

GUIDE TO TENERIFE

This guide is **designed as a companion to our YouTube videos**, helping you prepare for your Tenerife trip as thoroughly as possible. The island is a truly unique destination - thanks to its more than 100 microclimates, temperatures can vary from 12°C to 28°C within just 6 kilometres. For this reason, following the tips and recommendations below will help ensure that your holiday is smooth, enjoyable, and truly unforgettable.

🧳 Preparation - Technical & Practical Information

Weather - PRO Tip: Before travelling, DON'T waste time checking Tenerife's weather online. Internet forecasts rarely reflect the island's real conditions because of its more than 100 different microclimates.

IMPORTANT! Apart from a light jumper and one pair of long trousers, pack only summer clothes - this applies all year round.

⚡ Electricity

- **Type F (Schuko)** - the most common socket
- **Type C (Europlug)** - standard two-pin plugs also work
- Voltage: 230 V | Frequency: 50 Hz

🧳 Weighing Your Suitcase

If you don't have a luggage scale, weigh yourself first, then weigh yourself again while holding your suitcase. The difference is your suitcase's weight.

Do not place the suitcase directly on a household scale, as the result is often inaccurate.

📱 Android Preparation

- Download **Adobe Acrobat Reader** before your trip. Otherwise, your phone may not be able to open the Google Maps links embedded in your tickets.
- **Test link (tap it):** <https://maps.app.goo.gl/HfrYQYLUobbR1ois6>
Make sure navigation starts correctly.
- Enable **data roaming** before travelling. On many phones it is disabled by default. If you're unsure how to do it, ask someone for help before leaving home.
- Download Tenerife as an offline map in **Google Maps**.
- Also download your native language, Spanish and English for offline use in **Google Translate**. This way, both apps will continue working even without mobile coverage.

✈️ Flight - PRO Tips

Wear your heaviest clothes during the flight to save space and weight in your suitcase.

You are allowed to take sandwiches through airport security, so it's worth bringing some with you for the journey.

Buy bottled water in the Duty Free shop after security. We recommend at least 1 litre per person (2 × 0.5 L), especially on low-cost flights, where staying hydrated is very important.

Be careful with alcohol. At cruising altitude, it can cause severe headaches and may affect your holiday for days.

🛫 Boarding

You have two good options:

If you're seated near the front of the aircraft, board early. If you're seated towards the back, there's no need to rush - you can board later.

✈️ During the Flight

- Always keep a jumper and/or a scarf with you so you don't get cold.
- The aircraft toilet flush is surprisingly loud, so don't be alarmed. It's usually more comfortable to go once the initial queue has disappeared.
- Avoid standing for long periods in the aisle. Whenever possible, remain seated with your seatbelt fastened.

⚠️ Turbulence - The Most Important Advice

Turbulence DOES NOT cause airplanes to crash. It may feel uncomfortable, but it is a normal part of flying.

The strongest type - Clear Air Turbulence (CAT) - is extremely rare, cannot be detected in advance, and often occurs suddenly in clear skies.

OUR ADVICE: Keep your seatbelt fastened whenever you're seated. Only unbuckle it when using the toilet or stretching your legs. Avoid keeping laptops or tablets on your lap, as they can cause injuries during sudden turbulence. Fold away the tray table. Store loose items in the overhead compartment. A travel pillow and an eye mask can make your flight much more comfortable.

👉 FINESTPASS PRO Tip for Flying

To prevent ear pain during take-off and landing:

1. Keep your mouth slightly open - this is the most effective method.
2. Chew gum during ascent and descent.

We also recommend standing up and stretching every hour or hour and a half to improve circulation and reduce the risk of deep vein thrombosis (DVT).

📶 Mobile Network

For the best coverage in Tenerife, we recommend the **MOVISTAR** network.

After landing, disable 5G and use a maximum of 4G. This usually provides better coverage and more reliable mobile internet (provided data roaming is enabled).

Recommendation: Do not use 5G during your stay.

