



La Palma

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Robert van der Schoot/Shutterstock.com

La Palma attracts adventurous types - leisurely sunbathing is often overlooked in favour of hiking the island's volcanic landscapes, exploring verdant laurel greenery and discovering the magic of Roque de los Muchachos Observatory.

NOTE: This Guide has been limited to 20 points of interest per section. For the full guide, please visit [ArrivalGuides.com](https://www.arrivalguides.com)



Maridav/Shutterstock.com



RossHelen/Shutterstock.com

QUIZ

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

TAKE THE QUIZ

Top 5



Caldera de Taburiente Nati...
The centerpiece of La Palma's incredible National Park is Caldera de Taburie...



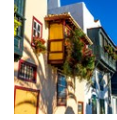
Fuencaliente
Fuencaliente in the island's south is a good base for travellers looking to ...



Saltwater pools
Charco Azul (in San Andres y Sauces) is our top choice, followed closely by ...



Observatory of El Roque de...
One of the highlights of La Palma is the Roque de Los Muchachos Observatory...



Santa Cruz de La Palma
The island's administrative capital is nestled beautifully on La Palma's eas...



THE ISLAND



Tamara Kulikova/Shutterstock.com

La Palma's two primary touristic centers - Puerto Naos in the west and Los Cancajos in the east - are often used as base points for further exploration of the island. Down south is another popular area of Fuencaliente, whose two coastal light houses (one still visibly damaged by a past volcano eruption) and curious salt pans are some of the main attractions.

Inland lies the incredible Caldera de Taburiente National Park and the El Roque de los Muchachos Observatory, with its majestic line-up of telescopes promising (quite truthfully) some spectacular views of the night skies - no special facilities are required for stargazing at elevations as high as 2.5km, but guided tours are available to those willing to take an in-depth look around one of the world's most important observatories. The entirety of the island has now been declared a UNESCO biosphere reserve, with a varied terrain of volcanoes bordering on lush forests inviting visitors to hours of hiking across (well-marked) trails. Organic produce plays an important role in local cooking and lifestyle, too - see how organic bananas are harvested at one of La Palma's organic farms, and savour home-grown fruit and vegetables at the occasional scenic hillside eatery.

DO & SEE



RossHelen/Shutterstock.com

La Palma attracts adventurous types - leisurely sunbathing is often overlooked in favour of hiking the island's volcanic landscapes, exploring verdant laurel greenery and discovering the magic of Roque de los Muchachos Observatory. La Palma's weather conditions are excellent for paragliding, and although beaches are far from being the island's primary appeal, there are a few attractive swimming locations dotting the coastline.

Caldera de Taburiente National Park



The centerpiece of La Palma's incredible National Park is Caldera de Taburiente - a few kilometer-wide crater. An extended period of erosion caused the soil to sink, creating an enormous pit in place of a once-existing mountain. The park itself contains scenic hiking trails, waterfalls, forests, and is characterised by its breathtaking natural landscapes.

Photo: Maridav/Shutterstock.com

Address: 47 Carretera General de Padron, La Palma

Phone: +34 922 92 22 80

Internet: www.gobiernodecanarias.org/parquesnacionalesdec anarias/es/index.html

Fuencaliente



Fuencaliente in the island's south is a good base for travellers looking to explore nearby natural attractions. Visit the village of Los Canarios itself, and take trips to nearby volcanoes (de San Antonio and Teneguia) or salt pools to experience the awe-inspiring beauty of this region.

Photo: mezzotint/Shutterstock.com
Address: Fuencaliente, La Palma

Saltwater pools



Charco Azul (in San Andres y Sauces) is our top choice, followed closely by Piscinas de la Fajana - a similar location just a short drive north from Charco Azul. Both are well-maintained and equipped with visitor facilities. Pool waters are clear and shallow, with surrounding caves providing shelter from the summer sun.

Photo: Eric Gevaert/Shutterstock.com
Address: San Andres y Sauces, La Palma

Observatory of El Roque de Los Muchachos



One of the highlights of La Palma is the Roque de Los Muchachos Observatory containing the world's largest optical telescope. Book a daytime tour and see professional telescopes used to watch the stars, or join an evening astronomy tour to take a close-up look at the night sky yourself. The island's highest point is a stone's

throw away from the observatory and makes for a great hike.

