

8 DAYS
TRAVEL ITINERARY
TENERIFE



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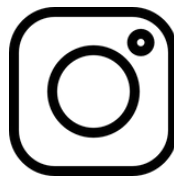
TIPS AND TRICKS



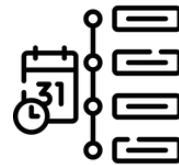
RESTAURANTS



THINGS TO DO



INSTAGRAM SPOTS



DAILY SCHEDULE

Trip overview:



Location: Tenerife, Canary Islands, Spain



Duration: 8 days (20th - 28th November)



Trip Type: Relax & Adventurous

Good to know:



Weather: Daytime temperatures average around 27°C, with nighttime lows between 20-22°C.



Capital City: Santa Cruz de Tenerife



Currency: Euro (EUR)



Language: Spanish (Español)



Plug Type: Type C & F, 230V

Flights:



Low cost options:

easyJet is one of the most common low-cost carriers to Tenerife.

Destination	Tenerife South Airport (TFS)
Departure	London Gatwick (LGW)
Flight duration	4–5 hours
Price	usually €50-€120 depending on the season

Luxury options:

British Airways are typical luxury options for direct flights.

Destination	Tenerife South Airport (TFS)
Departure	London Heathrow (LHR)
Flight duration	4–5 hours
Price	usually €250-€500 for Economy Comfort or Business Class

Flights:



Baggage Allowance:

Airline	Hand Luggage	Additional Personal Item	Checked Luggage
Easy Jet	1 bag (45 × 36 × 20 cm) – must fit under the seat	1 small bag/laptop (if eligible)	Economy Basic/Light: not included Economy Standard: 1 suitcase up to 23 kg Premium: check easyJet policy
British Airways	1 bag (56 × 45 × 25 cm), max 23 kg	1 small bag/laptop (40 × 30 × 15 cm)	Economy: 1 suitcase up to 23 kg Premium Economy/Business: 2 suitcases up to 32 kg each

Accommodation:



NORTH SIDE: price is for 2 people for 4 nights: 20th -24th November

HOTEL NAME	La atalaya	Hotel Best Semiramis
BUDGET	LOWER	HIGHER
TYPE	apartment	5 star hotel
PRICE FOR TWO	€ 320	€ 509
MEAL PLAN	none	breakfast for two
+	pay now, non-refundable	free cancellation

SOUTH SIDE: price is for 2 people for 4 nights: 24th -28th November

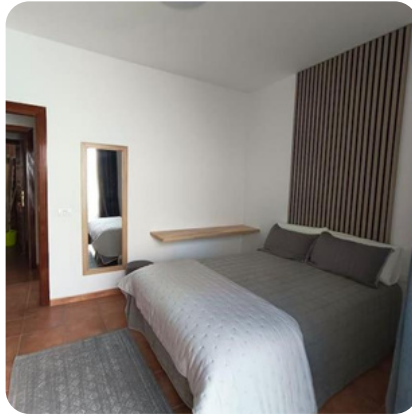
HOTEL NAME	BLUESEA Apartamentos Callao Garden	Ritz Carlton
BUDGET	LOWER	HIGHER
TYPE	3 star hotel	5 star hotel
PRICE FOR TWO	€ 335	€ 1.230
MEAL PLAN	breakfast for two	breakfast for two
+	free cancellation	non refundable

Accommodation:

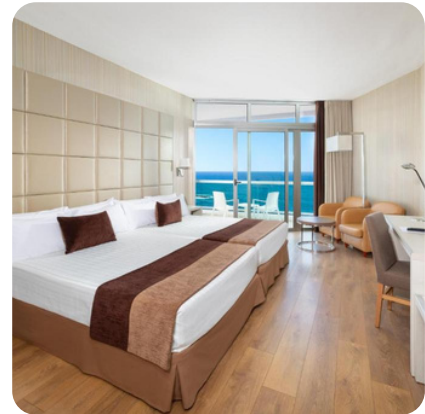
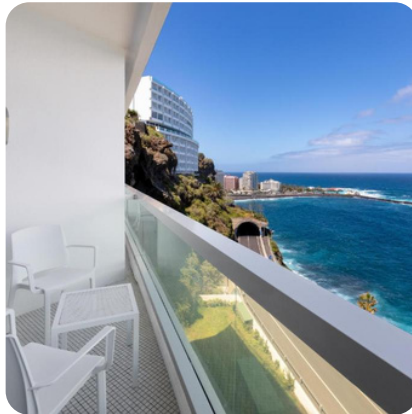


NORTH SIDE:

option 1: La Atalaya



option 2: Hotel Best Semiramis



*The hotel offers rooms with dinner or all inclusive (available at an extra charge).

