

WELCOME
TO



Sol E Bampin

Boutique Stay

MALIBU PARK
CALLE ITALIA, 38660 COSTA
ADEJE, SANTA CRUZ DE
TENERIFE
APT NR 3007

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EMERGENCY/USEFUL INFORMATION

Medical Emergencies: **Dial 112**

Local Hospital

Hospital Quironsalud
Costa Adeje
+34 922 752 626

Medical Centre

Hospital del Dur de
Tenerife
+34 922 174 756

Local Police

+34 922 756 230

Fire Station

+34 922 736 318

Taxi Adeje

+34 922 979 293



WELCOME
TO OUR
BELOVED
APARTMENT
HOPE YOU
WILL LIKE IT
AS WE DO

YOUR HOME AWAY FROM HOME

Welcome and thank you for choosing to stay at our Sol & Bambú Apartment. This guide is to help make your stay as comfortable and effortless as possible.

Our mission is to make you feel at home, even when you're away. We're thrilled to have you here and hope you have a memorable stay.

House Overview

- 1 Bedroom
- max 4 people
- swimming pool
- 10-15 minutes to Promenade
- 3 minute walk to shops
- fiber optic Internet



GET KNOW YOUR HOSTS



+48 501 724 999 Magdalena
+34 602 243 276 RECEPTION



info@boskas.pl



@BOSKATENERYFA
MANY THANKS FOR TAGGING US!



Hello,

I am your friendly host at Sol & Bambú apartment. It's my pleasure to welcome you to our coastal oasis.

I live in Poland, but I am dreaming of moving to Tenerife some day.

I felt in love in Tenerife 10 years ago and I spend there so much time as possible, exploring the island and relaxing. I hope you will enjoy your stay doing the same.

Whether you're seeking sudden assistance with the property, you can write me per Whatsapp, call me or the RECEPTION STUFF who cares for the apartment 24h a day while I am in my country.

Magdalena

LOCATION

MALIBU PARK
CALLE ITALIA, 38660 COSTA
ADEJE, SANTA CRUZ DE
TENERIFE
APT NR 3007



How to get there?

You have 3 options:

1. Renting a car at the airport

This is the best option because it will give you the freedom to explore the island. There is a lot to see on Tenerife and, despite its small size, it offers very diverse views and lots of attractive locations. Car rental is much cheaper here than on the mainland. Based on our experience we can recommend 2 rental companies that offer not only good prices, but also full insurance included and do not charge a deposit. Booking in advance will usually allow you to get best rates, and due to no cancellation fee we really encourage you to do so. These companies are:

a. Autoreisen (<https://www.autoreisen.com/car-hire/car-hire.php>)

b. Cicar (<https://www.cicar.com/en>)

Important: if the above rental companies do not have cars available, let us know. Maybe we'll be able to help. And we don't recommend renting through search engines like rentalcars.

2. Taxi

It will cost about 30 Eur one way. The stopover is at the airport. However, during the season you can expect a long queue. Recently, Uber has started to operate on the island, but it does not constitute significant competition for taxis, because only premium buses and cars are available with significantly higher prices than the official local taxis.

3. Bus

Unfortunately there is no direct connection to our complex. There is a fast bus from the airport to Costa Adeje station. Here you'll have to change to another bus. With suitcases and children, it's not necessarily the most convenient option. Still it's possible.



<https://goo.gl/maps/oUMyiP3oLHT2>



LOCATION

MALIBU PARK
CALLE ITALIA, 38660 COSTA
ADEJE, SANTA CRUZ DE
TENERIFE
APT NR 3007

How to get there?

If you choose to rent a car, you drive from the airport along the TF-1 highway for approximately 20 minutes. Then take SALIDA 74 highway exit, just after you pass the SIAM PARK.

WHAT'S NEXT?

First, you should drive as close to the apartment as possible in order to avoid having to carry your suitcases.

Therefore it is best to go directly to the RECEPTION of MALIBU PARK HOTEL.

