychromed Mudejar coffered ceiling, are another must see at this municipality, before heading down to the natural pools of Las Salinas on the shore.

Our day finishes up at the Port of Las Nieves, a spot where the famous Dedo de Dios rock looms out of the sea, dwarfed yet undeterred by the towering 1,000 metre Faneque cliffs and the winding dragon tail of the mountains that runs all the way down the coastline of La Aldea de San Nicolás.



THE CAPITAL

LAS PALMAS DE GRAN CANARIA

Las Palmas de Gran Canaria is the largest city in the Canary Islands. It is the capital of the island, and was founded back in 1478. Over the years it has consolidated itself as an important, cosmopolitan Atlantic location. Since Christopher Columbus first came here several centuries ago for the first of three visits on his way to America, travellers from all origins have been seduced by its charms.

With a historical and colonial town centre, made up of Vegueta and Triana, and with one of the finest urban beaches in the world at Las Canteras, Las Palmas de Gran Canaria is also a leading tourist, historical, gastronomic, shopping hotspot, with delightful museums and a fine range of cultural and entertainment offerings, the highlight being its well known Carnival.

The historic town centre, the city of Columbus.

Gran Canaria's capital sprang up and developed around the district of Vegueta. The hub of this area of town is the Plaza de Santa Ana, with its ancient Town Hall buildings at one end and the great Cathedral at the other. The Columbus House Museum, the Canary Museum, the San Martín Centre of Contemporary Culture, and the Diocese Museum of Sacred Art together make up an interesting and peculiar museum tour, and are complemented by a wide variety of restaurants and bars for visitors to try out some



fine local cuisine, and cutting edge à la carte menu. Don't leave without visiting the Market, and on Sundays the open air craft market, with folkloric dancing at the historic Plaza de Pilar Nuevo, next to the Columbus House Museum.

The Guinguada ravine bed separates the colonial district of Vegueta from the Calle Mayor de Triana and surrounding areas, where the House Museum of writer Benito Pérez Galdós, who was born here, is located. The capital projects itself all along this open shopping and restaurant area as far as San Telmo Park, and the Bus Terminal, the gateway to the rest of the island. Also standing Between Vegueta and Triana are essential visitor attractions such as the afore-mentioned Pérez Galdós and the Gabinete Literario building, with a pleasant little square for passing through or for stopping at its pavement cafés.

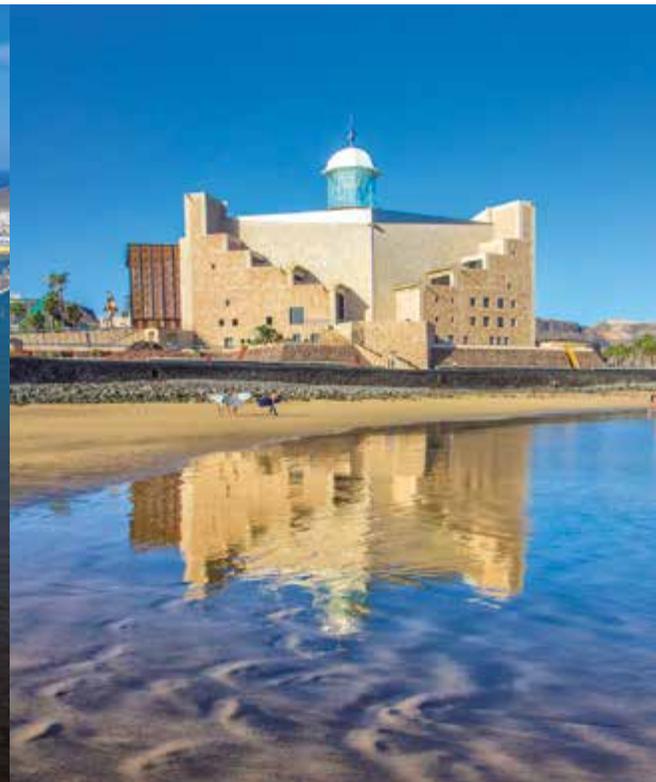
Ciudad Jardín - the English Neighbourhood

The district of Ciudad Jardín came about in the 1920s. It is a residential area around which stands the former Metropole Hotel, today a centre for Town Hall services, and the historic Santa Catalina Hotel, where English writer Agatha Christie stayed during the 20s and 30s to get some rest and to continue writing her novel *The Mystery of the Blue Train*. On the edge of this neighbourhood is the architectural complex of the Pueblo Canario, made by modernist artist Néstor Martín-Fernández de la Torre, where the Néstor Museum is located, a real gem in the city.

Also in this area is the Marina, from where the Atlantic Rally for Cruisers (ARC) sets off every year in November bound for the Caribbean, and is a hub for cruisers and divers. At the northern end is the district of Alcaravaneras and its sports crazy beach, the front doorstep to the Port and the famous Las Canteras beach.

The City of sea, sun and sand

The city has one of its main landscape features in the shape of La Isleta, a tiny peninsula presided by three majestic volcanoes. The Ports of La Luz and Las Palmas sit along this narrow isthmus on the one side, while the beaches of Las Canteras and El Confital are located on the other. They are two poles of economic and social life in the city, which on the side of the beach constitute a superb natural theme park. Right here, between La Puntilla (next to the



Las Canteras, one of the finest urban beaches in the world.

district of La Isleta), and the Alfredo Kraus Auditorium (in the neighbourhood of Guanarteme), visitors can enjoy three kilometres of golden sands and a range of different environments up and down this touristic beach, which is like a huge park and an ideal meeting point for local residents. Right next to the Auditorium, in the neighbourhood of Guanarteme, is La Cícer, the beach's surfing and sports area. At the other end, from La Puntilla, tourists can stroll along the avenue of Los Nidillos as far as the natural setting of El Confital, an outstanding surfing spot with a viewpoint from where visitors are treated to simply stunning views over the city.

Along the three kilometres of Las Canteras beach, visitors don't just enjoy the fine weather that dominates the area throughout the year, and its fine waters. Sports activities, both on the sand and in the sea, plus the wealth of gastronomic choices at the many eateries all along the promenade complete the attractiveness of such a special

urban beach, where in February they celebrate the Sardine Burial at the end of Carnival, and bonfires at the Night of San Juan in June. From here in a pleasant walk lined with traditional businesses visitors come to Santa Catalina Park, the tourist hub of this part of town, and the gateway to the cruise harbour as well as the spiritual home of Gran Canaria's great Carnival, with the Elder Science Museum as a top attraction.

Wine and natural surroundings

On the way out of the city to the centre of Gran Canaria, along the GC-110 and GC-310 main roads, the region stands out for its wine-producing land up at Tafira, and for where the Viera y Clavijo Botanical Garden is located, an authentic gem of biodiversity of the Macaronesia region and a must see for lovers of nature in its maximum expression.



LAS PALMAS GC HILLS AND SUMMIT

**SANTA BRÍGIDA
SAN MATEO
VALSEQUILLO
TEJEDA
ARTENARA
VALLESECO
TEROR**

Gran Canaria's interior is a haven of valuable secrets which the more adventurous visitors will relish. Away from the hustle and bustle of the towns and cities and tourist areas, this area of the island preserves its original appearance, like a protective layer for the customs and traditions that are preserved in the villages that are dotted about the mountains and ravines.

Taking the capital city as our starting point, we rise steadily up to nearly 2,000 metres above sea level in record time. Look at how the orography and microclimates shape hundreds of natural species as we pass, and feel the sensation of absolute freedom when, at the top, the clouds settle below your feet.

The municipality of Santa Brígida must be reached along the GC-4, past the town of Tafira to our right. Before going into the town centre however, around the edge of Monte Lentiscal, we turn off to our right along the GC-802 towards Caldera de Bandama, a beautiful 220 metre deep volcanic crater. From the top, we are treated to stunning panoramic views over the whole of the northeast of Gran Canaria. Next to this natural area there is a peak with the same name of Bandama, the setting for Las Palmas Royal Golf Club, the oldest golf club in Spain. This spot is home to a Second World War bunker which is open to the public, and also boasts fine vineyards and bodegas that produce their own Demonination of Origin wines.

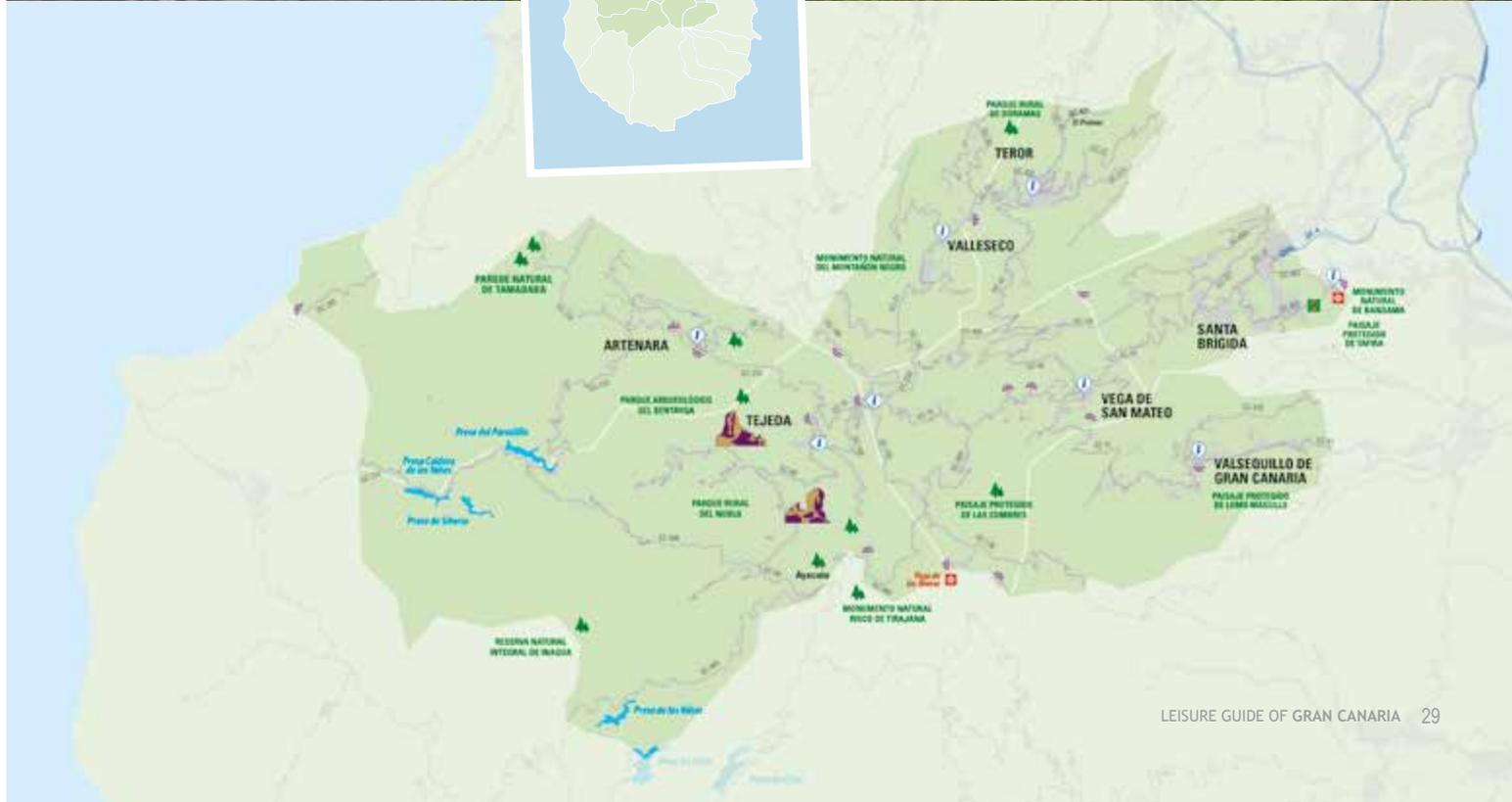
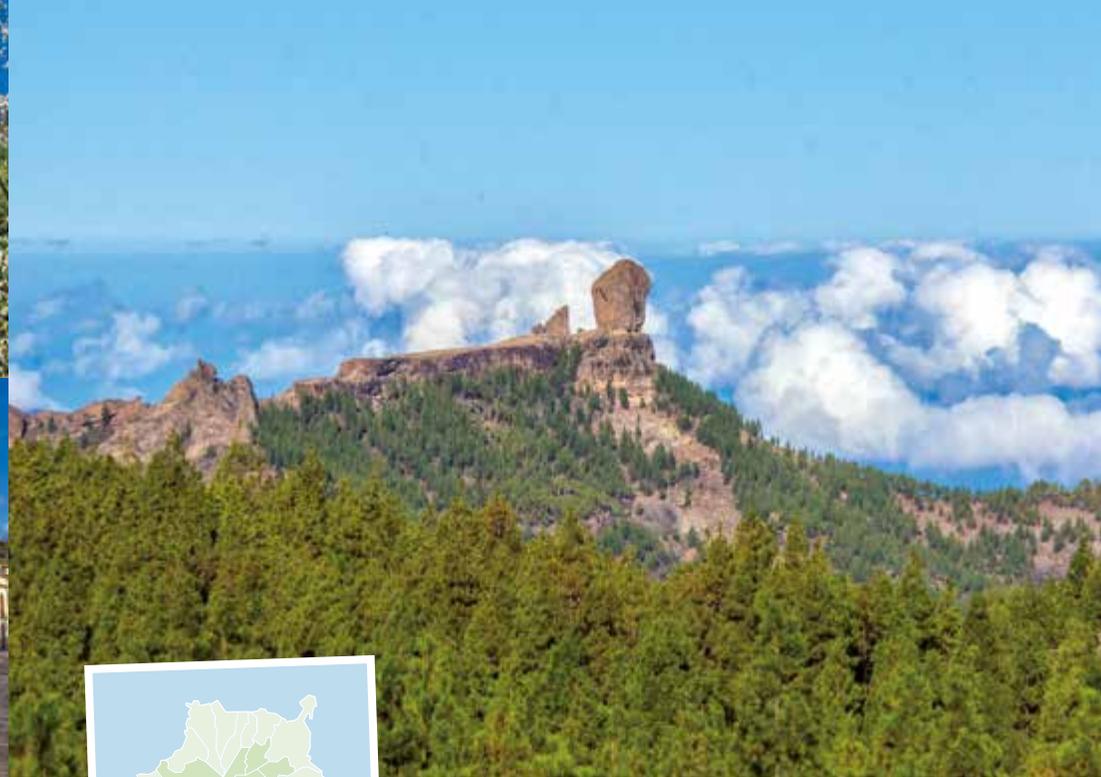


