

travegali.com  
— ACCESSIBLE TOURISM —

# Tenerife Accessible City Guide

5-day itinerary



for people with  
reduced mobility

# Contents

**3**

---

**DESTINATION: TENERIFE**

**4**

---

**AIRPORT ACCESSIBILITY**

**5**

---

**RECOMMENDED HOTELS**

**6**

---

**5-DAY ACCESSIBLE TRAVEL ITINERARY**

**17**

---

**MORE ACCESSIBLE ATTRACTIONS**

**19**

---

**TRANSPORTATION AROUND THE ISLAND**

**20**

---

**MEDICAL ATTENTION**

**21**

---

**OTHER USEFUL INFORMATION**





# Destination: Tenerife

They say that Tenerife manages to transform all visitors. A part of the soul seems to be renewed when you let yourself be carried away by the swaying of the waves, connect with the nature of the Island and enjoy an exceptional temperature.

Each traveler finds what he/she wants on the largest island of the Canary archipelago. Your experience can be fun like a carnival, relaxing like many Tenerife beaches, or a mixture of both. Without a doubt, it is a wonderful place to experience thousands of sensations.

In this guide we invite you to make a **5-day accessible travel itinerary**. However, you

can always select the information that interests you and plan your trip in the time you have.

You will discover...

- What places you can visit as a person with **reduced mobility**.
- What activities are accessible in Tenerife.
- What **accessible transportation** options are there and where you can find them.
- Which hotels we recommend from our catalog.
- Where you can get medical help or other assistance.



# Airport accessibility

Tenerife has two international airports, one located in the north and the other in the south. Both are operated by Aena, a public company, and offer an assistance service for people with **reduced mobility**.

You must request this service at least 48 hours in advance, when you buy the ticket through the airline. You also have the option of contacting Aena through its mobile app, official website or telephone.

As usual, the attendant will pick you up at a pre-arranged meeting point, help you with your luggage, escort you to the boarding area and help you board the plane. Find all the details in the following links:

- [Tenerife Sur Airport](#)
- [Tenerife Norte-Ciudad de La Laguna Airport](#)

# Recommended hotels

## TOP 5 IN TENERIFE



### Sunset Harbour Club by Diamond Resorts

Costa Adeje, located in the western part of southern Tenerife (Canary Islands), is the setting for the Sunset Harbor Club by Diamond Resorts. This beachfront aparthotel offers two outdoor swimming pools (hydraulic lift for people with reduced mobility available).

[Book Now](#)

### Hotel Spring Arona Gran Hotel

The Spring Arona Gran Hotel is located in the southwest of Tenerife, in the town of Arona, a place that stands out within the island for its strong commitment to accessible tourism. It is very close to Los Cristianos Beach and Las Vistas Beach.

[Book Now](#)

### Hotel Zentral Center

The Zentral Center is an adapted accommodation where people with reduced mobility can enjoy an accessible dream holiday. It is only a 10-minute walk from Las Vistas Beach, considered an outstanding accessible beach.

[Book Now](#)

### Hotel Spring Vulcano

El Spring Hotel Vulcano, con categoría de cuatro estrellas, tiene acogedoras, confortables y elegantes habitaciones adaptadas, con vista directa a la piscina, para los huéspedes con movilidad reducida están ubicadas en el piso 0.

[Book Now](#)

### Blue Sea Puerto Resort

Blue Sea Puerto Resort está ubicado a pocos minutos del Puerto de la Cruz. Su estratégica ubicación del hotel le permiten disfrutar de los más hermosos paisajes tanto de la montaña como de la playa, todo en un mismo lugar.

[Book Now](#)



# 5-day accessible travel itinerary

## Day 1

Start by exploring **San Cristóbal de La Laguna**, a beautiful city declared a World Heritage Site by Unesco. You will be fascinated by its colonial architecture and its historic streets. Also, many of its public and private spaces are prepared to receive all kinds of visitors, so you can enjoy tourism without barriers.

The City Council of La Laguna offers several **accessible tourist routes** lasting one hour. If

you have the opportunity and it coincides with your travel dates, you can do any of them. You will get to know historical places such as the **Plaza del Adelantado**, the **Palacio de Nava**, the **Convent of Santa Catalina de Siena**, the **Casa del Corregidor** or the **Casa de los Capitanes Generales**.