Please inform in the reception, that you have booked apt no 3007, identify yourself and you will get a key and the entrance card (10 eur deposit) and start your vacation :)

The apt is on the 3rd floor next to the pool.

Where to park?

If you don't find a place for you in the complex area (small parking in front of the reception), then please look for a place in the street or park at the large parking on the Avda. Austria.

Just back to Avda Austria, turn left and you will find the entrance to the parking in front of Doppiozero restaurant.

Directly by Doppiozero you can ENTER Malibu Park complex and use A LIFT(3th floor), so you do not have to go back to the reception.

ABOUT THE HOUSE

The apartment consist of:

Living room
American kitchen
1 Bedroom
3 terraces !



The apartment is equipped with :

air conditioning
fully equipped kitchen
microwave
four burner kitchen
dishwasher
drip coffee maker
electric kettle
fridge and freezer
towels
hair dryer
linen
washing machine
iron
vacuum cleaner
fiber optic internet
TV





Bedroom

One bed 150cm wide
Wardrobe
Air conditioning



Living room and american kitchen

Pull-out coach (140 x 200cm)
Full equipped kitchen
Wardrobe
TV
Air Conditioning



Big terrace

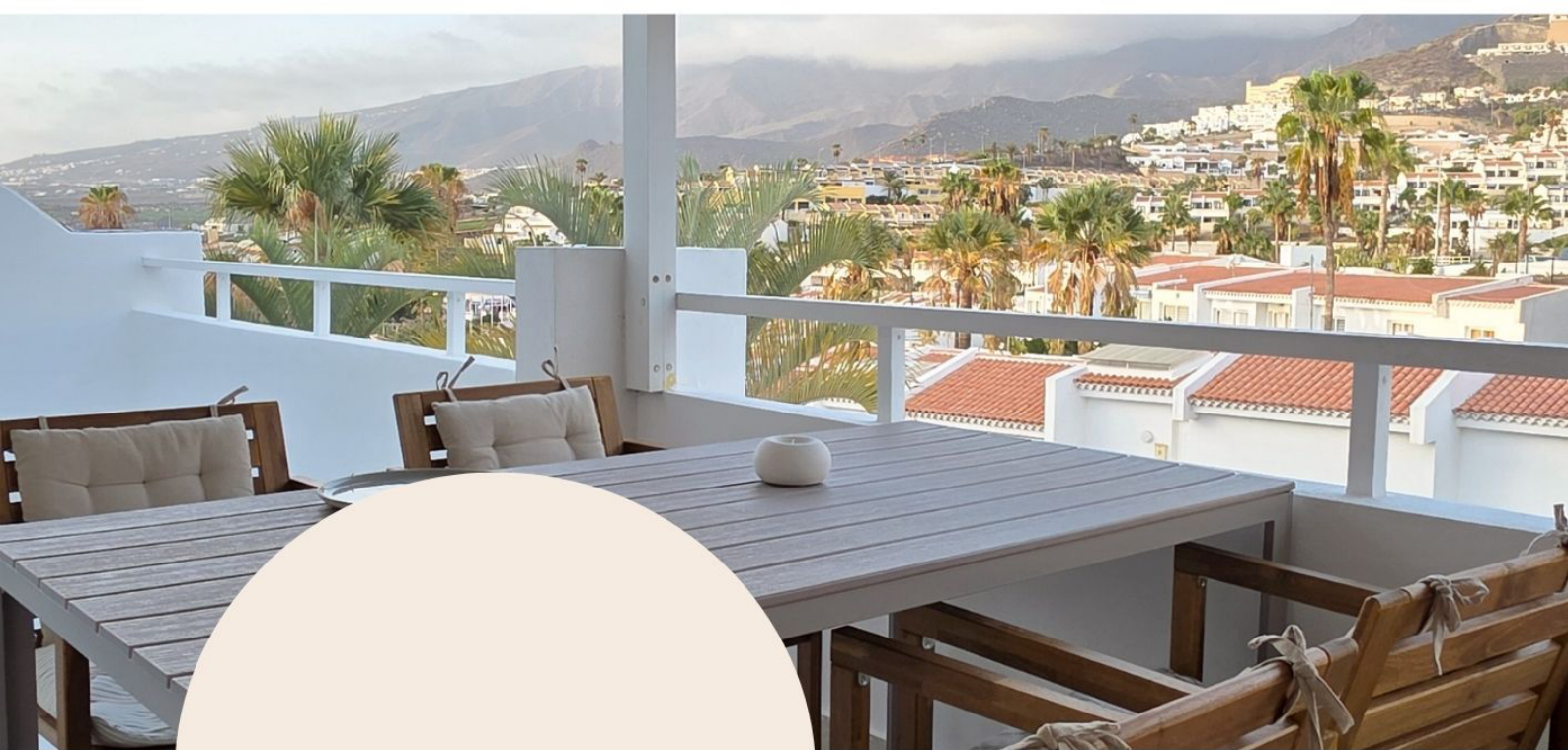
With mountain view
Bed
Table with 4 chairs
Sunbed