Photo: RossHelen/Shutterstock.com
Address: Brena Baja, La Palma
Phone: +34 622 805 618
Internet: www.astrolapalma.com
Email: info@astrolapalma.com

Santa Cruz de La Palma



The island's administrative capital is nestled beautifully on La Palma's east coast, and is dotted with museums and quaint churches. Do not miss the best vantage point for seeing Santa Cruz in its entirety at 17th century Santuario de la Virgen de las Nieves, and stroll down the Avenida Maritima to see its colorful, idyllic balconies festooned with plants and flowers.

Photo: RossHelen/Shutterstock.com

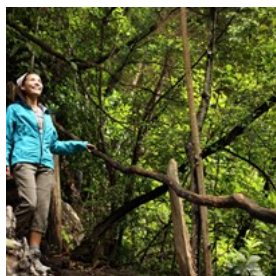
Puerto Naos



One of La Palma's two most popular destinations, Puerto Naos is a coastal settlement boasting the island's longest beach. It's a good choice for sun-seekers, and nearby Eco Finca Platano Logico makes for an interesting excursion for those interested in learning about the island's sustainable eco-farming.

Photo: robert paul van beets/Shutterstock.com

Los Tiles



The Los Tiles laurel forests are an enormous green oasis covering dozens of square kilometers, and containing a plethora of island flora and fauna. Take the hiking path to Marcos y Cordero to reach the Visitor Center with more information on the forest's species, or hike through the lush vegetation to the Marcos y Cordero natural springs.

Photo: Maridav/Shutterstock.com

Address: San Andres y Sauces, La Palma

Parque Cultural La Zarza



The island's original inhabitants - the Benahoare - have left two circular rock carvings engraved in stone now on display in La Palma's Parque Cultural La Zarza. The on-site museum tells the story of the people who once populated the volcanic island and details the Spanish conquest of the mid-15th century.

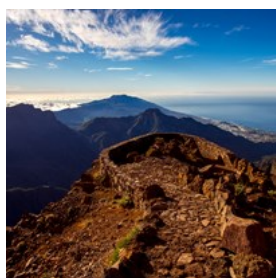
Photo: EES/Shutterstock.com

Address: San Antonio, Garafia, La Palma

Opening hours: Mon-Sat 10am-6pm, Sun 10am-3pm

Phone: +34 922 69 50 05

Ruta de los Volcanes



Running from Fuencaliente to El Pilar, this well-marked scenic route is easy to navigate and varies in difficulty depending on the route you choose - it's downhill towards Fuencaliente, but becomes more challenging if you venture

north to El Pilar.

Photo: RossHelen/Shutterstock.com

Mirador El Time



It's a 3-kilometer uphill hike from Puerto de Tazacorte to this excellent viewing platform, from where sweeping vistas of the La Palma coastline and settlements unfold. There is a panoramic cafe serving refreshments at the top. The viewpoint can also be reached by car or public bus.

Photo: Tamara Kulikova/Shutterstock.com

Address: Tazacorte, La Palma

The Black Beaches of La Palma



La Palma, shaped over millions of years by volcanic eruptions, is one of the few places in the world to have coal-black beaches. These are given their colour by ground up lava rocks instead of ocean sand. The colour does not stain clothes and even boasts higher heat absorption, which allows one to relax on the beach at milder temperatures, too.

Photo: foto-select/Shutterstock.com

Address: 6 Calle Punta de la Arena, La Palma

Palmex Cactus Garden



If giant cacti prickle your fancy, make sure to visit Palmex Cactus Garden. The grounds are home to towering rare cacti and succulents rarely seen

outside of the African continent. Exotic birds may also make an appearance. Entry is free, but donations are welcome.

Photo: Piqsels

Address: 8 Calle Santa Ana 38750 El Paso, Canarias, Spain

Phone: (+34) 922 46 48 62

Poris de Candelaria



Wander off the beaten path and explore this deserted seaside village. Described as "Palma's best kept secret", this remote village consists of quaint

but abandoned fisherman's houses sandwiched in to caves and cliffsides, overlooking crystal clear water perfect for swimming and diving.

Photo: Hans-Peter Balfanz/Wiki Commons

Address: Poris o Prois de Candelaria

Cubo de la Galga



Explore ancient lush green rainforests on the Cubo de la Galga hiking route. Beginning on the LP-1 highway in the east of the island, the starting

point is easy to find. The route is 12km long and suitable for all experience levels. However, be warned that parts of this verdant, subtropical jungle are especially steep and slippery. Intrepid adventurers should choose the longer route, which connects to La Galga Mountain, and the viewpoint at San Bartolomé.