We return to the fork in the road we turned off at earlier, and head on up to the town centre of Santa Brígida. The countryside is very green around here, with the highest number of dragon trees in the Canaries. These century-old trees are botanical marvels, and some of them, such as the 300 year old example in Pino Santo, are still firmly rooted to the ground. Stay in Santa Brígida to visit the Wine House Museum and its little open air market, which just like other markets in neighbouring San Mateo, Teror and other hillside towns offers superb locally grown products each weekend.

San Mateo is an eminently cattle rearing and agricultural municipality, nestling on the hills just below the summit area. It is well worth a visit, to try out their spectacular cheeses and other culinary delights, all in stunning natural surroundings, where water flows down the ravines such as La Mina, providing refreshing picture postcard images. Take a stroll around the town centre and have a good look at the perfectly restored ancient houses. And before completing the climb, take a detour through Valsequillo, a bordering municipality that is famous for its splashes of bright white blossom from its almond trees, its tasty strawberries and the bewitching spell of Tenteniguada, one of its finest spots.

We go back where we came from and carry on up the GC-15 towards Tejeda, a town that, since September 2015 has had the distinction of being “one of the prettiest villages in Spain”. This recognition is by no coincidence and is down to its unspoilt natural heritage, carved out of savage volcanic eruptions and the majesty of two totemic rocks for the inhabitants of Gran Canaria: the Nublo and the Bentayga. Tejeda sits below the Pico de Las Nieves, the highest point of the island and an exciting challenge for cyclists. Its 1,949 metres altitude are a privileged watchtower surrounded by robust Canary pine trees, a fabulous species that is resistant to fire and when burnt

Tejeda, a town that, since September 2015 has held the award of being “one of the prettiest villages in Spain”.





can rise from its ashes. A central stopping point along our route before we get to the village itself is the Parador Nacional hotel, a crossroads and ideal resting place to take a look at the food stalls all around, or to try a snack at one of the nearby bars. Once we are in Tejeda we can stock up on some fine cakes and marzipans, two popular desserts made with the almonds grown on the local farmland.

With this sweet flavour lingering on the tongue we move on to Artenara along the GC-60 and the GC-210. The highest municipality on the island oozes peace and quiet in natural surroundings. The viewpoint dedicated to Miguel de Unamuno is a superb balcony to look out over the “petrified storm” which shook the great writer during his visit to the summit in 1910.

On our way back to the capital along the GC-21 we mustn't forget to stop off at Valleseco, a region with a completely contradictory name (literally Dry valley) as demonstrated



Teror is the perfect place to pick up some souvenirs in the shape of lacework, knitware, pottery and wickerwork products.

by its so called Water Route. There is no getting away from the green vegetation and footpaths that meander all over its hills, providing a challenge for even the most experienced hikers. Every year, Valleseco celebrates its Apple Festival, and it is also home to first wholly ecological market on the island.

We round off our itinerary at the summit and hillsides by visiting Teror, home to the Virgin of El Pino, the patron saint of Gran Canaria. We walk down the high street and see the striking Canary balconies that adorn the ancient façades. This takes us to the Basilica, built in the 18th century, where on 8th September every year thousands of devout followers from all over the Canary Islands converge. Teror is the perfect place to pick up some souvenirs, in the shape of lacework, knitware, pottery and wickerwork products. We mustn't head back to the capital without first trying the chorizo from Teror, an appetising piece of cold pork that the Gran Canarians are rightly proud of.

03 | Beaches



The coastline along Gran Canaria is one of the preferred hotspots for tourists who choose to come to the island. The average yearly temperature of 24 degrees guarantees a long lasting experience at any of the beaches along the coast, most of which are easily accessible and apt for bathing. There are choices to suit all tastes. Tourists can choose from long stretches of golden sands, to tiny coves sheltered in the shadow of steeping cliffs, and areas reserved for nudists.

Maspalomas and Playa del Inglés, at the natural area of Las Dunas, are the best known spots due to their wide range of accommodation and leisure and entertainment. Las Canteras is one of the finest urban beaches in Spain and the pride of the residents of the capital, Las Palmas de Gran Canaria. One of the most delightful nightfalls to be had on the island is at Agaete, while the coast of Mogán is another ideal area to enjoy the sea thanks to the stability of the climate, famous around Europe for having over 330 sunny days a year.

04 | Nautical Sports



The sea is a fundamental feature of Gran Canaria's iconography and is one of its main sources of open air entertainment. The tradewinds provide the island with unrivalled conditions to do all sorts of nautical sports along the 236 kilometres of coastline, equipped with modern infrastructures and services, available all year round.



Sailing

The seafaring tradition of Gran Canaria has resulted in worldwide recognition of regatta racers born on the island, who have achieved success at the Olympic Games and World Championships. This passion for the sea led to the homegrown sailing discipline of Vela Latina being born, a highly popular sport in Las Palmas de Gran Canaria, and its sailing school since 1904. The boats are known locally as botes, and carry triangular sails. They represent different neighbourhoods around the municipality at a range of competitions held on the bay between April and October.

The ARC regatta, which joins Gran Canaria with the Caribbean of Santa Lucía, is one of the most eagerly awaited events in the year. Each race brings together some 200 sailing vessels and over 1,200 participants who venture across the Atlantic ocean, either in teams or with other family members.

Windsurf

The southeast of Gran Canaria, just like Hawaii, is one of the best places on the planet for going windsurfing, due to its magnificent weather conditions. Since 1988, Pozo Izquierdo beach has been the venue for one of the most spectacular legs of the World Championships, in which the sport's professionals and emerging stars pit their skills against the waves, with acrobatic jumps. The event, which has recently been given the name of Gran Canaria Wind and Waves Festival, has spawned windsurf legends such as Björn Dunkerbeck and the Ruano sisters, Daida and Iballa, who have dominated the competition for decades, and are the stars the younger generations look up to.

Surf and bodyboard

The north coast of the island is the region chosen by lovers of surf and bodyboard as they go in search of the perfect wave. Las Canteras beach, at a specific point called La Cícer, is the ideal scenario for learning to surf, at courses provided by specialist schools in the capital throughout the year. Bañaderos and Playa del Hombre, in the municipalities of Arucas and Telde respectively, are other perfect places for the inexperienced to start learning.

Gran Canaria is also known for the sought after crests at El Frontón (for bodyboard) and El Confital (for surf), which are regular venues for world championships of each speciality. Both locations are recommended for professionals or for highly skilled amateurs only.

Kitesurf

Kitesurf is another popular sport on the island. Dozens of kites fill the beaches of Vargas and Pozo Izquierdo during the summer, in a spectacular display that owes its fame to the tradewinds. During the winter months the activity moves further down the coast to Playa de Inglés in search of more favourable conditions.

Scuba diving

The natural wealth of the sea beds in Gran Canaria opens the doors to a whole new underwater universo in which unknown species live in other pockets around the world. The island's biodiversity is especially remarkable in areas around Sardina del Norte, Caleta Baja, El Cabrón, Pasito Blanco and Las Canteras, as well as other perfect spots that reveal the best kept secrets in the Atlantic ocean.



VELA

CANARY SUN SAILING
www.canarysunsailing.com

CANARY RACER CUP
www.canaryracercup.com

General vessel register.



NAUTICAL ACTIVITIES

CANARY WATERSPORTS
www.canarywatersports.com

LUIS MOLINA WATERSPORT
www.luismolinasport.com

OVERSCHMIDT SAIL & SURF
 GRAN CANARIA
www.segelschule-grancanaria.de

BUDDY LE POULPE
www.buddylepoulpe.com

Tourist activities register, and Fishing Sub-Council of the Government of the Canary Islands.



SPORTS MARINAS

LAS PALMAS DE GRAN CANARIA
 SPORTS MARINA
www.palmasport.es

PASITO BLANCO SPORTS MARINA
www.pasitoblanco.com

ANFI DEL MAR MARINA
marina@anfi.es

PUERTO RICO
 SPORTS MARINA
www.puertoricosa.com

PUERTO DE MOGÁN
www.puertomogan.es



SEA TRANSPORT

LÍNEAS BLUE BIRD
www.lineasbluebird.com

LÍNEAS SALMÓN
www.lineassalmon.es

Transport Council of the Government of the Canaries.



SEA EXCURSIONS

EXCURSIONES MARÍTIMAS
 SOL Y MAR
www.magicboatexcursions.com

SUBMARINE ADVENTURE
www.atlantisadventure.com

Tourist Activities Register and Transport Council of the Government of the Canaries.



CETACEAN SPOTTING

SPIRIT OF THE SEA
www.dolphin-whale.com

MULTIACUATIC
www.dolphinwhales.es

Tourist Activities Register of the Government of the Canaries.



DEEP SEA SPORTS

FISH ON
www.fishonbluemarlin.com

Tourist Activities Register of the Government of the Canaries.