Smaller terrace

With pool view
2 sunbeds





ABOUT THE HOUSE



Bathroom

Shower
Bidet shower
Hair dryer
Towels
Shower gel
Hand gel
Washing machine



3rd terrace

Small table with 2 chairs
Umbrella





ABOUT THE COMPLEX

Very well maintained,
guarded, complex.
Well rated and
recommended by the
guests.



Swimming pool

Heated swimming pool
1 small pool for babies
Open: 10.00-17.00
Lifeguard



Tennis court

Reservation at the reception
Free of charge
Open till sunset



Reception 24/7

+34 602 243 276

Check-in (pls register and get the key)
Check-out (give back the key pls)
Cleaning before/after your arrival
Ordering taxi
Technical issues
Spare towels/bedding



Pool bar

Opening hours depending on the season
Bavaraiges
Playstation
Billiard
TV

3 PM

CHECK IN

We understand that travel plans can sometimes be unpredictable. If you need special accommodations for your check-in time, please don't hesitate to reach out to the reception, and they will do their best to make arrangements that suit your schedule.

Upon check-in in the reception you will be asked to complete a registration card with your data. It is obligatory in Canary Islands.

To save time in the reception, you can do it before your arrival online. You need your reservation no. which you got by separate message.

<https://wubook.net/neb/ox/?ep=4a4a7775&s=och>

10 AM

CHECK OUT

Check out is prior to 11am. We do our best to accommodate late check-outs, so please get in touch with the reception staff.

If it is not possible due to next guest, you can store your luggage in the storage room – please ask in the reception. You could still stay in the pool area and enjoy the sun. You can also order a taxi in the reception, which will take you to the airport if you would like to.

- Please wash the dishes
- Check Fridge of Food
- Turn off lights and appliances
- Close windows & lock doors.
- Check you have everything (take your documents from the safe)
- Return keys to the reception





HOME INSTRUCTIONS

SOFA COVERING

We are asking for special care of the sofa in living room.

It is difficult to remove stains from the light coloured fabric (eg from sitting in wet swimsuits), so please protect it with a blanket during the day.

And in case of babies with a special protective mat under the sheets during a night – you will find it in the living room wardrobe.



TERRACE DOORS

There are keys in the terrace doors. Please do not take them out to prevent them from being lost. THANK YOU! :)

WIFI

Network

MOVISTAR_0973

Password

v4PjyM4Y7HnkLE5izHqu

it's easier, when you can
scan it from the router

HOUSE KEEPING

Our goal is to make your stay as convenient and pleasant as possible, so please take a moment to familiarize yourself with these housekeeping details. If you have any questions or need further assistance, don't hesitate to reach out.



Rubbish

The nearest trash bin is located on the way to the reception or behind the bar.



Wildlife

Plenty of lizards, skinks and geckos, but these are inoffensive. There are no snakes indigenous to Tenerife. What you can meet is cockroach coming from the street. If you notice it, please do not crush it. It is much better to use the spray. After all wait 1 minute, till the cockroach close its eyes and clean up the crime scene ;)



Recycling

The nearest recycling bins for glass, paper and plastic are located by the upper entrance to the complex (where reception is)



Drinking Water

Water from tap is not filtered and not drinkable. In all shops and supermarkets you can buy 5L or 8L water tanks.



