

Directory

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ACCOMMODATION

The short, sad advice to those who prefer to travel independently and keep their options open is that it's easier and a lot cheaper to buy a Canaries package, including flights and accommodation, before leaving home.

Unless it's the nightlife you're after, you might want to pick one of the smaller and quieter resorts. But don't think that, once you've arrived, you're trapped for the whole of your stay. Buses fan out all over the islands of Tenerife and Gran Canaria, and car hire on all islands is less expensive than on mainland Europe.

The accommodation listings within this guide are ordered as follows: budget (under

PRACTICALITIES

- Use a 220V, 50Hz electricity plug with two round pins. Make sure you bring plug adapters for your appliances.
- Local newspapers and magazines include *Diario de Avisos*, *La Gaceta de Canarias*, *Canarias 7*, *La Provincia* and the English-language *Island Connections*. You can also get Spanish newspapers *El País* and *El Mundo* and the foreign *International Herald Tribune*, *Hello!* and all the English and German tabloids.
- Radio Nacional de España has four stations. Local FM stations abound on the islands and the BBC World Service (www.bbc.co.uk/worldservice) can be found mainly on 6195kHz, 9410 kHz, 12095kHz and 15485 kHz.
- The Canaries receives the mainland's big TV channels (TVE1, La 2, Antena 3, Tele 5) and has a few local stations that are of very limited interest.
- The metric system is used on the Canary Islands. Decimals are indicated with commas and thousands with full points.

€60 per double per night); midrange (€60 to €120 per double per night) and top end (over €120 per double per night). Generally speaking, budget facilities will comprise simple rooms, sometimes with private bathroom. Most of the lodgings in the Canary Islands fall into the midrange bracket and, while there are some variations between standards (even from island to island), you'll find most perfectly comfortable. Top end is just that – anything that appears under this category will have all the comforts you need.

Many prices include full-board (*pensión completa*) or half-board (*media pensión*). Full board means all meals are included, while half-board indicates the inclusion of breakfast and dinner.

Some places have separate price structures for the high season (*temporada alta*), mid-season (*temporada media*) and low season

(*temporada baja*), all usually displayed on a notice in reception or nearby. Hoteliers are not actually bound by these displayed prices.

Any time is tourist time in the Canaries, but the high season is winter, when the Canaries can offer sunshine, warmth and an escape from the rigours of the northern European winter. Winter runs from about December to April (including the Carnival period of February/March) and this is when you are likely to find accommodation at its most costly and elusive. *Semana Santa* (Easter Week) is another peak time. Summer (July to September) can also be busy, as mainland Spaniards turn up in full force. If you can visit during other times of the year, you'll find less pressure on accommodation, with many of those same hotels and apartments offering reductions of about 25%.

Note that options in individual towns fill up quickly when a local fiesta is on, and those on the smaller islands can be fully booked during important celebrations. See individual island chapters for details on festivals and events.

The overwhelming majority of visitors to the Canary Islands come with accommodation booked. This has certain advantages, especially in high season, when going it alone can be difficult. Advance booking for independent travellers really does pay off, even if it's no more than a phone call on the morning of the same day.

Virtually all accommodation prices are subject to IGIC, the Canary Islands' indirect tax, charged at a rate of 5%. This tax is often included in the quoted price at the cheaper places, but less often at the more expensive ones. In some cases you will only be charged the tax if you ask for a receipt.

Apartments

Apartments for rent are much more common than hotels. Quality can vary greatly, but they can be more comfortable than a simple *pen-sión* and more economical, especially if there are several of you and you plan to self-cater. The two principal categories are *estudios* (studios), with one bedroom or a living room and bedroom in common, and the more frequent *apartamento*, where you get a double bedroom and separate lounge. Both have separate bathroom and a kitchenette. Also common are *aparthotels*, which function exactly like hotels in terms of service but with large rooms that include a kitchenette, like a small apartment.

The downside for the independent traveller is that, particularly in the main resorts,

many apartment complexes are completely in thrall to tour operators. Obeying the terms of their contract, they can't rent you a room, even if it's empty, since the tour company has snapped up every last one for the season. Even those apartment complexes that do rent to independent travellers may insist upon a minimum stay of three nights.

In the case of privately owned apartments, most of the time the owner doesn't live in the building so there's little point in just turning up – you generally need to call. This is particularly the case in the three westernmost islands, La Gomera, El Hierro and La Palma, where small operators predominate. Contact phone numbers will usually be posted at the building entrance.

Apartments are officially categorised as one to three keys. At the bottom of the scale they can cost as little as €35 for a double for a night. At the top you're looking at anything up to €90. Look for signs like *apartamentos de alquiler* (apartments for rent).

Because of the peculiar difficulties sometimes associated with apartments, and the need in most cases for a phone number, you should get hold of each island's hotel/apartment guide from tourist offices as soon as you can after arrival. These guides are often far from complete, with the majority giving only contact details, but at least they give you some information to work with.

Camping

For a place with so much natural beauty, there are precious few places to camp in the Canary Islands. Most islands have just one token official camping ground, and free camping is largely prohibited. In all cases, you'll have to request permission in advance to camp. Generally, the protocol is to call or fax in a request ahead of time (best if it's before you even leave home) and your permit will either be faxed back or you will have to pick it up in person. Some of the smaller camping grounds are geared towards trekkers and only allow one-night stays.

Note that Camping Gaz is the only common brand of camping fuel. Other kinds of fuels are nearly impossible to find.

Casas Rurales

Converted farmsteads or village houses sometimes form the only accommodation option in out-of-the-way places. They are often a highly

BOOK ACCOMMODATION ONLINE

For more accommodation reviews and recommendations by Lonely Planet authors, check out the online booking service at www.lonelyplanet.com. You'll find the true, insider lowdown on the best places to stay. Reviews are thorough and independent. Best of all, you can book online.

agreeable option for those seeking to escape the bustle of the resorts, but it's essential to call ahead as they usually offer limited places and there may be no-one in attendance. Many *casas rurales* are distant from public transport, so check whether a hired car is necessary or desirable. They usually represent excellent value for the charm of their setting and facilities. Each island has its own organisation, or you can reserve centrally through **Acan-tur** (Asociación Canaria de Turismo Rural; ☎ 902 22 55 80; www.ecoturismocanarias.com).

Hotels, Hostels & Pensiones

Compared with mainland Spain, there are precious few *hoteles* (one- to five-star hotels), *hostales* (one- to three-star budget hotels) or *pensiones* (one- or two-star guesthouses) in the Canaries. Since the bulk of the islands' visitors arrive with accommodation booked in advance – usually in villas or self-catering apartments – the demand for more-standard hotels is low.

In practice, there is little difference between *pensiones* and *hostales*. At the low-price, one-star end of either you may well find cramped, dank rooms and shared bathrooms (with perhaps a simple washbasin in the room), while at a slightly higher price you could find charming gems with private bathrooms and stylish décor. *Hoteles* range from simple places to luxurious, five-star establishments. Even the cheapest ones may have a restaurant, and most rooms will have their own bathroom.

Paradores

The Paradores, a Spanish state-run chain of high-class hotels with six establishments in the Canary Islands, are in a special category. These can be wonderful places to luxuriate. They also offer a range of discounts for senior citizens, under-30s and those staying more than one night. The organisation has accommodation on Tenerife and the three

easternmost islands. You can find current offers at www.parador.es, or by contacting its central reservation service, the **Central de Reservas** (☎ 915 16 66 66; Calle Requena 3, 28013 Madrid).

ACTIVITIES

The Canaries are a great destination for some fun in the sun and there is a diverse range of activities offered for young and old. For more details, see the Outdoors chapter (p45).

BUSINESS HOURS

Generally, business hours are 9am to 2pm and 5pm to 8pm Monday to Friday. Having said that, a lot of government offices don't bother with afternoon opening.

Shops and travel agencies usually open these same hours Monday to Saturday, although some skip the afternoon session on Saturday.

Supermarkets often stay open from about 9am to 9pm Monday to Saturday.

Banks mostly open 8.30am to 2pm Monday to Friday.

Big-city post offices open 8.30am to 8.30pm Monday to Friday and 9.30am to 1pm on Saturday. Most others open from 8.30am to 2.30pm Monday to Friday and 9.30am to 1pm on Saturday.

Restaurants are open from 1pm to 4pm and 9pm until late. Locals go to

SMOKING IN SPAIN**Hotels**

Since January 2006, all hotels in Spain are required to guarantee at least 70% of the rooms (and public spaces) be 'smoke-free', while smokers are only allowed to light up in separate smoking areas. So regardless of where you stay, you're ensured of finding a nonsmoking room.

Restaurants

The same law requires all bars, restaurants and cafés larger than 100 sq metres to offer a nonsmoking area. Smaller establishments, however, can choose whether they want to be smoke-free; most of these small places (which represent the bulk of the drinking and eating options in the Canary Islands) allow smoking.

small bars for breakfast, which open from around 8am.

Bars and nightclubs have no set opening hours, but you can count on informal pub-style bars to open around 7pm, although they might not get busy until 10pm or 11pm. Depending on the town, nightclubs may open at any time between 10pm and midnight, and stay open until between 2am and 5am. In small towns, bars will only be open on Friday and Saturday nights.

Many places give hours as summer/winter, with summer meaning June through September and winter as the rest of the year. In the Canaries, winter is the high season, often with longer opening hours.

In this book we only give opening hours when they significantly differ from those mentioned here.

CHILDREN

Children are welcome at all kinds of accommodation and in virtually every café, bar and restaurant. Having children with you can often open doors to contact with local people you otherwise may not have the opportunity to meet.

Many bars and cafés have outside tables, allowing drinking adults to indulge in their favourite tipples while their little ones run around and play. Local kids are quite used to staying up late and at fiestas it's commonplace to see even tiny ones toddling the streets at 2am or 3am.

Travelling with children usually implies taking a different approach to your holiday. Fortunately, the Canaries are, in this sense, an ideal location – only those determined to see all seven islands at lightning speed would be tempted to subject themselves, let alone their children, to day after day of tiring movement. Hanging around the one spot for a few days at a time, or choosing a permanent base from which to make excursions, creates a sense of familiarity.

Practicalities

Many of the islands' hotels will happily supply a cot for infants, although it's always a good idea to arrange this in advance. With advance warning, the well-known car-hire companies can provide safety seats for children, but you might find it difficult to arrange this with some of the smaller operators. Highchairs and nappy-changing

facilities are rare, but the laidback, friendly attitude to children on the islands means that this needn't be a dilemma.

Larger hotels and tourist resorts will be able to arrange childminding, and will often have a specific 'kids club' to keep the little ones occupied during the day and early evening.

Infants generally travel free on ferries and other boats, and those aged two to 12 years go half-price. Similar reductions apply at most commercial attractions, museums and on public transport.

There are no particular health precautions you need to take with children in the Canaries. That said, kids tend to be more affected than adults by unfamiliar heat, changes in diet and sleeping patterns.

Nappies (diapers), creams, lotions, baby foods and so on are all easily available in pharmacies and supermarkets on the islands, but if there's a particular brand you swear by, it's best to bring it with you. Breast-feeding in public is not frowned upon by locals.

Lonely Planet's *Travel with Children* has lots of practical advice on the subject and first-hand stories from many Lonely Planet authors and others who have done it.

Sights & Activities

Children will be cheered by the discovery that the Canaries are not overly laden with museums and other grown-up delights that so often engender desperate, yawn-inducing boredom for the young.

Instead, much of the stuff put on for tourists appeals to kids. Animal reserves (such as Tenerife's Loro Parque) and all the water and theme parks on the bigger islands provide fun for all the family.