Accommodation:



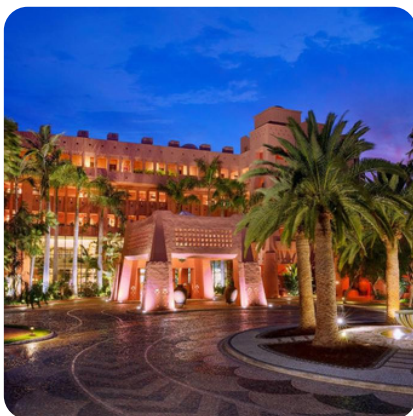
SOUTH SIDE:

option 1: BLUESEA Apartamentos Callao Garden



*The hotel offers rooms with dinner or all inclusive (available at an extra charge).

option 2: Ritz Carlton



*The hotel offers rooms with dinner or all inclusive (available at an extra charge).

Packing List:

CLOTHING & ACCESSORIES	✓
tops / t-shirts	
Shorts	
light trousers / skirts	
Dresses	
Light jacket or cardigan	
Swimsuits / bikinis	
Sleepwear / pajamas	
Undergarments & socks	
Comfortable walking shoes / sneakers	
Sandals / flip-flops	
Hat / cap & sunglasses	

ELECTRONICS	✓
Phone + charger	
Power bank	
Headphones / earbuds	
Smartwatch / fitness tracker	
Laptop / tablet	

TOILETRIES	✓
Toothbrush & toothpaste	
Hairbrush	
Shampoo & conditioner	
Body wash / soap	
Deodorant	
Razor / shaving supplies	
Skincare	
Makeup	
Wet wipes / tissues	
Medications / first aid essentials	
TRAVEL ESSENTIALS	✓
Passport / ID	
Travel tickets / itinerary printout or app	
Credit/debit cards & some cash (EUR)	
Travel insurance documents	
Lightweight day backpack or tote	
Sunglasses & sunscreen	
Small travel umbrella (optional)	
Beach towel / mat	
Medications / first aid essentials	



Tips & Tricks:



Useful Phrases (Spanish Basics)

- Hola – Hello
- Buenos días – Good morning
- Buenas tardes – Good afternoon
- Buenas noches – Good evening / Good night
- Adiós – Goodbye
- Una mesa para dos, por favor. – A table for two, please.
- Quiero... – I would like...
- Agua sin gas / con gas – Still water / Sparkling water
- Una cerveza, por favor. – A beer, please.
- ¿Dónde está la parada de autobús? – Where is the bus stop?
- Necesito un taxi. – I need a taxi.

Apps

- Airalo – eSIM for easy mobile data
- Google Maps (offline maps) – Navigate without internet
- Bolt – Taxi rides at good prices
- Radical Storage – Store your luggage so you don't have to carry it around

Tips & Tricks:



Must-Try Dishes (Top 5)

- Paella – Classic Spanish rice dish
- Papas arrugadas – “Wrinkled potatoes” served with mojo sauce
- Carne Fiesta – Spiced pork, often enjoyed during local celebrations
- Sancocho Canario – Traditional Canarian fish stew
- Conejo en salmorejo – Rabbit marinated and cooked in rich sauce

Sweet Treats

- Frangollo – A traditional dessert made with grains, milk, and dried fruits
- Bienmesabe – A rich mix of almonds, eggs, sugar, and honey

Drinks

- Local wines – The Canary Islands are famous for their unique volcanic wines
- Barraquito – A layered coffee with condensed milk, liqueur, cinnamon, and lemon zest

Restaurants:



South Tenerife

For a variety of great dining experiences in the south, check out:

