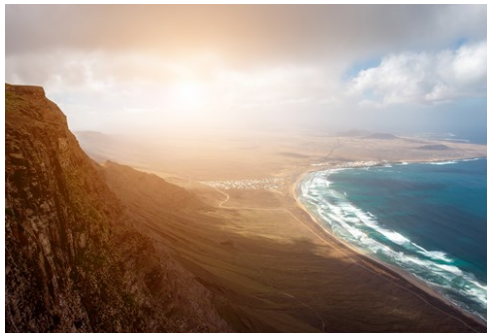




Lanzarote

Photo: RossHelen / Shutterstock.com



RossHelen / Shutterstock.com

Sunshine, idyllic beaches and warm waters are just the start. Lanzarote boasts an impressive natural variety, with more than 300 volcanic peaks which create a fascinating lunar landscape tinged with pink, purple and ochre; but there are also subterranean caves, tunnels and lakes which entice even the calmest of visitors to seek adventure. Needless to say, Lanzarote is paradise for surfers, with perfect waves year-round; and if that is not enough, it is rumoured that the island was part of the lost city of Atlantis.



Fominayaphoto / Shutterstock.com



RossHelen/Shutterstock.com

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



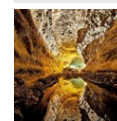
Timanfaya National Park
Also known as Montañas del Fuego (Fire Mountains), this area boasts an inter...



Puerto del Carmen
Low, sugar-lump houses and over six kilometres of golden sandy beaches: welc...



The César Manrique Foundation
The house of world-renowned architect César Manrique is



Jameos del Agua y Cueva de...
27 kilometres north from Arrecife you will find some of the most spectacular...



Museo Internacional de Art...
This modern art gallery is housed in the old military fortress of San José, ...



THE ISLAND



Mihai-Bogdan Lazar / Shutterstock.com

In Lanzarote the African influence is plain to see, but it was a European - Lancelotto Malocello from Genoa - who “discovered” the island in the 14th century. The island's 795 square kilometres are a lava-formed landscape painted with the Canary Islands' most beautiful pallet, which makes Lanzarote the perfect destination for both active and relaxing holidays. Not to mention the local specialties, where Spanish and African cuisine merge into one another, creating tasty and unique dishes.

On the island you can choose to spend your holiday in extremely relaxing resorts, or to experience adventure in the island's stunning natural landscapes, which include the lava tunnel of Atlántida, Cueva de los Verdes and Jameos del Agua, which allow for fascinating expeditions deep into the Earth. Let yourself be amazed by the charm of this wonderful island.

DO & SEE



canadastock / Shutterstock.com

A wonderful mix of nature and culture allows visitors to loll in the sun, or get active and climb a mountain. Experience first-hand the UNESCO Timanfaya National Park, visit the home of the world famous architect César Manrique, wait for the perfect wave on your surf board or just relax on the idyllic beaches of this incredible island.

Timanfaya National Park



Also known as Montañas del Fuego (Fire Mountains), this area boasts an interesting variety of geological phenomena and contains

a particular endemic flora unique to this high subterranean temperature. All this makes Timanfaya a living laboratory for biological research and one of the most exceptional natural habitats in Europe. UNESCO designated the Timanfaya volcanic field as a national park in 1993.

Photo: alexilena / Shutterstock.com

Address: Timanfaya National Park, Lanzarote

Opening hours: September 15-Jul 15: Mon-Sun 9am-7pm, July 15-September 15: 9am-5:45pm

Phone: +34 928840056

Tickets: Discounts for children between 7 and 12

Internet: www.discoverlanzarote.com/timanfaya.asp

Puerto del Carmen



Low, sugar-lump houses and over six kilometres of golden sandy beaches: welcome to Lanzarote's luxury tourist centre.

Puerto del Carmen has much to offer when it comes to restaurants, nightlife and shopping. With good wines and evening strolls on the beach promenade, this is the ultimate relaxation experience.

Photo: Pawel Kazmierczak / Shutterstock.com

Address: Puerto del Carmen, Lanzarote

The César Manrique Foundation



The house of world-renowned architect César Manrique is located in the northern part of Lanzarote, more precisely in Haría. This

traditional village inspired the architect's impressive works and later became his home. The house is today a museum dedicated to Manrique's life and work.

Photo: Ana del Castillo / Shutterstock.com

Address: Calle Elvira Sánchez 30, Haría

Opening hours: Mon-Sun 10:30am-6pm

Phone: +34 928 843138

Tickets: Concessionary tickets for children up to 12 yo

Internet: www.fcmanrique.org

Email: fcm@fcmanrique.org

Jameos del Agua y Cueva de los Verdes



27 kilometres north from Arrecife you will find some of the most spectacular caves in the world. The Jameos del Agua subterranean

complex was formed 3,000 years ago following a

volcanic eruption. Here you can see all manner of volcanic formations, from lakes to caves, and even courtyards and a subterranean auditorium where concerts are often held. Cueva de los Verdes is adjacent, with its 7 kilometre-long tunnels and a subterranean lake in its largest cave.

Photo: Lviatour / Wikimedia Commons (image cropped)

Address: Carretera Arrecife-Orzola, Haría

Opening hours: Mon-Fri 10am-6.30pm; Sat 10am-10pm

Phone: +34 901 200300

Tickets: Discounted entrance for children between 7 and 12 yo

Museo Internacional de Arte Contemporáneo - Castillo de San José



This modern art gallery is housed in the old military fortress of San José, built in the 18th century to protect the island from pirate attacks. The

historical building, combined with the contemporary artworks on display, create a particular and unique contrast.

Photo: Wiseguy71 / Wikimedia Commons

Address: Calle Nte 51, Arrecife

Opening hours: Mon-Sun 10am-8pm

Phone: +34 901 200300

Internet: www.cactlanzarote.com/cact/miac-castillo-san-jose

Rancho Texas Park



Just outside Playa del Carmen, this park hosts and protects exotic animals of all sorts, such as white tigers, cougars and various reptiles. It is

the ideal place to spend a fun and educational day with the entire family. Animal shows and horse riding are just two of the many activities

that you can enjoy here. Don't forget to bring your bathing suit so as not to miss out on the water park.

Photo: jo Crebbin / Shutterstock.com
Address: Alcalde Cabrera Torres, Puerto del Carmen
Opening hours: Mon-Sun 9.30am-5.30pm
Phone: +34 928 516897
Internet: www.ranchotexaslanzarote.com
Email: redessociales@ranchotexaslanzarote.com

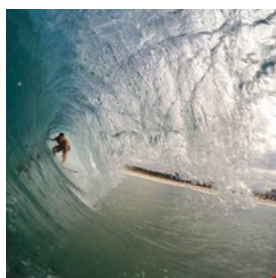
Los Hervideros



The Los Hervidos pathways, built on cliffs overlooking the ocean, offer close-up views of the waters streaming into volcanic caves. If the ocean is particularly rough, the sound can be deafening. Enjoy also the spectacular scenery from the pathways.

Photo: Kochneva Tetyana / Shutterstock.com
Address: Yaiza, Las Palmas

Surf in Playa de las Cucharas



Lanzarote, like the rest of the Canaries, is an island with perfect surfing conditions. The peak season with the best waves is normally between November and late March, but surfing can be done all year round. One of the best beaches is Las Cucharas Beach, where it is also possible to practice and learn wind-surfing and kite-surfing.

Photo: Unsplash / Pexels.com
Address: Av. Arenas Blancas, Costa Teguisse

Aquapark Costa Teguisse



Aquapark Costa Teguisse provides fun for the whole family. Waterslides and pools for all ages, but also Adventure Park and paintball, make this a perfect place to visit. Inside the park, you can also find restaurants and shops, and shows of all kinds are held at night.