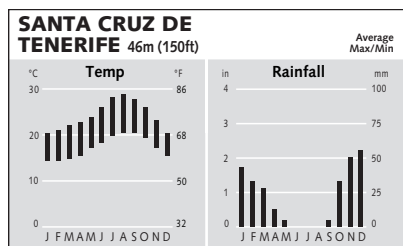
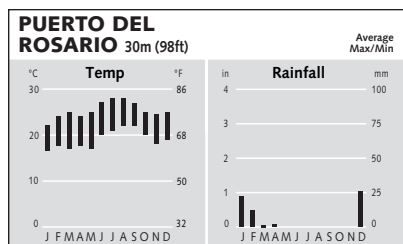
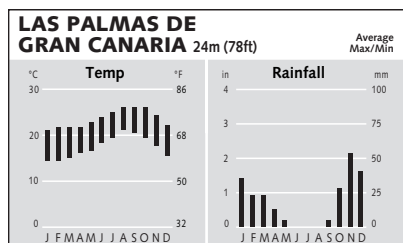
Tenerife's southern stretches are especially popular family-friendly destinations, and recent efforts to get rid of drunken rowdiness have met with publicity and approval.

Plenty of seaside activities are also suitable for the young, with many companies welcoming children keen to learn to surf, snorkel and the like.

For a selection of great activities for the kids, see the boxed text on p49.

CLIMATE CHARTS

Yes, it really is like a permanent spring in the Canary Islands, with a particularly benign climate putting a smile on your face as



soon as you hit the tarmac. Mean temperatures range from 18°C in the winter to about 24°C in summer. Daily highs can easily reach the mid-30s in summer. Even on a hot day at the beach, however, it can be pleasantly cool higher up, and the snow atop Teide is a clear enough reminder that, in winter at any rate, some warm clothing is essential.

For more climate information, see also p20.

COURSES

A Spanish class in the Canary Islands is a great way to learn something and meet people. With a little Castellano under your belt, you'll be able to better appreciate the local culture.

Check the index for courses listed in this book. You can also check out the local Yellow Pages for Academias de Idiomas to find private language schools throughout the islands. If you're looking for a personal tutor,

ask at the schools or keep your eyes peeled for adverts offering Spanish classes. Expect to pay around €15 per hour.

It's worth asking whether your course will lead to any formal certificate of competence. The Diploma de Español como Lengua Extranjera (DELE) is a qualification recognised by Spain's Ministry of Education and Science.

CUSTOMS

Although the Canary Islands are part of Spain, for customs purposes they are not considered part of the EU. For this reason, allowances are much less generous than for goods bought within EU countries.

You are allowed to bring in or take out, duty free, a maximum of 2L of still wine, 1L of spirits (or 2L of fortified wine), 60mL of perfume, 250mL of *eau de toilette*, 200 cigarettes and up to €175 worth of other goods and gifts.

DANGERS & ANNOYANCES

The vast majority of travellers to the islands risk little more than sunburn, hangovers and overspending. Petty theft can be a problem in Las Palmas de Gran Canaria, the big south-coast resorts on Tenerife and Gran Canaria, and tourist magnets like El Teide, but with a few simple precautions you can minimise the danger.

Carry valuables under your clothes if possible – certainly not in a back pocket or day pack or anything that could be snatched away easily – and keep your eyes open for people who get unnecessarily close to you. Never leave anything visible in cars. If possible, don't even leave anything valuable in the boot (trunk). Hire cars are targeted.

Take care with your belongings on the beach. Lone travellers should consider investing in a waterproof neck pouch so that they can keep lightweight valuables with them even while swimming.

Don't leave anything valuable lying around your room and use a safe if there is one available, even if you have to pay to use it.

If anything valuable is stolen or lost, you must report it to the police and get a copy of the report if you want to make an insurance claim.

If your passport is stolen or lost, contact your embassy or consulate for help in issuing

a replacement. Before you leave home, write your name, address and telephone number inside your luggage and take photocopies of your important documents.

Travel insurance against theft and loss is another good idea; see Insurance (p252).

Party animals should be aware that some other party animals, when drunk enough, can become quite unpredictable. In most cases, we are talking loud and drunken louts ferried in on charter flights from northern Europe, some of whom can't resist a good fight.

Scams

You may well come across time-share touts if you hang around the main resorts in the Canary Islands. If you like the islands enough, time-share may be worth considering, but be careful about how and what you choose. You need to have all your rights and obligations in writing, especially where management companies promise to sell your time-share for you if you decide to buy a new one. A number of 'free' sightseeing tours throughout the islands are little more than a quick trip to a theme park and then a solid round of the hard sell, as touts pressure you to buy time in a property. If you're not into this, say so up front and save yourself the hassle.

DISCOUNT CARDS

If you're a full-time student, a teacher or under 26 years of age, you can get discounts on everything from airfares and car rental to public transport and museum entry. The International Student Identity Card (ISIC), International Youth Travel Card (IYTC) and the International Teacher Identity Card (ITIC) are for sale all over the world; prices vary by country. Get details about how to apply at www.isic.org. You can buy and use the cards internationally.

EMBASSIES & CONSULATES

It's important to realise what your own embassy – the embassy of the country of which you are a citizen – can and can't do to help you if you get into trouble. Generally speaking, it won't be much help in an emergency if the trouble you're in is remotely your own fault. Remember that you are bound by the laws of the country you are in. Your embassy will not be sympathetic if you end up in jail

after committing a crime locally, even if such actions are legal in your own country.

In genuine emergencies you might get some assistance, but only if other channels have been exhausted. For example, if you need to get home urgently, a free ticket home is exceedingly unlikely – the embassy would expect you to have insurance. If you have all your money and documents stolen, it might assist with getting a new passport, but a loan for onward travel is out of the question.

Some embassies used to keep letters for travellers or have a small reading room with home newspapers, but these days the mail-holding service is rarely offered, and even newspapers tend to be out of date.

Consulates in the Canary Islands

The following countries all have their main diplomatic representation in Madrid but also have consular representation in Las Palmas de Gran Canaria.

France (Map p66; ☎ 928 29 23 71; Calle Néstor de la Torre 12)

Netherlands (Map p66; ☎ 928 36 22 51; Calle León y Castillo 244)

UK (Map p66; ☎ 928 26 25 08; Calle Luis Morote 6, 3rd fl)

USA (Map p66; ☎ 928 27 12 59; Calle Martínez de Escobar 3)

Countries that have consular representation in Santa Cruz de Tenerife include the following:

France (Map p152; ☎ 922 23 27 10; Calle José María de Villa 1)

Ireland (Map p152; ☎ 922 24 56 71; Calle Castillo 8, 4th fl)

Netherlands (Map p152; ☎ 922 27 17 21; Calle Villalba Hervás 5, 3rd fl)

UK (Map p152; ☎ 922 28 68 63; Plaza General Weyler 8, 1st fl)

FESTIVALS & EVENTS

Like many of their mainland cousins, Canarians love to let it all hang out at the islands' numerous fiestas and *ferias* (fairs). On most islands, Carnival is the wildest time, but there are many other events throughout the year – August alone has more than 50 celebrations across the islands.

The great majority of these fiestas have a religious background (nearly every town has a patron saint's day), but all are occasions for having fun. *Romerías* (pilgrimages) are particularly noteworthy. Processions head

to/from a town's main church to a chapel or similar location dedicated to the local patron saint or the Virgin Mary.

Many local fiestas are noted in the individual island chapters of this book and tourist offices can supply more detailed information. A few of the most outstanding are listed here.

FEBRUARY

Virgen de la Candelaria (Festival of the Patron of the Archipelago) This intense festival, celebrated in Candelaria (Tenerife) on 2 February, derives from the supposed apparition of the Virgin Mary before the Guanches (the original inhabitants of the Canaries). This festival is also celebrated on 15 August. See p176.

FEBRUARY/MARCH

Carnaval Several weeks of fancy-dress parades and merrymaking across the islands end on the Tuesday 47 days before Easter Sunday. Carnaval is at its wildest and most extravagant in Santa Cruz de Tenerife. See the boxed text on p151.

JULY

Bajada de la Virgen de las Nieves (Descent of the Virgin of the Snows) This fiesta is held only once every five years in Santa Cruz de la Palma on 21–30 July. The processions, dances and merrymaking constitute La Palma's premier religious festival. See the boxed text on p209.

Bajada de la Virgen de los Reyes (Descent of the Virgin) Held in early July every four years (2009, 2013 etc) on El Hierro, most of the island's population gathers to witness or join in a procession bearing a statue of the Virgin. See the boxed text on p232.

AUGUST

Día de San Ginés (St Ginés Day) Held on 25 August in Arrecife (Lanzarote). See p123.

Fiesta de Nuestra Señora de las Nieves (Feast Day of Our Lady of the Snows) Celebrated on 5 August, this is La Palma's principal fiesta. See the boxed text on p209.

Romería de San Roque (Pilgrimage of St Roch) This annual festival, with varying dates, fills the streets of Garchicho (Tenerife) with pilgrims and party goers. See p148.

SEPTEMBER

Fiesta de la Virgen del Pino (Feast day of the Virgin of the Pine) Held in Teror in the first week of September, this is Gran Canaria's most important religious celebration. Festivities begin two weeks before these final key days. See p64.

Arts Festivals

As well as an abundance of local festivals, the islands also host several important arts festivals every year, including the following:

JANUARY/FEBRUARY/MARCH

Festival de Música de Canarias (Canary Music Festival; www.festivaldecanarias.com) Held January through March, it's celebrated simultaneously throughout the islands, particularly on Gran Canaria and Tenerife.

Festival de Ópera (Opera Festival; www.operalaspalmas.org) More than a festival, this is an opera season. Running February through June in Gran Canaria, it's been going strong for more than 40 years.

Festival Internacional de Cine (International Film Festival; www.festivalcinelpalmas.com) Annual film festival held in March in Las Palmas de Gran Canaria.

JULY/AUGUST

Festival de Ballet y Danza (Ballet and Dance Festival; www.danzaballet.com) Held in July and August, this Gran Canaria festival is well-worth seeing.

Festival del Sur (Festival of the South; www.festivaldelsur.com) A popular theatre festival in July, attracting companies from Europe, South America and Africa to Agüimes (Gran Canaria).

FOOD

Our Eating reviews feature the price ranges for main courses as a guide. If a restaurant's cheapest main course costs €6 and its most expensive costs €20, our listing will record 'mains €6-20'. Prices for *menús del día* (set menus) may be included instead and occasionally we'll list such specialities as tapas instead of main courses. Check out the Food & Drink chapter on p51 for details on Canarian culinary delights, and individual chapters for details on island specialities.

GAY & LESBIAN TRAVELLERS

Gay and lesbian marriage are both legal in Spain and hence on the Canary Islands. The age of consent is 16, the same as for heterosexuals. The Playa del Inglés, on the southern end of Gran Canaria, is where the bulk of Europe's gay crowd heads when holidaying in the Canaries, and the nightlife here bumps and grinds year-round. By day, nudist beaches are popular spots to hang out.

Spanish people generally adopt a live-and-let-live attitude to sexuality, so you shouldn't have any hassles in the Canary Islands. That said, some small rural towns may not quite know how to deal with overt displays of affection between same-sex couples. Gay magazines in Spanish and on sale at some newsstands include the monthly **Mensual** (www.mensual.com in Spanish), which includes listings for

gay bars, clubs and the like in the Canary Islands. A worthwhile website is www.guiagay.com (in Spanish).

For information about gay groups in the islands, you might like to contact the gay and lesbian association **Gamá** (☎ 928 43 34 27; www.colectivogama.com in Spanish).

HOLIDAYS

There are at least 14 official holidays a year in the Canary Islands. When a holiday falls close to a weekend, locals like to make a *punte* (bridge) – meaning they also take the intervening day off. On occasion, when a couple of holidays fall close to the same weekend, the *punte* becomes an *acueducto* (aqueduct)!