Petty Thefts

Petty thefts are said to occur on the island, so it is better not to carry all the documents passports with you every day. Especially do not leave important things in the car while "just taking a picture" of a beautiful view.

HOUSE RULES



1

No Pets

Pets are not allowed in the complex.

2

No Smoking

Our property is smoke-free. Please use the designated outdoor terraces for smoking.

3

No Parties

Kindly note, we maintain a no extra guests policy to ensure a serene and comfortable experience for all our valued visitors.

4

Guests

Kindly note, we maintain a no extra guests policy to ensure a serene and comfortable experience for all our valued visitors.

5

Damages

Please report any damages, so we can make sure we address them before the next guest arrive.

6

Noise

Please respect the peaceful environment by keeping noise levels down. Quiet hours from 11pm till 8am.



ACTIVITIES & LOCAL GUIDE

Located just 30 minutes from the Airport (Aeropuerto Sur) apartment, is close to many beaches, bars, restaurants, numerous touristic attractions and beautiful nature.

But Tenerife is so much more! Discover its beauty of your own art.

TF-134

Roque de las Bodegas
Taganana

FOOD & DRINK

Walking
distance from
the apartment



Zena Restaurant

Italian food, great pastas,
delicious desserts.

Av.Austria 9, Costa Adeje
Tel: +34 922750926



El Molino Blanco

Spanish food, live music, not
the cheapest one, but worth of

Av.Austria 5, Costa Adeje
Tel: +34 620770072



Doppiozero

Italian food, great pizza and
coffe.

Av.Austria 40, Costa Adeje
Tel: +34 643370454



La Gran Paella Valenciana

Unsophisticated food, although shrimp
a la plancha with mojo sauces rojo and
verde always taste delicious! Children
will always enjoy the sets. Beautiful
ocean view.

C.Gran Bretana 10, Closta Adeje
tel: +34 922795273



El Tejado

Declious tapas and paella.
Approx 2 km from the apt.

Av. De Los Pueblos 16
+34 682009412



Hemingway

For breakfasts, not only british will find
something for themselves.

Av.Austria 40, loc 1, Costa Adeje
+34 922892091

FOOD & DRINK

With taxi or car
but still in
south part of
the island



El Cine

Canarian specialties, locals, great octopus, canarian potatoes with mojos and best tomato salad.

Paseo Juan Bariajo 8, Los Cristianos
+34 629506560



Zoco Arabic New Concept

Arabic experience, worth of trying Tajine de ternera!

Av. San Francisco 6, Los Cristianos, CC Pasarela
+34 822904911



Taberna Marinera Agua i Sal w Tajao

A small fishing town where you can eat great and inexpensive seafood.

Calle Callao Hondo, 22, San Miguel de Tajao
+34 922171176



Guachinche El Cordero

A restaurant on a banana plantation, you can see how are bananas planted and try Typical Canarian food. pprox. 15 km from the apt) El Monte O Guargacho

+34 922734171



Mirlo La Caleta

Sophisticated, delicious food for the most demanding.

C. El Muelle 7 La Caleta
+34 822904367



Mayte

Ca. 2.5 km from the apt., so available by foot!

Family restaurant in Playa de las Americas with delicious seafood, paella and fish, located right by the ocean

C.C. Veronica 3, Las Americas
+34 922791660

WHAT TO SEE?



Teide volcano

· The highest mountain in Spain – entry to the very top from the upper cable car station is possible only after prior online registration. The trip by car is also very exciting.



Masca

· A village in the mountains with the possibility of walking through a gorge to the ocean (4 h) – prior res.. By car – access is via a very narrow and winding road. Extremely beautiful views.



Los Gigantes

a tour of the island from the west – very imposant cliffs.