Photo: Aitor Fdez-Ceballos/Wiki Commons (image cropped)

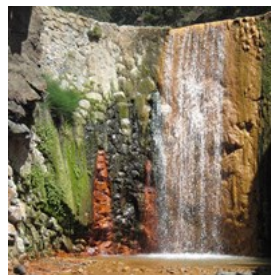
Address: 38714 Puntallana, Santa Cruz de Tenerife, Spain

Phone: (+34) 922 42 31 00

Internet:

www.hellocanaryislands.com/paths/la-palma/cubo-de-la-galga

Cascada de los Colores, Barranco de las Angustias



Follow the Barranco de las Angustias hiking route along the ravine boulders to reach Cascada de los Colores - a magical, rainbow-coloured

waterfall. Cross Dos Aguas - a river with stepping stones, fascinating geological formations, and canyons. This walk is not for the faint-hearted but those who undertake it will be rewarded with a one-of-a-kind experience. The walk begins at La Viña parking area.

Photo: Vaikra.Ana/Wiki Commons (image cropped)

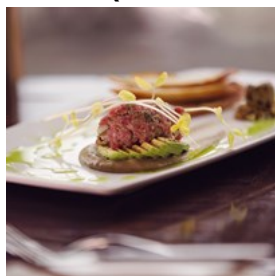
DINING



svf74/Shutterstock.com

Washed over by waters of the Atlantic, La Palma is an island whose cuisine relies on marine products, with fish, shrimp, shellfish, and octopus featured prominently on restaurant menus. Meat is another local favorite, with a side dish of so-called "wrinkly potatoes" (papas arrugadas) with mojo sauce accompanying most meals. Quite a few restaurants serve tapas-sized small dishes, several of which may be necessary to satiate a moderate hunger.

Enriclai (Santa Cruz de La Palma)



Enriclai only seats a few and is in high demand, so book ahead. The intimate restaurant has no written menu, so all the day's offers (these change depending on what's fresh or in season) are talked over with Enriclai's amicable hostess Carmen. Local wine varieties are represented in abundance.

Photo: Shannon Alexander/Shutterstock.com

Address: 2 Calle Dr Santos Abreu, Santa Cruz de La Palma

Phone: +34 680 20 32 90

La Casa del Volcan (Fuencaliente)



Steps away from the San Antonio Volcano Visitor Center is La Casa del Volcan - a longstanding local establishment heralded for its innovative approach to cooking Canarian culinary classics. It's been producing its own wine for nearly a century now, too.

Photo: Natallia Bulanava/Shutterstock.com

Address: 23 Calle Los Volcanes, Fuencaliente

Phone: +34 922 44 44 27

Internet: www.lacasadelvolcan.es

Chipi-Chipi (Los Cancajos)



Chipi-Chipi's lush garden setting and excellent meat grills make for some great value, filling lunches. Meat comes with a side of ubiquitous Canarian wrinkly potatoes and dip sauces to go along. Located off the trodden path uphill from Santa Cruz de la Palma.

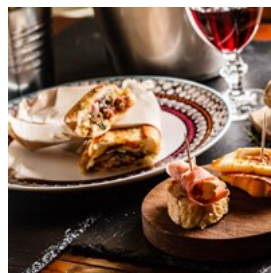
Photo: 1eyeshut/Shutterstock.com

Address: 42 Lugar Juan Mayor 42, Santa Cruz de la Palma

Phone: +34 922 41 10 24

Internet: www.chipichipi.es

La Placeta (Santa Cruz de La Palma)



The popular La Placeta serves quick bites and tapas on ground level, and turns into a more refined dining venue upstairs, from where a typical plant-bedecked balcony looks over the quaint Borrero square. Menu offerings range from international to local fare.

Photo: Shebeko/Shutterstock.com

Address: 1 Placeta del Borrero, Santa Cruz de La Palma

Phone: +34 922 41 52 73

Internet: www.restaurantelaplaceta.com

Casa Goyo (Los Cancajos)



The unassuming Casa Goyo serves up some of the best seafood on La Palma, which is saying a lot for an island where fresh fish is easily acquired by nearly any eatery. Try one of the grills or deep-fried octopus and calamari - one of the island's specialties.

Photo: Yulia Bogdanova/Shutterstock.com

Address: Cno. Lodero, 120, Santa Cruz de la Palma

Phone: +34 922 44 06 03

Internet: www.casagoyo.es

La Placita (San Andres y Sauces)



La Placita's palm-tree-shaded outdoor seating area with a view is rarely empty - arrive early to secure a spot in one of San Andres'

favourites, a restaurant that serves a refreshing mix of Thai and Canarian flavours. The coffee selection is extensive to match.