SURF SCHOOLS

MOJOSURF School & SurfCamp
www.mojosurf.es

3RJ SurfTIME
www.3rjsurftime.com

BRISA SCHOOL
www.brisaschool.com

EL HOMBRE
www.playadelhombre.blogspot.com

BD SURF
www.surfbd.com





OCEAN SIDE & QUIKSILVER SURF SCHOOL
www.grancanariasurf.es

OLEAJE
<http://cluboleaje.blogspot.com>

PR SURFING
www.prsurfing.com / www.prosurfingcompany.com

SURF CANARIES SURF SCHOOL
www.surf-canaries.com

UNIVERSITY SURF SCHOOL
www.universitiesurfschoolcanarias.com

The Canary surf Federation.



WINDSURFING SCHOOLS

ESCUELA DE VELA JOAQUÍN BLANCO TORRENT
www.fedvela.es

ESCUELA DE VELA JUAN CARLOS I
www.fedvela.es

ESCUELA DE VELA VENTURA QUEVEDO
www.rcngc.com

LPWS WIND AND KITE
www.lpwindsurf.com

REAL CLUB VICTORIA
www.realclubvictoria.com

The Canary Windsurfing Federation.



KITESURF SCHOOLS

SIROCO KITE SCHOOL
www.sirocokitesurfschool.com

LPWS WIND AND KITE
www.lpwindsurf.com

Fishing Sub-Council of the Government of the Canary Islands



SCUBA DIVING

NORTHERN AREA

BUCEO CANARIAS
www.buceocanarias.com

BUCEO MIRAFONDOS
www.mirafondos.com

BUCEO NORTE
www.buceonorte.com

CENTRO DE BUCEO 7 MARES LAS CANTERAS
www.7mares.es

LAVY SUB
www.lavysub.com

SOUTHERN AREA

ATLANTIK DIVING
www.grancanariadiveresort.com

BLUE EXPLORERS DIVE CENTER
www.blue-explorers.com

BUCEO SUR
www.buceosur.es

CENTRO DE BUCEO DELPHINUS
www.delphinus.eu

DAVY JONES DIVING
www.davyjonesdiving.com

DIVING CENTER SUN-SUB
www.sunsub.com

EXTRADIVERS GRAN CANARIA
www.extradivers-kanaren.com

GRAN CANARIA DIVERS
www.grancanariadivers.com

TOP DIVING PUERTO RICO
www.topdiving.net

NAUTICO
www.divingcenter-nautico.com

CANARY DIVING SCHOOL
www.canary-diving.com

BUCEO PANDORA
www.buceopandora.es

CLUB AMIGOS DEL ATLÁNTICO
www.diveacademy-grancanaria.com

ZEUS DIVE CENTER
www.zeusdivecenter.com

SCUBASUR GRAN CANARIA
www.scubasur.net/grancanaria

PUERTO RICO DIVING CENTER
www.prdiving.com

DIVE ACADEMY GRAN CANARIA
www.diveacademy-grancanaria.com

Fishing Sub-Council of the Government of the Canary Islands.

The sea is a fundamental element of Gran Canaria's iconography and is one of its main sources of open air entertainment.

Deep sea sports fishing

The sports marinas in Gran Canaria are the starting point for fishermen bound for deep sea thrills. White tuna fish from the Atlantic, barracuda and the blue marlín are highly sought after catches, and are accessible between the months of May and November.

The pleasant climate any season of the year encourages expert crews who are looking to enjoy intense days out fishing around the most popularly frequented spots, between the Maspalomas headland and El Descojonado, near to La Aldea de San Nicolás.



05 | Daytime Leisure Activities



Gran Canaria is a stunning theme park with irresistible attractions for all the family and friends. Its natural areas meet with all the required safety standards and quality for visitors to enjoy the great outdoors, providing a superb opportunity to get to know the local flora and fauna.

The Finca de Osorio, the Viera y Clavijo Botanical Gardens, and the recreational areas purposely set up at the island's summit all complement the range of leisure and entertainment choices spread around the rest of the island. Places such as Palmitos Park, Sioux City, Aqualand Maspalomas and the Angry Birds Activity Park in Puerto Rico are just some of the alternatives for a memorable day out.

THE VIERA Y CLAVIJO BOTANICAL GARDENS

The much-loved "Canary Garden" was the brainchild of the extraordinary Eric Sventenius. It showpieces the wealth of flora that abounds around the Macaronesia region, and highlights the more than 500 endemic species from the Canary Islands themselves. Covering a surface area of 27 hectares, it is considered the largest botanical garden in Spain.

Carretera del Centro Km7 - Tafira Alta.
Las Palmas de Gran Canaria.

☎ (+34) 928 219 580 / Fax: (+34) 928 219 581

jardincanario@grancanaria.com

www.jardincanario.org

VISITING HOURS: from 10:00 to 19:00 every day.



PALMITOS PARK

A botanical and ornithological park that boasts 51 different types of palm trees, 1,500 exotic birds and a show featuring birds of prey. It has a superb collection of cacti, orquideas, butterflies and hummingbirds, 160 different species of tropical fish, crocodiles and a parrot show.

Bco de los Palmitos s/n - Maspalomas.
☎ (+34) 928 797 070
www.palmitospark.es
OPENING HOURS: from 10:00 to 18:00 every day.

HOLIDAY WORLD

The Holiday World Theme Park is at the heart of this Leisure and Entertainment Resort, and the biggest of its kind in the Canaries.

Avda. Touroperador Tui, s/n.
☎ (+34) 928 730 498 / 928 766 725
marketing@holiday-world-maspalomas.com
www.holidayworldmaspalomas.com
WINTER OPENING HOURS: Sunday to Thursday and public holidays, 17:00 to 23:00;
Friday and Saturday and Eves of public holidays, 17:00 to 24:00 /
SUMMER OPENING HOURS: Sunday to Thursday, 18:00 to 23:00



CROCODILE PARK

A zoological park with over 300 crocodiles, tropical fish, tarantula spiders and a treasure island.

Los Corralillos km 5,5 - Agüimes.
☎ (+34) 928 784 725
cocodrilopark@hotmail.com
www.cocodriloparkzoo.com
OPENING HOURS: from 10:00 to 17:00
(last entry at 16:00) Closed Saturdays.

CACTUALDEA PARK

A botanical garden with a huge variety of cacti, palm trees and other tropical plants.

Ctra. de Mogán a San Nicolás de Tolentino, s/n.
Ctra. del Hoyo-Tocodoman.
☎ (+34) 928 891 228 / Fax: (+34) 928 890 688
cactualdea@gmail.com
OPENING HOURS: every day from 09:30 to 17:30.

SIoux CITY

A wild west American town. Cowboy shows with horses, buffaloes and cows.

Cañón del Aguila. San Agustín.
☎ (+34) 928 762 573 / Fax: (+34) 928 767 201
parquesiouxcity@gmail.com
OPENING HOURS: 10:00 to 17:00.
Performances at 12:00, 12:45, 13:15, 14:00 and 15:00. Open daily except Monday.
Friday: Evening Barbacue and Show, from 18:00 to 22:00.

MINI TRAIN

Route around Playa del Inglés, on a cute miniature sized train.

Avda. Italia 12 - Playa del Inglés.
☎ (+34) 928 765 908
OPENING HOURS: from 10:00 to 12:00 and from 14:00 to 20:00.

SUBMARINO AMARILLO

Travel to the bottom of the sea and discover all its secrets.

Puerto de Mogán - Mogán.
☎ (+34) 928 565 108 / Fax: (+34) 928 565 048
web@atlantidasubmarino.com
www.atlantidasubmarine.com
Sea trips: 10:00-11:00-12:00-13:00-14:00-15:30-16:20-17:10.

CAMELLO SAFARI DUNA OASIS

A fun camel ride around the famous Maspalomas Dunes.

☎ (+34) 928 760 781 / 609 520 233
info@camellosafari.com
www.camellosafari.com
OPENING HOURS: from 09:00 to 17:00.

DONKEY SAFARI LAS TIRAJANAS

El Morisco, s/n (subida a Taidía) - Santa Lucía.
☎ (+34) 928 180 587 / Móvil: 658 938 332
burrosafari@gmail.com
www.burrosafari.com
OPENING HOURS: Tuesday to Sunday from 11:00 to 17:00.

KARTING - GRAN KARTING CLUB GRAN CANARIA

The largest race track in the world. Circuits for young children, older children and adults.

Carretera General del Sur, km 46. Tarajalillo.
☎ (+34) 928 157 190 / Fax: (+34) 928 293 671
www.grankartingclub.com
OPENING HOURS: from 10:00 to 21:00 in Winter and from 11:00 to 22:00 in summer.

AQUALAND MASPALOMAS

Water park with lots of slides. With a minigolf on site.



Ctra. Palmitos Park, km 3 - Maspalomas.
☎ (+34) 928 140 525 / Fax: (+34) 928 140 277
www.aqualand.es
OPENING HOURS: Winter from 10:00 to 17:00 / Summer from 10:00 to 18:00.

ANGRY BIRDS ACTIVITY PARK

Open air theme park.

Avenida de la Cornisa 1. Urbanización de Puerto Rico. Mogán.
☎ (+34) 928 15 39 76
info@activityparkcanarias.com
OPENING HOURS: every day from 10:00 to 20:30. Hours extended to 22:00 in holiday periods.

GRANCAVENTURA

Open air adventure park.

Zona Vasco López s/n. Arucas.
☎ (+34) 928 936 393
info@grancaventura.com
www.grancaventura.com

06 | Night Time Entertainment



quiet restaurant or at any establishment that provides an outdoor evening meal.

The island's multicultural background has shaped a culinary range in which all five continents are represented. Trying out the international cuisine served all over Gran Canaria is a fine way to get started, while a taste of superb local dishes and tapas is also well recommended.

As happens in the rest of Spain, eating hours are very flexible. The last meal of the day can be served between nine and eleven o'clock in the evening, an imaginary frontier at which musical shows, theatre performances and other artistic representations take over, along with the discoteques, pubs and dance halls located around the tourist areas to the south, and up at the capital.



Boredom is a completely unknown state of mind in Gran Canaria. The warm temperatures all year round encourage a lively night life on an island whose local inhabitants take their entertainment very seriously indeed.

Although it might sound contradictory, the night time in Gran Canaria starts before the sun goes down. The bars and terraces everywhere around are an excellent starting point to kick off a pleasant evening out at a

**The warm temperatures
all year round encourage
a lively night life.**



**“Papas Arrugadas”
salty potatoes with spicy
mojo sauce, the top dish
in the Canaries’
culinary heritage.**

Gran Canaria’s cuisine feeds off locally grown products. Farmers on the island grow fruits and vegetables that go into the making of tasty stews and broths. These are usually accompanied by pork, beef and goat’s meat, although chicken and rabbit also play their part in a cuisine that is also complemented by excellent fresh fish from the sea.

Visitors’ first contact with local food will be through its most popular starters. Leg of pork, chorizo sausage from Teror, olives and cheese in its multiple varieties all stand out in the culinary shop window, presided by the famous papas arrugadas salty potatoes with spicy mojo sauce, the top dish in the Canaries’ culinary heritage.

Experienced diners will appreciate the personality that oozes from carajacas, goat’s meat or vieja fish, juicy delights for the islanders. One of the most dearly loved local dishes is sancocho, which is a combination of salty fish, potatoes, sweet potatoes, gofio maize meal, and mojo sauce. There is also ropa vieja, which mixes meat with chick peas, which is also a celebrated dish.

Gran Canaria is the European coffee and rum capital. The wine harvested in local bodegas is quite admirable, while its desserts come from home made recipes. The marzipan from Tejeda, the suspiros pastries from Moya, and the bienmesable cakes offer a truly sweet experience, just like the inhabitants on the island.