Photo: Juan Salamanca / Pexels.com
Address: Avda. del Golf, Parcela 315, Costa Teguisse
Opening hours: Mon-Sun 10am-6pm
Phone: +34 928 592128
Tickets: Discounted entrance for children between 2 and 12 yo
Internet: www.aquaparklanzarote.es
Email: aquapark_lanzarote@yahoo.es
More Info: Closed during winter

LagOmar



This stunning villa, built into the volcanic rock, used to be the property of the actor Omar Sharif. In this place the elegant architectural design merges seamlessly into the astonishing natural frame. Today it also accommodates a museum, an exclusive restaurant and a guest house.

Photo: PawelKusek / Shutterstock.com
Address: Calle Los Loros 2, Nazaret
Opening hours: Mon-Sun 10m-6pm
Phone: +34 672 461555
Tickets: Discounted entrance for children
Internet: www.lag-o-mar.com
Email: info@lag-o-mar.com

Jardin de Cactus



This big garden boasts more than a thousand different types of cactus. It is of great interest for both children and adults for being educational but also fun. César Manrique is the man behind this project. For this reason, you will see his works scattered all around the garden.

Photo: Richard Leeming / Flickr (image cropped)

Address: Carretera General del Norte, Guatiza

Opening hours: Mon-Sun 10am-7.45pm

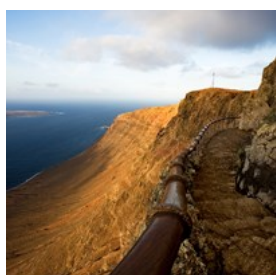
Phone: +34 928 529397

Tickets: Discounted entrance for children between 7 and 12 yo

Internet: www.cactlanzarote.com/cact/jardin-de-cactus

Email: info@centrosturisticos.com

Mirador del Río



This unique viewpoint is one of the most renowned works by César Manrique. From the decks hanging off the cliffs, you will have a great view over the north western coast of the island and the nearby Isla Graciosa. And if you are afraid of heights, don't worry! You can also enjoy the view from the indoor room.

Photo: Alberto Pérez Veiga / Shutterstock.com

Address: Mirador del Río, Haría

Opening hours: July-September: 10am-6:45pm. October-June: 10am-5:45pm

Phone: +34 901 200300

Tickets: Discounted entrance for children between 7 and 12 yo

Internet: www.cactlanzarote.com/cact/mirador-del-rio

Email: info@centrosturisticos.com

Pardelas Park



Pardelas Park is a traditional Canarian farm where children can learn to come into contact with nature, thanks to various activities designed especially for them. They can ride donkeys, feed and pet animals and try making pottery. And for the rest of the family, the farm has its own restaurant where it is possible to enjoy a lunch with local tapas and wine.

Photo: Elena Yakusheva / Shutterstock.com

Address: Calle la Quemadita 88, Órzola

Opening hours: Spring and summer: 10am-7pm. Winter and autumn: 10am-6pm

Phone: +34 928 842545

Internet: www.pardelas-park.com

Email: laspardelaspark@gmail.com

Piracy Museum - Castillo de Santa Barbara



This 16th century castle was not only built to protect Lanzarote from invading pirates, but to serve as a refuge for locals in case of attacks.

Today the Piracy Museum is housed in the amazing Santa Barbara castle.

Photo: Frank Vincentz / Wikimedia Commons (image cropped)

Address: LZ-10 19, Tegüise

Opening hours: Spring and summer: Mon-Sat 10am-4pm, Sun 10am-4pm. Winter and autumn: Mon-Sat 9am-4pm, Sun 10am-4pm.

Phone: +34 928 845001

Internet: www.museodelapirateria.com

Email: informacion.cultura@teguise.es

Museo Etnografico Tanit



This small museum shows the history of life on Lanzarote. Indeed, its location in San Bartolomé de Ajey is not a coincidence: this village was one of the first settlements on the island. Located in a Malmsey laboratory built almost 300 years ago, the museum boasts a permanent collection as well as varied rotating expos.

Photo: Iakov Filimonov / Shutterstock.com

Address: C. Constitucion 1, San Bartolome, Lanzarote

Opening hours: Mon-Sat 10am-2pm

Phone: +34 928 802549

Internet: www.museotanit.com

Email: lanzarote@museotanit.com

El Grifo Winery & Museum



Get a taste of local wine at this picturesque winery. Offering tours of its cellar and a chance to see vintage wine-making first hand, this is a must-see for gastronomers and historians alike. The oldest winery in the Canaries, El Grifo produces half a million bottles a year known for its strong volcanic and mineral flavour.

Photo: Frank Vincentz/Wiki Commons (image cropped)

Address: 35559, Las Palmas, Spain

Phone: (+34) 928 52 40 36

Internet: www.elgrifo.com/en/

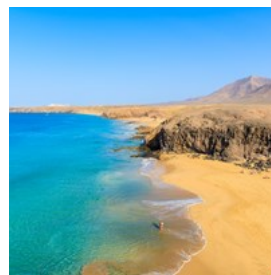
BEACH LIFE



Pawel Kazmierczak / Shutterstock.com

Lanzarote has beautiful beaches, but the sea can be wild. If a red flag is fluttering on the beach, it means swimming is forbidden; yellow flags mean that you can swim at your own risk; and a green flag means you're good to go! The best beaches are generally located in the southern end of the island – the Papagayo half of the island – but in the rest of the coastal areas you can enjoy less a crowded seaside.

Playas Del Papagayo

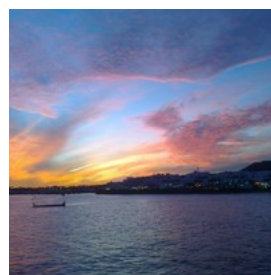


At the southern end of Lanzarote you can find a candidate for the title of “Spain’s most beautiful beach.” It lies in a small and stunning bay with a little island in front of it and a mountain of fine white sand.

Photo: Pawel Kazmierczak / Shutterstock.com

Address: Playas del Papagayo, Lanzarote

Playa Blanca



This beach, adjacent to Papagayo, is characterised by its white sand and the atmosphere of a genuine fishing village. It is the ideal for

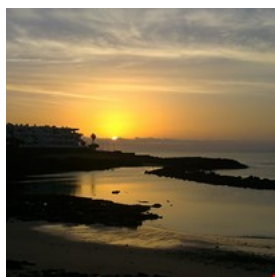
place families and water sports enthusiasts. From here it is also possible to take the ferries to Fuerteventura and the other islands of the archipelago.

Photo: Paul Stephenson / Flickr (image cropped)

Address: Playa Blanca, Lanzarote

More Info: Transport by local bus, hire car or taxi.

Costa Teguisse

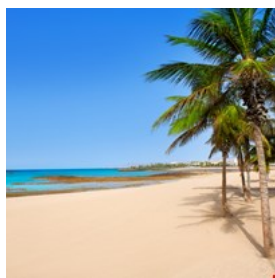


Costa Teguisse is the part of the island most dedicated to active holidays. In fact, you will find hundreds of surfers at Las Cucharas beach, and scuba divers at Punta del Tope. Don't worry if you are beginners, as there are plenty of schools and instructors at your disposal.

Photo: Simon Turkas / Flickr (image cropped)

Address: Costa Teguisse, Lanzarote

Playa El Reducto



Playa El Reducto is the largest beach in Arrecife, capital of the island. This bay has a circular shape, which protects the coast from the strongest oceanic flows. For this reason, it is the perfect beach for leisurely swimming with the entire family. On the seafront you will find plenty of bars and restaurants.