Photo: hlphoto/Shutterstock.com

Address: 5 Calle La Plaza, San Andres y Sauces

Opening hours: Daily 11.30am-11pm

Phone: +34 922 10 63 34

Bodegon Tamanca (Las Manchas)



The bodega's cavernous insides are adorned with hanging legs of ham and wine barrels, foreshadowing a dining experience heavy on the

meat (cooked and served here in a multitude of different ways) and accompanied by an extensive selection of house wines. Pick up a bottle at the adjacent shop on your way out.

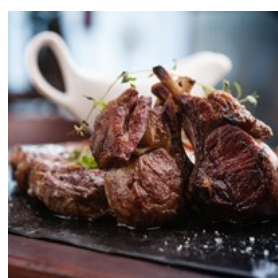
Photo: Solis Images/Shutterstock.com

Address: Calle las Manchas, Las Manchas

Opening hours: Tue-Sat 11am-11pm, Dun 11am-6pm

Phone: +34 922 49 40 17

Casa Osmunda (Brena Alta)



Heralded by many as the island's finest, Casa Osmunda is miles ahead of most upper-range restaurants on La Palma.

The menu is heavily focused on Canarian flavours, and chefs are there to accommodate diners' dietary requirements. The wine selection impresses with

labels of a varied price range.

Photo: Maksim Toome/Shutterstock.com

Address: 2 Subida a la Concepcion, Brena Alta

Opening hours: Tue-Sun 1pm-11pm

Phone: +34 922 41 26 35

Parrilla Los Braseros (Santa Cruz de la Palma)



Uphill from the island's capital lies a true find for meat-lovers and diners with dietary restrictions. Parrilla Los Braseros offers a mouthwatering

selection of meat grills kept hot and steamy by the delightful miniature BBQ grills they are served on. Special meals available for those with allergies and/or dietary restrictions.

Photo: Foodio/Shutterstock.com

Address: 51 Calle Los Alamos, Santa Cruz de la Palma

Opening hours: Wed-Sun 10am-6pm

Phone: +34 922 41 43 60

Internet: www.losbraseros.es

Restaurante Azul (Garafia)



The sought-after Restaurante Azul is only open on weekends (from 1pm onward), so be sure to make a reservation if your intentions to dine

here are serious. The glorious vistas are accompanied by excellent fresh fare, ranging from prime cuts of meat to seafood to a few vegetarian options.

Photo: hlphoto/Shutterstock.com

Address: El Castillo, Garafia

Opening hours: Sat & Sun 1pm-late

Phone: +34 922 40 06 60

Internet: www.restaurante-azul-lapalma.com

CAFES



RossHelen/Shutterstock.com

Canary Islands' signature coffee is known as the "barraquito" - a sweet concoction containing a shot of espresso, condensed and regular milk, and, typically, a few drops or more of Cuarenta Y Tres - a Spanish liquor with 43 Ingredients (hence the name), including fruit juices, herbs, and vanilla extract. Some establishments work with actual citrus shavings and put their own spin on the iconic classic. To savor a top-notch cup of coffee try Cafe de Don Manuel in Santa Cruz run by an award-winning barista, or head uphill to one of the island's hillside panoramic terrace bars for a snack with a view.

Bar Charco Azul (San Andres y Sauces)



Set overlooking the Charco Azul saltwater swimming pools, the bar cum restaurant could not be better located - many choose to follow a dip

with the establishment's excellent offerings of fresh seafood, caught on a daily basis by the bar's owner. Have the bluefin tuna prepared wok, tartare or tataki-style.

Photo: hlphoto/Shutterstock.com

Address: San Andres y Sauces, La Palma

Opening hours: Daily 11am-7pm

Phone: +34 677 70 49 00

Internet: www.barcharcoazul.com

La Vitamina (Los Llanos)



Finding alternatives to the meat- and seafood-heavy La Palma dining scene may prove challenging, which is what makes La Vitamina's selection so appealing - the menu lists a large variety of vegan and vegetarian meals, with a multitude of fresh fruit juices to complement your choice.

Photo: Stepanek Photography/Shutterstock.com

Address: 29 Calle Real, Los Llanos de Aridane

Opening hours: Mon-Sat 12pm-9.30pm

Phone: +34 922 46 31 49

El Jardin de la Sal (Fuencaliente)



You'd be wrong to take El Jardin de la Sal for a tourist trap, despite the fact that it hardly has any semblance of competition in the vicinity. The outdoor rooftop terrace overlooks the salt lakes and invites for a drink (the cafe serves local wines and draft beers) and a bite - salads, seafood, potatoes, and more.