🚗 Rental Car & Driving

Renting a car is the best way to explore Tenerife, but knowing the local traffic rules is essential to avoid fines and unpleasant situations.

🚫 PROHIBITED

- Driving in flip-flops or slippers
- Driving without a shirt or without appropriate clothing
- Using a mobile phone while driving (even hands-free)
- Smoking inside the rental car
- Driving onto roads without official road markings
- Driving under the influence of alcohol (your insurance may become invalid regardless of who caused the accident)
- Damage caused by animals inside the vehicle is the renter's responsibility

🚗 Speed Limits

- Motorways: minimum 60 km/h, maximum 120 km/h (always follow road signs)
- Urban areas: generally 50 km/h (always follow road signs)
- Fixed speed cameras are less common in the south and more frequent in the north.
- Motorway acceleration lanes are often shorter than in many other countries, so you may need to accelerate firmly to merge safely.

🅇 Parking

- Park only in spaces marked with white lines.
- **Never park on yellow lines** or in disabled parking spaces. Your vehicle may be towed (approximately €100 plus lost time).
- There is no public parking fee, but private car parks and underground garages usually cost around €10-30 per day.
- There are no toll roads in Tenerife.
- Children under 135 cm must travel in the rear seats and use an approved child seat or booster.

🛡️ PRO Tip - Radarbot

Radarbot is a free mobile app. If you keep it running in the background throughout your holiday, it will alert you to speed cameras and traffic enforcement devices along your route.

⛽ Refuelling - Extremely Important!

Petrol in Spanish: GASOLINA

If you rent from a reputable company, there is about a 90% chance your vehicle will be petrol-powered.

Refuel whenever the fuel gauge reaches around one-quarter of a tank and you pass a **petrol station along your route**. This simple habit will save you both time and unnecessary stress.

Diesel in Spanish: DIESEL

If your rental car is diesel, always use the pump marked "DIESEL".

Before refuelling, always check the fuel type shown on the key tag or inside the fuel filler flap.

🏠 Accommodation (Self-Catering)

💰 Security Deposit

If your accommodation requires a security deposit, it must be paid on-site before or during key collection.

The deposit is fully refundable according to the rental agreement, provided no damage has been caused to the property or its furnishings.

👤 House Rules

Please respect your neighbours. Loud music, speakers and parties are strictly **prohibited**. If neighbours complain, the police may arrive within minutes.

🧺 Check-out

A szemetet ilik levinni az. Before leaving, it's good practice to take out the rubbish.

Any unopened food or drinks can be left behind for the cleaning staff - they'll genuinely appreciate it.

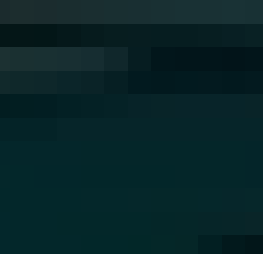
🚻 Bathrooms & Drinking Water

Public toilets are easy to find throughout Tenerife.

Tap water is perfectly safe for showering and brushing your teeth, especially in Adeje.

For drinking, however, we recommend bottled mineral water (such as Fonteide), as it has a much better taste.

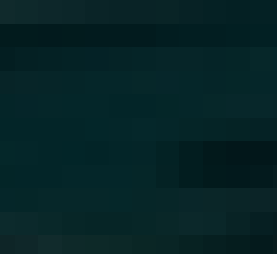
🧴 Daily Essentials - Always Carry These



💧 Mineral Water

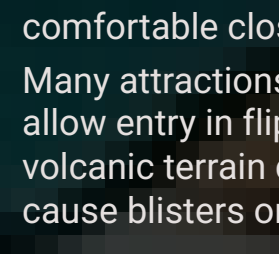
Always carry water with you - even on short trips.

A good way to start the day is with **1.5 litres of Fonteide mineral water per person**.



👒 Hat or Cap

Always wear or carry a hat. The Canary Islands' sun is extremely strong, even on cloudy days.