07 | Gastronomy

08 Cultural Life



Culture in Gran Canaria is currently enjoying extraordinary health, thanks to the events and spectacles held on the island throughout the year. The Canaries International Music Festival has consolidated itself as one of the most outstanding events in classical music, thanks to the presence of world renowned figures who have raised its artistic quality and prestige and which signals the start of the cultural calendar.

The International Cinema Festival of Las Palmas de Gran Canaria is a bid by the island's capital to promote independent cinema. Its programme includes the showing of films, documentaries and short films in the film industry, and parallel activities in which the current state of the sector is debated.

Since 1992, the Canaries International Jazz & Más Heineken Festival is a fiesta which has brought together artists and lovers of this highly admired music on the island. Its celebration coincides in the summer with the Villa de Ingenio International Folklore Festival, a colourful musical display in which has attracted both local groups and international formations from over 40 countries since its inception.

Culture in Gran Canaria is currently enjoying extraordinary health, thanks to the events and spectacles held on the island throughout the year.

09 | Museums



The historical heritage of Gran Canaria is readily available to visitors, through an attractive network of museums and art galleries that are scattered all over the island. The buildings they are housed in are of priceless value, and take visitors on a journey through time. There are pre-Hispanic mummies, modern art collections and personal belongings of local literary writers and painters who all made their mark well beyond the Islands' borders.

To better understand the lives of the islands' early dwellers, before the arrival of the Castilian conquest, it is well worth a visit to the Canary Museum. This age old institution preserves, studies and exhibits fascinating objects and human remains that illustrate the ways and customs of the aborígenes. The Columbus House Museum is the site where the Genoese sailor stopped off at during his first voyage to America, and its rooms exhibit paintings, cartography documents and navigation instruments, as well as other documents that portray the close ties that existed between Gran Canaria and the far off continent.

Just a few yards away, without leaving Vegueta, the walls of the Atlantic Modern Art Centre (CAAM) are home to over 2,500 works of art of different genres, formats and styles with a distinctly multicultural flavour. This international vocation is shared by Africa House, an institution that specializes in contemporary art and emerging creators, who choose this venue as a place to retell their experiences by way of speeches and conferences that help bring an already nearby territory that much closer to home.

An attractive network of museums and art galleries that are spread all over the island.



THE CANARY MUSEUM

An archaeological museum that deals with pre-Hispanic aboriginal culture on the island, conserving and exhibiting the most complete collection of ancient cranial remains in the world.

C/ Dr. Vernau, 2 -
Las Palmas de Gran Canaria.
☎ (+34) 928 336 800 /
Fax: (+34) 928 336 801
info@elmuseocanario.com
www.elmuseocanario.com

OPENING HOURS

Monday to Friday from 10:00 to 20:00; Saturday, Sunday and public holidays from 10:00 to 14:00.

ATLANTIC MODERN ART CENTRE - CAAM

National and International Exhibitions put on throughout the year.

C/ Los Balcones, 9-11
Las Palmas de Gran Canaria.
☎ (+34) 928 311 800 /
Fax: (+34) 928 321 629
info@caam.net
www.caam.net

OPENING HOURS

Tuesday to Saturday from 10:00 To 21:00; Sunday from 10:00 to 14:00. Closed on Mondays and public holidays.

Benito Pérez Galdós, Néstor Martín Fernández de la Torre and Tomás Morales are some of the most illustrious Canarians who have house museums dedicated to their lives and works. The Martín Chirino Art and Thought Foundation houses a permanent exhibition by the great sculptor, at the Castle of La Luz, the oldest fortress in the Canaries, erected in Las Palmas de Gran Canaria at the end of the 15th century. Right nearby, the island's capital is also the location for the Elder Science and Technology Museum, a centre for a cutting edge exhibition that will satisfy even the most curious of visitors.



SAN MARTIN CONTEMPORARY CULTURE CENTRE

C/ Ramón y Cajal, 1
Las Palmas de Gran Canaria.
☎ (+34) 928 322 535
www.sanmartincontemporaneo.com
OPENING HOURS:

Tuesday to Saturday from 10:00 to 21:00; Sundays from 10:00 to 14:00. Closed on Mondays and public holidays.

DIOCESAN SACRED ART MUSEUM

Contains a valuable range of paintings, precious metals, and religious sculptures. It is also home to an important musical archive from the Cathedral of the Canaries.

C/ Espíritu Santo, 20
Las Palmas de Gran Canaria.
☎ (+34) 928 314 989/Fax: (+34) 928 314 989
museo@obispadocanariense.net
www.diocesisdecanarias.es

OPENING HOURS:

Monday to Friday from 10:00 to 16:30; Saturdays from 10:00 to 13:30.

COLUMBUS HOUSE MUSEUM

Dedicated to the history of the discovery of America, it recreates the atmosphere of the time. An offshoot of the building is dedicated to the Provincial Museum of Fine Art.

C/ Colón, 1 - Las Palmas de Gran Canaria.
☎ (+34) 928 312 373/Fax: (+34) 928 331 156



casacolon@grancanaria.com
www.casadecolon.com

OPENING HOURS:

Monday to Saturday from 10:00 to 18:00; Sundays and public holidays from 10:00 to 15:00.

PÉREZ GALDÓS HOUSE MUSEUM

The house where Benito Pérez Galdós was born in 1843. It has a library containing Spanish narrative literature from the 19th and 20th centuries, plus a documental archive made up of Galdós' original manuscripts, his most important legacy.

C/ Cano, 2 y 6 - Las Palmas de Gran Canaria.
☎ (+34) 928 366976 / 928 373 745 /
Fax: 928 373 734
perezgaldos@grancanaria.com
www.casamuseoperezgaldos.com
OPENING HOURS:
Tuesday to Friday from 10:00 to 18:00.

CANARY NAVAL MUSEUM

Arsenal de las palmas. C/ León y Castillo 316
☎ (+34) 928 443 155
museonavalcanarias@oc.mde.es
www.armada.mde.es
OPENING HOURS:
Monday to Friday from 10:00 to 13:00.

NÉSTOR MUSEUM

Museum dedicated to the multi-talented Gran Canarian artist Néstor Fernández de la Torre (1887-1938), displaying his pictorial works.

Doramas Park: Pueblo Canario
Las Palmas de Gran Canaria.
☎ (+34) 928 245 135 / 928 246 265 /
Fax: 928 243 576
museonestor@gmail.com
www.museonestor.com
OPENING HOURS:

Tuesday to Saturday from 10:00 to 20:00; Sundays from 10:30 to 14:30.

LEÓN Y CASTILLO HOUSES MUSEUM

Museum dedicated to brothers Fernando and Juan de León y Castillo, politician and engineer respectively. The Port of La Luz was their brainchild. The museum houses a library and documentational library.

C/ León y Castillo, 43-45 -Telde.
☎ (+34) 928 691 377 / Fax: (+34) 928 696 653
leonycastleillo@grancanaria.com
www.fernandoleonycastleillo.com
OPENING HOURS: October to June: from Tuesday to Sunday from 10:00 to 18:00. July, August and September from 10:00 to 19:00

TOMÁS MORALES HOUSE MUSEUM

Also known as the Canary Island Poetry House, inside are many personal belongings of the poet. The museum organizes recitals of his poetry.

Plaza de Tomás Morales, S/N - Moya.
☎ (+34) 928 620 217 / Fax: (+34) 928 611 217
tomasmorales@grancanaria.com
www.tomasmorales.com
OPENING HOURS: Tuesday to Sunday, from 10:00 to 18:00.
July, August and September until 19:00.

ARUCAS MUNICIPAL MUSEUM

The museum contains a library and municipal archives. It houses several itinerant exhibition rooms, as well as two permanent exhibition rooms. One of these is dedicated to painter Santiago Santana and Guillermo Sureda, the other one to sculptor Abraham Cárdenes.

Parque de Gourié - Arucas.
☎ (+34) 928 628 165
museomunicipal@arucas.org
www.arucas.org
OPENING HOURS: Monday to Friday from 10:00 to 16:00; Saturdays from 10:00 to 13:00.
Closed on Saturdays and public holidays. July, August and September from 10:00 to 15:00.



ELDER SCIENCE AND TECHNOLOGY MUSEUM

Over 20 rooms dedicated to the reconstruction and reproduction of the great scientific advancements of humanity are the highlight of this interactive scientific display, whose slogan is “no touching not allowed”.

Parque Santa Catalina, s/n.
35007- Las Palmas de Gran Canaria.
☎ (+34) 828 011 828
museoelder@museoelder.es
www.museoelder.org
OPENING HOURS:
Tuesday to Sunday from 10:00 to 20:00.
(Summer timetable from 11:00 to 21:00).

ETHNOGRAPHIC CAVE MUSEUM OF BARRANCO HONDO DE ABAJO

On display here are ceramics, linen, paintings, pottery, furniture and sacred art.

Juncalillo de Gáldar.
☎ (+34) 928 555 120
Visit by prior appointment.

MUSEUM OF LA RAMA

C. Párroco Alonso Luján, 5 - Agaete.
☎ (+34) 928 554 382
www.aytoagaete.es
Open to group visits.

AGÜIMES HISTORY MUSEUM

This history museum allows visitors to learn all about five centuries of history of this region, from the establishment of the episcopal estate that emerged from the Castilian Conquest of the island, through to the middle of the 20th century.

C/. Juan Alvarado y Saz, 42 - Agüimes.
☎ (+34) 928 785 453
museohistoria.aguimes@yahoo.es
OPENING HOURS:
Tuesday to Sunday from 09:00 to 17:00.

RUM MUSEUM

Situated within the Ron Arehucas distilleries.

Era de San Pedro, 2 - Arucas.
☎ (+34) 928 624 900 / Fax: (+34) 928 603 913
destilerias@arehucas.com
www.arehucas.es
OPENING HOURS: Monday to Friday from 09:00 to 14:00. July, August and September from 09:00 to 13:00. For groups of over 10 people a prior appointment is required.

THE CANARY STONE AND CRAFT MUSEUM

This site displays typical embroidery and lacework from Gran Canaria and Lanzarote. It also has an exhibition featuring stones from Africa, where it gets its name from.

Camino Real de Gando, 1 - Ingenio.
☎ (+34) 928 781 124
OPENING HOURS: Monday to Saturday from 09:30 to 18:00. Closed on public holidays.

ANTONIO PADRÓN HOUSE MUSEUM

Over 150 works on display, featuring oil paintings, sculptures, drawings and sketches by the artist.

C/ Capitán Quesada, 3
☎ (+34) 928 454 035
cmapadron@grancanaria.com
www.antoniopadron.com
OPENING HOURS: October to June: from Tuesday to Sunday from 10:00 to 18:00. July, August and September from 10:00 to 19:00.

LIVE MUSEUMS AT LA ALDEA DE SAN NICOLÁS

Three different routes around twelve areas of the town that recreate traditional trades of this rural outpost. Visitors are shown around by elderly local volunteers.

Visits by prior appointment.
☎ (+34) 928 892 485 / Móvil: 629 487 907

MUSEUM OF LA ZAFRA

C/. Isla de la Graciosa, 33 - 35110 Vecindario- Santa Lucía.
☎ (+34) 928 759 706
museozafra@santaluciagc.com
OPENING HOURS: Closed on Mondays.
Tuesday to Friday from 10:00 to 17:30.
Saturdays, Sundays and public holidays from 10:00 to 14:30.

ABRAHAM CÁRDENES SCULPTURE MUSEUM

A space displaying part of the works by this illustrious local artist from the village of Tejeda, one of the best known 20th century sculptors in the Canaries.

