

# ADRENALINE ISLAND

From the dizzy heights to the peaceful depths, Tenerife offers outdoor adventures for thrill-seekers of all ages – and bravery levels – says Heidi Fuller-Love

## ◀ Climb Every Mountain

It's not just the year-round sunshine that earned the island its nickname, Europe's Hawaii – it's also the volcanic landscape, which is a firm favourite with mountaineers. SYD (senderismoydeportes.com) offers half-day and full-day trips starting from around £40 per person.

The tall spirals of volcanic rock and sheer cliff faces on the Cañada del Capricho route at the base of Mount Teide (Europe's third largest volcano) provide a challenge for even the most experienced climbers, while beginners can head for the gentler slopes of the Arico gorge.

If you don't have a head for heights, SYD also offers half-day bouldering courses starting from around £20 per person. A relatively new sport, bouldering focuses on making manoeuvres at heights of less than five metres with a padded mat underneath in case of falls. In short, it's a risk-free way of acquiring – or improving – climbing skills, suitable for all ages and particularly good fun for young teens. ▶





### Downhill From Here

Tenerife's national parks are great for hikers, but if you want to spice up the action, why not hire a bike from Mountainbike Active ([mtb-active.com](http://mtb-active.com)), bike hire from £20 a day) and ride the pine-scented forests and cacti-studded desert trails on two wheels?

If you prefer your thrills effort-free, you can hook up with Rafting Bike ([raftingbike.com](http://raftingbike.com)), a tour company that will transport you and your bike right to the top of Mount Teide. All you have to do then is sit back and enjoy a leisurely 30km downhill roll, stopping en route for snacks and snaps.



### Surf's Up

If you like getting out on the ocean, check out Tenerife Water Sports ([tenerifewatersports.com](http://tenerifewatersports.com)). Based near the busy Playa de Las Américas, this well-established company organises sea-kayaking tours (from around £17 per person for a two-hour session) along the coast to discover hidden

beaches and beautiful spots that are inaccessible by land.

Combining surfing and paragliding to arm-wrenching effect, kitesurfing is a great way to take advantage of El Médano's sea breezes. Kitecenter ([kitecenter-medano.com](http://kitecenter-medano.com)) offers three-hour beginners' courses for £75 per person.

### Hook, Line And Sink

Get your fishing fix for £125 per person on a day-long big-game angling expedition on the *Dotsytoo* ([dotsytoo.com](http://dotsytoo.com)), based near Puerto Colón. Stand firm because you'll be holding out for the likes of blue marlin, tuna and – who knows? – shark.

### Bob's Your Uncle

If you're wary of deep water, or you want to avoid the hassle of learning to scuba, why not try BOB diving ([bob-diving.com](http://bob-diving.com))? A high-tech breathing device, the Breathing Observation Bubble is suitable for all ages and costs £35 per person for a two-hour trip.

BOB fits over your head like a giant goldfish bowl, and is steered like a water scooter, allowing you to glide to depths of five metres and explore the island's wide range of underwater life. ▶





## Subterranean Secrets

Tenerife is dotted with extraordinary lava formations and you can climb or take a cable car to the top of most of the island's volcanoes. But if you really want to get a close-up look you're going to have to head underground.

Created by a series of eruptions several million years ago, Tenerife boasts the biggest system of volcanic

tube caves in the world, and the largest is the 17km Cueva del Viento (cuevadelviento.net) in the north.

A two-hour hike through this warren of galleries dotted with fascinating fauna and rock formations costs £12 per adult and £4 for kids. It's not suitable for toddlers – or claustrophobics – and you must wear sturdy shoes and be reasonably fit.



PHOTOS ALAMY, GETTY

## Dive, Dive, Dive

Shipwrecks, stingrays and under-sea caves are just a few of the attractions in Tenerife's warm, crystal-clear waters.

From cave diving near the Playa de San Juan to exploring a World War II plane wreck, Wreck 'N' Reef (scubadivingtenerife.co.uk) has some exciting boat dive options priced from £30 for qualified divers.

Alternatively, family-run Dive Tenerife (divetenerife.com) offers beginners the chance to stay closer to shore and enjoy a half-day scuba-diving discovery course for £50.

## ACTION TENERIFE



## Come Fly With Me

If you're feeling extremely brave, instead of climbing one of the island's many mountains, why not leap off the top of one (with a parachute of course)? With its 40-plus launch sites and favourable climate, Tenerife is a great place to try paragliding – about as much fun as you can have sitting down.

Based near some of the best jumping-off spots, Ibrafly (ibrafly.net) is run by Ibrahim Gonzalez, the founder of Tenerife's first paragliding school in 1990. It offers tandem flights and beginner courses starting from £75 per person.

## TOP TIPS

- Choose wisely. Selecting a sport that's geared to your age and ability is safer and more fun.
- Know your limits: don't be scared to say you can't – or won't – do something.
- Double check what gear you need. Is the necessary equipment available or will you have to supply it yourself?
- Take out a special sporting activities insurance policy. Accidents are rare but they do happen, so it's always best to be prepared.

## TENERIFE

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