Photo: holbox / Shutterstock.com

Address: Av. Fred Olsen, Arrecife

La Graciosa Beaches

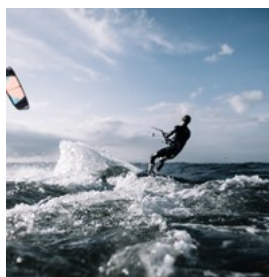


La Graciosa is a small island situated north of Lanzarote, in what is called the Chinijo Archipelago. La Graciosa is the largest of the island group and boasts different types of beaches, even if a great part of them are almost entirely composed of volcanic sand.

Photo: anyaivanova / Shutterstock.com

Address: La Graciosa, Lanzarote

Playa de Guacimeta

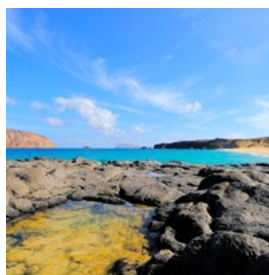


This lovely beach located between Tías and San Bartolomé is well-known by naturist and nudist travelers. It is characterised by fine white sand, and windy weather, which makes this place perfect also for kite surfing. Playa de Guacimeta is one of the nearest to the airport, and for this reason is always livened up by the presence of tourists and visitors.

Photo: Pexels / Pixabay.com

Address: Avenida Playa Honda 149, Playa Honda

Playa de la Concha

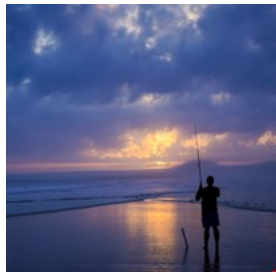


This beautiful beach with golden sand is located between Arrecife and the airport. Even if it is not among the largest beaches of the island, the allure and the tranquillity of this place attract numerous locals. If you want to spend a day away from the crowd of Lanzarote's most tourist areas, this beach can be the ideal spot.

Photo: anyaivanova / Shutterstock.com

Address: Calle los Cactus, Arrecife

Caleta del Mojon Blanco - Punta Prieta



Caleta del Mojon Blanco is located in Punta Prieta, the northern part of the island. This particular beach is formed by several little coves with

white sand where you can relax being sure to find some privacy. It is also frequented by local fishermen early in the morning.

Photo: Unsplash / Pexels.com

Address: LZ-1, Haría

DINING



Vitaly Titov / Shutterstock.com

Fresh fish and papas arrugadas - unpeeled potatoes cooked in salt - is one of the most typical Canarian dishes. Here, you can also try all the tastiest Spanish specialties with a touch of Africa. Among local dishes, you cannot miss the spicy Mojo sauce with potatoes and lamb meat grilled on real volcanic embers.

Casa De La Playa



In this popular restaurant right on Playa Blanca visitors can have fresh fish, caught daily, and the best traditional Canarian dishes. It is also a good choice for tasty tapas, accompanied by refreshing cocktails and beers. The boquerones fritos are highly recommended.

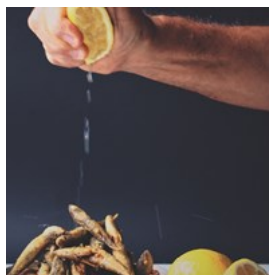
Photo: Ramon grosso dolarea / Shutterstock.com

Address: Calle la Garita 1, Arrieta

Opening hours: Mon-Sat 12am-4.30, 8pm-11.30pm

Phone: +34 928 173339

Restaurante Mar Azul



For fresh fish, visit Mar Azul, where a very professional and prepared staff will be happy to guide you to make an informed choice through its varied menu. It is also perfect for a romantic dinner, thanks to its location right by the ocean.

Photo: Unsplash / Pexels.com

Address: Avenida Marítima 42, Yaiza

Opening hours: Daily 10am-9pm

Phone: +34 928 17 31 32

El Risco



Located in Caleta de Famara, El Risco brings a taste of elegance and authenticity. The location of this restaurant is beautiful, in particular thanks to its terrace on the ocean. Fresh fish and local recipes are served to customers by the friendly and professional staff, who will make you feel at home. Don't miss the seafood patè,

fried goat cheese and crepes filled with seafood and spinach.

Photo: Brent Hofacker / Shutterstock.com

Address: Calle Montaña Clara 30, Famara

Opening hours: Mon-Sat 12am-10pm; Sun 12am-5pm

Phone: +34 928 528550

Internet: www.restauranteelrisco.com

Email: info@restauranteelrisco.com

100 Montaditos



This Spanish chain became a reference thanks to its unmistakable "montaditos". These are little sandwiches filled

with typical Spanish specialties, both savoury and sweet. You can choose whatever you prefer from a list of (of course) 100 montaditos, and accompany them with a cold beer or wine.

Photo: SKABARCAT / Shutterstock.com

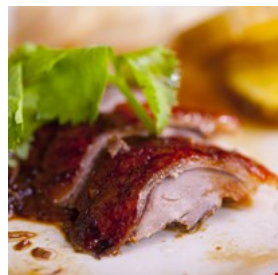
Address: Calle Chimidas, 20, Playa Honda, Las Palmas

Opening hours: Daily 12-11:30pm

Phone: +34 902 19 74 94

Internet: spain.100montaditos.com/es/

La Cabaña Macher



Call La Cabaña Restaurante and make a reservation in good time, as it tends to fill up pretty fast. This eatery is considered one of the

best in Lanzarote. Here, the combination of fresh quality products, superior service and passion for cooking creates a special dining experience.

Photo: Thirdparty / Shutterstock.com

Address: Carretera Tías - Macher 84, Mache

Opening hours: Tue-Sat from 7pm

Phone: +34 650 685662

Internet: www.lacabanamacher.com

Email: lacabanamacher@hotmail.com

Casa Cabaña



At Casa Cabaña, the menu gives you a choice of various freshly made dishes and desserts. If you come here twice you will probably see that the

menu might have changed. As a matter of fact, the owners do their best to update it on a regular basis. However, the restaurant's two signature dishes that you will always find here are the popular Beef Wellington and Calves Liver and Bacon.

Photo: MSPhotographic / Shutterstock.com

Address: Calle Teide 9, Puerto Del Carmen

Opening hours: Mon-Sat 6.30pm-9.30pm

Phone: +34 626 724713

Internet: www.casacabanalanzarote.co.uk

Email: contact@casacabanalanzarote.co.uk

Restaurante Lilium



Restaurante Lilium is a very popular restaurant in the city centre of Arrecife. Here, you can taste traditional Canarian dishes, based mainly on

meat and fish. Their passion for food is plain to see in their beautifully prepared courses, served in a cosy atmosphere.

Photo: Shebeko / Shutterstock.com

Address: Avenida Olof Palme S/N. Centro Comercial Marina Lanzarote. Arrecife

Opening hours: Mon-Sat 1pm-4pm, 7:30pm-11pm

Phone: +34 928 524978

Internet: www.restaurantelilium.com

Email: reservaslilium@gmail.com

Blooming Cactus Vegetarian Restaurant



In this restaurant you can enjoy excellent vegetarian, vegan and wheat free tapas and main courses. It is well-frequented and

appreciated also by non-vegetarians because of the quality of their dishes.

Photo: Stokpic / Pexels.com

Address: Calle Teide 35, Puerto Del Carmen

Opening hours: Tue-Sun 6pm-10pm

Phone: +34 608 293873

Internet: www.bloomingcactus.co.uk

Email: rebecca@bloomingcactus.co.uk

Divina Italia



This elegant restaurant opened in 2009 with the purpose of offering both locals and visitors the opportunity to enjoy high-quality Italian

cuisine. Healthy, traditional dishes with Mediterranean flavours never fail to satisfy guests in a stylish dining room.

