



# Canary Islands



THIS EDITION WRITTEN AND RESEARCHED BY

Lucy Corne, Josephine Quintero

## PLAN YOUR TRIP

Welcome to the Canary Islands .....	4
Canary Islands Map .....	6
Canary Islands' Top 17 .....	8
Need to Know .....	16
If You Like.....	18
Month by Month .....	21
Itineraries .....	23
Outdoor Activities .....	27
Travel with Children ....	35
Regions at a Glance ....	38

## ON THE ROAD

### GRAN CANARIA .....42

Las Palmas de Gran Canaria .....	45
Tafira Alta .....	55
Caldera de Bandama & Santa Brígida .....	55
Telde .....	55
Agüimes .....	56
Barranco de Guayadeque .....	57
Teror .....	58
Aucas .....	59
Moya .....	61
Santa María de Guía .....	61
Gáldar .....	62
Agate & Puerto de las Nieves .....	63
Aldea de San Nicolás .....	64
Artenara .....	65
Tejeda .....	66
Fataga .....	67
Playa del Inglés & Maspalomas .....	68
Puerto Rico & Arguineguín .....	72
Puerto de Mogán .....	73
Mogán .....	74

### FUERTEVENTURA...75

Peurto del Rosario .....	78
Betancuria .....	80
Antigua .....	81
Caleta de Fuste .....	83
La Oliva .....	85
Corralejo .....	86
El Cotillo .....	90
La Lajita .....	92
Península de Jandía ....	92
Costa Calma .....	92
La Pared .....	93
Playa de Sotavento de Jandía .....	93
Morro Jable .....	94

### LANZAROTE .....97

Arrecife .....	99
Costa Teguiise .....	104
Teguiise .....	105
Guatiza & Charco del Palo .....	107
Arrieta .....	107
Malpaís de la Corona .....	107
Órzola .....	108
Chiniño Archipelago .....	108
Mirador del Río .....	110
Haría .....	110
La Caleta de Famara .....	111
San Bartolomé .....	113
La Geria .....	114
Parque Nacional de Timanfaya .....	114
Puerto del Carmen .....	115
Puerto Calero .....	117
Yaiza .....	117
El Golfo .....	118
Playa Blanca .....	118
Punta del Papagayo .....	119

### TENERIFE .....120

Santa Cruz de Tenerife .....	123
La Laguna .....	130
San Andrés .....	133
Taganana & the Anaga Mountains .....	134
Punta del Hidalgo .....	134
Tacoronte .....	134
Puerto de la Cruz .....	135
La Orotava .....	141
Icod de los Vinos .....	144
Garachico .....	145
Parque Nacional del Teide .....	146
Punta de Teno .....	150
Santiago del Teide .....	150
Masca .....	150



SANTA CRUZ DE LA PALMA  
P183



PUERTO DE MOGÁN P73

# Contents

## UNDERSTAND

Los Gigantes & Puerto de Santiago ...	151
Los Cristianos, Playa de las Américas & Costa Adeje..	152
Las Galletas.....	160
Candelaria.....	161
Guímar.....	162
El Médano.....	163

### LA GOMERA.....164

<b>San Sebastián de la Gomera.....</b>	<b>166</b>
<b>Parque Nacional de Garajonay.....</b>	<b>171</b>
Hermigua.....	173
El Cedro.....	174
Agulo.....	174
Vallehermoso.....	175
Playa Santiago.....	176
Alajeró.....	177
Valle Gran Rey.....	178

### LA PALMA.....180

<b>Santa Cruz de la Palma.....</b>	<b>183</b>
Los Cancajos.....	188
Breña Alta.....	189
Villa de Mazo.....	189
Parque Ecológico de Belmaco.....	190
Fuencaliente.....	191
El Paso.....	193
Parque Nacional de la Caldera de Taburiente...	194
Los Llanos de Aridane...	196
Puerto Naos.....	198
San Andrés & Los Sauces.....	199
Los Tiles.....	199
Parque Cultural La Zarza.....	201

### EL HIERRO.....202

<b>Valverde.....</b>	<b>205</b>
El Mocanal.....	207
Echedo.....	207
Tamaduste & La Caleta.....	208
Puerto de la Estaca & Las Playas.....	208
Mirador de la Peña.....	209
San Andrés.....	209
Isora.....	210
El Pinar.....	210
Hoya del Morcillo.....	210
La Restinga.....	211
<b>El Golfo.....</b>	<b>212</b>
Las Puntas.....	212
La Maceta & Charco Los Sargos....	213
Tigaday.....	213
La Frontera.....	214
Los Llanillos & Sabinosa.....	214
<b>La Dehesa.....</b>	<b>215</b>
Ermita de Nuestra Señora de los Reyes ...	215
El Sabinar & Around ...	215