- **Siya** - Modern cuisine with a cozy atmosphere
- **Oro di Napoli** - Delicious Italian dishes and pizza
- **Taberna Tio Martin** - Traditional Canarian flavors
- **Lagarto** - Trendy spot for tapas and cocktails
- **Kyomu** - Asian fusion and sushi specialties
- **Bianco** - Mediterranean-inspired dishes
- **Luma** - Stylish restaurant with creative cuisine
- **Savage** - Contemporary menu with international touches
- **Las Rocas Beach Club** - Perfect for beachside dining and drinks
- **Hard Rock Café** - Casual dining and iconic music vibes
- **The Winchester** - Casual bites like mozzarella sticks and comfort food

Restaurants:



North Tenerife

In the north, these restaurants are highly recommended:

- **La Forêt** - Upscale dining with a sophisticated atmosphere
- **El Monasterio** - Scenic location with Canarian cuisine
- **La Torre del Mirador** - Great views and local dishes
- **Zicatela** - Mexican-inspired flavors in a relaxed setting
- **El Cine** - Authentic local seafood in a casual environment
- **Las Vistas** - Cozy spot with traditional dishes and friendly service

Things to do:



Tenerife offers a wide variety of activities and experiences, from natural wonders to cultural attractions. Here are some of the main things you shouldn't miss:

Los Gigantes



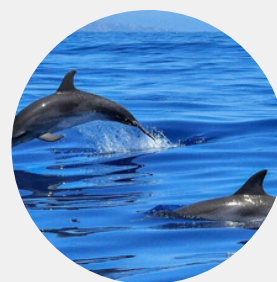
Admire the dramatic cliffs rising from the sea and enjoy the coastal views.

Playa de las Américas



Relax on the lively beaches, explore shops, or enjoy the nightlife.

Dolphin Watching



Take a boat tour to see dolphins and other marine life in their natural habitat.

Banana Plantation



Visit a plantation to learn about Tenerife's unique agriculture and sample fresh bananas.

Teide National Park



Explore volcanic landscapes and hike around Spain's highest peak, Mount Teide.

Puerto de la Cruz



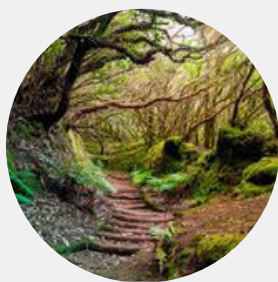
Wander through charming streets, gardens, and coastal areas in this picturesque town.

Loro Parque & Siam Park



Spend a day at the famous animal park or thrilling water park for family fun.

Anaga Rural Park



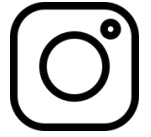
Discover lush forests, hiking trails, and breathtaking mountain scenery.

Garachico



Visit this historic town with natural volcanic pools and scenic streets for a relaxing day out.

Instagram Spots:



We've listed a few of the best and most iconic spots for photos that you can take advantage of.

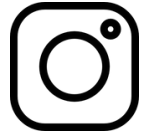
- **San Cristóbal de La Laguna** – view of the Plaza del Adelantado with the Convento de Santa Catalina



- **Playa de Castro** – Hidden waterfall by the sea



Instagram Spots:



- **Bodegas Monje** – Winery with a view



- **Anaga Rural Park** – Roque de Taborno, Path of Senses, Carretera de Taganana viewpoint, road to Playa Benijo



Daily Schedule:



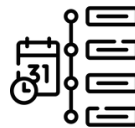
FIRST STOP: TENERIFE SOUTH

You'll spend your first four days in the south of Tenerife, as this is where you'll arrive at Tenerife South Airport (TFS). The south is perfect for starting your trip with sunny beaches, exciting activities, and delicious dining options.

To get around easily, you can rent a car from the Cicar rental agency right at the airport, giving you full flexibility to explore the area at your own pace.

This 4-day itinerary combines adventure, relaxation, and local experiences, from world-famous theme parks and water sports to scenic excursions and tasty meals.

Daily Schedule:



DAY 1:

Activity: Siam Park (9:00 – 17:00)

Start your Tenerife adventure with a full day at Siam Park, one of the world's top water parks. Enjoy thrilling rides like the Tower of Power, relax on the lazy river, or soak up the sun on the white sand beach inside the park.