Photo: Tiramisu Studio / Shutterstock.com

Address: Calle La Breca 2, Local 2 Pueblo Marinero, Costa Teguisse

Opening hours: Mon-Sat 4.30pm-11.30pm

Phone: +34 646 810412

Internet: www.divinaitalia.com.es

Email: info@divinaitalia.com.es

Emma's Cantina Mexicana



In the Old Town of Puerto del Carmen you'll find the only genuine Mexican restaurant on Lanzarote.

The eatery's owner and chef are native Mexicans,

so all the dishes served here are the result of

traditional recipes collected in Mexico.

Photo: George Dolgikh / Shutterstock.com

Address: Calle Teide 20, Puerto Del Carmen

Opening hours: Mon-Tue 6p-11pm, Thu-Sun 6-11pm

Phone: +34 928 51 44 15

Internet: www.emmascantina.com

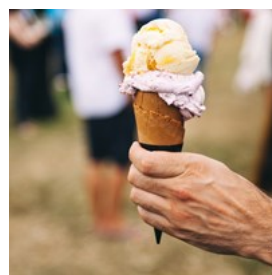
CAFES



Alexander Lukatskiy / Shutterstock.com

There is nothing better than a fresh refreshing juice under the warm Spanish sun. In Lanzarote you can find many lovely cafes with a wide variety of snacks and desserts to choose from, and you can enjoy a smoothie or a coffee in every lido on the beach. This island is all about relaxation, so you just have to choose where you prefer to take your break.

Il Nuovo Gelato



This ice cream parlour is located in Playa Blanca, on the southern part of the island. Here you will find dozens of ice cream flavours, but also pastries

and other desserts. Special offers are available for take away cones and child portions. It is not a coincidence that it is a favourite among children of all ages.

Photo: Clem Onojeghuo / Pexels.com

Address: Calle la Tegala 22, Playa Blanca

Phone: +34 663 593051

Surf Corner Lanzarote



The Surf Corner Lanzarote is located near Las Cucharas Beach - the surfers' paradise in Lanzarote - where everybody can enjoy

delicious and energetic meals. They are always willing to accommodate dietary limitations, if need be.

Photo: Unsplash / Pexels.com

Address: Las Cucharas Beach, Costa Teguiuse
Phone: +34 928 592515

Jonniebakes Artisan Bakery and Cafe



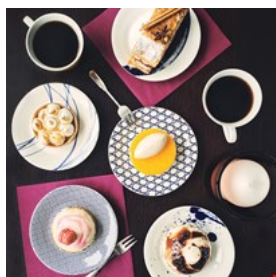
This family-run café can boast imaginative pastries baked to perfection, but if you are more one for salty snacks, you can choose from a

wide variety of products, as well. Jonniebakes is very popular in Lanzarote for its modernity and creativity, and you will always find something new to try.

Photo: Pexels / Pixabay.com

Address: Avenida Gran Aldea 76, Teguiuse
Opening hours: Tue-Sun 9.30am-3pm
Phone: +34 683 434054
Internet: www.jonniebakes.com
Email: jonniebakes@gmail.com

Olga's Cafe



Considered by many as the best place on the island for coffee and cakes, Olga's is the ideal cafe to stop by for breakfast. Besides cakes

and brioches, you can also taste delicious toasts and pastries, all fresh and handmade every day,

and at reasonable prices.

Photo: karriezhu / Pixabay.com

Address: Av. Jablillo 12, Teguiuse
Opening hours: Tue-Sun 8am-2pm
Phone: +34 643 08 36 03

Antiu Xixona



This ice cream parlour, located near Las Cucharas beach, is considered one of the best in Lanzarote and the Canary Islands. It offers a vast array of ice cream flavours as well as cakes, coffee, and waffles. The menu also features some vegan and no-added sugar options.

Photo: Couleur / Pixabay.com

Address: Paseo Marítimo, s/n, Costa Teguiuse, Las Palmas
Opening hours: Mon-Thu 1-9pm, Fri 2-10pm, Sat-Sun 11am-10pm
Phone: +34 928 34 66 46
Internet: helarte.es
Email: alejandra@helarte.es

Churreria Cafeteria Hubara



In the heart of the island's capital, this cafe offers a sweet Spanish specialty: churros. No matter the season, this delicacy is so delightful

that you can never really get enough of it.

Though churros are the house speciality, you can also find sandwiches and lunch menus of various kinds.

Photo: Sami Keinänen / Flickr (image cropped)

Address: Calle Triana 78, Arrecife
Opening hours: Mon-Fri 7.30am-9.30pm; Sat 7.30am-2am; Sun 7.30am-12.30am
Phone: +34 928 597749

Bar Vali



Bar Vali tends to be crowded from morning till evening. Indeed, it is one of the most popular cafes on Costa Teguisse, visited both by locals and travelers. Located near the beach, at Vali you can enjoy delicious coffee, smoothies, as well as refreshing and creative cocktails.

Photo: Bryan Pocius / Flickr (image cropped)
Address: Calle las Conchas 1A, Costa Teguisse
Opening hours: Daily 9:30am-1am

Yum Yum



It is not always easy to find a good brunch in southern Europe, but Yum Yum, in Playa Blanca, solves this problem offering delicious breakfasts, brunches and meals in perfect English style. Despite its tiny dimensions you can smell the delightful aromas from the street, tempting you to come in and give it a try.

Photo: kevin7635 / Pixabay.com
Address: Av. Marítima 40, Playa Blanca
Opening hours: Mon-Sun 9.30am-12pm
Phone: +34 633 834197
Email: jimocal13@gmail.com

Fantasia di Grano



Italian cafe offering a wide selection of pastries, cakes, baguettes, pizzas, as well as coffee and ice cream. The Italian staff will delight you with their experience and affability, just as they do with the locals.

Photo: Chevanon Photography / Pexels.com
Address: Calle el Correillo 15, Playa Blanca
Opening hours: Mon-Sat 6:30am-10pm, Sun 6:30am-2pm
Phone: +34 928 38 78 87

Bonbon Cafe



Crepes, cakes, milkshakes, and whatever else you might desire can be found in this cosy and stylish cafe in Costa Teguisse. Bonbon Cafe is the ideal place for breakfasts and snacks, thanks to its large sandwiches and natural smoothies.

Photo: RitaE / Pixabay.com
Address: Av. de las Islas Canarias, 15, Costa Teguisse, Las Palmas
Opening hours: Wed-Mon 9am-2pm, 5:30-8:30pm
Phone: +34 673 84 46 78
Email: thebonboncafe@gmail.com

BARS & NIGHTLIFE



Creaturart Images / Shutterstock.com

The main nightlife centres in Lanzarote are Puerto del Carmen and Costa Teguisse, where the crowds are young and lively, filling the many bars and cocktail lounges.

Canary Islanders eat late, so naturally the island's nightlife also starts quite late, going strong well into the daylight hours.

Be careful: here clubs are called "discotecas"

while "nightclub" refers to strip clubs.

Cervecería San Miguel



This is one of the liveliest pubs in Puerto del Carmen, specialising in beer. You can choose from among a wide range of brands from all around

the world. But you can also enjoy cocktails, drinks and alcohol-free beverages in the bar's cosy surroundings with music.

Photo: Republica / Pixabay.com

Address: Avenida del Varadero, Puerto Del Carmen

Opening hours: Mon-Sun 10am-3am

Phone: +34 928 516132

The Purple Turtle



This lovely bar serves great food and delicious drinks. It is well-frequented all day long thanks to its amazing cuisine, and the

frequent screenings of live sports events. On warm nights you can even take a dip in the pool. Since it is quite affordable, it tends to be busy and animated.

