

Personal Recommendations

Near 5 Dragos Suites

- **Tasca El Gomero (La Orotava)**
 - Lovely place to enjoy delicious tapas accompanied by beers and wine.
- **Dios los cría y el viento los amontona (La Orotava)**
 - Restaurant with varied cuisine featuring fresh and local touches.
- **Donde Mario (Santa Úrsula)**
 - Local specialties with creative touches (highly recommended).
- **El Calderito de la Abuela (Santa Úrsula)**
 - Authentic Canarian cuisine in a homely atmosphere with beautiful views.
- **Guachinche Los Gómez (La Orotava)**
 - Typical guachinche with homemade wines and traditional dishes.
- **Guachinche El Cubano (La Orotava)**
 - Homemade food in an informal setting with affordable prices.
- **Dilecto Gastrobar (La Orotava)**
 - Modern gastronomy fused with local products.
- **Zumaque (Puerto de la Cruz)**
 - Signature cuisine with Mediterranean and creative flavors.
- **Chile Verde (Puerto de la Cruz)**
 - Authentic Mexican food in a festive and colorful atmosphere.
- **Ristta Thai Food (Puerto de la Cruz)**
 - Authentic Thai cuisine in the heart of Tenerife.

Note: A guachinche is a type of traditional restaurant in the Canary Islands, especially in Tenerife, where homemade meals and homegrown wines are served at affordable prices. They are known for their family atmosphere and typical Canarian cuisine.

Rest of the Island

- **Qapaq (Los Cristianos)**
- **La Hierbita (Santa Cruz de Tenerife)**
 - Traditional Canarian cuisine in a historic house.
- **Nub Restaurante (La Laguna)**
 - Michelin-starred restaurant offering fusion cuisine.
- **El Cine (Los Cristianos)**
 - Specializing in fresh fish and seafood.
- **Mesón El Monasterio (Los Realejos)**
 - Spanish cuisine in a rustic and picturesque setting.
- **Tagami (Santa Cruz de Tenerife)**
- **Nuestra Señora de África Market (Santa Cruz de Tenerife)**
 - Traditional market with local products and varied gastronomy.
- **Casa Playa (Los Cristianos)**
 - Seafront restaurant with seafood and Canarian dishes.
- **El Bejeque (San Cristóbal de la Laguna)**
 - Traditional Canarian cuisine in a family-friendly and cozy atmosphere.

- **La Tasca de Cristian (San Cristóbal de la Laguna)**
 - Creative tapas and local wines in a modern setting.
 - **Rakaposhi Tapas Bar (San Cristóbal de la Laguna)**
 - Fusion of Spanish tapas and unique Pakistani cuisine.
 - **Riella Social Club (Caletillas)**
 - Nice seaside place with a relaxed atmosphere.
 - **Mesón Castellano (Las Américas)**
 - Traditional Spanish cuisine specializing in meats and tapas.
 - **La Torre del Mirador (Costa Adeje)**
 - Elegant restaurant with sea views and Mediterranean cuisine.
 - **Agua y Sal (Tajao)**
 - Fresh seafood in a traditional fishing village.
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Recommended Beaches

Near 5 Dragos Suites

- **Playa del Bollullo and Playa de Los Patos (La Orotava)**
- **Playa del Socorro (Los Realejos)**
- **Playa de Castro (Los Realejos)**
- **Playa Jardín (Puerto de la Cruz)**

Rest of the Island

- **Playa de Las Teresitas (Santa Cruz de Tenerife)**
 - Wide beach with golden sand and calm waters.
 - **Playa El Médano (El Médano)**
 - Ideal for windsurfing and kitesurfing, with a bohemian atmosphere.
 - **Playa de Benijo (Taganana)**
 - Wild beach with impressive views and sunsets.
 - **Playa de La Arena (Puerto de Santiago)**
 - Known for its black volcanic sand and clean waters.
 - **Playa de la Tejita and Playa de Montaña Pelada (El Médano)**
 - **Playa de Las Gaviotas (Santa Cruz de Tenerife)**
 - **Playa Diego Hernández (Adeje)**
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Natural Pools

- **Charco de La Laja (San Juan de la Rambla)**
 - Natural pool formed among volcanic rocks.
- **Charco del Viento (La Guancha)**
 - Series of natural pools and coves ideal for swimming.
- **Natural Pools of Garachico (Garachico)**
 - Formed after volcanic eruptions, perfect for swimming.
- **Charco de Isla Cangrejo (Los Gigantes)**

- Small natural pool near impressive cliffs.
 - **Charco de Los Chochos (Los Silos)**
 - Quiet and less crowded place to enjoy the sea.
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Nature Sites

- **Teide National Park**
 - Home to Mount Teide, the highest peak in Spain; offers hiking and cable car rides.
 - **Anaga Rural Park**
 - Laurel forests and trails through mountainous landscapes.
 - **Masca**
 - Picturesque village with hiking trails and spectacular views.
 - **Barranco del Infierno (Adeje)**
 - Natural reserve with waterfalls and guided trails.
 - **Corona Forestal Natural Park**
 - Extensive areas of Canarian pine forest to explore and enjoy nature.
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Places Worth Visiting

- **Taganana**
 - **La Orotava**
 - **Millenary Drago Tree in Icod de los Vinos**
 - **Garachico**
 - **Masca**
 - **Teno**
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Activities to Do

- **Stargazing**
 - Tenerife offers clear skies ideal for astronomy; visit the Teide Observatory.
- **Whale Watching**
 - Boat trips to see dolphins and whales in their natural habitat.
- **Hiking**
 - Numerous trails in Anaga, Teide, and Masca for all levels.
- **Paragliding**
 - Tandem flights offering panoramic views of the island.
- **Mountain Biking**
 - Scenic routes through diverse landscapes.
- **Water Sports**
 - Surfing, windsurfing, kitesurfing, paddle surfing, and diving at various spots around the island.
- **Winery Tours**

- Tasting local wines at wineries like Bodegas Monje or Bodegas Reverón.
 - **Local Gastronomy**
 - Try typical dishes like wrinkled potatoes with mojo sauce, gofio, and Canarian cheeses.
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Enjoy your stay in Tenerife and take advantage of all that this beautiful island has to offer!