C/. Leocadio Cabrera, s/n - Tejeda.
☎ (+34) 928 666 189 / Fax: (+34) 928 666 252
turismo@tejeda.es
www.tejeda.es
OPENING HOURS: Monday to Sunday from 10:00 to 15:30.

MEDICINAL PLANT CENTRE

C/. Párroco Rodríguez Vega, 10.
☎ (+34) 928 666 096 / Fax: 928 666 252
(Town Hall)
turismo@tejeda.es
www.plantasmedicinalescanarias.com

MUSEUM OF TRADITIONS

C/. Párroco Rodríguez Vega, 6.
☎ (+34) 928 666 189 / Fax: (+34) 928 666 252
turismo@tejeda.es
www.tejeda.es
OPENING HOURS:
Tuesday to Sunday from 10:00 to 15:30.



10 | Archaeology

Gran Canaria has managed to conserve its artistic and cultural legacy, inherited from the pre-Hispanic dwellers who lived on the island before its incorporation into the Castilian Crown, during the last quarter of the 15th century. Kings, nobility and religious leaders at the time occupied the peak of a hierarchical society, whose economical activity was based fundamentally on agriculture and cattle farming, although the aboriginal islanders also caught fish and different seafood for food supplies.

The most representative settlement in Gran Canaria is the Painted Cave of Gáldar. It is a museum and archaeological park that sits on top of an artificial excavation on volcanic tuff rock, with wall paintings in its interior. The cave was found quite by chance in 1862 following some agricultural work on the land related to tunera cactus plants used for the breeding of cochineal. However, it wasn't until 1873 when its discovery was given an official date, as a central living area of a settlement, comprising 60 stone houses all around it, which would be reconstructed after 24 years of excavations.

Although the use of this hugely influential settlement is still to be determined, researchers have ventured that it might have been a sacred site, the living quarters for some of the guanarteme tribal kings who governed the island, or even a funeral parlour. The black, red and white paintings in geometric format that can be seen inside their glass chamber are also visible on pottery items and aboriginal seals found at other archaeological remains on the island.

The most representative settlement in Gran Canaria is the Painted Cave of Gáldar. It is a museum and archaeological park that sits on an artificial excavation resting on volcanic tuff rock, with wall paintings in its interior.

The north of Gran Canaria is home to other important settlements. The stunning enclave of the valley of Agaete was the site chosen by the early settlers to place nearly 700 tombs on top of a volcanic lava flow known today as the Necropolis of Maipés. Another outstanding site is the Cenobio de Valerón, a collective granary store located in the municipality of Santa María de Guía with over 350 caves, chambers and silos where the aborigenes deposited leftovers from the harvests to provide food in times of scarcity. This same function was shared by the Cuevas de Los Canarios, where there are alphabetical type wall etchings in the middle of the Bandama Crater.

The Roque Bentayga was the first worshipping site for the Gran Canarian aborigenes, and is a beautiful natural monument that should not be missed by visitors coming to Gran Canaria. This rocky formation is set right at the heart of the Biosphere Reserve, and served as one of the spiritual hubs for the indigenous people there. Their legacy can be seen at the Visitor Centre, a museum built at the foot of it which provides an insight into the typical customs and rituals of pre-Hispanic culture.

The area surrounding the Mesa de Acusa is the site for the most relevant settlements in Artenara, but the star settlement is the quite unique sacred setting of Risco Caído. It is a group of caves with a circular space in the middle of them used for religious and astronomical purposes, with a skylight that lets in natural light to illuminate wall etchings. This phenomenon can be viewed between the equinoxes of spring and autumn, on a route organized by the Cabildo de Gran Canaria Island Government available by prior appointment only.

No less spectacular are the vestiges found around the east and south of the island, from the ancient settlement of Tufia and the archaeological settlement of Cuatro Puertas, both located in the municipality of Telde. The Guayadeque Ravine, between Ingenio and Agüimes, was the home of a significant dwelling area whose activity and mummified remains can be seen at the Canary Museum, a vital institution in the field of research and conservation of aboriginal heritage. The Ansite Fortress, a strategic enclave from where the ancient Canarians laid



THE PAINTED CAVE MUSEUM AND ARCHAEOLOGICAL PARK

C/ Audiencia, 2 - Gáldar.
 ☎ (+34) 928 895 746 / Fax: (+34) 928 552 402
 cuevapintada@grancanaria.com
 www.cuevapintada.com

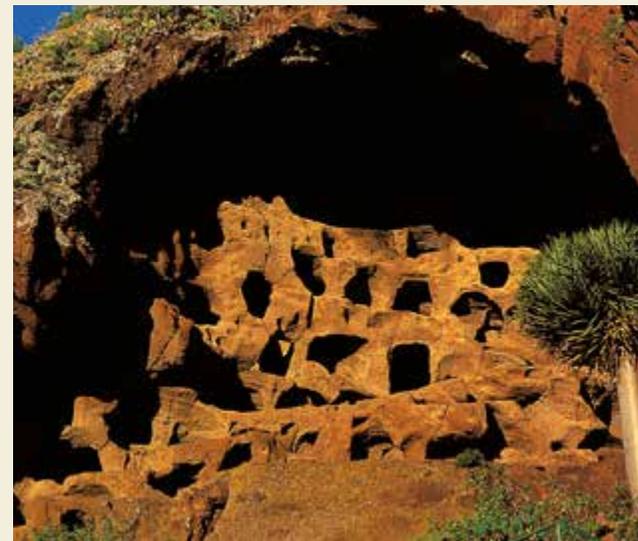
Visits to the Painted Cave of Gáldar can be made individually or with a guided tour. For the latter an appointment is required by calling ☎ (+34) 928 895 746, 902 405 504 or via the online service at www.generaltickets.com/lacajadecanarias. Tickets are also on sale at the ticket office of the museum.

OPENING HOURS:
 Tuesday to Saturday: October to May from 10:00 to 18:00, Sundays and public holidays from 11:00 to 19:00.
 June to September from 10:30 to 19:30. Sundays and public holidays until 19:30.

ARTEARA NECROPOLIS

Arteara s/n - 35108.
 San Bartolomé de Tirajana
 ☎ (+34) 638 810 591

OPENING HOURS:
 Open Tuesday to Sunday, closed on Mondays.



October to March: from 10:00 to 17:00.
 April to September from 10:00 to 18:00.
 Closed on 1st, 5th and 6th January, 1st May, and 23th, 25th and 31st December.

CUATRO PUERTAS ABORIGINAL SETTLEMENT

Montaña Bermeja, 3km from Telde.
 Open area.
 For guided tours, book appointment on:
 ☎ (+34) 928 219 229

CENOBIO DE VALERÓN

Cuesta de Silva, s/n.
 Santa María de Guía - Gran Canaria.
 ☎ (+34) 618 607 896
 www.cenobiodevaleron.com

OPENING HOURS:
 From 1st October to 31st March, Tuesday to Sunday from 10:00 to 17:00.
 From 1st April to 30th September, Tuesday to Sunday from 10:00 to 18:00.
 Tickets on sale in ticket office.
 Guided tours available upon prior appointment.

ROQUE BENTAYGA VISITOR CENTRE

Finca El Majadal - Tejeda.
 ☎ (+34) 928 474 851

OPENING HOURS:
Monday to Friday from 10:00 to 16:00.
Saturdays and Sundays from 10:00 to 18:00.

GUAYADEQUE MUSEUM VISITOR CENTRE

Barranco de Guayadeque, s/n.
☎ (+34) 928 172 026
www.aguimes.net



Tuesday to Saturday from 09:00 to 17:00 /
Sundays from 10:00 to 18:00. Closes at
15:00 on bank holidays.

SALINAS DE TENEFE

Outside: information boards, individual visits.
Inside: group visits.
For prior appointment, ☎ (+34) 928 759 706

MAIPÉS ARCHAEOLOGICAL PARK IN AGAETE

C/ Chapín s/n.
(Located behind the Agaete football stadium,
the primary school and the Civil Guard
barracks, on the way up to the Valley).
☎ (+34) 928 171 177 / (+34) 664 696 718
museosyarqueologia@arqueocanaria.com
www.maipesdeagaete.com

Open Tuesday to Sunday, closed on Mondays.
October to March from 10:00 to 17:00.
April to September from 10:00 to 18:00.
Closed on 1st, 5th and 6th January, 1st May, and
24th, 25th and 31st December.

LA FORTALEZA VISITOR CENTRE

GC-651 kilometros 1,9 - La Sorrueda
Santa Lucía de Tirajana
☎ (+34) 690 188 446
info@lafortaleza.es
www.lafortaleza.es

Tuesday to Sunday from 10:00 to 17:00.

CAÑADA DE LOS GATOS

C/ La Puntilla s/n
Playa de Mogán - 35139 Mogán
☎ (+34) 638 810 621

Open Tuesday to Sunday, closed on Mondays.
October to March from 10:00 to 17:00.
April to September from 10:00 to 18:00.
Closed on 1st, 5th and 6th January, 1st May, and
24th, 25th and 31st December.



their definitive siege to the Castilian troops in 1483, also boasts a fine Visitor Centre, dedicated to preserving and displaying the legacy inherited from our ancestors.

The final place of interest in the south is the Necropolis of Arteara, in San Bartolomé de Tirajana. The settlement there has over a thousand tomb structures, signalling the importance they obviously had for the aborigenes. Just like at the Necropolis of Maipés in Agaete mentioned earlier, a wall surrounds the whole funeral complex, bordering the area reserved for burials.

11 | Crafts



FEDAC CRAFTWORK SHOPS

THE FOUNDATION FOR
ETHNOGRAPHY AND DEVELOPMENT
OF CANARIAN CRAFTS

TRADITIONAL CRAFTWORKSHOPS

Domingo J. Navarro, 7.
Las Palmas de Gran Canaria.
☎ (+34) 928 369 661

LA SALA (OBJECTS AND CULTURE)

Domingo J. Navarro, 7 bis.
Las Palmas de Gran Canaria.
☎ (+34) 928 369 661

SHOP AT PLAYA DEL INGLÉS

Island Tourist Centre
Avda. de España esquina Avda.
de los Estados Unidos.
Playa del Inglés.
☎ (+34) 928 772 445

The craft trade in Gran Canaria owes its singularity to a constant maturing process. The pre-Hispanic dwellers on the island had already started working in clay, an essential raw material for the making of religious figures and seals geometric shapes known as pintaderas. This pottery vocation lives on to the present day at several towns around the island's interior where they still manufacture carvings, pans, jugs and an endless array of decorative figures.

Foreign influences following the Castilian conquest brought with them techniques and materials that were beneficial for the craft trade, as it brought in embroidery and lacework which was highly acclaimed, both on the islands and elsewhere. Agricultural development brought about an industry that facilitated the transport of products harvested on the land. This is how basket weaving came into being, with the emergence all kinds of baskets, tubs, bags and other objects.

The Canary knife is a highly useful tool for countryfolk and their daily activities, and has acquired a great sentimental value over the years which is passed down from parents to children. No less symbolic for the locals is the timple, a wooden musical instrument resembling a guitar, with five strings on it, which has played a crucial role in folkloric culture on the islands.

The FEDAC shops give visitors the chance to acquire craftwork pieces from Gran Canaria. These objects are the result of the old fashioned trades that refused to dwindle and die, and are the glowing display of local history and traditions.



12 Shopping



Gran Canaria is a superb destination for shoppers, thanks to its huge range of shopping areas and very low levels of tax on products. The island has large shopping centres, featuring all the big national and international brand names, alongside smaller establishments which will seduce incoming visitors with locally sourced products from the land.

The main tourist areas of San Bartolomé de Tirajana and Mogán, the open shopping areas of Vecindario, Telde and Gáldar, alongside the island's capital city, have large numbers of shops and shopping centres where visitors can get hold of anything they wish. The distinguished street of Triana, the bustling Avenida de Mesa y López and the area around the Port of La Luz and Las Palmas are open air bazaars that are open all year round. They are a must for visitors to catch up with all the latest fashion trends while treating themselves to some fine tapas.