Photo: ColiN00B / Pixabay.com

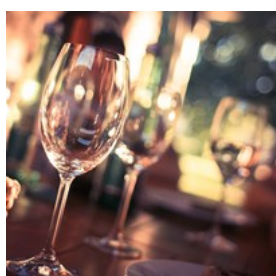
Address: Calle Reina Sofia 32, Puerto Del Carmen

Opening hours: Mon-Sun 9am-12pm

Phone: +34 928 510449

Email: purpleturtlezanzarote@hotmail.com

Wax Bar



Wax Bar is a good place if you feel the itch for sports. It stands out from the crowd as a British-owned bar, which attracts both locals and

tourists of every nationality. Every night, there's something going on here: from karaoke contests, to quiz nights to themed-parties of every kind.

Photo: picjumbo / Pexels.com

Address: C.C. Papagayo, L.69, Playa Blanca, Lanzarote

Opening hours: Mon-Fri 2pm-2am; Sat-Sun 12am-2am

Phone: +34 928 519481

Internet: www.waxbars.com

Marina Rubicon



In an intimate bay, near Playa Blanca, you can find the Marina Rubicón harbour. In the amazing surroundings of one of most important tourist

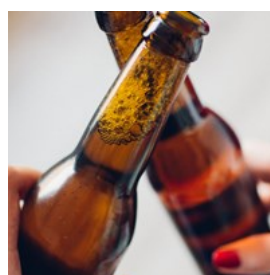
destination in Spain, you'll find plenty of elegant bars and restaurants, often offering live music as well as other kinds of entertainment.

Photo: IDS.photos / Flickr (image cropped)

Internet: www.marinarubicon.com

Email: info@marinarubicon.com

Bluebells



Bluebells is a sports pub dedicated to the Glasgow Rangers. Of course, you can see all of their games here and the entire place is decorated in the team's

blue paraphernalia. In addition to the ice-cold beers, you can order great food from their pub menu, in a lively and friendly atmosphere typical of a Scottish sports pub.

Photo: Tookapic / Pexels.com

Address: Caletón Blanco 11, Puerto del Carmen

Opening hours: Mon-Sun 11.30am-1am

Phone: +34 928 510453

Internet: www.bluebellspdc.com

Email: info@bluebellspdc.com

The Lounge Bar



If you are looking for a nice and calm venue, where you can simply relax with an ice-cold beer or a colourful cocktail, you can count on Lounge Bar.

It is ideally located in the heart of Faro Park, right in the middle of the wilderness of the island, which gives the place a peaceful and lovely atmosphere.

Photo: Unsplash / Pexels.com

Address: Calle Irlanda 6, Faro Park, Playa Blanca

Opening hours: Mon-Sat 5pm-12pm

Phone: +34 639 770300

Email: denandmichele@hotmail.co.uk

Dickens Cocktail Bar



If you are a philosopher drinker, and you prefer places where you can linger over a drink, go to the Dickens Cocktail Bar. It offers a cosy

atmosphere, perfect for late-night conversations, but it can also accommodate sports enthusiasts, since it also shows some of the best games on its large TV screen.

Photo: Pexels / Pixabay.com

Address: Avenida del Mar, 26, Urbanizacion Playa Bastian, Costa Teguisé

Opening hours: Mon-Sun 9am-2am

Phone: +34 928 590344

Email: Dickensbar@gmail.com

Lanzarote Palace



Lanzarote Palace is the best club in El Varadero and Puerto del Carmen, and one of the two best places for dancing the night away in Lanzarote.

Vocalists, DJs, bartenders, and dancers are all there to assure you one of the best nights of your life.

Photo: Monkey Business Images / Shutterstock.com

Address: Calle Reina Sofía, 24, Tías, Las Palmas

Opening hours: Daily 3pm-6am

Phone: +34 649 55 46 86

El Chupadero - La Geria



This classy estate is situated within La Geria National Park, which is the main growing region of the famous Malvasia and Moscatel grape.

Besides the cantina, where you can try the delicious local wines, you will also enjoy interesting live concerts of every genre: from jazz to funk and soul, and even classical music.

Photo: Tookapic / Pexels.com

Address: La Geria 3, Yaiza

Opening hours: Tue-Sun 12am-11pm

Phone: +34 928 173115

Internet: www.el-chupadero.com

Email: chupadero@gmail.com

Heineken Bar



Heineken Bar boasts an amazing terrace, located in the city of Puerto del Carmen. Enjoy the impressive varieties of cocktails and beverages

available here, while dancing to music videos

from every decade. Being well-frequented by both locals and tourists, it's sure to be one hell of a party.

Photo: Kondor83 / Shutterstock.com

Address: Av. del Varadero 28, Tías

Opening hours: Mon-Sun 11am-3.30am

Phone: +34 629 148084

Cafe La Ola



The only question is when to visit: lunch, night or sunrise? Indeed, this bar is ideal for any moment of your holiday. At night, La Ola is full of people

enjoying their cocktails and beers in its relaxed and unique ambience, furnished with hammocks, beanbag chairs and sofas, all in an Oriental style.

Photo: cfroese / Pixabay.com

Address: Avenida de las Playas 10, Puerto del Carmen

Opening hours: Mon-Thu 10am-2am; Fri-Sat 10am-3am; Sun 10am-2am

Phone: +34 928 515500

Internet: www.cafelaola.com

Email: cafelaolalanzarote@gmail.com

SHOPPING



Pexels / Pixabay.com

Lanzarote may no longer be a Tax Free zone, but it has been able to retain low prices on specific items like alcohol, perfume, Cuban cigars and

cigarettes. A hot tip for those who want something typical from the island of Lanzarote is to buy local lacework, baskets or pottery made by the indigenous population, the guanches.

There are shops in all the main resorts. In Arrecife most shops are concentrated on Calle Leon y Castillo, in Puerto del Carmen you can find the Biosfera Shopping Centre (with clothes shops like Zara), and in Playa Honda there are shops of all sorts, together with cosy cafés and a cinema in the Deiland Centre.

Teguisse Market



In Lanzarote's old capital, Teguisse, there is a market every Sunday from 8:30am to 2pm. Here you can find everything from jewellery and paintings to

local wines. Furthermore, locals normally go there to do their weekly shopping, as it offers fresh and local products of all sorts.

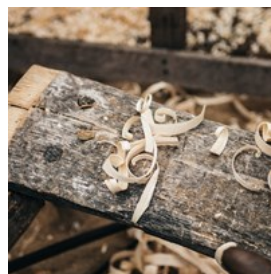
Photo: Stokpic / Pexels.com

Address: Villa de Teguisse, Lanzarote

Opening hours: Sun 9am-2pm

Internet: www.teguise.es/servicios/mercadillos/

Arts and Crafts Market in Pueblo Marinero



On Friday evenings Pueblo Marinero is animated by an arts and crafts market. Despite its fairly small size, you can find a great variety crafts,

which makes it the perfect place to find nice souvenirs while taking a relaxing walk in this lovely village.

Photo: Clem Onojeghuo / Pexels.com

Address: Pueblo Marinero, Lanzarote

Opening hours: Fri 6pm-10pm

Internet: www.teguise.es/servicios/mercadillos/

Esennia



Esennia offers a wide range of high-end cosmetic products and perfumes, from all the major international brands. Moreover, you can also find the prêt-à-porter collections of some of the main Spanish chains. It is only possible to visit the shop in person on the Canary Islands, but you can easily enjoy their affordable prices online from all over the world.