Anaga Montains

· Beautiful views, various trekking routes, from the simplest one that you can easily take with children (approx. 2km – el sendero de los sentidos – route of the senses) through 10km routes through laurel forests, wild beaches, to full-day trips.



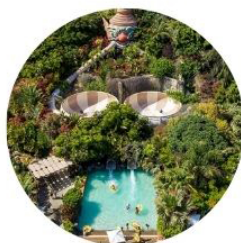
La Laguna

San Cristobal de La Laguna, ancient capital of Canary Island was declared as a World Herritage Site by UNESCO in 1999. Nothern city, 550 m above sea level – take your jacket when visiting in wintertime.



Puerto de la Cruz

Puerto de la Cruz is most famous for being one of the first tourism destinations in the world. From the Old Town to the splendid black sand beaches, and from gigantic pool complexes to quaint bars and seafood restaurants, there's quite a good choice of things to see



Siam Park/Aqualand

The best water park in Europe. The quality mark awarded by our sons. Fantastic slides, beautiful plants, large beach with artificial waves. A must have with teenagers.



Lorro Park

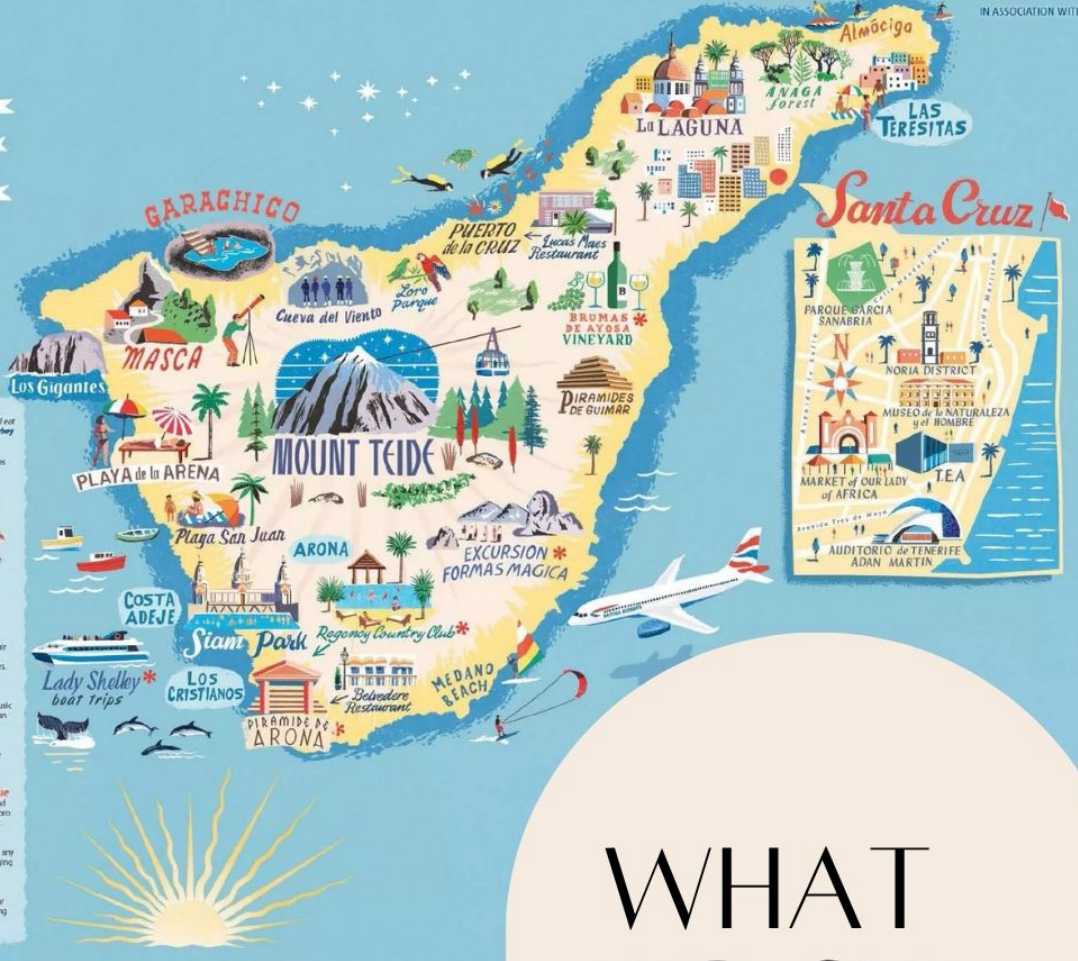
· The flagship park of the Canary Islands – a large ZOO with various shows (1 hour by car, or Loro Park bus – more info on their website)