Following are the major national holidays, observed throughout the islands and the rest of Spain:

- Año Nuevo** (New Year's Day) 1 January
- Día de los Reyes Magos** (Three Kings Day) 6 January
- Viernes Santo** (Good Friday) March/April
- Fiesta del Trabajo** (Labour Day) 1 May
- La Asunción de la Virgen** (Feast of the Assumption) 15 August
- Día de la Hispanidad** (National Day) 12 October
- Todos los Santos** (All Saints' Day) 1 November. Gets particular attention on Tenerife.
- La Inmaculada Concepción** (Feast of the Immaculate Conception) 8 December
- Navidad** (Christmas) 25 December

In addition, the regional government sets a further five holidays, while local councils allocate another two. Common holidays include the following:

- Martes de Carnaval** (Carnival Tuesday) February/March
- Día de San Juan** (St John's Day) 19 March
- Jueves Santo** (Maundy Thursday) March/April
- Día de las Islas Canarias** (Canary Islands Day) 30 May
- Corpus Christi** (the Thursday after the eighth Sunday after Easter Sunday) June. In Las Palmas de Gran Canaria, La Laguna (Tenerife) and La Orotava (Tenerife), locals prepare elaborate floral carpets to celebrate this feast day; the celebration is also big in Mazo and El Paso on La Palma.
- Día de Santiago Apóstol** (Feast of St James the Apostle, Spain's patron saint) 25 July. In Santa Cruz de Tenerife the day also marks the commemoration of the defence of the city against Horatio Nelson.
- Día del Pino** (Pine Tree Day) 8 September. This is particularly important on Gran Canaria.
- Día de la Constitución** (Constitution Day) 6 December

INSURANCE

A travel-insurance policy to cover theft, loss and medical problems is a good idea. Some policies offer lower and higher medical-expense options; the higher ones are chiefly for countries like the USA where medical costs are very high. There is a wide variety of policies available, so check the small print.

Some policies specifically exclude 'dangerous activities', such as scuba diving, motorcycling and even trekking. A locally acquired motorcycle licence is not valid under some policies.

You may prefer a policy that pays doctors or hospitals directly rather than you having to pay on the spot and claim later. If you have to claim later, make sure you keep all documentation. Some policies ask you to call back (reverse charges) to a centre in your home country where an immediate assessment of your problem is made.

Check that the policy covers ambulances or an emergency flight home. See the Insurance section (p264) of the Health chapter for further details.

INTERNET ACCESS

If you plan to carry your notebook or palm-top computer with you, keep in mind that wi-fi and high-speed internet access are still foreign concepts in many rural hotels, privately owned apartments and *casas rurales*. Phone jacks in the Canary Islands are the standard American-style RJ-11, so if you know the local service number to dial, modem connection should be easy. Bear in mind, though, that the cost-per-minute fee may be high, and that not all rooms have phone jacks.

All the major resorts have at least one place where you can log onto the internet and access your emails. But don't assume that every town, or even every island capital, can provide this. You'll generally pay about €2 per hour to log on.

LEGAL MATTERS

Should you be arrested, you will be allotted the free services of an *abogado de oficio* (duty solicitor), who may speak only Spanish. You are also entitled to make a phone call. If you use this call to contact your embassy or consulate, it will probably be able to do no more than refer you to a lawyer who speaks your language. If you end up in court, the authori-

DRUGS

Cannabis is the only legal drug in the Canaries, and only in amounts for personal use – which means very little.

Public consumption of any drug is, in principle, illegal, yet there are some bars where people smoke joints openly. Other bars will ask you to step outside if you light up. The only sure moral of these stories is to be very discreet if you do use cannabis.

Although there's a reasonable degree of tolerance when it comes to people having a smoke in their own home, it would be unwise in hotel rooms or guesthouses and could be risky in even the coolest of public places. The Canary Islands' proximity to northern Africa means that customs officers and the police are vigilant about putting the brakes on the drug trade between the two areas – you'd be a fool to get caught up in this business.

Be aware that some so-called public relations officers for nightclubs in southern Tenerife's Las Américas area are little more than drug dealers, and it's best to avoid buying drugs from them. Authorities in the island's south are starting to come down heavily on those who sully the 'family friendly' image they're trying to cultivate for the region.

ties are obliged to provide a translator if you have to testify.

Spanish *policía* (police) are, on the whole, helpful to law-abiding travellers. Most are certainly friendly enough to be approached for directions on the street. Unpleasant events, such as random drug searches, do occur but not frequently. There are three main types of *policía*: the Policía Nacional, the Policía Local and the Guardia Civil.

Should you need to contact the police, don't agonise over which kind to approach; any of them will do, but you may find that the Policía Local is the most helpful. The Canary Islands government provides a toll-free telephone number (☎ 112), which ensures that any emergency situation can be attended to by the nearest police available.

MAPS

You'll find driving and walking maps in bookshops, tourist offices and at newsstands. In general, these basic maps will do just fine to guide you through the large towns and around the islands' highways, though if you want more detail there are plenty of options.

Both Firestone and Michelin publish good large-scale maps of the islands, although the space taken up by the ocean means there's not much island detail. For more detail, the German company Freytag & Berndt is excellent. Another good choice are the high-quality maps that Canario Juan José Santos publishes in various scales through Ediciones David. See individual island chapters for more information about recommended local maps.

If you plan to hike alone, then a descriptive hiking guidebook is invaluable. The national parks publish in-depth descriptions of hikes within their borders. For hiking outside the parks, Discovery Walking Guides (for guidebooks and accompanying maps to El Hierro, La Palma, La Gomera and Tenerife) and Sunflower Books (for books about all the islands) are both reliable.

MONEY

If you're lucky, you could get by with a single credit or debit card that allows you to withdraw cash from ATMs. But a much better idea would be to take a second (or third) card, in case you lose a card or it lets you down. Travellers cheques, while difficult to cash outside the tourist centres, are a good idea as well.

Spain's currency is the euro. Notes come in denominations of €500, €200, €100, €50, €20, €10 and €5. Coins are €0.50, €0.20, €0.10, €0.05, €0.02 and €0.01.

To check exchange rates between the euro and other currencies, visit www.oanda.com.

ATMs

The Canary Islands has a surfeit of banks, and pretty much every one has a multilingual *cajeros automáticos* (ATM). Honestly, you'll be amazed at some of the backwaters where you'll find ATMs.

Cash

Even if you're using a credit card you'll make a lot of your purchases with cash, so you need to carry some all the time. Small restaurants and shops may not accept cards.

Credit Cards

All major *tarjetas de crédito* (credit cards) and debit cards are widely accepted. They can be used for many purchases (including at petrol stations and larger supermarkets, which sometimes ask to see some form of ID) and in hotels and restaurants (although smaller establishments tend to accept cash only).

Cards can also be used in ATMs displaying the appropriate sign. Visa and MasterCard are among the most widely accepted for such transactions.

Be sure that you report a lost or stolen card immediately. If you use Visa or MasterCard you'll probably need to contact the issuing bank directly. You can call American Express on ☎ 902 37 56 37.

Moneychangers

You'll find exchange facilities at most air and sea ports on the islands. In resorts and cities that attract swarms of foreigners, you'll find them easily – they're usually indicated by the word *cambio* (exchange). Most of the time, they offer longer opening hours and quicker service than banks, but worse exchange rates. Wherever you change money, ask from the outset about commission, the terms of which differ from place to place, and confirm that exchange rates are as posted. A typical commission is 3%. Places that advertise 'no commission' usually make up the difference by offering poorer exchange rates.

Travellers Cheques

These are safe and can be cashed at banks and exchange offices (take along your passport) throughout the Canary Islands. Always keep the bank receipt listing the cheque numbers separate from the cheques themselves and log those you have already cashed. This will ease things if they're lost or stolen.

If your travellers cheques are in euros, you should pay no exchange charge when cashing them.

POST

Main post offices in provincial capitals are usually open from either 8.30am to 2.30pm or 8.30am to 8.30pm Monday to Friday, and from about 9am to 1pm Saturday. Stamps are also sold at *estancos* (tobacco shops with the Tabacos sign in yellow letters on a maroon background). A standard airmail letter or card

costs €0.30 within Spain, €0.58 to the rest of Europe and €0.78 to the rest of the world.

Delivery times aren't great. Mail to other EU countries takes about a week, and sometimes just as long to the Spanish mainland. Expect 10 days to North America and about two weeks to Australia or New Zealand.

Poste restante (general delivery) mail can be addressed to you at *lista de correos* anywhere in the Canary Islands that has a post office. In the few towns with more than one post office, it will arrive at the main one unless another is specified in the address.

Take your passport when you go to pick up mail. It helps if people writing to you capitalise or underline your surname, and include the postcode. A typical *lista de correos* address looks like this:

Jane SMITH,
Lista de Correos
35080 Las Palmas de Gran Canaria
Islas Canarias, Spain

SOLO TRAVELLERS

Travellers heading out alone should have no qualms about the Canary Islands, though neither should they forget common-sense safety. Cost-wise, you may end up paying a little more, since most package deals base per-person prices on shared double rooms. Nevertheless, most *pensiones* and hotels offer either single rooms or discounts for single occupancy of a double room.

Solo travellers have endless options for activities to keep busy. Though hiking alone is not a good idea, you can sign up for a guided group hike, which can also be a good way to get to know other travellers. Boat cruises, bike excursions, scuba diving trips and Spanish classes are other options.

TELEPHONE

Pay phones once stood at nearly every corner in the Canary Islands, but the popularity of mobile phones has reduced their number considerably. Still, you won't have trouble spotting the distinctive blue boxes in even the smallest towns. You can use coins with most pay phones, though some require you to use a *tarjeta telefónica* (phonecard, see opposite).

Using the phone in Spain has no hidden secrets. If you're calling within the country (including the Canaries), all numbers have a total of nine digits beginning with 9. In the Canary Islands, numbers beginning with

☎ 928 are for the province of Gran Canaria (Gran Canaria, Lanzarote and Fuerteventura), while ☎ 922 numbers are for the Tenerife province (Tenerife, La Gomera, La Palma and El Hierro). Signs and business cards will sometimes print just the last six digits of a phone number, confident that locals know the islands' phone codes. All numbers prefixed with ☎ 900 are toll-free numbers.

A three-minute call from a pay phone costs about €0.15 within a local area, €0.35 to other places in the same province, €0.45 to other provinces and €1 to another EU country or the USA. There are discounts if you call between 8pm and 8am weekdays or on weekends.

International reverse-charge (collect) calls are simple to make: dial ☎ 900 99 00 followed by the country code, such as ☎ 61 for Australia, ☎ 44 for the UK, ☎ 64 for New Zealand, ☎ 15 for Canada and ☎ 11 (AT&T) for the USA.

Contact a domestic operator (in Spanish) by dialling ☎ 1009. A reverse-charge (collect) call is called *una llamada por cobro reverse*. For directory inquiries (in Spanish), dial ☎ 11818, which has a charge of €0.58, though the call is free from a phone box.

Mobile Phones

Mobile telephones are widely used in the Canary Islands, as in the rest of Spain. The Canary Islands use GSM 900/1800, which is compatible with the rest of Europe and Australia, but not with the North American GSM 1900 or the totally different system in Japan (though some North Americans have GSM 1900/900 phones that do work here). If you have a GSM phone, check with your service provider about using it on the islands and beware of calls being routed internationally (very expensive for a 'local' call).

Spaniards, Canarias included, use mobile phones constantly, though it's considered bad form to talk on your mobile phone in restaurants or in packed public spaces like buses.

Mobile phone numbers in Spain start with the number 6. Calls to mobiles vary but a three-minute call should cost about €1.20.