Photo: monicore / Pixabay.com

Address: Avenida de Las Playas 5, Tias

Opening hours: Mon-Fri 9am-4pm

Phone: +34 928 514224

Internet: www.esennia.com

Email: info@esennia.com

The Mint Company



The Mint Company is one of the main Spanish multi-brand chains. It was born in the Canary archipelago, and even today you can only find their shops on these islands. It focuses on top quality international brands, perfect for its classy and stylish clientele.

Photo: Pixabay / Pexels.com

Address: Avenida de La Playa 19, Puerto del Carmen

Opening hours: Mon-Sun 10.30am-10pm

Phone: +34 928 140998

Internet: www.themintcompany.com

Email: customerservice@themintcompany.com

Atelier + Cerámica



Thanks to the blue sculpture just outside the courtyard, it is easy to pinpoint Atelier + Cerámica. It is an artisanal ceramic laboratory located in Teseguite, where you will find dozens of artworks created by skilled hands, following local handicraft traditions.

Photo: LoggaWiggler / Pixabay.com

Address: Av. Acorán 45, Teseguite

Opening hours: Mon-Fri 11am-5pm

Phone: +34 928 845650

Internet: www.aguttenberger.com

Email: kontakt@lanzarote-ceramic.eu

Bodega Los Almacenes



On the main road just outside Ye you can find this family-run shop. Visitors are made to feel very welcome by the friendly staff and invited to sample some of the products on offer. The selection of wines, spirits and cactus liquor is impressive, as well as local cheeses, jams, gifts and much more.

Photo: jarmoluk / Pixabay.com

Address: Carretera de Ye, Ye, Lanzarote

Phone: +34 686 566590

Internet: www.mama-trina.jimdo.com

Email: javifi83@hotmail.com

Quesería El Faro



Quesería El Faro is a family-run enterprise founded more than 45 years ago by a couple of cheese makers. Today their work is continued by

their sons, operating in the same way as their parents used to. Tradition and passion make this shop and its products well-known in Lanzarote.

Photo: SplitShire / Pexels.com

Address: Ctra. de Teguisse a Mozaga Km 4,200, Teguisse

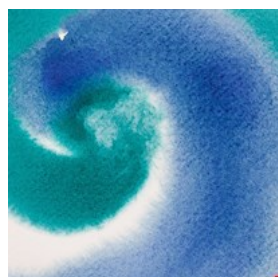
Opening hours: Mon, Fri 8am-3pm; Sat 8am-1pm

Phone: +34 928 521408

Internet: www.queseriaelfaro.es

Email: info@queseriaelfaro.es

Galeria de Arte Angel Cabrera



This little place is both a shop and an art gallery. Certainly, you will find the perfect souvenir here among artworks and refined wines. The owner and creator of a great part of the watercolours presented here will welcome you in his small studio and guide you through his works.

Photo: stux / Pixabay.com

Address: Calle Reyes Católicos, Teguisse

Opening hours: Mon, Wed, Thu, Fri 11am-2pm, 4:45pm-7pm.

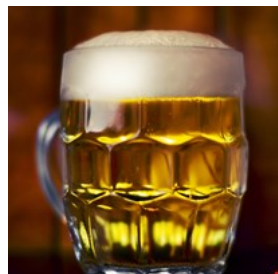
Tue, Sat 11am-2pm; Sun 9.15am-2.30pm

Phone: +34 653 955032

Internet: www.angelcabrera.jimdo.com

Email: angelmcabrera@gmail.com

Cerveza NAO



NAO is a relatively new brewery which produces a wide variety of special and exclusive beers. The aim of this company is to employ the best Canarian raw materials to create tasty and unique beers, which can actually be called Canarian. NAO is located in Arrecife, and before to buy some delicious beers to take with you, you can also sit down at the bar to try them all.

Photo: tookapic / Pixabay.com

Address: Calle Foque 5, Arrecife

Opening hours: Mon-Thu 11am-2pm; Fri 12am-10pm; Sat 11am-4pm

Phone: +34 928 849316

Internet: www.naobeer.com

Email: hola@naobeer.com

Territorio Sibarita



Born out of the encounter of two enthusiasts of good drinks and food, Territorio Sibarita is a fascinating gastro-shop offering local excellence, both in gastronomy and wine production. This is one of the top three wine houses in the entire archipelago, so if you are looking for some typical quality products, this is the place to go.

Photo: wangchaonan / Pixabay.com

Address: Calle Otilia Díaz 14, Arrecife

Opening hours: Mon-Fri 10am-2pm, 5pm-8:30h; Sat 10:30am-2pm

Phone: +34 928 597352

Internet: www.territoriosibarita.com

Email: territoriosibarita@gmail.com

La Geria



La Geria is a little village in Lanzarote, known worldwide for its top quality wine production. This shop, carrying the same name of the village, is located just outside the National Park Timanfaya, visible from the cosy bar of the wine house.

Photo: Meditations / Pixabay.com

Address: Carretera La Geria, Km. 19, Yaiza

Opening hours: Mon-Sun 9.30am-7pm

Phone: +34 928 173178

Internet: www.lageria.com

Email: bodega@lageria.com

Mayeh Artesanos



This tiny shop, located in the centre of Haria, offers a wide choice of purses, belts, handbags and many other leather goods.

Everything is handmade and colourful, according to Spanish custom. Since everything created by the owners, you can be sure to find truly unique items, different from those sold in the many souvenir shops around the island.

Photo: Pixabay / Pexels.com

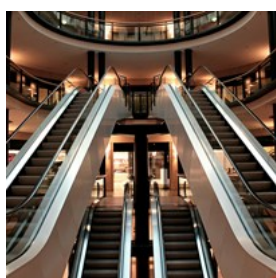
Address: Plaza León y Castillo, 2 Haría

Opening hours: Mon-Fri 11am-5pm; Sat 9.30am-2.30pm

Phone: +34 685 423416

Email: mayehartesanos@yahoo.es

Deiland Centre



As in other parts of the island, in Playa Honda you can find shops of all sorts and cosy cafés, but the Deiland Centre also boasts a cinema. This place is a popular meeting point among locals and it offers more than your regular tourist shopping.

Photo: cocoparisienne / Pixabay.com

Address: Calle Chimidas 20, Playa Honda

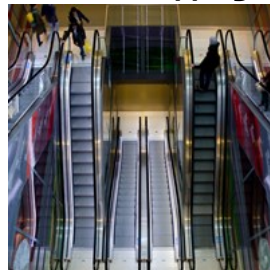
Opening hours: Mon-Sat 10am-10pm; Sun 11am-9pm

Phone: +34 928 823645

Internet: www.deilandplaza.com

Email: Contact form available on the webpage.

Biosfera Shopping Centre



The Centro Comercial Biosfera Plaza, located in the very centre of Puerto del Carmen, can offer the perfect shopping experience for the entire

family. In it, you will find not only the best clothes shops on the island, such as Zara, Levi's, Guess and Bianco, but also many bars and cafes where you can take a pleasant break from shopping.

Photo: Skitterphoto / Pixabay.com

Address: Avenida de Juan Carlos I 15, Puerto Del Carmen

Opening hours: Mon-Sat 10am-10pm; Sun 10am-9pm

Phone: +34 928 515320

Internet: www.biosferaplaza.es

Email: maria.ortega@archigestion.com

TOURIST INFORMATION



nito / Shutterstock.com

Lanzarote Airport



Lanzarote Airport (ACE) is located near the island's capital. The local bus (n. 22) stops right outside the Arrivals Hall, and the journey to

Arrecife takes around 15 to 25 minutes. The shuttle service runs to the airport from 6.55am

to 10.30pm, and to the city from 7am to 10.40pm.