Next, visit **Santa Cruz de Tenerife**. There is much to discover in the capital of the island.

In the downtown area you can visit the great **Plaza de España**. If you want to know more about the traditions of Tenerife, you can visit the **Casa del Carnaval**, which shows the public the most outstanding elements of the popular festivity.

Another place of interest is the **Museum of Nature and Archeology**, which contains the largest collection on the Guanche culture (ancient aborigines of the island). Its facilities are accessible and it **loans wheelchairs** in case you need it.

The **TEA Tenerife Espacio de las Artes** will also catch your attention as soon as you see its characteristic architecture. It houses several exhibition spaces, a distinctive library



that is worth visiting, a shop, a cafeteria and a cinema. Likewise, the Spain is Accessible official site indicates the presence of elevators with adequate dimensions for **wheelchair users, accessible restrooms** in different floors and a reception desk with two heights.

Don't leave without seeing the **Tenerife Adán Martín Auditorium**, the work of renowned Spanish architect Santiago Calatrava, and the beautiful **Palmetum garden**.





You can relax at **Playa de las Teresitas** the rest of the day, located less than a quarter of an hour by car from the center of Santa Cruz de Tenerife. It has walkways, **accessible restrooms**, accessible parking for people with **reduced mobility** and accessible changing rooms. In addition, **amphibious crutches** and chairs are available to enjoy a swim.

You can call the Red Cross' post (you will find its [phone number on the beach's official website](#)) should you have any questions.





## Day 2

Today you can explore the **Teide National Park**, located in the heart of the island. This natural area has been declared a World Heritage Site by UNESCO and is home to the highest peak in Spain – it has a prominence of 3,715 meters. Remember to go with comfortable clothes, water and some energy food. Also, keep in mind that it is forbidden to take the volcanic stones.

You can easily reach the base of the volcano by car and enjoy magnificent views of its surroundings. The park has several **accessible trails** for **wheelchair users**, such as the [Roques de García stretch](#) or the [Botanical Garden area](#).



Currently, the cable car is not accessible for people with physical or motor disabilities. We hope to be able to modify this information in the future.

According to the [Tenerife Turismo website](#), across the path next to the Roques de García you can see wonderful views of **Roque Cinchado** and Mount Teide. Don't leave without taking some pictures of these iconic rock formations.

The **Mirador de la Ruleta** has limited accessibility, and may not meet all the requirements of people with **reduced mobility**, thus, assistance from a companion may be required. Similarly, you may require help when visiting the [Sendero Alto de Guamazo](#) and the [Sendero Roque de Caramujo](#). This information is compiled on Sinpromi's website.



It's now time to move towards **Los Gigantes**, an incredible natural jewel that is essential in any tourist visit. The aborigines of the island called these cliffs the "wall of hell", as they claimed it denoted "the end of the world". For a better view, go to the **Archipenque lookout point**, which is accessible. You can even get a glimpse of the **Punta de Teno Lighthouse** in the distance.

If you have enough time, you can also visit other charming municipalities such as **La Orotava** or **Icod de los Vinos** (at the moment, the entrance to the Drago Milenario is not accessible).





## Day 3

Today you will visit **Puerto de la Cruz**, one of the most beautiful coastal towns. Among its main tourist attractions is the **Loro Parque**, which plays an important role in conservation and protection of wildlife. This zoo is almost mostly **accessible** to people with **reduced mobility** and lends **wheelchairs** free of charge.

Next you can go to **Lago Martiánez**. The complex has three distinguished areas: the San Telmo pools (the oldest), the three central pools (known as Los Alisios) and the Lake (which occupies an area of more than 30,000 m<sup>2</sup>). Specifically, the last mentioned area is **accessible** for swimming, as it has a ramp and an **amphibious chair**. Take your time to relax in this place.





You can find a variety of restaurants near **Plaza del Charco** where you will be able to taste regional gastronomy, such as wrinkled potatoes, stew or Canarian stew. You can also

visit the spectacular **Botanical Garden**, where you will be seduced by the aromas and colors of thousands of native, tropical and subtropical plants.



SOURCE: BAT4ALL BARCO ACCESIBLE DE TENERIFE

## Day 4

Take the opportunity to visit several towns in the area. We recommend visiting **Arona**, one of the main destinations in the world for people with **reduced mobility**. At the end of the 1950s, a group of Swedish tourists traveled to Los Cristianos to improve their physical and mental state. Its climate had a positive influence on their health and the number of visitors with specific needs increased exponentially thereafter.