Phonecards

You can buy phonecards at tobacco stands, newsstands, at the telephone centres in large towns (which usually also offer phone booths

with special rates), or even online at sites like www.callingcards.com or www.tarjetas telefonicas.com. In any case, there is an endless variety of phonecards, each with its own pricing scheme. The best card for you will depend on where you plan to call. Rates can be as low as €0.01 per minute, although something around €0.05 is more likely.

TIME

Like most of Europe, the Canaries operate on the 24-hour clock, which, for those accustomed to 'am' and 'pm', can take some getting used to.

The Canary Islands are on Greenwich Mean Time (GMT/UTC), plus an hour in summer for daylight-saving time. The islands keep the same time as the UK, Ireland and Portugal and are always an hour behind mainland Spain and most of Europe. Neighbouring Morocco is on GMT/UTC year-round – so in summer it is an hour behind the Canary Islands even though it's further east!

Daylight-saving (summer) time starts on the last Sunday in March, when clocks are put forward one hour. Clocks are put back an hour on the last Sunday in October. When telephoning home you might also need to make allowances for daylight-saving time in your own country.

When it's noon in the islands (depending on daylight saving), it's 1pm in Madrid and Paris, 4am in San Francisco, 7am in New York and Toronto, 8pm in Perth, 10pm in Sydney and midnight in Auckland.

TOILETS

Public toilets are not common and rarely inviting. The easiest option is to wander into a bar or café and use its facilities. The polite thing to do is to have a coffee or the like before or after, but you're unlikely to raise too many eyebrows if you don't. This said, some curmudgeonly places in popular tourist areas post notices saying that their toilets are for clients only.

The cautious carry some toilet paper with them when out and about as many toilets lack it. If there's a bin beside the loo, put paper and so on in it – it's probably there because the local sewage system has trouble coping.

TOURIST INFORMATION

All major towns in the Canary Islands have a tourist office, and while you may have to wait patiently and politely to be attended to, you can eventually get very good maps and information about the area. Though the Canary government offers region-wide and island-specific information on its excellent website www.turismodecanarias.com, the tourist offices themselves are run by the *cabildos* (governments) of each island. Contact them at each island's main tourist office:

El Hierro (Map p235; ☎ 922 55 03 02; www.elhierro.es; Calle Doctor Quintero 11, Valverde; ☎ 8am-3pm Mon-Fri, 9.30am-1.30pm Sat)

Fuerteventura (Map p99; ☎ 928 53 08 44; www.fuerteventuraturismo.com; Almirante Lallermand 1, Puerto del Rosario; ☎ 8am-3pm Mon-Fri)

Gran Canaria (Map p70; ☎ 928 21 96 00; Calle León y Castillo 17, Las Palmas de Gran Canaria; ☎ 8am-3pm Mon-Fri)

La Gomera (Map p191; ☎ 922 14 15 12; www.gomera-island.com; Calle Real 4, San Sebastián de la Gomera; ☎ 9am-1.30pm & 3.30-6pm Mon-Sat, 10am-1pm Sun Oct-Jun, 9am-1.30pm & 3.30-5pm Mon-Sat, 9am-1pm Sun Jul-Sep)

La Palma (Map p212; ☎ 922 41 21 06; www.lapalma-turismo.com; Plaza Constitución s/n, Santa Cruz de la Palma; ☎ 9am-7.30pm Mon-Fri, 9am-3pm Sat, 9am-2pm Sun)

Lanzarote (Map p125; ☎ 928 81 31 74; www.turismo-lanzarote.com; La Marina s/n, Arrecife; ☎ 8am-3pm Mon-Fri)

Tenerife (Map p152; ☎ 922 23 95 92; www.puntoinfo.idcnet.com; Plaza España s/n, Santa Cruz de Tenerife; ☎ 8am-6pm Mon-Fri, 9am-1pm Sat) Located in the Cabildo Insular de Tenerife building.

TRAVELLERS WITH DISABILITIES

Sadly, the Canary Islands is not geared towards smooth travel for disabled people. Most restaurants, shops and tourist sights are not equipped to handle wheelchairs, although the more expensive accommodation options will have rooms with appropriate facilities. Transport is tricky, although you should be able to organise a specially modified hire car from one of the international hire companies (with advance warning). In fact, advance warning is always a good idea; start with your travel agent and see what they can offer in terms of information and assistance. In the archipelago's cities, such as Las Palmas and Santa Cruz, some buildings (eg museums or government offices) have Braille

in the lifts, and some specially textured floors before stairs, but not much else. Few concessions are made in the public infrastructure for deaf people.

In the UK, **Holiday Care** (☎ 0845 124 99 71; www.holidaycare.org.uk) can send you a fact sheet on hotels and other accommodation in the Canary Islands that cater for the disabled, as well as travel agents who can help organise trips. Another helpful source is **Enable Holidays** (www.enableholidays.com), which books holidays on Tenerife and Lanzarote. In Spain, you can contact **Polibea** (www.polibea.com/turismo/index.htm).

Restaurants, hotels and apartments with wheelchair access are indicated in this book with ♿.

VISAS

Citizens of EU countries can enter Spain with their national identity card or passport. Citizens of the UK must have a full passport, not just a British visitor passport. Non-EU nationals must take their passport.

EU, Norway and Iceland citizens do not need a visa. Nationals of Australia, Canada, Israel, Japan, New Zealand, Switzerland and the USA need no visa for stays of up to 90 days, but must have a passport valid for the whole visit. This 90-day limit applies throughout the EU. South Africans are among nationalities that do need a visa.

It's best to obtain the visa in your country of residence. Single-entry visas are available in flavours of 30-day and 90-day, and there's also a 90-day multiple-entry visa, though if you apply in a country where you're not resident, the 90-day option may not be available. Multiple-entry visas will save you a lot of time and trouble if you plan to leave Spain, then re-enter it.

Spain is one of the Schengen countries; the others are Portugal, Italy, France, Germany, Austria, the Netherlands, Belgium, Luxembourg, Sweden, Finland, Denmark and Greece. A visa for one Schengen country is valid for the others. Compare validity, prices and permitted entries before applying.

EU, Norway and Iceland nationals planning to stay in Spain more than 90 days are supposed to apply for a residence card during their first month in the country. This can be a complicated procedure; if you intend to subject yourself to it, consult a Spanish consulate before you go to Spain, as you'll need to take certain documents with you.

VOLUNTEERING

If you're interested in getting involved with marine conservation, in particular the protection of whales, get in touch with the **Atlantic Whale Foundation** (www.whalenaion.org), a group that organises educational trips, volunteer opportunities and conservation campaigns on Tenerife. The website is a mine of information.

WOMEN TRAVELLERS

Harassment is much less frequent than the stereotypes of Spain would have you believe, and the country has one of the developed world's lowest incidences of reported rape. Any unpleasantness you might encounter is more likely to come from drunken northern-European yobs in the big resorts than from the locals.

In towns you may get the occasional unwelcome stare, catcall or unnecessary comment, to which the best (and most galling) response is indifference. Don't get paranoid about what's being called out; the *piropo* – a harmless, mildly flirty compliment – is deeply ingrained in Spanish society and, if well delivered, even considered gallant.

The advice is really just the common-sense stuff you need to keep in mind anywhere. Think twice about going alone to

isolated stretches of beach, lonely country areas or dark city streets at night. Where there are crowds – as there often are very late into the night in towns and cities – you're usually safer. It's inadvisable for a woman to hitchhike alone and not a great idea even for two women together.

Topless bathing and skimpy clothes are generally OK at the coastal resorts, but otherwise a little more modesty is the norm. Quite a few local young women feel no compunction about dressing to kill, but equally feel absolutely no obligation to respond to any male interest this arouses.

WORK

EU, Norway and Iceland nationals are allowed to work anywhere in Spain (including the Canary Islands) without a visa, but if they plan to stay more than three months they are supposed to apply within the first month for a residence card. Virtually everyone else is supposed to obtain (from a Spanish consulate in their country of residence) a work permit and, if they plan to stay more than 90 days, a residence visa. While jobs (especially in tourist resorts) aren't that hard to come by, the procedures necessary to get your paperwork in order can be difficult and time-consuming.

Transport

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GETTING THERE & AWAY

ENTERING THE CANARY ISLANDS

Citizens of the European Union (EU) member states and Switzerland can travel to the Canary Islands with just their national identity card. Nationals of the UK have to carry a full passport (UK visitor passports are not acceptable), and all other nationalities must have a full valid passport.

Check that your passport's expiry date is at least some months away, or you may not be granted a visa, should you need one.

By law you are supposed to have your identity card or passport with you at all times in the Canaries, in case the police ask to see it. In practice, this is unlikely to cause trouble. You might want to carry a photocopy of your documentation instead of the real thing. You often need to flash one of these documents (the original, not the photocopy) for registration when you take a hotel room.

As unfortunate as it is, white Europeans will encounter far less hassle at immigration than black Europeans or Africans. In general, though, you are likely to find the whole deal of flying into a Canary Islands airport remarkably lackadaisical.

Flights and tours can be booked online at www.lonelyplanet.com/travel_services.

THINGS CHANGE...

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agent to make sure you understand how a fare (and ticket you may buy) works and be aware of the security requirements for international travel. Shop carefully. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

AIR Airports & Airlines

Dozens of airlines, many of which you'll never have heard of, fly into the Canary Islands. All seven islands have airports. Tenerife, Gran Canaria, Lanzarote and, increasingly, La Palma absorb nearly all the direct international flights and those from mainland Spain, while the others are principally for inter-island hops.

There are two main airports on Tenerife. Tenerife Norte (Los Rodeos) handles just about all inter-island flights and most of those to the Spanish mainland. The remainder of the scheduled flights, and virtually all charter flights to the island, are channelled to the more modern Tenerife Sur (Reina Sofía).

Gran Canaria's airport is 16km south of Las Palmas. Lanzarote's Guasimeta airport lies a convenient 6km southwest of the capital, Arrecife.

The bulk of international flights serving the islands directly are charters. Remember that for charter flights you are obliged to ring to confirm your flight within 72 hours of departure.

For more details on airline services to/from each island, see the Getting There & Away sections in the separate island chapters.

Student Deals

Students and those under 26 years of age can benefit from travel deals offered by companies like **STA Travel** (www.statravel.com). Depending on where you live, there may be a country-specific youth travel agency, like Ireland's **USIT** (www.usit.ie).

CLIMATE CHANGE & TRAVEL

Climate change is a serious threat to the ecosystems that humans rely upon, and air travel is the fastest-growing contributor to the problem. Lonely Planet regards travel, overall, as a global benefit, but believes we all have a responsibility to limit our personal impact on global warming.

Flying & Climate Change

Pretty much every form of motorised travel generates CO₂ (the main cause of human-induced climate change) but planes are far and away the worst offenders, not just because of the sheer distances they allow us to travel, but because they release greenhouse gases high into the atmosphere. The statistics are frightening; two people taking a return flight between Europe and the US will contribute as much to climate change as an average household's gas and electricity consumption over a whole year.

Carbon Offset Schemes

Climatecare.org and other websites use 'carbon calculators' that allow travellers to offset the level of greenhouse gases they are responsible for with financial contributions to sustainable travel schemes that reduce global warming – including projects in India, Honduras, Kazakhstan and Uganda.

Lonely Planet, together with Rough Guides and other concerned partners in the travel industry, supports the carbon offset scheme run by climatecare.org. Lonely Planet offsets all of its staff and author travel.

For more information check out our website: lonelyplanet.com.

From Africa

There are daily flights from Morocco with **Royal Air Maroc** (www.royalairmaroc.com). **Binter Canarias** (www.binternet.com) offers regular flights to Nouakchott, Mauritania and to both Laâyoune (El-Aaiün) and Marrakech in Morocco.