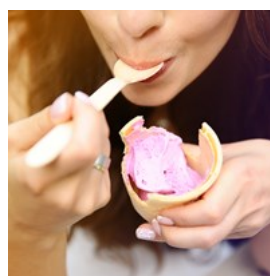
Photo: Alex Couto/Shutterstock.com

Address: 5 Carretera La Costa El Faro, Fuencaliente

Opening hours: Daily 11am-6pm

Phone: +34 922 97 98 00

Frida (Los Llanos)



The quaint Los Llanos cafe serves a delightful selection of dishes, sandwiches, light bites and dessert - from cake to ice cream, Frida has it all and more. Breakfasts deserve a special mention -

do try and have one here if you happen to be staying in or passing through the area.

Photo: gornostay/Shutterstock.com

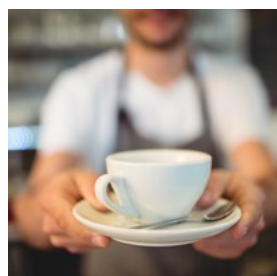
Address: 24 Calle Calvo Sotelo, Los Llanos

Opening hours: Tue-Fri 11am-6pm, Sat 9am-3pm

Phone: +34 922 46 51 10

Internet: www.frida-lapalma.com

El Cafe de Don Manuel (Santa Cruz de la Palma)



Run by award-winning barista Rayco Rodriguez, El Cafe de Don Manuel offers up some of the best brews on the island (and, arguably, all of Spain) in its compact courtyard just off Calle O'Daly. Try the signature barraquito - a coffee with milk, cinnamon, and citrus undertones. Seating is limited but worth the wait.

Photo: wavebreakmedia/Shutterstock.com

Address: 2 Perez de Brito, Santa Cruz de la Palma

Phone: +34 922 41 03 17

Tasca Catalina (El Paso)



Upholding the La Palma tradition of eateries with a view, Tasca Catalina is set at an elevation and offers al fresco terrace seating overlooking the hillsides and water. Order a few tapas plates to share (five or so must be enough to feed a party of two) and sample a few dishes at once.

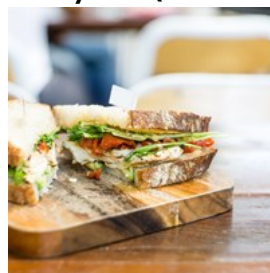
Photo: nito/Shutterstock.com

Address: 27 Calle Miramar, El Paso, La Palma

Phone: +34 922 48 65 69

Internet: www.tascacatalinaelpaso.com

Malayerba (Santa Cruz de la Palma)



Enjoy breezy outdoor seating in the compact square out front, right in the middle of one of the island capital's thoroughfares. Malayerba (formerly Habana) serves tapas, along with a selection of drinks and coffee.

Photo: prapass/Shutterstock.com

Address: 27 Calle Anselmo Perez de Brito, Santa Cruz de la Palma

Opening hours: Mon-Sat 8.30am-11pm

Phone: +34 922 41 03 17

Bar Parada (Fuencaliente)



The unassuming cafe is - quite literally - a stop which most make when passing through the area. Apart from offering travelers a welcome respite, Parada sells delightful almond cookies (Almendrados) made in-house (these can be picked up at the tiny adjacent store).

Photo: vit-plus/Shutterstock.com

Address: 96 Carretera General, Fuencaliente

Phone: +34 922 44 40 02

Bio Cafe Finca Aloe (Santa Cruz de la Palma)



This hidden gem of a cafe is one you must come across when hiking through Las Tricias - getting here is only possible on foot, as no paved roads lead up to Finca Aloe, a green hideaway that serves predominantly organic food from its very own garden. Organic products, such as spreads and cheese, are up for sale and take-away.

Photo: B and E Dudzinsky/Shutterstock.com
Address: Cl 59 iseminado Buragas, Las Tricias
Opening hours: Daily 12pm-5pm
Phone: +34 665 32 13 27

Granier (Santa Cruz de la Palma)



This delightful Santa Cruz bakery sells some of the freshest pastries in town, with sweet and savoury varieties on offer.

Muffins, croissants, layered dough pastries and – in the savory department – pizzas and sandwiches, along with an extensive coffee selection. Exceptional quality to price ratio.

