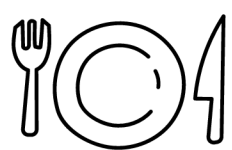




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Something for your stomach... or what to eat and drink in Gran Canaria



Potajes

A specialty of Canarian cuisine. Its presence in the menu proves that the bar or restaurant you are visiting is actually run by locals. Potaje is nothing more than a thick soup with potatoes, beans, zucchini and carrots. We recommend trying potaje de berros, a watercress soup grown in Gran Canaria. This vegetable, due to the multitude of vitamins and minerals it contains, is considered the healthiest vegetable in the world.

Ropa vieja

Chickpeas with boiled meat and baked potatoes, present on the menu of every restaurant. Literally translated, it means 'old clothes', which may discourage you from trying, but nothing could be further from the truth. Chickpeas cooked in broth, soft pieces of chicken or octopus stewed with peppers, tomatoes and baked potatoes. It's impossible not to like this dish! The problem is that it tastes different in every restaurant!



Estofado

A goulash in which pieces of beef are so soft that they melt in your mouth. It tastes best in slightly shabby local restaurants that have access to fresh veal. The dish itself is not visually appealing, but your taste buds will be delighted.

Papas arrugadas

Wrinkled Canarian potatoes, cooked in very salty water with a half of a lemon. Eaten with red mojo sauce, of course! Canarian farmers were the first Europeans to grow potatoes and this variety is still cultivated throughout the archipelago. When used in the singular, the phrase "papa arrugada" means an elderly tourist who has overdone the sunbathing.



Mojo sauce

Canary cold sauce, which we produce from olive oil, garlic, green or red pepper, coriander or parsley. We pour the green ones over meat and fish, and the red ones over potatoes and vegetables. In some parts of the island, almonds are added to the red sauce, which is a positive surprise for most tourists' taste buds. And we remember that the word mojo means sauce, and majo means handsome, so it's worth taking a closer look at who is serving you this sauce before you make a mistake.

Almogrote

Vegetarian lard, where spicy cheese, aged over 6 months, is mixed with mojo sauce. The strong cheese flavour and light consistency make almogrote a perfect dip for a holiday party.



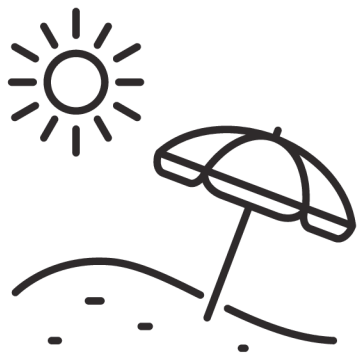
Polvito uruguayo

There are sweet things, sweeter things, and there is polvito. A dessert invented in a Uruguayan restaurant in Las Palmas. Caramelized condensed milk, whipped cream, meringues or biscuits together create a sweetness that is addictive and forces you to return to Gran Canaria. When asked by the waiter about the so-called postre (dessert) answer "polvito uruguayo por favor" and you will understand the true meaning of the word "sweet".

Gofio

I am a Canarian, just like gofio, because you will not find this product of Canarian gastronomy on mainland Spain. Flour made from roasted cereal grains or corn is an indispensable element of island cuisine. They can be made sweet as a roll with honey and dried fruit (pella de gofio dulce) or ordered as a lunch starter. In the latter case, it is gofio escaldado, i.e. broth thickened with gofio until it becomes a brown paste, which is served with onion quarters. You have to try it, but don't order a large portion.





Four beaches... that you must see in Gran Canaria



Dunes in Maspalomas

Over 400 hectares of nature reserve located right by the ocean. We suggest starting by admiring the panorama from the viewpoint at the Maspalomas Palace hotel and then walking along the marked trail towards the lighthouse (Faro) or walking along the ocean (in both cases it takes about an hour each way). In the middle of a 4-kilometer long beach there is the largest nudist beach in the world. When walking along the dunes, remember that you are in a reserve, so we move along a marked trail or the ocean.



Anfi del Mar Beach

Built by a Norwegian entrepreneur who imported sand from the Bahamas to create the most famous artificial beach on the island. The layout resembles a huge swimming pool, so it has the warmest water and no waves. There is a huge apartment complex around it, so parking is quite difficult. You can't park directly on the beach! Parking is available either on the streets around or in a multi-story parking lot with a beautiful panorama of the surrounding area.