From the Americas

There are no direct flights from the United States, Canada, Central or Southern America to the islands. To reach the Canaries, you'll need to travel via a European hub. The thing to do is work out the best possible route/fare combination; a direct flight to London combined with an onward charter or package can often work out to be the cheapest and simplest method of reaching the Canaries. It is also worth considering getting a cheap flight to Europe and then finding a package deal or charter flight to the Canaries from there.

If your European trip is not going to be confined to the islands, consult your travel agent about how best to incorporate them into your vacation.

FROM THE USA

An increasing number of airlines run direct routes between the United States and either Madrid or Barcelona, including **Iberia** (www.iberia.com), **Air Europa** (www.aireuropa.com), **Delta** (www.delta.com), **US Airways** (www.usairways.com) and **Continental** (www.continental.com). The cheapest way of getting from the USA to Europe is by stand-by or courier flights. Stand-by fares are sold at steep discounts by companies like **Courier Travel** (www.couriertravel.org).

On a courier flight, you accompany a parcel to its destination. Courier prices are often far below scheduled fares and tend to drop if you are prepared to fly at short notice. You'd be very lucky to get anything directly to the islands, but a New York–Madrid or New York–London return flight on a courier run can cost under US\$400 in the low season (more expensive from the west coast). Always check conditions and details with the company.

There are no direct flights from Australia to the Canaries, so you'll have to book connecting flights via Madrid, Barcelona or another European capital. From New Zealand, flights to Europe are via the USA and Asia. You can also fly from Auckland to pick up a connecting flight in either Melbourne or Sydney.

From Australia & New Zealand

There are plenty of packages and flights available in continental Europe for the Canary

From Continental Europe

There are plenty of packages and flights available in continental Europe for the Canary

Islands. Munich is a haven for discount travel agents and more mainstream budget-travel outlets. Dutch and Belgian tour operators may also offer good deals.

From Spain, **Air Europa** (☎ 902 40 15 01; www.aireuropa.com), **Iberia** (☎ 902 40 05 00; www.iberia.com) and **Spanair** (☎ 902 13 14 15; www.spanair.com) all fly to the Canary Islands. They connect the islands with international destinations, usually via Madrid or Barcelona.

You'll have no trouble getting to the islands from Germany. Both **Condor** (☎ 928 57 92 93; www.condor.com) and **Air Berlin** (www.airberlin.com) offer frequent flights connecting major (and minor) German cities with the islands. Numerous charter flights make the trip as well.

Amsterdam is another popular departure point. **Martinair** (www.martinair.com) flies to Tenerife, Gran Canaria, Lanzarote and Fuerteventura, while **Transavia Airlines** (www.transavia.com) flies to the same airports as well as La Palma.

From the UK & Ireland

Discount air travel is big business in London. Check the weekend broadsheet papers for special deals, many of which include a hotel or apartment with half-board and even car rental in the final price. Low-season prices can work out to be ridiculously cheap, especially if you're heading to one of the islands' major tourist centres.

Monarch (☎ 0870 040 5040; www.monarch-airlines.com), which is principally a charter company, flies from London Gatwick to Tenerife Sur and Lanzarote. Other airlines linking the UK and the Canary Islands include **British Airways** (www.ba.com) and **Flyjet** (www.fly-jet.com). You needn't necessarily fly from London; many good deals are just as easily available from other major centres in the UK.

If you're having trouble finding a good deal, you might try calling the **Air Travel Advisory Bureau** (☎ 020-7636 5000). If you tell the bureau your destination, it'll provide a list of relevant discount travel agents.

If you're travelling from Ireland, several charter flights leave every weekend for the Canary Islands. Check them out, then perhaps compare what is available with prices from London – getting across to London first might save you a few euro. **Aer Lingus** (www.aerlingus.com) flies every other day between Dublin and Tenerife Sur.

SEA

Just about everyone flies to the Canaries. The only other alternative (apart from a very long swim!) is to take the **Acciona Trasmediterránea** (☎ 902 45 46 45; www.trasmediterranea.com) ferry, which carries passengers, supplies and cars to the islands twice a week. The Cádiz–Tenerife route sets out from the Spanish mainland at 1am on Sunday (yes, the middle of the night!) and, after a long and often bumpy voyage, it arrives at Tenerife at 9am on Monday. The return trip leaves at 3pm on Monday and arrives at 9am on Wednesday. Another boat leaves Cádiz at 6pm on Wednesday and arrives at Las Palmas de Gran Canaria at 12.30am Friday. After a half-hour stop, it continues on to Lanzarote, which it reaches at 1.45pm Friday. The return trip leaves Lanzarote at 3pm on Friday and heads straight back to Cádiz, arriving at 7pm on Saturday.

Unless you particularly like rough ocean voyages for their own sake, or have a car that you simply must get to the islands, you're much better off just hopping on a plane.

Ferry fares range from €250 to €880 per person depending on the type of cabin and – we should hope so at such prices – include all meals. A car up to 3m long costs €190 one way, a motorcycle costs €90 and bicycles are free. You generally need to book at least a month in advance if you want to get a car aboard.

GETTING AROUND

AIR

Now that all seven islands have airports, flying between them is an easy and popular option, and it can save you bundles of time if you want to see several islands. Both **Binter Canarias** (☎ 902 39 13 92; www.binternet.com) and the newer **Islas Airways** (☎ 902 47 74 78; www.islasairways.com) run regular routes between the islands. On both airlines, the ticket fees are set at €60 per leg for adult nonresidents (kids and students are cheaper), so hopping on a plane isn't much more expensive than taking a ferry, and it's substantially quicker.

Two other airlines serving the Spanish mainland have a few flights connecting the bigger islands: Air Europa flies to Tenerife, Gran Canaria and Lanzarote; and Spanair

flies to Tenerife, Gran Canaria, Lanzarote and Fuerteventura.

BICYCLE

Biking around the islands is an extremely pleasant way to see the sights, but don't necessarily expect drivers to accommodate you (or have much grasp of what it's like to be a cyclist tackling a hairpin bend uphill). Sadly, bicycle lanes in the urban environment are nonexistent, although beachside boulevards will generally include space for bike riding.

If you plan to bring your own bike, check with the airline about any hidden costs and whether it will have to be disassembled and packed for the journey. Taking your bike on ferries is pretty straightforward – it's either free or very cheap.

Fill all your water bottles and then add one more: it can be hot on the open road and, more often than not, you won't find any water between villages.

Hire

You can rent mountain bikes and city bikes in various resorts and in the more tourist-orientated areas of the islands. Expect to pay €8 per day for the simplest machine and about €12 to €15 for a mountain bike. A deposit of around €50 is standard. Rental rates will include a helmet and some basic equipment.

BOAT

The islands are connected by ferries, 'fast ferries' and jetfoils. There are three main companies: **Naviera Armas** (☎ 902 45 65 00; www.navieraarmas.com), **Fred Olsen** (☎ 902 10 01 07; www.fredolsen.es) and **Acciona Trasmediterránea** (☎ 902 45 46 45; www.trasmediterranea.com). See individual island chapters for detailed route information.

Do bear in mind that times, prices – even routes – can and do change. This isn't so important on major routes, where there's plenty of choice, but it can mean a big delay if you're planning to travel a route that has only a couple of boats per day, or even per week. See the colour map at the front of the book for inter-island ferry routes.

BUS

A bus in the Canary Islands is called a *guagua*, pronounced 'wa-wa'. If you've bounced around Latin America, you'll be familiar

with the term. Still, if you ask about *auto-buses*, you'll be understood.

Every island has its own interurban service. One way or another, they can get you to most of the main locations, but in many cases there are few runs each day. This is especially so on the smaller islands, where the population is low and most people are obliged to have their own wheels.

The bigger islands of Tenerife and Gran Canaria have an impressive public-transport system that covers the whole island. Frequency, however, varies enormously, from a regular service between major towns to a couple of runs per day for transporting workers and school kids to/from the capital.

Check the timetable carefully before you travel at the weekend. Even on the bigger islands' major runs, a frequent weekday service can trickle off to just a few departures on Saturday and one, or none, on Sunday.

In the larger towns and cities, buses leave from an *estación de guaguas* (bus station). In villages and small towns, they usually terminate on a particular street or plaza. You buy your ticket on the bus. Bus companies include the following:

Arrecife Bus (☎ 928 81 15 22; www.arrecifebus.com)

Frequent service around Arrecife and Lanzarote's tourist areas; services to elsewhere are minimal or nonexistent.

Global (☎ 902 38 11 10; www.globalsu.net in Spanish)

Provides Gran Canaria with a network of routes, although the service to many rural areas is pretty thin.

Servicio Insular de Guagua (☎ 922 55 07 29)

Bus services on El Hierro that recently underwent a major overhaul; services are now more frequent and reliable.

Servicio Regular Gomera (☎ 922 14 11 01; www.gomera-island.com/turismo/ingles/guaguas.htm)

La Gomera's limited service.

Tiadhe (☎ 928 85 09 51, 928 85 21 62; www.tiadhe.com)

Provides a limited service, with 17 lines operating around Fuerteventura.

TITSA (Transportes Interurbanos de Tenerife SA; ☎ 922 53 13 00; www.titsa.com)

Runs a spider's web of services all over Tenerife.

Transportes Insular La Palma (☎ 922 41 19 24; www.transporteslapalma.com)

Services La Palma, with route prices starting at €1.

Bus Passes

On some of the islands you can buy a Bonobus card (called a Tarjeta Insular on Gran Canaria), which usually costs €12. They're sold at bus stations and shops such as newsagents.

Insert the card into the machine on the bus, tell the driver where you are going and the fare will be deducted from the card. You get about 30% off standard fares with the cards, so they are a good investment if you intend to use the buses a lot.

Costs

Fares, especially if you invest in a Bonobus card, are reasonable. Destinations within each island are calculated pro rata according to distance, so ticket fares vary from €1 to €10 or more.

CAR & MOTORCYCLE Bringing Your Own Vehicle

Unless you're intending to settle on the islands, there's no advantage whatsoever in bringing your own vehicle. Transport costs on the ferry from Cádiz in mainland Spain are savage (see p260) and car-hire rates on the islands are significantly cheaper than in most EU countries. If you're one of the very rare visitors to bring your own vehicle, you will need registration papers and an International Insurance Certificate (or a Green Card). Your insurance company will issue this.

Driving Licence

Be sure to pack your driving licence if you intend to hire a car in the Canary Islands. EU licences are recognised here, as throughout Spain. Other foreign licences should be accompanied by an International Driving Permit (in practice, your driving licence alone will more often than not suffice), which are available from automobile clubs in your country and valid for 12 months.

A licence is required for any vehicle over 50cc.

Fuel

Gasolina is much cheaper in the Canary Islands than elsewhere in Spain because it's not taxed as heavily.

Sin plomo (lead-free) petrol is available pretty much everywhere. Prices vary slightly between service stations and fluctuate according to oil tariffs, OPEC (Organisation of the Petroleum Exporting Countries) arm twisting and tax policy. You can pay with major credit cards at most service stations.

Hire

All the big international car-rental companies are represented in the Canary Islands and

there are also plenty of local operators. If you intend to stay on one island for any length of time, it might be worth booking a car in advance, for example in a fly/drive deal.

No matter what you rent, make sure you understand what is included in the price (unlimited kilometres, tax, insurance, collision damage waiver and so on) and what your liabilities are, and that you examine the rental agreement carefully – difficult if it is in Spanish only! Expect to pay €25 to €30 per day for a compact car. Long-term rental can be cheaper, while renting larger cars or 4WDs can double the price. It's often obligatory to pay with a credit card, although the company does then have a hold over you if something goes wrong.

It's well worth shopping around and picking up a few brochures. In the big resorts, some operators quote rates that are seductively and misleadingly low. That's because insurance, which can more than double the cost, isn't included. There are other incidentals (some optional) such as collision damage waiver, extra passenger cover and 5% IGIC (General Indirect Tax to the Canary Islands) to look out for.