Outside the main cities, the interior of Gran Canaria is another great option to be able to get up close to the fascinating work of local craftsmen and women. The FEDAC shops sell traditional items with a deep-rooted island seal. These items can also be found around the markets that open their doors at weekends in the middle of the island. The markets of Teror, San Mateo, Santa Brígida and the stalls up at Cruz de Tejeda are great places to find that special souvenir or culinary product that will forever remind visitors of their trip here.

Gran Canaria is a superb destination for shoppers, thanks to its huge range of shopping areas and a very low tax system on products.

OPEN AIR MARKETS

LAS PALMAS DE GRAN CANARIA

VEGUETA CRAFT AND CULTURE MARKET

Plaza del Pilar Nuevo.
Sundays
from 10:00 to 14:00.

FLEA MARKET

Rambla alcalde Juan Rodríguez Doreste.
Sundays
from 09:00 to 14:00.

SAN LORENZO FARMERS' MARKET

Opposite the Health Centre in the neighbourhood of San Lorenzo.
Sundays
from 10:00 to 14:00.

CRAFT MARKET STALLS ALONG LAS CANTERAS BEACH

At several sites along Las Palmas beachfront.
Sundays
from 10:00 to 14:00.

AGÜIMES

Opposite the municipal swimming pool Thursdays
from 08:00 to 13:00.

ARUCAS

Saturdays
from 08:00 to 14:00.

GÁLDAR

At Plaza de Santiago.
Thursdays from 08:00 to 14:00.

SAN BARTOLOMÉ DE TIRAJANA

SAN FERNANDO

Every Wednesday and Saturday from 08:00 to 14:00.

TUNTE

Plaza Santiago de Tunte.
Sundays from 09:00 to 13:00.

SANTA LUCÍA

VECINDARIO

Along Avenida de Canarias every Wednesday
from 08:00 to 14:00.

SANTA LUCÍA

Sundays from 08:00 to 14:00.

SANTA BRÍGIDA

Fridays from 16:00 to 20:00.
Saturdays from 07:00 to 20:00.
Sundays from 07:00 to 14:00.

SANTA MARÍA DE GUÍA

Tuesdays and Sundays
from 08:30 to 13:00.

SAN MATEO

Saturdays
from 08:00 to 20:00 and
Sundays from 08:00 to 15:00.

MOGÁN

PUERTO DE MOGÁN

Fridays
from 08:00 to 14:00.

ARGUINEGUÍN

Tuesdays
from 08:00 to 14:00.

PUERTO RICO

Farmers' Market,
every other Sunday
from 08:30 to 14:00.

MOYA

Sundays
from 08:00 to 14:00.

TELDE

JINÁMAR

Around the back of La Concepción Church.
Sundays
from 08:00 to 14:00.

TELDE

National Police Station car park - San Gregorio.
Saturdays, from 08:00 to 14:00.

TEROR

Sundays
from 08:00 to 14:00.

VALLESECO

Fridays from 16:00 to 20:00.
Saturdays from 10:00 to 14:00 and 16:00 to 20:00.
Sundays from 09:00 to 14:00.

VALSEQUILLO

Sundays
from 08:00 to 14:00.

PLEASE NOTE

The Gran Canaria Tourist Board is not responsible for any possible changes to the timetables published here.





Gran Canaria is a tourist destination where fun is closely linked to the kindness of its people. The festive repertoire kicks off with the famous Carnival, one of the most eagerly awaited and attractive events, and of special relevance to visitors for its international feel. The island's fine climate enables these popular festive traditions to be held throughout the year. Local fiestas such as La Rama and El Charco are bursting with age old and historical, religious and culinary customs, all of which contribute to strengthening Canarian cultural identity.

13 Fiestas

JANUARY

Wise King Procession

DATE: 5th January
MUNICIPALITIES:
Las Palmas de Gran Canaria
San Bartolomé de Tirajana
(Playa del Inglés)
Gáldar

FEBRUARY

Almond Trees in Bloom Fiesta

MUNICIPALITIES:
Valsequillo, Tejeda

Carnivals

MUNICIPALITIES:
Las Palmas de Gran Canaria
Agüimes
San Bartolomé de Tirajana
(Maspalomas)

MAY

Cheese Festival

DATE: between the last week in April and the first few days of May.

MUNICIPALITY:
Santa María de Guía

Corpus Christi Fiestas *Laying of Carpets*

MUNICIPALITY:
Las Palmas de Gran Canaria
Aruacas

Fiestas of San Fernando

MUNICIPALITY:
San Bartolomé de Tirajana.

CANARY DAY

DATE: 30th May.
MUNICIPALITY
Las Palmas de Gran Canaria

JUNE

Fiestas of San Vicente Ferrer

DATE: 12th June.
MUNICIPALITY:
Valleseco

Fiestas of San Antonio de Padua

DATE: 13th June.
MUNICIPALITIES:
Santa Brígida
Mogán
Moya.

Fiestas of San Juan

DATE: 24th June.
MUNICIPALITIES:
Las Palmas de Gran Canaria
Aruacas
Telde.

JULY

Open Air Market Fiestas "The Farmer"

DATE: first Sunday in July.

MUNICIPALITY:
San Mateo.

Fiestas of El Carmen

MUNICIPALITIES:
Las Palmas de Gran Canaria
Arguineguín / Mogán

Fiestas of Santiago Apóstol

DATE: 25th July.
MUNICIPALITY:
Gáldar.

Fiestas of Santiago de Tunte

DATE: 25th July.
MUNICIPALITY:
San Bartolomé de Tirajana.

AUGUST

Fiesta of La Rama

DATE: 4th August.
MUNICIPALITY:
Agaete.

Fiesta of the Virgin of La Cuevita

DATE:
first Sunday in August.
MUNICIPALITY:
Artenara

Fiestas of San Roque

DATES: 15th and 16th August.
MUNICIPALITY:
Firgas.

SEPTEMBER

Fiestas of Our Lady of El Pino

DATE: 8th September.
MUNICIPALITY:
Teror.

Fiestas of San Mateo

DATE: 21st September.
MUNICIPALITY:
San Mateo.

Fiesta of Las Marías

DATE:
third Sunday in September.
MUNICIPALITY:
Guía

Fiestas of La Aldea de San Nicolás

DATES: 9th, 10th and 11th Sept.
(Day of El Charco, the Pond).
MUNICIPALITY:
La Aldea de San Nicolás.

OCTOBER

Fiestas of San Francisco

DATE: 4th October.
MUNICIPALITY:
Telde.

The Apple Fiesta

DATE:
first Sunday in October.
MUNICIPALITY:
Valleseco.

Fiestas of the Virgin of El Rosario

DATE: from 3rd to 8th October.
MUNICIPALITIES:
Las Palmas de Gran Canaria
Agüimes

Fiestas of Our Lady of the Light

DATE: second Saturday in October.
MUNICIPALITY:
Las Palmas de Gran Canaria.

NOVEMBER

Fiestas of San Gregorio

DATE: 17th November.
MUNICIPALITY:
Telde.

Fiestas of Santa Cecilia

MUNICIPALITY:
Firgas.

DECEMBER

Fiesta of Santa Lucía and Pilgrimage of the Farm Workers

DATE: 13th December.
MUNICIPALITY:
Santa Lucía.

Fiestas of the Immaculate Conception. (Fiestas of Caña Dulce)

DATE: 8th December.
MUNICIPALITY:
Telde (Jinámar).



14 | Rural Tourism



The wealth of natural surroundings in Gran Canaria was rewarded in 2005 with 46% of its land surface area and sea being declared a Biosphere Reserve. With this award came recognition by Unesco of the fine state of preservation of protected areas on the island, its sustainable development linked to traditional activities in smaller towns and villages, and the uniqueness of its local flora and fauna.

All these factors, which have produced a varied landscape of stunning beauty, have turned Gran Canaria into a natural setting for rambling, playing adventure sports and discovering endemic species that are unknown in other places around the world. The fauna that inhabits the island is completely harmless. The lizards, the wide range of bird species including the blue chaffinch, marine mammals and fish can be marvelled at all year round, while visitors can breathe in the fresh aromas of laurel tree forests and stroll around the palm trees, cardoon plants or towering pine trees at the foot of the mountains.

The range of accommodation includes rural cottages and hotels spread around the whole of the island. All the biodiversity that Gran Canaria boasts can also be seen from its network of viewpoints, with 31 amazing balconies that provide the finest panoramic views.

GRAN CANARIA NATURAL ASSOCIATION

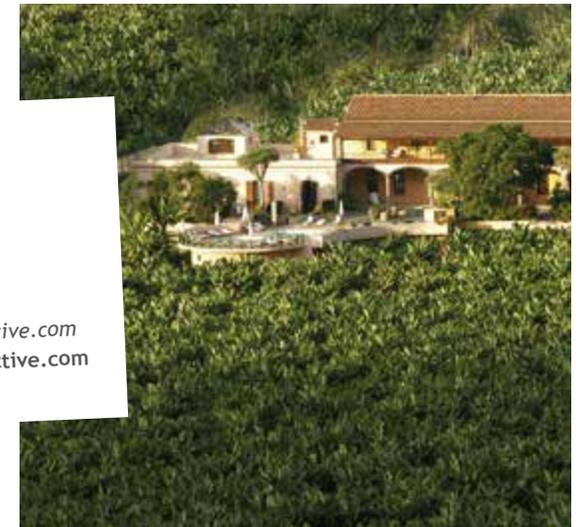
Gran Canaria Natural

☎ (+34) 928 334 175 /

Fax: (+34) 928 369 300

info@grancanarianaturalandactive.com

www.grancanarianaturalandactive.com



15 | Active Tourism

The mild climate that rules the lives of the islanders encourages physical exercise in natural surroundings

The mountains and ravines in Gran Canaria are an open air gymnasium 365 days of the year. The mild climate that rules the lives of the islanders encourages physical exercise in natural surroundings and attracts elite sportsmen and women to set up camp here for their training.

The orographic terrain depicts a horizon marked by great contrast and fosters outdoor activities such as hiking, climbing and mountain bike. An example of the excellent conditions offered by the island for active tourism is its extensive mountain racing calendar, featuring the outstanding Transgrancanaria, the Artenara Trail, the Tejeda Circular, the Entre Cortijos Mountain Run, and the Villa de Moya Circular Extreme.

Every year, the roads around Gran Canaria welcome cycling tourists and professional cyclists who choose the island for its wonderful climatic conditions and its steep mountain slopes. The ascent to Pico de Las Nieves is one of the toughest in Europe with stretches of road that reach slopes of 23%.





CYCLE-TOURISM AND HIKING COMPANIES

ALISIO ACTIVIDADES MEDIOAMBIENTALES S.L.
www.alisioactividades.com

AVENTURA EN CANARIAS
www.aventuraencanarias.com

BIKECENTER FREE MOTION
www.free-motion.net

CANARIAS BIKE MOBILITY
www.canariabikemobility.com

CYCLE GRAN CANARIA
www.cyclegrancanaria.com

CLIMBO
www.climbo.rocks

EXCURSIONS GRAN CANARIA
www.excursionsgrancanaria.com

GRAN CANARIA VIVA
www.grancanariaviva.com

JOSELITOMOVES
www.joselitomoves.com

LIMONIUM, OCIO Y DEPORTE EN LA NATURALEZA
www.limoniumcanarias.com

MACARONESIA TOURS
www.macaronesiatours.com

ROCKY ADVENTURE
www.rockyadventure.com

SEGWAY LPA
www.segwaylpa.com

SENDA BIOSFERA
www.sendabiosfera.com

VIVAC AVENTURA, S.L.
www.vivacaventura.com

WALK IN GRAN CANARIA
www.walkinggrancanaria.com

EL SALOBRE HORSE RIDING
www.elsalobreh.es

FUN ACTION SPORTS & ADVENTURES
www.funaction.net

THE BLACK HORSE CANARIAS
www.theblackhorsecanarias.com

VULCAN CANARIAS
www.vulcancanarias.com

Government of the Canary Islands 2016



16 | Golf



Gran Canaria is truly passionate about its sport. Many are the disciplines to be enjoyed on the island. The mild climate and its many unique orographic conditions are an open invitation to do exercise in the sea or in natural surroundings on land. There are just so many different choices for you to release your energy, or just enjoy going along to the traditional sporting displays that are held all around its 21 municipalities. The shepherd's stick jump, the stick fight or heavy stone lifting and ploughing are the showcase for ancient customs that in some cases date back to times before the conquest.