Photo: IVASHstudio/Shutterstock.com
Address: 21 Calle Daly, Santa Cruz de la Palma
Opening hours: Daily 7am-9pm
Phone: +34 922 42 01 51

BARS & NIGHTLIFE



Joshua Resnick/Shutterstock.com

Nightlife in La Palma is a low-key affair, with barely any establishments to match the rowdiness of nearby islands. There is a good choice of bars in the capital town of Santa Cruz, and, normally, several pubs in almost any larger settlement. La Palma produces some well-regarded alcoholic drinks – beer from the island's own microbreweries, wines from island vineyards, and even rum distilled from native

sugarcane. An evening on La Palma is best spent watching the sunset while working on a glass or two of one of the above.

Cerveceria Isla Verde (Tijarafe)



For a fix of tapas and beer with a view, try the little craft brewery cum restaurant in Tijarafe. It serves few varieties of home-brewed beer (dark, light and wheat ales) and local wines. The tapas selection is very decent, complemented by a changing offer of daily specials.

Photo: Yulia Grigoryeva/Shutterstock.com
Address: El Jesus, Tijarafe
Phone: +34 691 44 51 53
Internet: www.cervezaislaverde.com

Cafeteria Mirador El Time (Tijarafe)



With no competition in sight, the Mirador El Time Cafeteria is perched on top of one of the island's highest peaks and excellent viewpoints, with sweeping vistas of the La Palma coastline unfolding from the cafe's terrace. Skip the bottled wines (available at half the price elsewhere), but do sit down for a drink and tapas.

Photo: GDmitry/Shutterstock.com
Address: Mirador El Time, Tijarafe
Opening hours: Daily 9am-10pm
Phone: +34 922 48 90 83

Kiosco Aridane (Los Llanos)



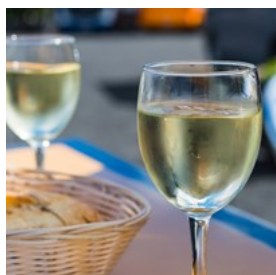
Located right in the heart of Los Llanos de Aridane, this circular kiosk bar has been gathering locals and visitors in the central Plaza de Espana for decades. Grab a drink and enjoy the evening mingling with locals and travelers in the shadow of leafy green trees.

Photo: g-stockstudio/Shutterstock.com

Address: Plaza De Espana, Los Llanos de Aridane

Email: kioscoaridane@gmail.com

Bar La Papirusa (Santa Cruz de la Palma)



The longstanding La Papirusa is somewhat of a local institution, an establishment that keeps drawing return customers decades after it first started operations. The bar's recipe for success is a warm welcome and good value drinks and tapas served on the outdoor terrace.

Photo: hbpictures/Shutterstock.com

Address: 2 Calle Apuron, Santa Cruz de la Palma

Phone: +34 922 41 03 35

Cinnamon Bar (Santa Cruz de la Palma)



Cinnamon Bar has a distinctly modern vibe, one that quickly dissipates in its outdoor seating area spilling out onto a quaint Santa Cruz square. Apart from a pleasant selection of drinks, the establishment also offers a rather wide range of tapas and platters.

Photo: AbElena/Shutterstock.com

Address: San Teimo, Plaza Santo Domingo, Santa Cruz de la

Palma

Phone: +34 922 41 02 24

Atico (El Paso)



The attractive bar frequently hosts live music events (genres vary), and is a popular meeting place for locals and visitors to the area.

Serves brunch on Sundays, a selection of tapas, and, naturally, a variety of local and international drinks.

Photo: Aleksei Lazukov/Shutterstock.com

Address: 3 Calle Manuel Taño, El Paso

Phone: +34 655 27 37 14

Kapitol (Los Llanos)



A rare find on La Palma, Kapitool is a disco club that is welcoming guests since rather recently. Music played ranges from contemporary hits to themed nights where music of the past decades is featured. Karaoke nights are Tuesday and Wednesday.

Photo: Pressmaster/Shutterstock.com

Address: Los Llanos, La Palma

More Info: Tagomago-Edificio, behind the Monument to Mother and Child

Tasca Alavasca (Brena Baja)



A restaurant and bar widely popular with tourists, Tasca Alavasca is known not least for the array of delicious menu offerings - from meat grills to appetizing tapas platters, there is plenty to choose from with an extensive drink list to

match. Live music shows hosted first Friday of every month.