Since 2003, an [accessibility plan](#) has been implemented so tourists can enjoy all the services without inconvenience. Therefore, its tourist offices, transport services, shopping centers, beaches, accommodation and many leisure activities are accessible.

If you are up to it, we suggest you embark on a tour on an **accessible boat** departing from the Port of Los Cristianos. [Bat4all](#) is fully-accessible for users with **reduced mobility**. It has a zero-slope access and an **accessible restroom**. It also has enough space to accommodate up to four **wheelchairs** in a tour for ten people. It is worth the experience.

Finally, forget about any worries by taking a placid swim in **Playa de las Vistas**, which has **amphibious chairs**, walkways and **accessible restrooms**. Assisted bathing must be requested at least 48 hours in advance to [aronaproactiva.es](mailto:aronaproactiva.es).



## Day 5

On the last day you can explore the beautiful **Anaga Rural Park**, half an hour's drive from the capital, which looks like something out of a story everyone wants to get lost in. Delve into the **Trail of the Senses**, which is **accessible** to people with **reduced mobility**. You will find different panels that invite you to touch, smell or observe some element along the way.

If you prefer a quieter plan, simply relax on one of Tenerife's **accessible beaches**. In addition to those mentioned above, there

are others that have services such as ramps, walkways, bathrooms and showers for people with **reduced mobility** —information obtained from [GuiaNatura EcoTurismo](#)—:

- **Fañabe, Torviscas, Troya and El Duque** (Adeje)
- **Los Cristianos** (Arona)
- **Jardín** (Puerto de la Cruz)
- **La Arena** (Santiago del Teide)
- **El Medano** (Granadilla de Abona)

Enjoy your well-deserved rest.



## More accessible attractions

**1** Tenerife is one of the best destinations in the world for **whale watching**. However, it is important to do so responsibly. For instance, **Tenerife Dolphin** has pledged a commitment to the environment and natural habitat. Also, this company has a catamaran with underwater vision accessible to wheelchair users (restroom not accessible).

**2** The **Carnival of Santa Cruz de Tenerife** is known worldwide. In fact, it has been declared a Festival of International Tourist Interest. Find more information about each year's Carnival on its [official website](#) and have fun in this celebration.



**3** Many people venture to **visit other islands** from Tenerife. There are several options for scrolling:

- Fred. Olsen Express. All their boats are accessible. They have accessible restrooms and seats. In addition, assistance with boarding and disembarking can be requested. Let them know if you need assistance at least 48 hours in advance and notify the crew upon arrival.
- Navieras Armas. Ferries are accessible. In order for passengers to receive the best care, it is advisable to notify the staff at least 24 hours in advance.
- Binter Canarias. The airline provides assistance for various special needs. It must be communicated when the reservation is made, at least 48 hours before.

**Note:** **Siam Park** is considered the “best water park in the world”. It is not added to the itinerary or in this section because its attractions are not accessible at the moment.



## Transportation around the island

It is essential that during your trip you can adequately move to all the places you want to visit. Learn more about local transportation in the following links:

- **TITSA, Transportes Interurbanos de Tenerife**. All buses purchased in recent years have lift platforms and spaces reserved for wheelchair users.
- **Metropolitano de Tenerife**. Accessible for all users.
- **Accessible taxis**. List of companies with accessible taxis in different parts of the island.



## Medical attention

Remember that if a serious medical emergency arises during your trip, you can call **112**. If it is a minor problem, go to the nearest pharmacy.

During their stay on the island, anyone residing in the European Union, the European Economic Area or Switzerland can receive

free hospital and medical care at public health centers.

You can find a **[directory of all the hospitals and clinics on the island](#)**, with their respective addresses, by visiting the Tenerife Tourism website. Please save this link as a precaution.



## Other useful information

### Weather conditions

Tenerife stands out for its ideal temperatures throughout the year, which range between 17°C and 25°C. However, a marked contrast can be seen between the south and the north of the island. Perhaps the snow stains Mount Teide, but the atmosphere in the south of the island is perfect for taking a dip on the beach.

### Lost and found

If you lose something during your trip, you may be able to find it in one of the [offices](#) located in different parts of the territory.

travegali.com

— ACCESSIBLE TOURISM —