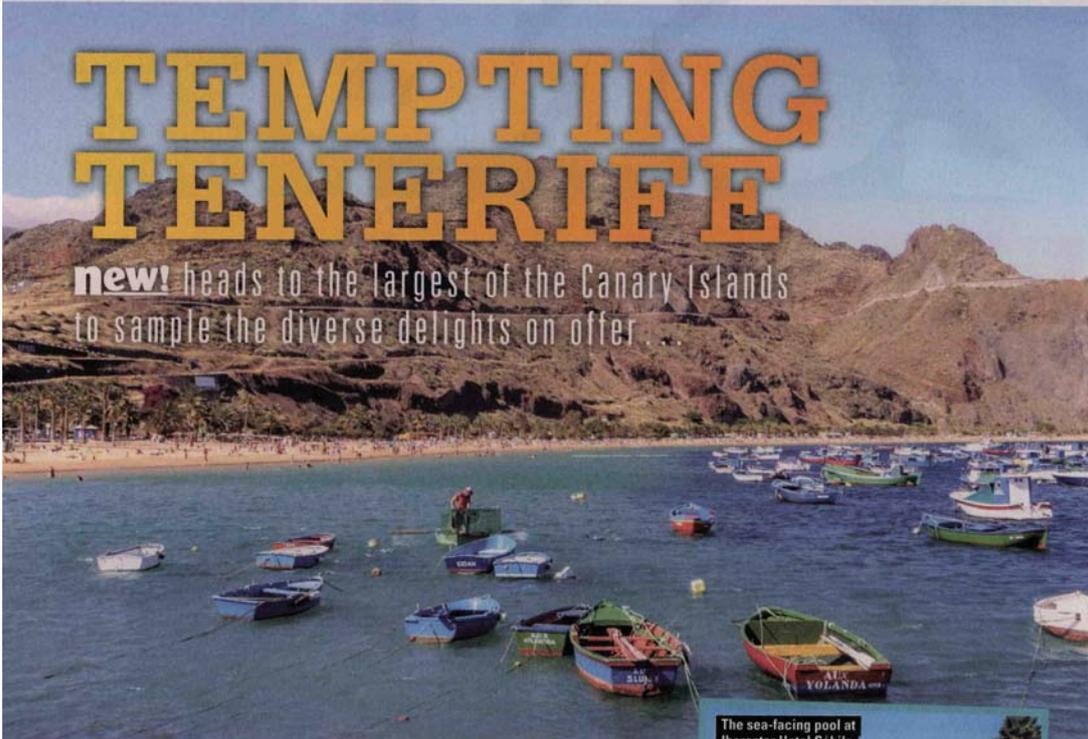


TRAVEL

TEMPTING TENERIFE

new! heads to the largest of the Canary Islands to sample the diverse delights on offer



One of the striking things about Tenerife is what a land of contrasts it is – in a single day you can encounter sun-drenched beaches, picturesque towns, volcanic mountains, howling winds and (whisper it) even rain!

YOUR TENERIFE TICK LIST: The drive up to Teide National Park is an experience in itself – as you ascend into the mountains you're treated to breathtaking views of the volcanic landscape. In the centre of the park, Mount Teide – the highest mountain in Spain – stands at 3,718 metres. There's a cable car to the summit, but be prepared to face a multitude of temperatures – it can be cold at the top even if it's hot and sunny down below.

On days when the weather prevents the cable car from running, pop into the Parador De Las Cañadas Del Teide restaurant instead. The ambience is warm and friendly and it's a great place to take in the views while sampling the local cuisine.

Head to La Laguna in the north of the island for a more

relaxing day out. It's a student town full of wacky clothes shops and is great for a leisurely stroll. The golden beach at Las Teresitas (above) is also a charming spot, with sand imported from the Sahara Desert. Irish band U2 were so taken with the area that they shot the images for their *Achtung Baby* album cover there.

At Puerto Colón, join White Tenerife's whale and dolphin spotting tour. Although a sighting can't be guaranteed, you have a good chance of getting close enough to take a reasonable snap of an inquisitive pilot whale (see Tenerife seacharter.com).

The best way to explore the island is with a hire car – although you do need a bit of courage to tackle the winding mountain roads!

CELEB VISITORS: Megan McKenna, Sophie Kasaei and Jacqueline Jossa have all holidayed in Tenerife recently.

LOVELY LUNCH STOPS: After exploring the quaint mountain village of Masca in the north west, we stopped off at Mesón Del Norte Restaurant for an authentic Tenerife lunch (Restaurante mesondelnorte.es). We loved the Rabbit Salmorejo – a dish delicately



The sea-facing pool at Iberostar Hotel Sábila



Be sure to visit Teide National Park

Megan visited Tenerife recently

flavoured with wine and spices. Across the island in Santa Cruz, La Hierbita is the kind of place the locals flock to – it's chic, quirky and reassuringly popular (Lahierbita.com). If you fancy a spot of wine-tasting, head to Casa Del Vino in El Sauzal (Casadelvinotenerife.com) to sample some local blends in a rustic winery.

LUXURY ROOMS: For a romantic getaway or an indulgent girlie holiday with your pals, the adult-only Iberostar Hotel Sábila in the Costa Adeje is ideal. Think light and airy rooms and a rooftop pool with amazing sea views – with no worries about being water bombed by over-excited kids! There's also a spa, a restaurant and three bars, while the on-site Gourmet Market allows you to taste local delicacies from several different stalls. Even if you're not visiting in the height of summer, you can dine on the terrace, thanks to the outdoor heaters. The only thing chilling will be your cava!

NEED TO KNOW: Rooms at Iberostar Hotel Sábila start at £120 per night, see Iberostar.com. See Ryanair.com for flights. For more info on Tenerife, visit www.webtenerife.com.

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