### ACCOMMODATION...216

<b>Gran Canaria.....</b>	<b>218</b>
<b>Fuerteventura.....</b>	<b>221</b>
<b>Lanzarote.....</b>	<b>223</b>
<b>Tenerife.....</b>	<b>226</b>
<b>La Gomera.....</b>	<b>229</b>
<b>La Palma.....</b>	<b>231</b>
<b>El Hierro.....</b>	<b>233</b>

<b>Canary Islands Today.....</b>	<b>236</b>
<b>History.....</b>	<b>238</b>
<b>Island Cuisine.....</b>	<b>245</b>
<b>Canarian Arts &amp; Culture.....</b>	<b>248</b>
<b>Life on a Volcano.....</b>	<b>253</b>

## SURVIVAL GUIDE

<b>Directory A–Z.....</b>	<b>258</b>
<b>Transport.....</b>	<b>264</b>
<b>Language.....</b>	<b>268</b>
<b>Index.....</b>	<b>277</b>
<b>Map Legend.....</b>	<b>287</b>

# Itineraries



## The Best of Gran Canaria

A week on Gran Canaria gives you enough time to explore the museums and restaurants of the capital, munch seafood along the coast, admire the mountains and even spend a little time on the beach.

Start in **Las Palmas de Gran Canaria** with a gentle stroll on Playa de las Canteras or a dip in the ultra-calm ocean – perfect for snorkelling. Pass the second day wandering the cobbles of historic Vegueta with its stellar museums. Day three, head to the lovely town of **Arucas** before hitting the north coast to sample seafood in **Puerto de las Nieves**. Day four, tackle the spectacular winding west coast road, grabbing lunch in quiet **Puerto de la Aldea**, then continue the magnificent drive to pretty **Puerto de Mogán**, with its Med-style yachting harbour. Day five, swing southeast to the shimmering sands of **Maspalomas** for a stroll or a swim, then take the GC-60 north to **Tejeda** for lunch with a view. Spend day six on a mountain hike or drive, drinking in the jaw-dropping scenery. To finish, wind your way down to **Agüimes** with its lovely pastel-painted buildings and historic charm, then veer back inland to the lush **Barranco de Guayadeque** for lunch in a cave.



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Above: Valle Gran Rey (p178), La Gomera

Left: Harbour in Corralejo (p86), Fuerteventura

6  
DAYS

## Fuerteventura's Finest

The beaches here are brilliant, but there is more to the island. This route covers quaint fishing towns and inland villages as well as the famous dunes and beaches.

Start at **Corralejo's** pretty harbour for a little beach time or some watersports. Continuing in seaside mode, head south-east, past the endless shifting dunes on the FV-1 road. End the day with a stroll and dinner in **Puerto del Rosario**. Day two, continue south, stopping at pint-sized **Pozo Negro**, where simple seafood restaurants overlook the surf. It's time for a break from all those blues, so wend your way inland to pretty **Pájara**. Pop into the extraordinary church here and pray for a free room at the town's lovely *casa rural*. Day three, stop at **Betancuria's** eye-catching church and quirky museums then spend the afternoon exploring the art and architecture of **La Oliva**. Spend day five in the low-key beachside town of **El Cotillo**, sampling its fine cafes, eating seafood and watching the surfers. Day six, return to Corralejo via the hip surfing village of **Lajares**, ending with an afternoon ferry to unspoilt **Isla de Lobos** for a relaxing stroll on the sand.

6  
DAYS

## Lanzarote Hot Spots

A touch of art, a splash of wine, a dash of seafood and a whole lot of spectacularly stark scenery.

Explore **Arrecife's** art and history, take a dip at the Playa del Reducto and have dinner and drinks at the smart new marina. Next day head north for the **Cueva de los Verdes** and **Jameos del Agua** before the tour buses arrive, then backtrack and take the rest of the day off in simple seaside **Arrieta**. Day three, head for overlooked Órzola, launchpad for ferries to **Isla Graciosa**. Spend the day on deserted beaches and the night in utter tranquillity. Back on Lanzarote, stop at postcard-pretty **Haría** to visit artist César Manrique's former home. Then head south to **Teguise**, a great little town that's a joy to wander. End in **La Caleta de Famara** for a seafood dinner as the sun sets. Watch dawn surfers in action before visiting the wineries of **La Geria**. Day six, explore the lava fields of the **Parque Nacional de Timanfaya**, joining the bus tour through the dramatic Ruta de los Volcanes. Stay over in unspoilt **El Golfo** and enjoy more seafood overlooking the waves.