The most popular home grown sport on the Archipelago is Canary Wrestling, a sport originally played by the aborigenes, whose seal of identity is nobleness, and which has survived to today. Latin Sailing is another deep-rooted sport along the coastline of the capital city, the place for the headquarters of Union Deportivo Las Palmas Football Club and Gran Canaria Basketball Club, two elite sporting institutions with thousands of fans.

The island also holds other interesting sporting events such as the Gran Canaria Walking Festival, the Frontón King and the start of the ARC sea race that joins the capital with the Caribbean island of Santa Lucía. Every year, Gran Canaria also welcomes professional sportsmen and women from the world of cycling, swimming, running and beach volley, who come to make the most of the local climatic conditions and the quality of local facilities to prepare their next challenges.

The Royal Golf Club of Las Palmas became the first golf club to be inaugurated in the country, in 1891.

Golf

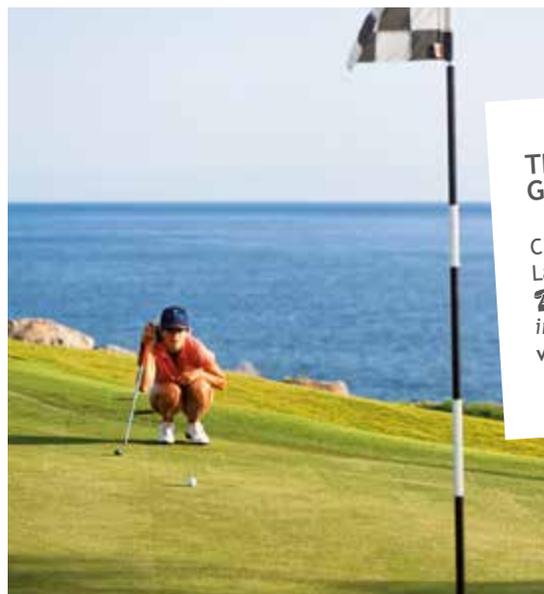
Gran Canaria has made a remarkable contribution to the development of golf in Spain. The Royal Golf Club of Las Palmas, located on the edge of the Bandama Crater, became the first golf club in the country to be inaugurated in 1891. Since then, the island has presented its credentials as a most pleasant setting for golf enthusiasts, who pour in from all over Europe, drawn in by the fine climate and ever improving air links, that today can bring golfers here on direct flights from the European mainland in a few short hours.

There are eight magnificent golf courses scattered all over the island. Their links have been designed by top course architects. No course is further than 50 kilometres away from another, meaning golfers can try them all out. Another of the attractions are the superb natural views to be had from all points of the courses. Beaches and mountains are all around as players hammer the ball down the fairway.



THE GRAN CANARIA GOLF ASSOCIATION

C. Domingo J. Navarro, 1 - 35002
Las Palmas de Gran Canaria
☎ (+34) 928 362 939
info@canariagolf.org
www.grancanariagolf.com



ROYAL GOLF CLUB OF LAS PALMAS

This course enjoys the privilege of being the oldest golf club in Spain. It is located in Bandama, right next to the crater of an ancient volcano, a testimony to the volcanic origins of Gran Canaria. The highlight of this course are the stunning views over deep and spectacular ravines.

Carretera Bandama, s/n - 35380
Santa Brigida.
☎ (+34) 928 350 104 / Fax: (+34) 928 350 110

MASPALOMAS GOLF

A fine course located next to the most important tourist resort on the island, and set within the natural surroundings of the Maspalomas Dunes. Its proximity to the sea and the gentle breezes of the tradewinds make a round of golf here a memorable experience.

Avda. T000 Neckermann, s/n -
Maspalomas.
☎ (+34) 928 762 581 / Fax: (+34) 928 768 245

SALOBRE GOLF & RESORT

Set in the typical southern countryside of the island, surrounded by ravines, its green course layout and gardens contrasting starkly with the desert all around. It has one designed to cater for all levels of ability. The only golf resort with 2 courses and 36 holes.

Autopista GC-1, Km 53.
Urbanización El Salobre. Maspalomas.
☎ (+34) 928 010 103 / Fax: (+34) 928 010 104

EL CORTIJO COUNTRY CLUB

This course is located just 6 kilometres from the capital Las Palmas de Gran Canaria. It features over 600 century old palm trees and six lakes. It is a par 72, 18 hole golf course, with a golf school, driving range, chipping green, putting green and practice bunker.

Autopista GC-1 Km 6,4 - Telde.
☎ (+34) 928 711 111 / Fax: (+34) 928 714 905

ANFI TAURO GOLF

An extraordinary par 72, 18 hole golf course, designed by prestigious golf architects von Hagge, Smelek and Baril. It covers a surface area of 650,000 m², with amazing views over the Atlantic Ocean and back over the Valle de Tauro.

Valle Tauro s/n. - Mogán.
☎ (+34) 928 560 462 / Fax: (+34) 928 063 755

LOPESAN MELONERAS GOLF

Meloneras golf course is situated on the Bay of Meloneras in the south of Gran Canaria. It features a front 9 holes with gorgeous views up to the mountains, and a back 9 with superb views over the sea, 3 of the holes actually overlook the water's edge from on high.

Autopista GC 500, s/n. Meloneras.
35100, Maspalomas.
☎ (+34) 928 145 309 / Fax: (+34) 928 146 066

LAS PALMERAS GOLF SPORT URBAN RESORT

This course is located in the city of Las Palmas de Gran Canaria and is a superb 18 hole pitch and putt course, with the longest hole measuring 150 metres. There is a 1,000 m² putting green and an ample chipping area with bunker and greens.

Avda. Alfonso Chiscano Díaz, s/n.
☎ (+34) 928 222 333 / 928 225 522
Fax: 928 222 522



17 | Health Tourism



**GRAN CANARIA
SPA, WELLNESS & HEALTH
ASSOCIATION**

☎ (+34) 928 367 508 /
Fax: (+34) 928 369 300
info@grancanariawellness.com
www.grancanariawellness.com

Gran Canaria welcomed its first tourists towards the end of the 19th century, when people travelled over from the United Kingdom to the island, seduced by the generosity of its climate and the incredible curative properties of its waters. The period of transformation society underwent during the Second Industrial Revolution in Europe made the most thoughtful individuals search for a solution to the problems derived from the pollution and the economic and demographic changes that were happening. With heart and lung disease rife at this time, people's skin and bones found cures in the now extinct spas of Azuaje and Los Berrazales, highly popular at the time.

Those incipient health expeditions planted the seed of an activity taken on board by Eduardo Filiputti, the creator of a heliotherapy centre in the 1960s right next to the Maspalomas Dunes, considered the precursor to today's extensive range of establishments specializing in body care and relaxation that exist in Gran Canaria.

The island now has Spa and Wellness centres managed by professionals who specialize in wellbeing and health and beauty. Treatments with seaweed, sea mud, hydrotherapy, salt baths, aromatherapy, thalassotherapy, massages and Turkish baths are just a few of the alternative therapies available to visitors to relieve aches and pains, stress and boredom.



18 | LGTB Tourism



Gran Canaria is one of the most popular tourist destinations with the European LGTB community, who have stayed loyal with the island for decades now. The open mentality of the locals makes this region a place where all sexual orientations are fully respected. The only thing not allowed to visitors is not to have fun, while the area taken up by Maspalomas and Playa del Inglés is the greatest example of the peaceful coexistence between residents and tourists.

The range of accommodation in Gran Canaria varies from hotels to bungalows and apartments, some of which are considered gayfriendly. However, for complete privacy visitors can stay at exclusively gay establishments at coastal locations, and just a stone's throw away from the beach. The gay community also has an area specially reserved for it in a warm corner of Maspalomas. Beach Kiosk number 7 is the reference bar for those who want to cool off while enjoying pleasant conversation down by the sea.

All the roads from Playa del Inglés lead to the Yumbo Shopping Centre, a gay universe that undergoes constant transformation. In the mornings, its alternative shops offer cheaply priced products that cater for the LGTB community. When the sun goes down, the time comes for entertainment. Bars, discos and pavement cafés open their doors for revellers to have fun till they drop.

Gay Pride, which lasts for two weeks, and the Drag Queen Galas at the Carnivals of Las Palmas de Gran Canaria and Maspalomas, are two sacred events in the festive calendar on the island. These celebrations are of great media impact throughout the whole continent, due to its harmonious blend of fun and respect.



19 Useful Information

AGAETE



Avda. Ntra. Sra. de las Nieves, 1
Puerto de Las Nieves - Agaete
☎ 928 554 382
www.aytoagaete.es

AGÜIMES



Plaza de San Antón. (Historic Town Centre)
☎ 928 789 980 (ext 694)
www.visitaguimes.com

LA ALDEA DE SAN NICOLÁS



C/ Doctor Fleming, 57 (parque de la ladera)
☎ 928 890 378
www.laaldeadesannicolas.es

ARTENARA

Artenara Ethnographic Museum of Casas Cuevas



C/Párroco Domingo Báez, 13
☎ 928 666 102
www.artenara.es

ARUCAS



C/ León y Castillo, 10
☎ 928 623 136
www.arucasonline.com

FIRGAS



C/ El Molino, 12
☎ 928 616 747
www.firgas.es

GÁLDAR



Plaza de Santiago, 1
☎ 928 895 855
www.ciudaddegaldar.com

INGENIO



C/ Ramón y Cajal, 1
☎ 928 783 799 / 928 780 076 ext.290/321
www.villadeingenio.org

LAS PALMAS DE GRAN CANARIA

Gran Canaria Tourist Board



C/ Triana, 93
☎ 928 219 600
dpromoc@grancanaria.com
www.grancanaria.com/patronato_turismo

Bandama Viewpoint Tourist Board



C/ Pico Bandama, s/n
☎ 928 170 771
dpromoc@grancanaria.com
www.grancanaria.com/patronato_turismo

Promotion of the City of Las Palmas de Gran Canaria Tourism



Muelle Santa Catalina
(opposite El Muelle Shopping Centre)
Parque de Santa Catalina, s/n
Paseo de Las Canteras,
(opposite Hotel Cristina - Gomera, 6)
Parque de San Telmo, s/n
(opposite San Telmo Hermitage)
Plaza de Santa Ana, 1
☎ 928 446 850 / 928 446 824
info@lpavisit.com
www.lpavisit.com

MOGÁN



Avda. Tomás Roca Bosch
C.C. Puerto Rico, Fase 2
PUERTO RICO
☎ 928 561 138
www.mogan.es

MOYA



C/ Juan Delgado, 6 (Parque Pico Lomito)
☎ 928 612 348
www.villademoya.es

SAN BARTOLOMÉ DE TIRAJANA

Island Tourism Centre Gran Canaria Tourist Board



Avda. España-esquina con Avda.EE.UU
(Centro Comercial Yumbo), s/n
☎ 928 771 550 / 928 762 347
cit@grancanaria.com
www.grancanaria.com / patronato_turismo