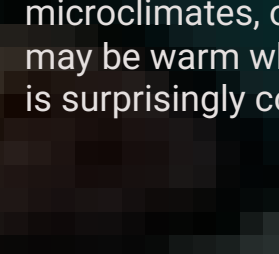


👟 Comfortable Shoes

Wear sandals or flip-flops only at the beach.

For sightseeing and excursions, always wear comfortable closed shoes.

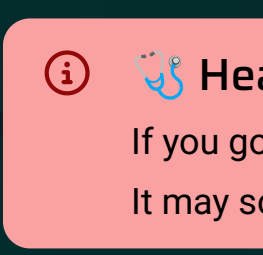
Many attractions do not allow entry in flip-flops, and volcanic terrain can easily cause blisters or injuries.



🧥 Jumper

Always keep a jumper in your rental car and take one with you for evening outings.

Thanks to Tenerife's many microclimates, one place may be warm while another is surprisingly cool.



🔋 Power Bank & Charging Cable

Always carry a fully charged power bank and your charging cable.

A backpack or waist bag will become one of your best companions throughout your holiday.

🏥 Health

If you go hiking in remote areas, carrying a small emergency **whistle** is a great idea.

It may sound unusual, but in an emergency it can make a huge difference.

🏖️ Beach Safety Rules

Always **pay attention** to the beach warning flags.

Tenerife is not a typical beach destination. Never underestimate the power of the Atlantic Ocean—it is completely different from lakes or calm seas.

🚩 Flag colour	Our Recommendation
🟢 GREEN	Do not go deeper than chest level.
🟡 YELLOW	Do not go deeper than waist level.
🔴 RED	Enter the water only at your own risk, and never go deeper than ankle level.
⚫ BLACK	Avoid not only the beach itself, but also the surrounding 100-metre area.

Lifeguards are present on most sandy beaches, but always respect the ocean currents.

If you swim beyond the recommended area (which we do not advise) and get caught in a current, **swim parallel to the shoreline - towards either end of the beach**.

Trying to swim directly back to shore from the middle of the current may carry you farther out to sea.

⚠️ Important Safety Warnings

- **Never swim in natural rock pools** - they can be extremely dangerous and have claimed lives.
- Dangerous marine animals are extremely rare. Jellyfish may occasionally appear, but shark attacks are practically unheard of.
- **Always use sunscreen.** Tenerife lies close to the Tropic of Cancer, and severe sunburn can ruin your entire holiday.
- **We recommend buying sunscreen in Tenerife**, as many products sold elsewhere in Europe are less effective under the island's intense subtropical sun.

🍴 Restaurants & Dining

💵 Tipping

Tipping between 0% and 12% is customary and entirely at your discretion.

If you pay by card and would like to leave a tip, simply tell the waiter the total amount you'd like to be charged.

If you don't speak the language, type the amount into your phone's calculator and show it to them.

🕒 Closing Times

Restaurants generally respect their official closing times, although a little flexibility is often possible, especially in southern Tenerife.

🍷 Local Dining Tips

- Avoid ordering meat at restaurants located directly on the seafront (except in the more tourist-oriented areas).
- Avoid ordering fish or seafood in mountain restaurants above approximately 250 metres above sea level.

💰 Economy & Shopping

📈 VAT: 7%

The Canary Islands have a reduced indirect tax of just 7%, making Tenerife generally more affordable than many other European destinations.

Inflation is also considerably lower than in many mainland countries.

🚫 No Excise Duty

Alcohol and tobacco products are significantly cheaper.

Recommended shop: **Spanish Style** (franchise stores across the island).

🛍️ Shopping

Shopping for international brands is generally **not worth it from a financial point of view**.

Instead, we recommend spending your budget on unique local products and unforgettable experiences.

🎁 Unique Souvenirs Worth Buying

These authentic local products are well worth purchasing during your stay.

🎨 Decorative Items & Gifts

• Ceramic house letters and numbers (perfect for naming your home)

• Small decorative items and jewellery made from black volcanic lava stone (If you buy a bracelet or necklace, we recommend replacing the elastic cord with a more durable one before wearing it.)