Generally, you can't take a hire car from one island to another without the company's explicit permission. An exception for most companies is the Fuerteventura–Lanzarote sea crossing – most have no problem with you taking your car from one to the other, and in some cases you can hire on one island and drop the car off on the other.

Check before you drive off that the phone number of the rental company features on your copy of the rental agreement (you're required by law to carry this with you). Some agents also offer a 24-hour mobile phone contact. Out on the road, always carry your licence, passport and rental agreement. To rent a car you need to be at least 21 years old and have held a driving licence for a minimum of two years.

Companies operating on all islands include the following:

Avis (☎ 902 18 08 54; www.avis.es)

Cicar (☎ 900 20 23 03, UK 0800 960 367, Germany 0800 182 1816; www.cicar.com) The name stands for 'Canary Islands Car' and this archipelago-wide company is reliable and usually represents good value.

Europcar/BC Betacar (☎ 913 43 45 12; www.europcar.es)

Hertz (☎ 913 72 93 00; www.hertz.es)

Insurance

For an extra fee you can usually boost the travel-insurance coverage on your vehicle – and it's a good idea to do so. The number of dinged-up hire cars certainly makes you wonder if anyone's getting a nasty shock when the credit-card bills come in. All the car-hire companies have insurance, and you will have to pay for it one way or another. Driving on a dirt road will generally render your policy null and void, so take this into account.

Purchase

Only residents of Spain can buy a car in the Canaries, and only those who can prove residence in the Canary Islands may avail themselves of the local tax breaks to buy a car cheaply.

Road Conditions

Road conditions on the islands are generally excellent, with plenty of EU-funded roadworks keeping up the high standards. Dirt roads still abound, though, especially in out-of-the-way areas. Driving, even in the biggest cities of Las Palmas de Gran Canaria and Santa Cruz de Tenerife, doesn't present particular difficulties, although the traffic can be a little intense. Parking, however, can be more problematic. Most city centres and several smaller towns operate restricted meter parking. Otherwise, there

are several car parks (with parking fees) in the two capitals.

Road Rules

The minimum age for driving cars is 18. If fitted, rear seatbelts must be worn – there are fines for failure to comply with this. Driving takes place on the right-hand side of the road.

Motorcyclists should use headlights at all times, though few locals do. Crash helmets are obligatory when riding any motorised bikes. The minimum age for riding bikes and scooters up to 50cc is 16 (no licence required). For anything more powerful, you'll need to produce your driving licence.

In built-up areas the speed limit is generally 40km/h, rising to a maximum of 100km/h on major roads and 120km/h on *autovías* (motorways).

The blood-alcohol limit is 0.05% and random breath testing is carried out.

TAXI

You could tour around an island by taxi but it's a very expensive way to go, with interurban fares hovering around €1.15 per kilometre. Some routes (such as to and from airports) have set fares, so be sure to ask about them before setting off. Also, it may be possible to arrange a private taxi tour of an island; an hourly or daily fare would need to be negotiated ahead of time.

Health

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BEFORE YOU GO

Prevention is the key to staying healthy while abroad. Some predeparture planning will save trouble later. See your dentist before a long trip, carry a spare pair of contact lenses and glasses, and take your optical prescription with you. Bring medications in their original, clearly labelled, containers. A signed and dated letter from your physician describing your medical conditions and medications, including generic names, is also a good idea. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity.

INSURANCE

For EU citizens the European Health Insurance Card (EHIC), which you can apply for online, by phone or by post, covers most medical care. It doesn't cover nonemergencies or emergency repatriation home. You'll still have to pay for medicine bought from pharmacies, even if prescribed, and perhaps for a few tests and procedures. An E111 is no good for private medical consultations and treatment in the Canaries; this includes most dentists and some of the better clinics and surgeries.

Citizens from other countries should find out if there's a reciprocal arrangement for free medical care between their country and Spain. If you need health insurance, strongly

consider a policy that covers for the worst possible scenario, such as an accident requiring an emergency flight home. Find out in advance if your insurance plan will make direct payments to providers or reimburse you later for overseas health expenditures.

RECOMMENDED VACCINATIONS

No jabs are required to travel to Spain. The World Health Organisation (WHO), however, recommends that all travellers should be covered for diphtheria, tetanus, measles, mumps, rubella and polio, regardless of their destination. Since most vaccines don't provide immunity until at least two weeks after they're given, visit a physician at least six weeks before departure.

ONLINE RESOURCES

The WHO's *International Travel and Health* publication is revised annually and is available online at www.who.int/ith. Other useful websites include www.mdtravelhealth.com (travel-health recommendations for every country, updated daily), www.fitfortravel.scot.nhs.uk (general travel advice for the lay person) and www.ageconcern.org.uk (advice on travel for elderly people).

IN TRANSIT

DEEP VEIN THROMBOSIS

Blood clots may form in the legs during plane flights, chiefly because of prolonged immobility. The longer the flight, the greater the risk. The chief symptom of deep vein thrombosis (DVT) is swelling or pain in the foot, ankle or calf, usually, but not always, just on one side. When a blood clot travels to the lungs, it may cause chest pain and breathing difficulties. Travellers with any of these symptoms should immediately seek medical attention.

To prevent the development of DVT on long flights, you should walk about the cabin, contract the leg muscles while sitting, drink plenty of fluids and avoid alcohol and tobacco in the hours before your flight.

JET LAG

To avoid jet lag (common when crossing several time zones) drink plenty of non-alcoholic fluids and eat light meals. Upon arrival, seek exposure to natural sunlight and readjust your schedule (for meals, sleep and so on) as soon as possible.

IN THE CANARY ISLANDS

AVAILABILITY OF HEALTH CARE

If you need an ambulance call ☎ 112 (the pan-European emergency telephone number, which can be called for urgent medical assistance). An alternative emergency number is ☎ 061 for *urgencias salud* (medical emergencies). For emergency treatment go straight to the *urgencias* (emergencies) section of the nearest hospital.

Good health care is readily available. For minor, self-limiting illnesses, pharmacists can give valuable advice and sell over-the-counter medication. They can also advise when more specialised help is required and point you in the right direction.

The standard of dental care is usually good; however, it is sensible to have a dental checkup before a long trip.

TRAVELLER'S DIARRHOEA

If you develop diarrhoea, be sure to drink plenty of fluids, preferably an oral rehydration solution such as Dioralyte. If diarrhoea is bloody, persists for more than 72 hours or is accompanied by fever, shaking, chills or severe abdominal pain, you should seek medical attention.

ENVIRONMENTAL HAZARDS

Heat Exhaustion

Heat exhaustion occurs following excessive fluid loss with inadequate replacement of fluids and salt. Symptoms include headache, dizziness and tiredness. Dehydration is already happening by the time you feel thirsty – aim to drink sufficient water to produce pale, diluted urine. To treat heat exhaustion, replace fluids through water and/or fruit juice and cool the body with cold water and fans.

Insect Bites & Stings

Mosquitoes in the Canaries probably don't carry malaria, but they can cause irritation and infected bites. Use a DEET-based insect repellent.

Bees and wasps cause real problems only to those with a severe allergy (anaphylaxis). If you have a severe allergy to bee or wasp stings, carry an EpiPen or similar adrenaline injection.

Scorpions are mercifully rarer on the Canary Islands than in mainland Spain. Their sting can be distressingly painful but isn't fatal.

In forested areas watch out for the hairy, reddish-brown caterpillars of the pine processionary moth. They live in silvery nests in the pine trees and, in spring, leave the nest to march in long lines (hence the name). Touching the caterpillars' hairs sets off a severely irritating allergic skin reaction.

Check for ticks if you have been walking where sheep and goats graze: they can cause skin infections and other more serious diseases.

TRAVELLING WITH CHILDREN

Make sure children are up to date with routine vaccinations. Discuss possible travel vaccines well before departure, as some are not suitable for children under one year of age. Lonely Planet's *Travel with Children* includes travel-health advice for younger children.

WOMEN'S HEALTH

Travelling during pregnancy is usually possible but there are important things to consider. Always seek a medical checkup before planning your trip. The most risky times for travel are during the first 12 weeks of pregnancy and after 30 weeks.

SEXUAL HEALTH

Condoms are readily available on the island but emergency contraception may not be, so take the necessary precautions. When buying condoms, look for a European CE mark, which means they have been rigorously tested, and then keep them in a cool, dry place or they may crack and perish.

Language

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The language of the Canary Islands is Spanish (*español*), which many Spanish people refer to as *castellano* (Castilian) to distinguish it from other mainland tongues such as Basque and Catalan. Spanish is the most widely spoken of the Romance languages – the group of languages derived from Latin, which includes French, Italian, Portuguese and Romanian.

See p51 for information on food, including useful words and phrases for use when ordering at a restaurant. For a more comprehensive guide to the language than we're able to offer here, pick up a copy of Lonely Planet's *Spanish Phrasebook*.

If you'd like to learn the language in greater depth, courses are available in Las Palmas de Gran Canaria (p71) and La Laguna (p159). See p249 for more information on language courses.

PRONUNCIATION

Spanish spelling is phonetically consistent, meaning that there's a clear and consistent relationship between what you see in writing and how it's pronounced. In addition, most Spanish sounds have English equivalents, so English speakers shouldn't have much trouble being understood.

Those familiar with the *castellano* of the central and northern mainland will be surprised by the Latin American lilt of the

Canarian accent. It also bears a closer resemblance to what you hear in Andalucía than to mainland Spanish.

The lisp (like 'th' in 'thin') you'd normally expect with **z** and **c** before vowels is pronounced more as a sibilant 's', and **s** itself is hardly pronounced at all – it's more like an aspirated 'h' – for example, Las Palmas sounds more like Lah Palmah! The swallowing of consonants like this is a marked feature of Canarian Spanish, and even solid speakers of the language may find themselves wondering just how much they really understood on hearing a lively *charla* (chat) among Canarios.

Vowels

- a** as in 'father'
- e** as in 'met'
- i** as in 'marine'
- o** as in 'or' (without the 'r' sound)
- u** as in 'rule'; the 'u' is not pronounced after **q** and in the letter combinations **gue** and **gui**, unless it's marked with a diaeresis (eg *argüir*), in which case it's pronounced as English 'w'
- y** at the end of a word or when it stands alone, it's pronounced as the Spanish **i** (eg *ley*); between vowels within a word it's as the 'y' in 'yonder'

Consonants

As a rule, Spanish consonants resemble their English counterparts, with the exceptions listed below.

While the consonants **ch**, **ll** and **ñ** are generally considered distinct letters, **ch** and **ll** are now often listed alphabetically under **c** and **l** respectively. The letter **ñ** is still treated as a separate letter and comes after **n** in dictionaries.

- b** similar to English 'b', but softer; **b** is referred to as 'b larga'
- c** as in 'celery' before **e** and **i**; otherwise as English 'k'
- ch** as in 'choose', although in the Spanish of the Canaries it can sound more like a 'y'. For example, Guanche is often pronounced 'Guanye'

d	as in 'dog' when initial or preceded by l or n ; elsewhere as the 'th' in 'then'. Often not pronounced at all when at the end of a word.
g	as the 'ch' in the Scottish <i>loch</i> before e and i ('kh' in our guides to pronunciation); elsewhere, as in 'go' always silent
h	as the 'ch' in the Scottish <i>loch</i> (written as 'kh' in our guides to pronunciation)
j	as the 'y' in 'yellow'
ñ	as the 'ni' in 'onion'
r	a rolled 'r'; longer and stronger when initial or doubled
rr	very strongly rolled
v	similar to English 'b', but softer; v is referred to as 'b corta'
x	as the 'x' in 'taxi' when between two vowels; as the 's' in 'say' when preceding a consonant
z	as the 's' in 'sun' (not as the 'th' in 'thin' as in most of mainland Spain)

Word Stress

Stress is indicated by italics in the pronunciation guides included with all the words and phrases in this language guide. In general, words ending in vowels or the letters **n** or **s** have stress on the next-to-last syllable, while those with other endings have stress on the last syllable. Thus *vaca* (cow) and *caballos* (horses) both carry stress on the next-to-last syllable, while *ciudad* (city) and *infeliz* (unhappy) are both stressed on the last syllable.