Taxis and car rental companies, like Avis and Europcar, are represented at the airport. It is strongly suggested to avoid taxis from points other than the official taxi rank.

Photo: Juan Garces
Address: Lanzarote Airport, Lanzarote
Phone: +34 902 404704
Internet: www.aena.es/es/aeropuerto-lanzarote/index.html

Passport / Visa



Spain can be visited visa-free for up to 90 days by citizens of Australia, New Zealand, Japan, South Korea, Taiwan, Malaysia, Israel, UAE and

most countries in America. If you are unsure whether or not you need to apply for a visa, we recommend contacting the embassy or consulate in your country. International (non-Schengen) travelers need a passport that is valid for at least 3 months after the end of their intended trip in order to enter the Schengen zone. Citizens of Schengen countries can travel without a passport, but must have a valid ID with them during their stay.

Photo: TukTuk Design/Shutterstock.com

Best Time to Visit Lanzarote



Lanzarote is a wonderful year-round destination, where winters are mild and summers rarely uncomfortably hot, with temperatures never rising

higher than 30C. To avoid the tourist masses, it's best to plan a trip for the shoulder season -

April-May and September-October.

Photo: VectorA/Shutterstock.com

Public Transport



Distances on the island of Lanzarote are not great, and getting about by local bus is easy. Most places of interest are accessible by local transport, and all

resorts are reached via Arrecife. Information about prices and lines are available on the website, where you can also find out about discounts and passes.

Photo: Pierre-Luc Auclair
Address: Calle Rambla Medular, Arrecife
Phone: +34 928 811522
Internet: www.intercitybuslanzarote.es
Email: Contact form available on the webpage.

Taxi



There are plenty of taxis in the large tourist resorts, but remember that public transport is good and often significantly cheaper, and

that you can easily rent a car here.

It is strongly recommended to use only official taxis, recognisable by their white and red cars. You can always find some of them in their ranks, usually located near the central station of the city.

Each part of the island has its own company. You can find all contacts at www.lanzarote.com/taxis/

Photo: ArrivalGuides
Internet: www.lanzarote.com/taxis

Post



Post offices are generally open only during the morning and early afternoon, and they are closed on Sunday. Stamps are also available from tobacconists and newsstands. The contact information below refers to the main post office in Arrecife, but you can get information about the other offices on the Spanish postal service's website.

Photo: Andy Fuchs

Address: La Marina 8, Arrecife

Opening hours: Mon-Fri 8:30am-2:30pm; Sat 9:30am-1pm

Phone: +34 928 800673

Internet: www.correos.es

Pharmacy



Normally, in each village just one of the pharmacies stays open 24h hours. To know which one is always open you can visit the website below, where you can also find the contact information of every other pharmacy on the island.

Photo: Gemma Garner

Internet: www.lanzarote.com/es/farmacias-de-guardia

Telephone



Country code: +34 Area code: 0928 All of the Centres of Art, Culture & Tourism in Lanzarote have free WiFi available. Furthermore, Tegui city council added free WiFi hotspots in its municipality, currently including Playa Las

Cucharas, the Pirate Museum and various points in the old capital.

Photo: Jardson Almeida

Electricity

220 V/50 Hz



Photo: Stirling Tschan

Population

141,938

Currency

Euro (EUR) €1 = 100 cents

Opening hours

Shops are generally open 9am-1pm and 4pm-8pm. Banks are open only in the morning between 8am and 2pm.

Newspapers

La Voz de Lanzarote (In Spanish)

The Entertainer (In English)

Emergency numbers

Emergency number: 112

Police number: 091

Tourist information

Tourist Office in Arrecife

Triana 38, Arrecife de Lanzarote

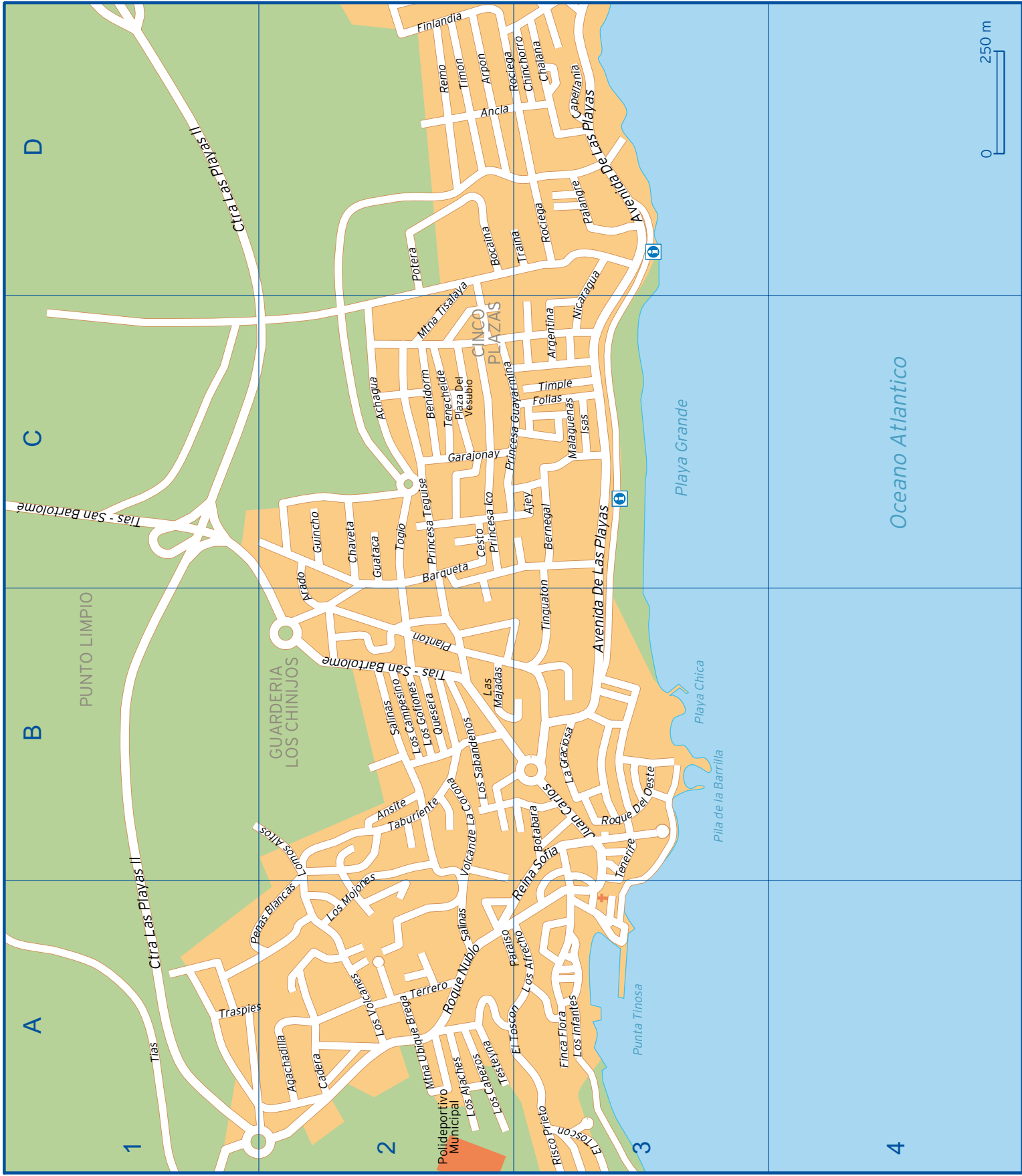
+34 928 811762

Opening hours: Mon-Fri 9.30 am-5 pm. Sat 10 am-1 pm.