Photo: bezikus/Shutterstock.com

Address: 4 San Antonio, Brena Baja

Opening hours: Tue-Sat 10.30am-2am

Phone: +34 922 43 47 54

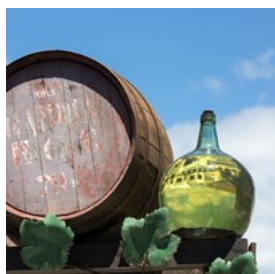
SHOPPING



Jack Frog/Shutterstock.com

There are multiple markets selling fresh regional produce across La Palma, some only operate at the weekends, while others remain open all through the week. The island's highest concentration of shopping spots is found, beyond doubt, in the capital of Santa Cruz (along O'Daly Street in particular). Items worth bringing home with you include locally distilled rum, Canarian wines, cigars, organic foods, and local crafts such as jewellery and blown glass.

Bodegas Tenegua (Fuencaliente)



La Palma is well-known for its wines, and Bodegas Tenegua is a winery, perhaps, best fit for familiarizing yourself with these. For a very modest fee, visitors will be able to sample all sorts of wines produced here, and enjoy the opportunity to purchase favourites at the adjacent store.

Photo: wjarek/Shutterstock.com

Address: 8 Calle N Dos Fuencaliente, Fuencaliente

Phone: +34 922 44 40 78

Internet: www.bodegasteneguia.com

More Info: Tours are possible with pre-booking

Mercadillo del Agricultor (Puntagorda)



An excellent market catering primarily to local shoppers, Mercadillo del Agricultor is one of the island's best places to purchase fresh produce, organic jams and cheeses, handicrafts and knick knacks, and even try freshly pressed sugar cane juice paired with a slice of cake or a bocadillo custom-assembled from market offerings.

Photo: aaabbbccc/Shutterstock.com

Address: 55 Camino Pinar, Puntagorda

Mercado Municipal (Santa Cruz de la Palma)



If your itinerary allows for a morning in the island's capital, do stop by this compact market, if only to sample the freshly squeezed sugarcane juice (served mojito-style with rum and lemon if you so prefer). The market sells fresh fruit and vegetables, meats, fish, and other local edibles.

Photo: Lamai Prasitsuwan/Shutterstock.com

Address: 16 Av. el Puente, Santa Cruz de la Palma

Opening hours: Daily 7am-2pm

Phone: +34 922 41 14 59

Destilerias Aldea (Charco Azul)



Passed on through four generations, this family's rum distillery is now based in La Palma's coastal settlement of Charco Azul, nearby San Andres y Sauces. Take a guided tour of the distillery if time permits, and enjoy a tasting at the adjacent store selling the rum (prices are a steal).

Photo: terekhov igor/Shutterstock.com

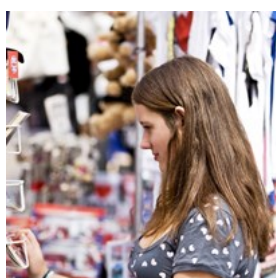
Address: 83 El Melonar, San Andres y Sauces

Opening hours: Mon-Fri 9am-2pm & 3-5pm, Sat 9am-2pm

Phone: +34 922 45 05 68

Internet: www.destileriasaldea.es

Calle O'Daly (Santa Cruz de la Palma)

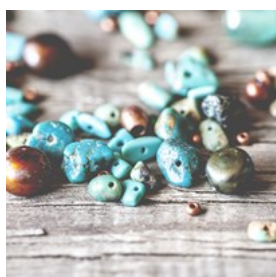


The capital's thoroughfare is lined with shops and boutiques catering to multiple tastes, selling items ranging from clothing and accessories to locally produced alcohol and deli foods.

Photo: Air Images/Shutterstock.com

Address: Calle O'Daly, Santa Cruz de la Palma

La Molina Artesania (Santa Cruz de la Palma)



Working directly with independent Canarian craftsmen and designers, La Molina brings visitors to La Palma a chance to shop for some incredible unique designs of jewellery, art and accessories, as well as local drinks (bottled wines) and delicacies.

Photo: hookmedia/Shutterstock.com

Address: 17 Calle Daly, Santa Cruz de la Palma

Opening hours: Mon-Sat 9.30am-8pm, Sun 9.30am-2pm

Phone: +34 922 41 02 68

Internet: www.lamolinarartesania.com

Los Llanos de Argual Market (Los Llanos)



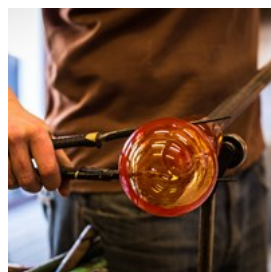
This Sunday market, lost amidst banana plantations and old Canarian buildings, is a meeting point for locals and tourists, as well as an excellent place to browse through handicrafts, jewellery, artwork, and possibly pick up some fresh produce. Catch the glass blowing workshop during your visit.