Canary Islands resident

Tickets Adult

General Tickets

44 €/pers

Ticket valid from the age of 12

Tickets Children

General Tickets

32 €/pers

Ticket for children from 3 to 11 years old

Tickets Infant

General Tickets

Free

Children free from 0 to 2 years old

Day visit to Siam Park:

Septiembre

L	M	M	J	V	S	D
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Octubre

L	M	M	J	V	S	D
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Purchase summary

EMPTY CART

FINAL PRICE

0,00 €

Dinner: Limonela, Playa de las Américas

After an exciting day at the water park, head to Limonela in Playa de las Américas for a delicious dinner. This cozy restaurant offers a relaxed atmosphere and a menu full of fresh, local ingredients. It's the perfect spot to unwind, enjoy some traditional Canarian flavors, and reflect on your first day in Tenerife.

Daily Schedule:



DAY 2:

Breakfast / Morning Activity: Finca Las Margaritas – Banana Experience

Start your day with a unique and delicious experience at Finca Las Margaritas. Join a guided tour at 10:15 and discover Tenerife's famous banana plantations.

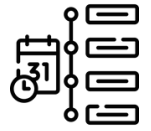
Afternoon Activity: Surf Lesson in Playa de las Américas

After the plantation tour, head to Playa de las Américas for an exciting surf lesson. Suitable for all levels, this lesson allows you to ride the waves. Even if it's your first time surfing, the experience is safe, fun, and an unforgettable way to enjoy Tenerife's beautiful beaches.

Dinner: The Bank Steakhouse

End the day with a hearty dinner at The Bank Steakhouse, known for its succulent steaks and cozy ambiance. It's the perfect spot to relax after an active day and savor a delicious meal in Playa de las Américas.

Daily Schedule:



DAY 3:

Breakfast / Morning Activity: Dolphin Watching in Los Cristianos

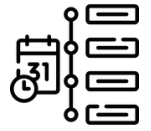
Start your day with an unforgettable experience on the water: dolphin watching in Los Cristianos. Join a boat tour and enjoy the thrill of seeing dolphins and other marine life in their natural habitat.

Afternoon: Abama Beach

After your morning adventure, head to Abama Beach for a relaxing lunch by the sea. Enjoy fresh local seafood, beach and a refreshing drink.



Daily Schedule:



DAY 4:

Breakfast / Morning Activity: Teide National Park Tour

Spend your final day in the south exploring the spectacular Teide National Park, home to Mount Teide, Spain's highest peak. You can choose between a guided tour or exploring the park on your own. The park offers breathtaking volcanic landscapes, hiking trails, and incredible photo opportunities.

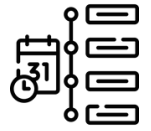
Tips / Notes:

You are welcome to bring your own food for a picnic, which can be a convenient and budget-friendly option.

Food options on-site are limited and more expensive, so planning ahead is recommended.

Food recommendation on the next page>





where to eat

1. On-Site Cafeteria: Restaurante Teleférico del Teide (Cafetería Teleférico)

- Located right next to the cable car station
- Offers sandwiches, coffee, pastries, and soups
- More of a “snack & view” option than a full restaurant
- Perfect for a short break before or after your cable car ride, while enjoying the incredible scenery

2. Parador de Las Cañadas del Teide (Hotel & Restaurant)

- Only proper restaurant for lunch or pre-booked dinner within the park
- Serves traditional Canarian dishes like goat cheese, Canarian potatoes with mojo sauce, meat, and fish
- Offers great views while dining



option 1:



option 2:

Daily Schedule:



Hiking / Activities Options:

- Alto de Guajara – A half-day challenging hike for experienced hikers
- Sendero Roques de García – Most famous hike on the island, about 1.5 hours, suitable for most visitors
- Teide Cable Car – Quick ascent to the volcano summit; costs ~€40, must be booked in advance. Permit required for summit access (free, must request at least one month in advance): [Cable Car Info](#)
- Minas de San José – A good option to stop and look at the landscape like on Mars

Sunset Spot: [Mirador de Chipeque](#) – Perfect for watching the sunset with panoramic views of the park

Guided Tour Options (Optional / Recommended):

Teide and Northern Tenerife Grand Tour
Teide Mountain Guided Quad Tour with Drink

[tap to open the link](#)

Daily Schedule:



NEXT STOP: TENERIFE NORTH

After exploring the sunny south of Tenerife, it's time to head north and central parts of the island. You'll start by checking out of your current accommodation and transferring to your new stay, which will serve as a base for the next few days. The north offers lush landscapes, historic towns, and charming coastal villages, with dramatic cliffs, picturesque mountain villages, beautiful beaches, and Tenerife's famous viewpoints.