“Tunte” Tourist Information Office



Casa Museo Yanez
C/ Antonio Yanez, 1
☎ 928 127 120

Maspalomas Costa Canaria Tourism Office Annex II



Paseo Marítimo
Centro Comercial Anexo II - Local 20
☎ 928 768 409
www.turismo.maspalomas.com

Maspalomas Costa Canaria Oficina de Turismo El Portón



Centro Comercial El Portón
Local 11
☎ 928 769 262
www.turismo.maspalomas.com

SANTA LUCÍA



Avenida de Canarias
Plaza de la Era, s/n
☎ 928 125 260
www.santaluciagc.com

SANTA MARÍA DE GUÍA



C/ San José, 9
☎ 928 553 043
www.santamariadeguia.es

TEJEDA

Tourism Office - Tourist Board



Cruz de Tejeda, Puesto nº 2
☎ 928 666 334
dpromoc@grancanaria.com
www.grancanaria.com/patronato_turismo

Tourism Office - Tejeda Town Hall



Carretera General GC-60, s/n
☎ 928 666 189
www.tejeda.es

TEROR



C/ Padre Cueto, 2
☎ 928 613 808 / 928 630 075 (Ext.2211)
www.teror.es

TELDE



C/ Conde de la Vega Grande, 9
☎ 828 013 312
www.teldeturismo.es

VALLESECO



C/ Párroco José Hernández Acosta, 11(MECIV)
☎ 928 618 022 (Ext. 221)
www.valleseco-grancanaria.com

VALSEQUILLO DE GRAN CANARIA



Avda. Juan Carlos I, 1
☎ 928 705 761
turismo@valsequillogc.net
www.turismovalsequillo.com

VEGA DE SAN MATEO



C/ Dr. Ramírez Cabrera, 9
☎ 928 661 350 ext. 123
www.sanmateoturistico.es

GRAN CANARIA TOURISM - AIRPORT OFFICE



Llegadas Comunitarias - Puerta A
☎ 928 574 117
cit@grancanaria.com
www.grancanaria.com



Compromiso
de Calidad Turística | Commitment
to Tourism Quality

EMERGENCIES

Police, Fire Service,
Ambulance Service 112

TRANSPORT TAXI

LAS PALMAS DE GRAN CANARIA

Radio Taxi (+34) 928 461 818
Euro Taxi (+34) 928 462 222
TELDE
Radio Taxi San Juan (+34) 928 683 713
(+34) 928 694 908

SOUTHEAST AND SOUTHWEST GRAN CANARIA

Socomtaxi (+34) 928 772 828
Cooperativa Taxi
Maspalomas (+34) 928 142 634
Taragranca (+34) 928 460 000
(+34) 928 462 222
Servitaxi (+34) 928 931 931

BUS SERVICES

Global (+34) 902 381 110
(+34) 928 252 630

San Telmo Bus Station Information
Opening hours: Monday to Friday from 8:00
to 21:00 hrs / Saturday, Sunday and public
holidays from 9:30 to 15:30 hrs.

PLANES

Airport information (+34) 928 579 088
(+34) 928 579 089

BOATS AND FERRIES

Transmediterránea (+34) 902 454 645
Naviera Armas (+34) 902 456 500
Fred Olsen (+34) 902 100 107

METEOROLOGICAL INFORMATION

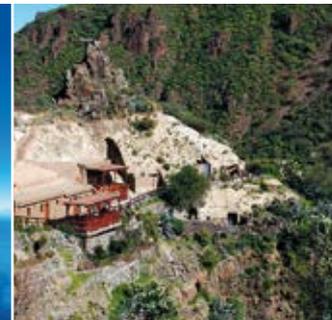
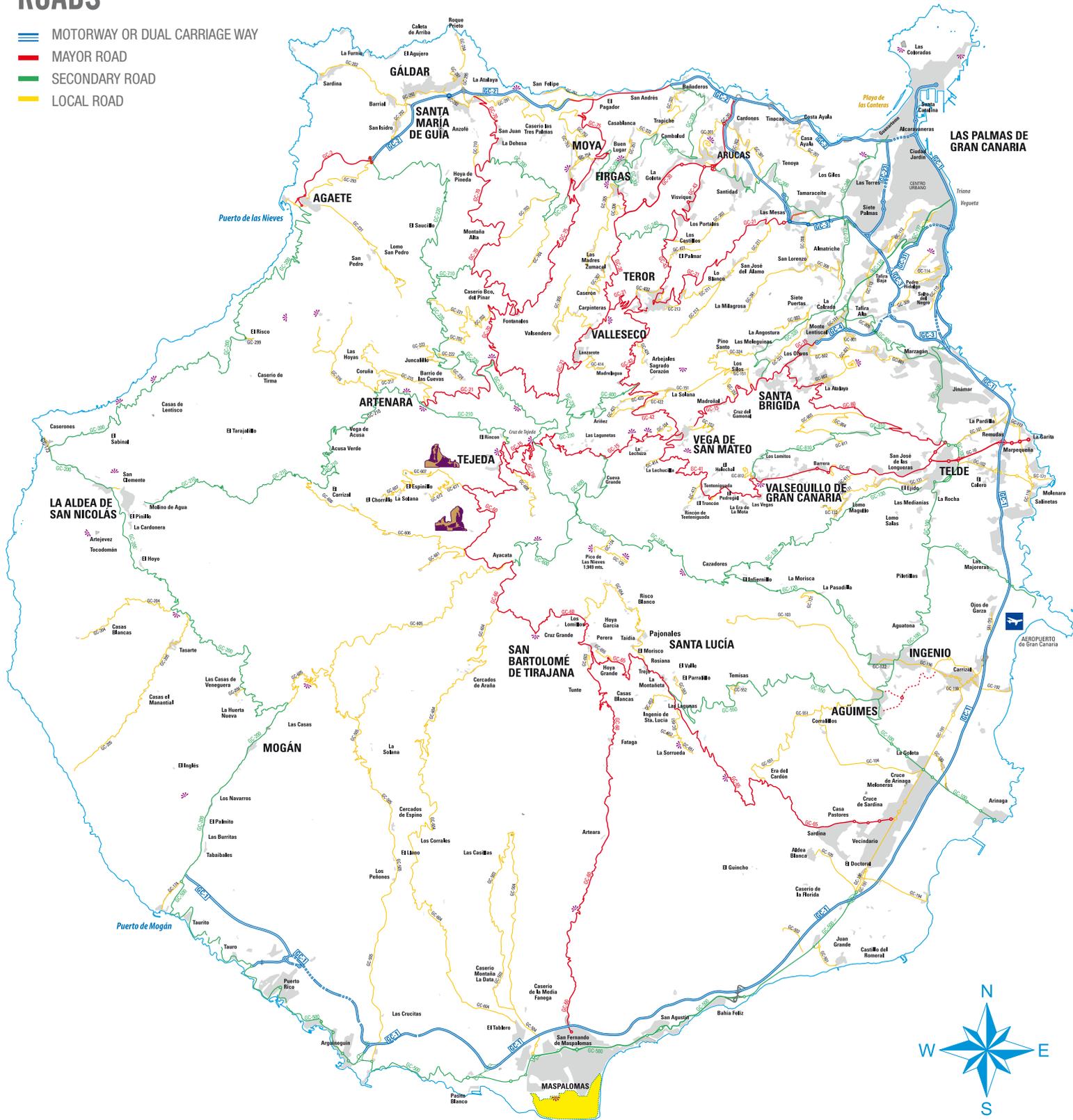
Centro Meteorológico Territorial en
Canarias Oriental
C/ Historiador Fernando de Armas, 12
(Tafira Baja) 35017

Secretary (+34) 928430600
Fax (+34) 928430601
www.inm.es



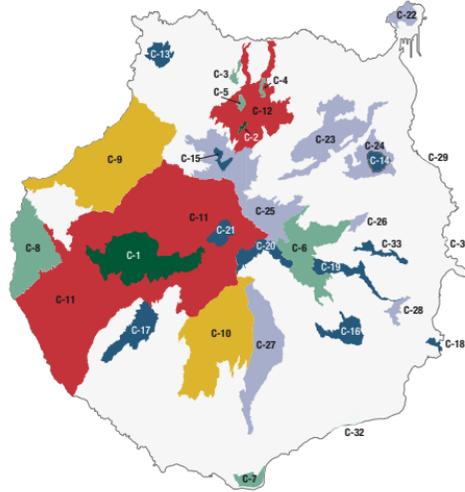
ROADS

-  MOTORWAY OR DUAL CARRIAGE WAY
-  MAYOR ROAD
-  SECONDARY ROAD
-  LOCAL ROAD





PROTECTED NATURAL AREAS



- INTEGRAL NATURAL RESERVE
- SPECIAL NATURAL RESERVE
- NATURAL PARK
- RURAL PARK
- NATURAL MONUMENT
- PROTECTED LANDSCAPE
- SITE OF SCIENTIFIC INTEREST

- C-1 INTEGRAL NATURAL RESERVE OF INAGUA
- C-2 INTEGRAL NATURAL RESERVE OF BARRANCO OSCURO
- C-3 INTEGRAL NATURAL RESERVE OF EL BREZAL
- C-4 INTEGRAL NATURAL RESERVE OF AZUAJE
- C-5 INTEGRAL NATURAL RESERVE OF FLOSTILOS DE MOYA
- C-6 INTEGRAL NATURAL RESERVE OF LOS MARTELES
- C-7 INTEGRAL NATURAL RESERVE OF LAS DUNAS DE MASPALOMAS
- C-8 INTEGRAL NATURAL RESERVE OF GÜIGÜÍ
- C-9 NATURAL PARK OF TAMADABA
- C-10 NATURAL PARK OF PILANCONES
- C-11 RURAL PARK OF EL NUBLO
- C-12 RURAL PARK OF DORAMAS
- C-13 NATURAL MONUMENT OF AMAGRO
- C-14 NATURAL MONUMENT OF BANDAMA
- C-15 NATURAL MONUMENT OF MONTAÑÓN NEGRO
- C-16 NATURAL MONUMENT OF ROQUE AGUAYRO
- C-17 NATURAL MONUMENT OF TAURO
- C-18 NATURAL MONUMENT OF ARINAGA
- C-19 NATURAL MONUMENT OF GUAYADEQUE RAVINE
- C-20 NATURAL MONUMENT OF LOS RISCOS DE TIRAJANA
- C-21 NATURAL MONUMENT OF ROQUE NUBLO
- C-22 PROTECTED LANDSCAPE OF LA ISLETA
- C-23 PROTECTED LANDSCAPE OF PINO SANTO
- C-24 PROTECTED LANDSCAPE OF TAFIRA
- C-25 PROTECTED LANDSCAPE OF LAS CUMBRES
- C-26 PROTECTED LANDSCAPE OF LOMO MAGULLO
- C-27 PROTECTED LANDSCAPE OF FATAGA
- C-28 PROTECTED LANDSCAPE OF MONTAÑA DEAGÜIMES
- C-29 SITE OF SCIENTIFIC INTEREST OF JINÁMAR
- C-30 SITE OF SCIENTIFIC INTEREST OF TUFIA
- C-31 SITE OF SCIENTIFIC INTEREST OF ROQUE DE GANDO
- C-32 SITE OF SCIENTIFIC INTEREST OF JUNCALILLO DEL SUR



GranCanaria

Gran Canaria Tourist Board

Triana, 93
35002 - Las Palmas de Gran Canaria
Tel: (+34) 928 219 600
Fax: (+34) 928 219 601

 mygrancanaria

 gctourism

 visitgrancanaria

www.grancanaria.com