Photo: Matej Kastelic/Shutterstock.com

Address: Arqual, Los Llanos

Opening hours: Sundays

Artefuego (Los Llanos de Aridane)



Artefuego is an artisan glass-blowing factory and store where craftsmen show off their skill to interested visitors - there is an open studio, one that gets frequented especially during the Los Llanos Sunday market. Stop by and pick out a figurine, colorful bowl or another one of many Artefuego's creations.

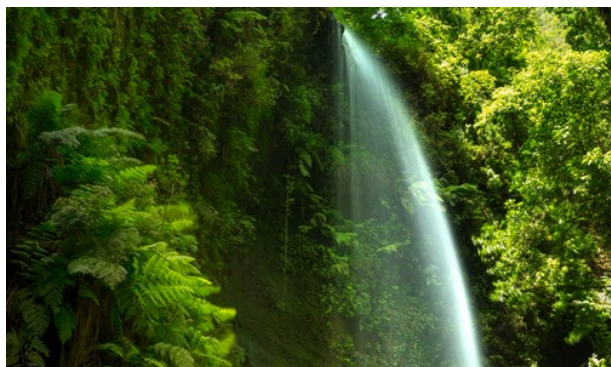
Photo: jurra8/Shutterstock.com

Address: 29 Plaza Sotomayor, Los Llanos de Aridane

Phone: +34 699 74 51 53

Internet: www.artefuego.com

TOURIST INFORMATION



holbox/Shutterstock.com

La Palma Airport



The island airport is located at a distance of 8km away from the capital, and serves multiple international destinations. There is a public bus connecting the airport to the island's capital of Santa Cruz and touristic area of Los Cancajos. Buses run every half hour from approximately 7am to 10pm daily. Pre-arranged transfers, car rental or taxi may be necessary to reach destinations elsewhere on the island.

Photo: Juan Garces
Phone: +34 902 40 47 04
Internet: www.aena.es

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

Ferry



La Palma can be reached by ferry from Santa Cruz de Tenerife, which takes between 5 and 8 hours, depending on the ferry operator. There is usually an option to add-on a private cabin at extra cost.

The two main companies operating this route are Transmediterranea and Fred Olsen Express.

Photo: Pavel Stasevich/Shutterstock.com

Best Time to Visit La Palma



May through October are normally pleasant and rain-free; temperatures rarely become uncomfortably hot even during peak months of July and August.

Photo: VectorA/Shutterstock.com

Public Transport



There is a bus service that connects Santa Cruz de La Palma to several destinations across the island, including Los Llanos de Aridane. A

detailed route map (with pricing) is provided on the Transportes Insular web page. Cash to the driver is the primary payment method, along with Bono Cards sold at some tourist offices and bus stations.

Bus stops located along Avenida Maritima and at Plaza Constitucion.

Photo: Pierre-Luc Auclair
Internet: www.transporteslapalma.com

Taxi



Taxis are a reliable yet pricey way of getting around La Palma. The fares are, however, strictly regulated, so there is no need to worry

about being overcharged.

Taxi La Palma
+34 686 55 38 68

Photo: ArrivalGuides
Internet: www.taxilapalma.com

Pharmacy



There are multiple pharmacies spread across the island. Farmacia del Puente 4 Calle Anselmo Pérez de Brito, Santa Cruz de la Palma +34 922

41 20 09

Photo: Gemma Garner
Internet: www.farmaciadelpuente.com.ar

Post



There are post offices in most larger settlements. Correos 2 Plaza de la Constitucion, Santa Cruz de la Palma +34 922 41 17 02

Photo: Andy Fuchs

Telephone

+34



Photo: Jardson Almeida

Electricity

Europlug, 220-240 Volts



Photo: Stirling Tschan

Population
86,528

Currency
1 Euro = 100 cents

Opening hours
Opening hours may vary depending on the season, but most businesses operate from 8 or 9am to 1.30pm, closing for siesta and re-opening again from 3 or 4pm until 8 or 9pm. Most places only operate in the mornings on Saturdays and remain closed on Sundays.

Newspapers
La Voz de La Palma
El Apuron
El Time

Emergency numbers
112

Tourist information

Centro de Iniciativas y Turismo Insular de La Palma
4 Plaza de la Constitución, Santa Cruz de la Palma
+34 922 41 52 48
Mon-Fri 9am-2m & 3-6pm, Sat-Sun 9am-1pm