Daily Schedule:



DAY 5: Transfer to New Accommodation & Masca Excursion

Breakfast / Check-out: Enjoy breakfast at your current accommodation before checking out and heading to your next stay.

Morning Activity: Los Gigantes

Options:

- Visit the viewpoint for breathtaking cliffs or stop at nearby pools if you want to swim.
- Recommended: Just the viewpoint for photos and views.

- **Late Morning / Afternoon: Masca**

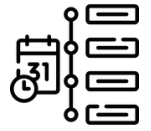
- Drive to the picturesque village of Masca.
- Lunch: Restaurante El Guanche Alte Schule – reservations recommended.
- Parking can be tricky, so it's best to arrive earlier in the day.

- **Optional Stop: Icod de los Vinos**

- Visit the famous Drago Milenario (Ancient Dragon Tree).

Evening: Return to your accommodation for check-in and rest.

Daily Schedule:



DAY 6: Loro Parque & Puerto de la Cruz

Morning / Afternoon

Activity: Loro Parque

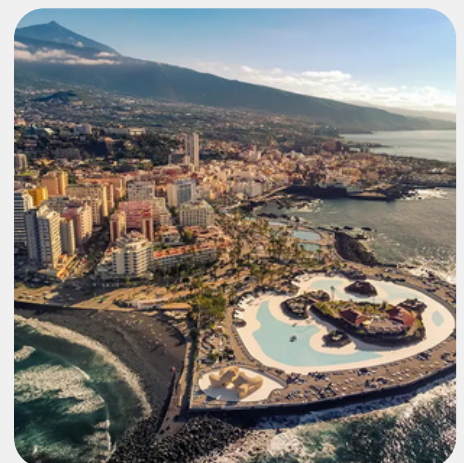
- Explore this world-renowned animal park with dolphins, penguins, gorillas, and more.
- Perfect for families and animal lovers.



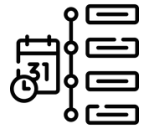
Afternoon / Evening:

Puerto de la Cruz

- Stroll through the charming streets, enjoy local cafés, and soak up the coastal atmosphere.
- Dinner at one of the local restaurants in Puerto de la Cruz.



Daily Schedule:



DAY 7: La Laguna & Playa de Las Teresitas

Breakfast / Morning Activity:

Visit La Laguna, Tenerife's historic town, and explore its colorful street.



Miradors (Viewpoints):

- Mirador De Jardina – Panoramic views of the island and coast.
- Mirador Pico del Inglés – Another excellent viewpoint for photos.

Afternoon: Relax at Playa de Las Teresitas, one of Tenerife's most beautiful beaches.



Lunch: Nearby beachside cafés or restaurants for fresh seafood and local dishes.

Daily Schedule:



DAY 8: Sendero de los Sentidos & Playa del Roque de las Bodegas / Departure

Morning Activity: Hike the Sendero de los Sentidos, an easy and scenic trail that immerses you in Tenerife's nature.

Miradors (Viewpoints):

- Mirador De Jardina – Panoramic views of the island and coast.
- Mirador Pico del Inglés – Another excellent viewpoint for photos.



Mirador de Jardina



Mirador Pico del Ingles

Afternoon: Relax at Playa del Roque de las Bodegas and enjoy some sun or a swim.

Lunch: Nearby local eateries for a final taste of Canarian cuisine.

- **Departure:** Return to your accommodation to collect luggage and head to the airport for your flight home.

from Nomadduo

As NomadDuo, a couple that's constantly traveling, we know just how much a single trip can bring - new experiences, unexpected adventures, and little moments that turn into lifelong memories. Tenerife is full of surprises, and we hope you get to enjoy every corner, from the beaches and mountains to the local food and hidden gems.

Wishing you smooth travels, lots of laughter, and unforgettable experiences. Make the most of every day, take it all in, and have an amazing time!!

Safe travels and lots of love!!!



x nomadduo
MARKETING