info@turismolanzarote.com







Academia Brasil	C4	Canalejas	B4	Fayna	A1
Achagua	C2	Capellania	D3	Fco Acosta Espinosa	A2
Agachadilla	A2	Caracas	A1	Finca Flora	A3
Agrup Los Campesino	B2	Carlos III	A2	Finlandia	D2
Agrup Los Gofiones	B2	Carretera A Los Marmoles	D2	Folias	C3
Ajey	C3	Catalunya	B3 C3	Fray Luis De Leon	C2
Alava	D1	Cervantes	C1	Fred Olsen	A4
Alc Lorenzo Cabrera	A2	Cesto	C2	Gaire	A2
Alcalde Gines De La Hoz	A2 A3	Chalana	D3	Galvia	B2
Almeria	B1	Chaveta	C2	Garajonay	C2
Ancla	D2	Chimia	B1	Garcia Escamez	A3 B3
Andalucia	B2 C2	Chinchorro	D3	Gincho	D2
Angel Ganivet	B2	Circunvalacion	A1 B1	Gob Garcia Hernandez	C3 D3
Ansite	B2	Ciudad Real	A2	Gongora	A3
Apolo	B3	Clavuo y Fajardo	C3	Gran Canaria	B3
Aquil Fdez	C4	Cobos	A2	Granada	C1
Arado	B2 C2	Colombia	A3	Guadalajara	A1
Arcipreste De Hita	C1	Conde De Niebla	B3	Guanareme	A1
Argentina	A3 A4	Cordoba	B3 C3	Guasia	B1
Argentina	C3	Coronel Capaz	B2 C2	Guataca	C2
Arniches	B2	Crucero Baleares	C1	Guatemala	A3
Arpon	D2	Ctra Las Playas II	A1 B1 D1	Guatisea	B1 C1
Augusto Lorenzo	A3	Cuenca	B2	Guigoa	B1
Avenida Coll	C4	Del Norte	B3	Guillermo Tophan	C1 C2
Avenida De Las Playas	B3 C3 D3	Dieciocho Julio	B4	Guincho	C2
Avenida De Naos	D3	Domantes De Sangre	C2	Guipuzcoa	D1
Avenida Olof Palme	D3 D4	Dr Alfonso Spinola	C3	Hernandez Pacheco	A2
Avenida Rafael Glez Negrin	A4 B4	Dr Fleming	B3	Hinos Alvarez Quintero	A2
Avenida Vargas	C4	Dr Gomez Ulla	B3	Hinos Zerolo	B4
Barqueta	C2	Dr Gregorio Maranon	A2	Hipolito Frias	D3
Benidorm	C2	Dr Ramon Y Cajal	B2	Honduras	B1 B2
Bernegal	C3	Dr Severo Ochoa	A2 A3	Huelva	B2 C2
Bilbao	D1	El Antonio	B2	Ibiza	C2 D2
Blas Cabrera Topham	A3 B3	El Carenero	C2	Igausu	A1
Bocaina	D2	El Greco	A4	Igualdad	B4
Borges Diaz	C3	El Isleno	A2	Inge Paz Peraza	C3 C4
Botabara	B3	El Malacabado	C3	Isas	C3
Botavara	D2	El Pedro	A4 B4	Jaen	B2
Brasilia	A3 B3	El Rafael	A2	Jerez	B2 B3
Cadera	A2	El Salvador	B2	Jose Antonio	A4
Cadiz	C2	El Toscon	A3	Jose Betancort	B4
Calderon De La Barca	B2 C2	El Vicente	A2	Jose Ortega Gasset	A3 A4
Calle Colegio	B4	Emilio Rev	B4 C4	Jose Pereyra	A2 B2
Calle De Colon	B3	Enrique Suarez	C1	Juan Carlos	B3
Calle Francos	B4	Escotilla	D2 D3	Juan Sebastian Elcano	B2
Calle Guenia	A3 A4	Eugenio Doris	A4	Juan XXIII	A2
Calle La Inez	A4 B4	Extremadura	C3	La Anaza	C3
Calle Velazquez	C3	Fajardo	B4	La Fermina	B2
Calvo Sotelo	A3 A4	Fasnia	C1	La Graciosa	B3

La Joaquina	B2	Oscar Romero	B2 B3	Tarragona	C3
La Marina	B4	Otilia Diaz	B4 C4	Tebete	A1
La Mercedes	C3 D3	Palangre	D3	Tegala	A1
La Palma	C3	Palencia	C2	Tegaso	A1
La Pardela	A1	Palma Mallorca	C2	Temisas	B1
La Porra	B4	Pamplona	A2	Tenecheide	C2
La Rosa	C3	Paraiso	A2 A3	Tenerife	B3
La Santa Maria	A2	Parque Islas Canarias	B4	Tenerife	B4
La Sotileza	C3	Parranada Los Buches	A3	Tenique	A1
Laguna	B3	Penas Blancas	A2	Terrero	A2
Las Majadas	B2	Perez Galdos	C3	Teruel	A3
Lebrillo	A3	Peru	A3	Testeyna	A2
Leon	C2	Planton	B2	Tias	A1
Leon y Castillo	B3 C3	Plaza Del Vesubio	C2	Tias - San Bartolomé	B2 C1
Lomos Altos	B2	Portugal	A4 B4	Tilama	A2
Los Afrecho	A3	Potera	D2	Timbayba	A2
Los Ajaches	A2	Princesa Guayarmina	C2	Timon	D3
Los Cabezos	A2	Princesa Ico	C2	Timon	D2
Los Infantes	A3	Princesa Teguisse	C2	Timple	C3
Los Mojones	A2 B2	Puerto De Naos	D3	Tinache	A2
Los Sabandenos	B2	Puerto Rico	B3	Tinamala	A2 B2
Los Volcanes	A2	Quesera	B2	Tindaya	A1
Luis Braille	A2	Reina Sofia	A3 B3	Tinguaton	B3 C3
Luis De Guadarfia	A2	Remo	D2	Tisalaya	A2
Luis Morote	B4	Riego	B4	Togio	C2
Malaga	B1	Risco Prieto	A3	Toledo	A1
Malaguenas	C3	Rociega	D2 D3	Tomas Lubary	A3
Managua	A1	Ronda	B2 B3	Traina	D3
Mar De Plaza	A1	Roque Del Oeste	B3	Traspies	A1 A2
Maracaibo	A1	Roque Nublo	A2	Trece Septiembre	C3 C4
Marques Santillana	C1	Rubicon	A4 B4	Tres Amigos	C3
Martin	A2	Ruiz De Alda	B3	Triana	A4 B4
Mastelero	D3	Salamanca	C2	Trina	A3
Mejico	A3	Salinas	A2 B2	Trinquete	D2
Menendez Pelayo	B2 C2	Salvador Allende	A3	Valladolid	C2
Miguel P De Rivera	B4	San Juan De La Cruz	C1	Velacho	D3
Monterrey	A1	San Sebastian	C1 D1	Veracruz	A1
Mosta	C1	Santa Teresa	A3	Via Medular	A3 B3 D3
Mtna Tisalaya	C2 D2	Sevilla	B2	Vicente Guerra	B2
Mtna Ubique Brega	A2	Sitio De Cabreron	D2	Vitoria	D1
Muyay	B1	Taburiente	B2	Vizcaya	C1 C2
Navarra	A2	Tagoror	A4	Volcande La Corona	B2
Nestor De La Torre	C1 D1	Tamaragua	A4	Yagabo	A4
Nicaragua	C3 D3	Tampico	A3	Zamora	C2
Ntra Sra Volcanes	B3				