Written accents indicate a stressed syllable, and will almost always appear in words that don't follow the rules above, eg *sótano* (basement), *porción* (portion).

GENDER & PLURALS

In Spanish, nouns are either masculine or feminine, and there are rules to help determine gender (there are of course some exceptions). Feminine nouns generally end with **-a** or with the groups **-ción**, **-sión** or **-dad**. Other endings typically signify a masculine noun. Endings for adjectives also change to agree with the gender of the noun they modify (masculine/feminine **-o/-a**). Where both masculine and feminine forms are included in this language guide, they are separated by a slash, with the masculine form first, eg *perdido/a*.

If a noun or adjective ends in a vowel, the plural is formed by adding **s** to the end. If it ends in a consonant, the plural is formed by adding **es** to the end.

ACCOMMODATION

I'm looking for ...	<i>Estoy buscando ...</i>	<i>e-stoy boos-kan-do ...</i>
Where is ...?	<i>¿Dónde hay ...?</i>	<i>don-de ai ...</i>
a hotel	<i>un hotel</i>	<i>oon o-tel</i>
a boarding house	<i>una pensión/ residencial/ un hospedaje</i>	<i>oo-na pen-syon/ re-see-den-syal/ oon os-pe-da-khe</i>
a youth hostel	<i>un albergue juvenil</i>	<i>oon al-ber-ge khoo-ve-neel</i>
I'd like a ...	<i>Quisiera una</i>	<i>kee-sye-ra oon-aa</i>
room.	<i>habitación ...</i>	<i>a-bee-ta-syon ...</i>
double	<i>doble</i>	<i>do-ble</i>
single	<i>individual</i>	<i>een-dee-vee-dwal</i>
twin	<i>con dos camas</i>	<i>kon dos ka-mas</i>
How much is it	<i>¿Cuánto cuesta</i>	<i>kwan-to kwes-ta</i>
per ...?	<i>por ...?</i>	<i>por ...</i>
night	<i>noche</i>	<i>no-che</i>
person	<i>persona</i>	<i>per-so-na</i>
week	<i>semana</i>	<i>se-ma-na</i>

MAKING A RESERVATION

(for phone or written requests)

To ...	<i>A ...</i>
From ...	<i>De ...</i>
Date	<i>Fecha</i>
I'd like to book ...	<i>Quisiera reservar ... (see the list under 'Accommodation' for bed and room options)</i>
in the name of ...	<i>en nombre de ...</i>
for the nights of ...	<i>para las noches del ...</i>
credit card ...	<i>tarjeta de crédito ...</i>
number	<i>número</i>
expiry date	<i>fecha de vencimiento</i>
Please confirm ...	<i>Puede confirmar ...</i>
availability	<i>la disponibilidad</i>
price	<i>el precio</i>

Does it include breakfast?

¿Incluye el desayuno? *een-kloo-ye el de-sa-yoo-no*

May I see the room?

¿Puedo ver la habitación? *pwe-do ver la a-bee-ta-syon*

I don't like it.*No me gusta.* no me goos-ta**It's fine. I'll take it.***OK. La alquilo.* o-kay la al-kee-lo**I'm leaving now.***Me voy ahora.* me voy a-o-ra**full board***pensión* pen-syon*completa* kom-ple-ta**private/shared***baño privado/* ba-nyo pree-va-do/*compartido* kom-par-tee-do**bathroom***demasiado caro* de-ma-sya-do ka-ro**too expensive***más económico* mas e-ko-no-mee-ko**cheaper***descuento* des-kwen-to**CONVERSATION & ESSENTIALS**

When talking to people familiar to you or younger than you, it's usual to use the informal form of 'you', *tú*, rather than the polite form *Usted*. The polite form is used in all cases in this guide; where options are given, the form is indicated by the abbreviations 'pol' and 'inf'.

In Canarian Spanish the standard second person plural pronoun of mainland Spain, *vosotros* (you), is rarely heard. Instead, the more formal *Ustedes* is used.

Hello. *Hola.* o-la**Good morning.** *Buenos días.* bwe-nos dee-as**Good afternoon.** *Buenas tardes.* bwe-nas tar-des**Good evening/
night.** *Buenas noches.* bwe-nas no-ches**Goodbye.** *Adiós.* a-dyos**Bye/See you soon.** *Hasta luego.* as-ta lwe-go**Yes.** *Sí.* see**No.** *No.* no**Please.** *Por favor.* por fa-voor**Thank you.** *Gracias.* gra-syas**Many thanks.** *Muchas gracias.* moo-chas gra-syas**You're welcome.** *De nada.* de na-da**Pardon me.** *Perdón/* per-don
Disculpeme. dees-kool-pe-me

(before requesting information, for example)

Sorry. *Lo siento.* lo see-en-to

(when apologising)

Excuse me. *Permiso.* per-mee-so

(when asking permission to pass, for example)

How are things?*¿Qué tal?* ke tal**What's your name?***¿Cómo se llama Usted?* ko-mo se ya-ma oo-ste (pol)*¿Cómo te llamas?* ko-mo te ya-mas (inf)**SIGNS****Entrada** Entrance**Salida** Exit**Abierto** Open**Cerrado** Closed**Información** Information**Prohibido** Prohibited**Prohibido Fumar** No Smoking**Comisaría** Police Station**Servicios/Aseos** Toilets**Hombres** Men**Mujeres** Women**My name is ...***Me llamo ...* me ya-mo ...**It's a pleasure to meet you.***Mucho gusto.* moo-cho goos-to**Where are you from?***¿De dónde es/eres?* de don-de es/e-res (pol/inf)**I'm from ...***Soy de ...* soy de ...**Where are you staying?***¿Dónde está alojado?* don-de es-ta a-lo-kha-do (pol)*¿Dónde estás alojado?* don-de es-tas a-lo-kha-do (inf)**May I take a photo?***¿Puedo hacer una foto?* pwe-do a-sair oo-na fo-to**DIRECTIONS****How do I get to ...?***¿Cómo puedo llegar a ...? ko-mo pwe-do ye-gar a ...***Is it far?***¿Está lejos?* es-ta le-khos**Go straight ahead.***Siga/Vaya derecho.* see-ga/va-ya de-re-cho**Turn left.***Doble a la izquierda.* do-ble a la ees-kyer-da**Turn right.***Doble a la derecha.* do-ble a la de-re-cha**I'm lost.***Estoy perdido/a.* es-toy per-dee-do/a**Can you show me (on the map)?***¿Me lo podría indicar* me lo po-dree-a een-dee-kaar
(en el mapa)? (en el ma-pa)**here** *aquí* a-kee**there** *allí* a-ye**avenue** *avenida* a-ve-nee-da**street** *calle/paseo* ka-lye/pa-se-o**traffic lights** *semáforos* se-ma-fo-ros**north** *norte* nor-te**south** *sur* soor**east** *este* es-te**west** *oeste* o-es-te

HEALTH**I'm sick.**

Estoy enfermo/a. es-toy en-fer-mo/a

I need a doctor.

Necesito un médico ne-se-see-to oon me-dee-ko
(*que habla inglés.*) (ke a-bla een-gles)

Where's the hospital?

¿Dónde está el hospital? don-de es-ta el os-pee-tal

I'm pregnant.

Estoy embarazada. es-toy em-ba-ra-sa-da

I've been vaccinated.

Estoy vacunado/a. es-toy va-koo-na-do/a

I'm allergic to ...

Soy alérgico/a soy a-ler-khee-ko/a
a ... a ...

antibiotics

los antibióticos los an-tee-byo-tee-kos

penicillin

la penicilina la pe-nee-si-lee-na

nuts

las nueces las nwe-ses

peanuts

los cacahuetes los ka-ka-we-tes

seafood

los mariscos los ma-rees-koss

I'm ...

Soy ... soy ...

asthmatic

asmático/a as-ma-tee-ko/a

diabetic

diabético/a dya-be-tee-ko/a

epileptic

epiléptico/a e-pee-lep-tee-ko/a

I have ...

Tengo ... ten-go ...

a cough

tos tos

diarrhea

diarrea dya-re-a

a headache

un dolor de oon do-lor de
cabeza ka-be-sa

nausea

náusea now-se-a

LANGUAGE DIFFICULTIES**Do you speak (English)?**

¿Habla/Hablas (inglés)? a-bla/a-blas (een-gles) (pol/inf)

Does anyone here speak English?

¿Hay alguien que ai al-gyen ke
hable inglés? a-ble een-gles

I (don't) understand.

Yo (no) entiendo. yo (no) en-tyen-do

How do you say ...?

¿Cómo se dice ...? ko-mo se dee-se ...

What does ...mean?

¿Qué quiere decir ...? ke kye-re de-seer ...

Could you please ...?

¿Puede ..., por favor? pwe-de ... por fa-vor

repeat that

repetirlo re-pe-teer-lo

speak more

hablar más a-blar mas

slowly

despacio des-pa-syo

write it down

escribirlo es-kree-beer-lo

EMERGENCIAS**Help!**

¡Socorro! so-ko-ro

Fire!

¡Incendio! een-sen-dyo

Go away!

¡Vete!/¡Fuera! ve-te/fwe-ra

Call ...!

¡Llame a ...! ya-me a

an ambulance

una ambulancia oo-na am-boo-lan-sya

the police

la policía la po-lee-see-a

a doctor

un médico oon me-dee-ko

It's an emergency.

Es una emergencia. es oo-na e-mer-khen-sya

Could you help me, please?

¿Me puede ayudar, por favor? me pwe-de a-yoo-dar por fa-vor

I'm lost.

Estoy perdido/a. es-toy per-dee-do/a

Where are the toilets?

¿Dónde están los baños? don-de es-tan los ba-nyos

NUMBERS

0

cero se-ro

1

uno oo-no

2

dos dos

3

tres tres

4

cuatro kwa-tro

5

cinco seen-ko

6

seis says

7

siete sye-te

8

ocho o-cho

9

nueve nwe-ve

10

diez dyes

11

once on-se

12

doce do-se

13

trece tre-se

14

catorce ka-tor-se

15

quince keen-se

16

dieciséis dye-see-says

17

diecisiete dye-see-sye-te

18

dieciocho dye-see-o-cho

19

diecinueve dye-see-nwe-ve

20

veinte vayn-te

21

veintiuno vayn-tee-oo-no

30

treinta trayn-ta

31

treinta y uno trayn-ta ee oo-no

40

cuarenta kwa-ren-ta

50

cincuenta seen-kwen-ta

60

sesenta se-sen-ta

70

setenta se-ten-ta

80

ochenta o-chen-ta

90

noventa no-ven-ta

100

cien syen

101

ciento uno syen-to oo-no

200	<i>doscientos</i>	do-syen-tos
1000	<i>mil</i>	meel
5000	<i>cinco mil</i>	seen-ko meel

SHOPPING & SERVICES

I'd like to buy ...

Quisiera comprar ... kee-sye-ra kom-prar ...

I'm just looking.

Sólo estoy mirando. so-lo es-toy mee-ran-do

May I look at it?

¿Puedo mirar (lo/la)? pwe-do mee-rar-(lo/la)

How much is it?

¿Cuánto cuesta? kwan-to kwes-ta

That's too expensive for me.

Es demasiado caro para mí. es de-ma-sya-do ka-ro pa-ra mee

Could you lower the price?

¿Podría bajar un poco el precio? po-dree-a ba-khar oon po-ko el pre-syo

I don't like it.