## 10 DAYS Tenerife & La Palma

It's all perfectly preserved architecture and impressive mountain backdrops on this island-hopping adventure.

On Tenerife, stay two nights in **Puerto de la Cruz**, enjoying the shops, bars and beaches. Day three visit **La Orotava**, with its grand 17th-century mansions. Still in historical mode, continue on to **La Laguna's** traditional quarter for an overnight stay. Next day, retrace your steps to contrasting **Garachico** and its simple fishermen's cottages. Day five, head for **El Teide** for a day of walking, gawping and camera snapping. Day six, hightail it to **Los Cristianos** and catch the daily ferry to **La Palma**.

Spend a couple of nights in the capital **Santa Cruz**, exploring the old town, kicking back on the beach and taking a pilgrimage to the Santuario de la Virgen de las Nieves. Continue north to explore the hilly, cobbled streets of **San Andrés**. Day eight, visit the lush rainforest of **Los Tiles** before cooling off at the salt-water pools at **Charco Azul**. Day nine, hike through **Parque Nacional de la Caldera de Taburiente**. Continue south to lively **Puerto Naos** before visiting the handi-craft museum at **Villa de Mazo**.

## 1 WEEK La Gomera & El Hierro

Simple pleasures reign on the smallest islands: rustic cuisine, forest hikes, ocean swims and plenty of winding roads.

Spend the first day on La Gomera exploring the backstreets, big streets and everything in between in **San Sebastián**. The next day recover from all that urban exhaustion with a dip at **Playa Santiago**. Day three, head to the verdant north, stopping at traditional **Hermigua** and postcard-pretty **Playa de la Caleta**. Next day, continue south for a trek through a fern-filled rainforest up to the lofty peaks (and views) of the **Alto de Garajonay**. Drive beside the stunning **Valle Gran Rey** gorge until it reaches the sea. Stay overnight at **La Playa** before returning to San Sebastián to catch the ferry to **El Hierro**.

Check out the low-key capital of **Valverde**, before heading south to the **Eco-museo de Güinea**, a natural-cum-cultural treat. Dine on superb Canarian food at down-to-earth **Tigaday** and stay overnight. Next day, head for the natural pools at **Charco Azul**, before heading to the lush pines of **El Pinar**, the Centro Volcanológico and the off-shore scuba diving at **La Restinga**.

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- S-Bahn/S-train/Subway station
- Taxi
- T-bane/Tunnelbana station
- Train station/Railway
- Tram
- Tube station
- U-Bahn/Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

*Note: Not all symbols displayed above appear on the maps in this book*





## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Lucy Corne

**Gran Canaria, Fuerteventura, Lanzarote** Lucy's first introduction to the Canary Islands was a four-month stint entertaining kids in a Gran Canaria tourist resort. It did not show off the best that the island had to offer, but rare days off were spent discovering there was more to Gran Canaria than beaches and all-you-can-drink boat trips. She soon moved to Las Palmas and spent four years in the Canaries, teaching English, writing for a local newspaper and exploring hamlets,

hiking trails and hidden beaches across all seven islands. She was thrilled to return for this book and was particularly excited to revisit Gran Canaria's mountainous centre, roam barefoot again on Isla Graciosa and attempt to eat her body weight in papas arrugadas. See more of Lucy's work at [www.lucycorne.com](http://www.lucycorne.com). Lucy also wrote the Plan Your Trip, Island Cuisine, Canarian Arts & Culture, Life on a Volcano and Survival Guide chapters.

Read more about Lucy at:

<http://auth.lonelyplanet.com/profiles/lucycorne>



### Josephine Quintero

**Tenerife, La Gomera, La Palma, El Hierro** Josephine has lived on mainland Spain for over 20 years and has visited the Canary Islands on several occasions, including researching two previous editions of this title. She finds that the islands continually throw up surprises, although there is one constant: the genuine friendliness of the locals. Highlights during this trip included gazing at evocative art at the magnificent TEA museum in Santa Cruz, listening to soul-stirring Silbo (whistling) in La

Gomera, and hiking in the lush green hinterland in La Palma where there was (thankfully) no mobile signal and only the sound of birdsong. Josephine also wrote the Canary Islands Today and History chapters.

Read more about Josephine at:

<http://auth.lonelyplanet.com/profiles/josephinequintero>

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