• Genuine pearl jewellery (If the pearl is glued into its setting, avoid contact with water.) (Recommended store: Tenerife Perla)

• Colourful metal or ceramic lizards for walls and terraces

• Handcrafted niche perfumes (Recommended store: Casa del Perfume, Garachico)

🧀 Premium Food Souvenirs

• **Banana Jam** Perfect with white cheeses. (Recommended brand: Bernardós)

• **Almogrote** Traditional Canarian cheese spread. (Recommended brand: El Masapé)

• **Banana Wine** Semi-dry or afrutado style. (Recommended brand: Platé)

• **Sweet Malvasia Wine** (or semi-dry Malvasía Aromática) (Recommended brand: Viráfigo)

• **100% Ibérico Bellota Ham** (Recommended brand: Cinco Jotas)

• **Barraquito Coffee Liqueur** (Recommended brand: Licor 43)

• **Local Honey Rum** (Recommended brand: Cocal Ronmiel)

• **Local Whisky** (Recommended brand: Drago)

• **Spanish Dry Sausage** (Type: Espetec)

• **PalM Honey** Excellent with cheese. (Recommended brand: El Masapé)

• **Artisan Mojo Sauce**

☀️ Local Hazards

Tenerife is paradise - but only if you respect nature.

Never underestimate the power of this volcanic island and the Atlantic Ocean.

Some people smile when they watch our "The Dangers of Tenerife" video, but every single day visitors find themselves in situations very similar to those shown there.

Stay aware, stay prepared and always act responsibly.

- 1

Ocean Currents & Wild Beaches
Tenerife has a few excellent beaches, but it is NOT a typical beach destination.
Ocean currents and unexpected rogue waves are powerful and unpredictable.
- 2

Falling from Cliffs
Never stand close to the edge of cliffs.
If you drop something into a ravine, leave it there. No object is worth risking your life.
- 3

Rockfalls
Never stay near rock walls longer than necessary.
Especially avoid these areas during rain or strong winds - even when travelling by car.
- 4

Scooters & Motorcycles
Scooter brakes are not designed for Tenerife's long downhill roads.
Riding high-performance motorcycles on mountain roads involves an extremely high level of risk.
- 5

Trips & Falls
Volcanic rocks are extremely hard and sharp.
Always wear suitable footwear to reduce the risk of fractures and serious injuries.
- 6

Valuables in Your Car
The Adeje area is generally safer than many other parts of the island.
However, **NEVER** leave valuables inside your vehicle - not even for five seconds.

⚠️ Safety Warning - Contact with Strangers

Whenever possible, **avoid engaging in conversations** with strangers.

Some people may appear friendly and approach you - often arriving in rental cars - but do not accept recommendations, invitations or offers from anyone you don't know.

The safest approach is to politely ignore unsolicited conversations. This greatly reduces the risk of theft or vehicle break-ins.

🇮🇪 The Canarian Mindset

And now we've reached perhaps the most important part.

Wherever you go, you'll be welcomed warmly. However, unlike in many other parts of the world, Canarians are often less focused on money - and much more focused on enjoying life.

Their peace of mind, relaxed attitude and happiness always come first.

Because of this mindset, bookings may occasionally get mixed up or someone might simply forget something. The good news is that these situations are almost always resolved on the spot.

All we ask for is a little patience and understanding - which, on behalf of the entire island, we sincerely thank you for.

🇮🇪 The locals are never in a hurry

People here take life at a slower pace - and that's exactly why we love Tenerife.

The island offers a sense of calm that's becoming increasingly rare in Europe and many other parts of the world.

🇮🇪 Never rush a Canarian

Even if you're right, and even if you're the customer.

Respecting people's peace of mind is part of the local culture - and while you're here, you're a welcome guest.

A well-planned holiday doesn't necessarily cost more - but it simply involves fewer bad decisions.

With patience, sunscreen, a hat, comfortable shoes, a jumper and plenty of water, you're ready to enjoy everything this incredible island has to offer.

Have an unforgettable holiday!