We enter Anfi del Mar in the GPS



Amadores Beach

Mistakenly called Lovers' Beach, because its name comes from a mistake made by a British cartographer who did not notice the difference between the Spanish words "amar - to love, and llamar - to call". Of course, you can also shout for love, but in this case, it was about the observation post, which was located on a cliff by the beach. This does not change the fact that you will be delighted with the sand brought from Africa and the ocean water that shimmers turquoise. Enter Playa Amadores in your GPS, there is a free above-ground parking lot and a paid underground parking lot right next to the beach.



Playa de las Canteras

A long, over 3-kilometer long city beach called Copacabana. There is a promenade along it with bars and restaurants. We recommend starting the walk from Auditorio Kraus, the largest opera hall in the Canary Islands. Walking along the promenade, we can admire surfers' performances, as the beach is considered one of the best in the world for surfing and bodysurfing.



Route 1: GRAN CANARIA, OR A CONTINENT IN MINIATURE

SUGGESTED START TIME - 8.30 AM

RETURN
TO THE SOUTH OF THE
ISLAND

SCAN
ME

8. BUFFADERO DE LA
GARITA

SCAN
ME



7. TEROR

SCAN
ME



6. MIRRADOR DE
BERRCERA

SCAN
ME



5. PICO
DE LAS NIEVES



SCAN
ME

1. DEGOLLADA DE LA YEGUA

SCAN
ME



2. ARTEARA

SCAN
ME



3. FATAGA

SCAN
ME



4. TUNTE

SCAN
ME





Route description 1

1. DEGOLLADA DE LA YEGUA

The viewpoint is located 480 m above sea level. It overlooks the tourist zone and the dunes of Maspalomas on one side and the monumental walls of ancient volcanic craters on the other. With a cloudless sky, we can see the highest peak of the island on the horizon. This place is also on the trail of tourist stargazing points. Going to Mirador Degollada de la Yegua, we will be accompanied by vegetation endemic to the Canary Islands. Look for candle-shaped cacti (cardon canario), bushes resembling cups made of sausages with green or yellow leaves (tabaiba dulce) and a ruffled evergreen bush resembling a garden willow (balo). If someone felt dizzy while entering the point, by Canarian standards there was no bend in the road yet.



IT IS WORTH KNOWING THAT YEGUA MEANS MARE IN SPANISH, BECAUSE IT WAS ON THIS HILL THAT THE SUFFERING OF HORSES WHO WERE MORTALLY TIRED AND EXHAUSTED BY PULLING CARTS WAS SHORTENED.

2. ARTEARA

Moving on, we will follow the GC60 road, which winds along the volcanic walls. Our next stop is at the bottom of the Fataga Gorge. The forgotten village of Arteara founded in 1512. A walk along a narrow street lined with decaying houses will make you realize that Gran Canaria is not only about beautiful hotels. While walking around the village, you will also encounter Canarian palm trees, whose fruits are similar to dates, but are bitter and are used as animal feed. The palm itself grows up to 20 meters high, and its flower clusters produce a syrup called palm honey (miel de palma). At the end of the village there is a small museum and a large necropolis of the former inhabitants of the island, the Guanches.



IT IS WORTH KNOWING THAT THIS IS WHERE THE LARGEST NECROPOLIS FROM THE GUANCHE TIMES IS LOCATED HERE, WHICH IS A CEMETERY WITH OVER 1,000 STONE BARROWS, THE OLDEST OF WHICH DATE BACK TO THE 4TH CENTURY BC.

3. FATAGA

A town full of white houses, which is the capital of the Valley of a Thousand Palms. It was built on the ruins of a Guanche settlement, which left behind its name, which we cannot explain. Visitors are welcomed by the church of St. Joseph from 1880 and a shaded square with benches, and free toilets. The trees which crowns take the shape of an umbrella and which provide the shade so desired in the Canary Islands are laurel de indias, also known as the false plane tree. A walk deep into the village leads to the building of one of the oldest bakeries on the island, and the white facades of the houses resemble the trail of Andalusian "pueblos blancos" (white towns). Remember to greet the locals you pass with a smile and a short "buenos dias" (good morning). On the way, you will pass a canal that was used for washing in the second half of the 20th century, as there was no running water in the mountain villages. Touch the stones polished by successive generations of washerwomen and look at the photos by the canal. Additionally, on the wall with photos you will find a map of the island and symbols of characteristic objects, fruits and landscapes. If anyone is wondering about the quiver and arrows, the Guanches used agave thorns to produce them.



IT IS WORTH KNOWING THAT WHEN SIMMERED, THE JUICE FROM CANARY PALM LEAVES TURNS INTO A SYRUP CALLED PALM HONEY, WHICH CURES COUGH.