No me gusta. no me goas-ta

I'll take it.

Me lo llevo. me lo ye-vo

Do you accept ...?

¿Aceptan ...? a-sep-tan ...

credit cards

tarjetas de crédito tar-khe-tas de kre-dee-to

travellers cheques

cheques de viajero che-kes de vya-khe-ro

less

menos me-nos

more

más mas

large

grande gran-de

small

pequeño/a pe-ke-nyo/a

I'm looking for the ...

Estoy buscando ... es-toy boos-kan-do

ATM

el cajero automático el ka-khe-ro ow-to-ma-tee-ko

bank

el banco el ban-ko

bookshop

la librería la lee-bre-ree-a

embassy

la embajada la em-ba-kha-da

laundry

la lavandería la la-van-de-ree-a

market

el mercado el mer-ka-do

pharmacy/chemist

la farmacia/la botica la far-ma-sya/la bo-tee-ka

post office

correos ko-re-os

supermarket

el supermercado el soo-per-mer-ka-do

tourist office

la oficina de turismo la o-fee-see-na de too-rees-mo

What time does it open/close?

¿A qué hora abre/cierra? a ke o-ra a-bre/sye-ra

I want to change some money/travellers cheques.

Quiero cambiar dinero/cheques de viajero. kye-ro kam-byar dee-ne-ro/che-kes de vya-khe-ro

What is the exchange rate?

¿Cuál es el tipo de cambio? kwal es el tee-po de kam-ryo

I want to call ...

Quiero llamar a ... kye-ro lya-mar a ...

airmail

correo aéreo ko-re-o a-e-re-o

letter

carta kar-ta

registered mail

correo ko-re-o

certificado ser-tee-fee-ka-do

stamps

sellos se-los

TIME & DATES

What time is it?

¿Qué hora es? ke o-ra es

It's one o'clock.

Es la una. es la oo-na

It's six o'clock.

Son las seis. son las says

midnight

medianoche me-dya-no-che

noon

mediodía me-dyo-dee-a

half past two

dos y media dos ee me-dya

now

ahora a-o-ra

today

hoy oy

tonight

esta noche es-ta no-che

tomorrow

mañana ma-nya-na

yesterday

ayer a-yer

Monday

lunes loo-nes

Tuesday

martes mar-tes

Wednesday

miércoles myer-ko-les

Thursday

jueves khwe-ves

Friday

viernes vyer-nes

Saturday

sábado sa-ba-do

Sunday

domingo do-meen-go

January

enero e-ne-ro

February

febrero fe-bre-ro

March

marzo mar-so

April

abril a-bree-l

May

mayo ma-yo

June

junio khoo-nyo

July

julio khoo-lyo

August

agosto a-gos-to

September

septiembre sep-tyem-bre

October

octubre ok-too-bre

November

noviembre no-vyem-bre

December

diciembre dee-syem-bre

TRANSPORT

Public Transport

What time does

¿A qué hora a ke o-ra

... leave/arrive?

sale/llega ...? sa-le/ye-ga ...?

the bus

el autobús el ow-to-boos

the plane	<i>el avión</i>	el a-vyon
the ship	<i>el barco</i>	el bar-ko
airport	<i>el aeropuerto</i>	el a-e-ro-pwer-to
bus station	<i>la estación de autobuses</i>	la es-ta-syon de ow-to-boo-ses
bus stop	<i>la parada de autobuses</i>	la pa-ra-da de ow-to-boo-ses
luggage check room	<i>guardería/ equipaje</i>	gwar-de-ree-a/ e-kee-pa-khe
taxi	<i>taxi</i>	de tak-see
ticket office	<i>la taquilla</i>	la ta-kee-lya
wharf	<i>el embarcadero</i>	el em-bar-ka-de ro

The ... is delayed.

El ... está retrasado. el ... es-ta re-tra-sa-do

I'd like a ticket to ...

Quiero un billete a ... kye-ro oon bee-lye-te a ...

Is this taxi free?

¿Está libre este taxi? e-sta-lee-bre es-te tak-see

What's the fare to ...?

¿Cuánto cuesta hasta ...? kwan-to kwes-ta a-sta ...

Please put the meter on.

Por favor, ponga el taxímetro. por fa-vor pon-ga el tak-see-me-tro

a ... ticket	<i>un billete de ...</i>	oon bee-lye-te de ...
one-way	<i>ida</i>	ee-da
return	<i>ida y vuelta</i>	ee-da ee vvel-ta
1st class	<i>primera clase</i>	pree-me-ra kla-se
2nd class	<i>segunda clase</i>	se-goon-da kla-se
student	<i>estudiante</i>	es-too-dyan-te

Private Transport

I'd like to	<i>Quisiera</i>	kee-sye-ra
hire a/an ...	<i>alquilar ...</i>	al-kee-lar ...
4WD	<i>un todoterreno</i>	oon to-do-te-re-no
car	<i>un coche</i>	oon un ko-che
motorbike	<i>una moto</i>	oo-na mo-to
bicycle	<i>una bicicleta</i>	oo-na bee-see-kle-ta

Is this the road to ...?

¿Se va a ... por esta carretera? se va a ... por es-ta ka-re-te-ra

Where's a petrol station?

¿Dónde hay una gasolinera? don-de ai oon-na ga-so-lee-ne-ra

Please fill it up.

Lleno, por favor. ye-no por fa-vor

I'd like (20) litres.

Quiero (veinte) litros. kye-ro (vayn-te) lee-tros

diesel	<i>diesel</i>	dee-sel
petrol	<i>gasolina</i>	ga-so-lee-na

ROAD SIGNS

Acceso	Entrance
Aparcamiento	Parking
Ceda el Paso	Give way
Despacio	Slow
Desvío	Detour
Dirección Única	One-way
Frene	Slow Down
No Adelantar	No Overtaking
Peaje	Toll
Peligro	Danger
Prohibido Aparcar	No Parking
Prohibido el Paso	No Entry
Vía de Acceso	Exit Freeway

(How long) Can I park here?

¿(Por cuánto tiempo) Puedo aparcar aquí? (por kwan-to tyem-po) pwe-do a-par-kar a-kee

Where do I pay?

¿Dónde se paga? don-de se pa-ga

I need a mechanic.

Necesito un mecánico. ne-se-see-to oon me-ka-nee-ko

The car has broken down (in ...).

El coche se ha averiado (en ...). el ko-che se a a-ve-rya-do (en ...)

The motorbike won't start.

No arranca la moto. no a-ran-ka la mo-to

I have a flat tyre.

Tengo un pinchazo. ten-go oon peen-cha-so

I've run out of petrol.

Me he quedado sin gasolina. me e ke-da-do seen ga-so-lee-na

I've had an accident.

He tenido un accidente. e-te-nee-do oon ak-see-den-te

TRAVEL WITH CHILDREN

I need ... *Necesito ...* ne-se-see-to ...

Do you have ...? *¿Hay ...?* ai ...

a car baby seat *un asiento de seguridad para bebés* oon a-syen-to de se-goo-ree-da pa-ra be-bes

a children's menu (disposable) *un menú infantil pañales (de usar y tirar)* oon me-noo een-fan-teel pa-nya-les de

diapers/nappies *leche en polvo* oo-sar ee tee-rar

formula (milk) *una trona* le-che en pol-vo oo-na tro-na

a highchair *un orinal* oon o-ree-nal

a potty *de niños* de nee-nyos

a stroller *un cochecito* oon ko-che-see-to

Are children allowed?

¿Se admiten niños? se ad-mee-ten nee-nyos

Glossary

abierto – open

aficionado – enthusiast

aljibe – water system

apartado de correos – post office box

artesonado – coffered ceiling

autovía – motorway

ayuntamiento – town hall

barranco – ravine or gorge

barrio – district, quarter (of a town or city)

Bimbaches – indigenous Herreños

bocadillo – sandwich made with baguette bread

bodega – traditional wine bar, or a wine cellar

bote – local variety of shuttle boat developed to service offshore vessels

buceo – scuba diving

butaca – armchair seating on ferries

cabildo insular – island government

cabra – goat

cabrito – kid (goat)

cajero automático – ATM

caldera – cauldron

calle – street

cambio – exchange

cañadas – flatlands

Canariones – people from Gran Canaria

Carnaval – festival celebrating the beginning of Lent, 40 days before Easter

casa rural – a village or country house or farmstead with rooms to let

caserío – traditional farmhouse or hamlet

catedral – cathedral

cena – dinner

centro comercial – shopping centre, usually with restaurants, bars and other facilities for tourists

chiringuito – kiosk

churros – fried dough

comedor – dining room

comida – lunch

Conejeros – people from Lanzarote

Corpus Christi – festival in honour of the Eucharist, held eight weeks after Easter

correos – post office

cruc – cross

Cruz Roja – Red Cross

cueva – cave

denominación de origen – appellation certifying a high standard and regional origin of wines and certain foods

desayuno – breakfast

drago – dragon tree

ermita – chapel

estación – terminal, station

estación de guaguas – bus terminal/station

estación marítima – ferry terminal

estancos – tobacco shops

este – east

faro – lighthouse

feria – fair

fiesta – festival, public holiday or party

finca – farm

godo – goth, the Canario name for Spaniards

gofio – ground, roasted grain used in place of bread in Canarian cuisine

Gomeros – people from La Gomera

gran – great

guagua – bus

guanarteme – island chief

Guanches – the original inhabitants of the Canaries

Herreños – people from El Hierro

horario – timetable

hostal – commercial establishment providing accommodation in the one- to three-star range; not to be confused with youth hostels (of which there is only one throughout the islands)

hoteles – one- to five-star hotel

IGIC – Impuesto General Indirecto Canario (local version of value-added tax)

iglesia – church

jamón – cured ham

juego del palo – stick game

lagarto – lizard

laurisilva – laurel

lavandería – laundry

librería – bookshop

lucha canaria – Canarian wrestling

Majoreros – people from Fuerteventura

malpais – volcanic badlands

malvasía – Malmsey wine

marcha – action, nightlife, 'the scene'

mencey – Guanche king

menú del día – set menu
mercado – market
meseta – plateau
mesón – old-fashioned restaurant or tavern
mirador – lookout point
mojo – Canarian sauce made with either red chili peppers, coriander or basil
montaña – mountain
mudéjar – Islamic-style architecture
muelle – wharf or pier
municipio – town council
museo – museum, gallery

norte – north

oeste – west
oficina de turismo – tourist office

Páginas Amarillas – Yellow Pages
Palmeros – people from La Palma
papas arrugadas – wrinkly potatoes
parador – chain of state-owned upmarket hotels
parque nacional – national park
paseo marítimo – seaside promenade
penión – guesthouse (one or two star)
pintxos – Basque-style tapas
piscina – swimming pool
plateresque – silversmithlike
playa – beach
pozo – well
presa canario – Canary dog; see also *verdino*
pueblo – village
puenta – bridge
puerta – door
puerto – port

ración – large tapas
rastro – flea market
retablo – altarpiece
romería – festive pilgrimage or procession

sabina – juniper
Semana Santa – Holy Week, the week leading up to Easter
señorío – island government deputising for the Spanish crown
s/n – *sin numero* (without number); sometimes seen in street addresses
sur – south

taberna – tavern
tapas – bar snacks originally served on saucer or lid (*tapa*)
taquilla – box office
tarjeta de crédito – credit card
tarjeta telefónica – phonecard
tasca – pub, bar
terrace – terrace; outdoor café tables
thalassotherapy – warm sea-water treatment designed to remove stress and physical aches
triple – type of ukulele and the musical symbol of the Canary Islands
Tinerfeños – people from Tenerife

valle – valley
vega – plain, flatlands
verdino – Canary dog (from a slightly greenish tint in its colouring)
volcán – volcano

zumería – juice bar