TREASURES OF TENERIFE MAP

Explore the year-round wonder of Tenerife with our exclusive map drawn by acclaimed artist Anna Simmons and including travel suggestions sent in by you.

MAP KEY A-Z

- Almôcigo**
Remote watersport spot, which is great news for intrepid surfers who will have the bay's brilliant breaks to themselves.
- Anaga Forest Rural Park**
Tucked away in the Anaga mountain range in the north east, this forest is home to rare Laurisilva, or laurel forest. If you love nature, it's a must.
- Arona/Costa Beach**
This sandy beach in Arona sits above a swathe of warm Atlantic Ocean on Tenerife's southern slope and is perfect for long walks, watersports, or a spot of sunbathing.
- Auditorio de Tenerife Adán Martín**
This concert hall is an emblematic Tenerife building, perched like a bird with its wings outstretched on the shoreline.
- Garachico**
One of Tenerife's prettiest towns, Garachico is steeped in traditional Canarian character including cobbled streets and crumbling churches.
- Los Gigantes**
Visit the Cliffs of the Giants and wonder at their spectacular geological formation! @JanesKenny
- Island of Las Vinas - Cueva del Viento**
Hidden below the rim of the island of Las Vinas is a 27,000-year-old volcanic cavity that is Europe's largest lava tube. Excellent English tours are available.
- La Laguna (UNESCO Heritage site)**
One of two UNESCO world heritage sites on the island, green and balmy La Laguna is built around an easily navigable grid of squares and streets and captures a beautifully preserved snapshot of Tenerife past.
- La Masca**
The vast layered rockscapes of La Masca are the ultimate place to visit! @tanzila
- La Orotava - 'Lucas Maes'**
Think you'll miss Lucas Maes, a very cool restaurant with an imaginative interior hidden away down a slip road in La Orotava.
- Las Teresitas beach - San Andres**
This secret seaside tip is a sweeping curve of gold, with soft yellow sand imported from the nearby Sahara. Have seafood lunch in the nearby village of San Andres.
- Los Cristianos**
To see the gorgeous sunset over Los Cristianos and see or The Belvedere it has the best view in town! @sunnyday
- Market of our Lady of Africa**
This bustling market is a vibrant assault on your senses and cooeyer heavens.
- Mount Teide (UNESCO Heritage site)**
Rent a car and drive up Mount Teide for the most beautiful sunset and staggering view you will ever see! @Cattaliniuk
- Museo de la Naturaleza y el Hombre**
Boasting a striking neoclassical facade this museum explores the important archaeological heritage of the Canary Islands.
- Norio District**
A thriving maze of pastel cottages, palm trees and gorgeous old buildings connected by lanes and restaurants - none of which will disappoint.
- Parque García Sanabria**
Tenerife's green lung, this city centre park is an open-air wonderland of evergreen hedges, walkways, classic Italian arches, scattered art and quiet romantic corners. Its magnetism is overwhelming.
- Playa de la Arena**
Settle into a seafood restaurant, listen to local live music and sip a cocktail as the sun sets over a spotlessly clean Blue Flag beach.
- Playa San Juan**
This distinctive and authentic Canarian gem has little rainfall so you can enjoy a beautiful beach bathed in sunshine and gorgeous sunsets.
- Puerta de la Cruz, including Loro Parque**
This beautiful coastal town is well worth exploring and offers fabulous dining. On land, be sure to also visit Loro Parque - home to parrots of every conceivable colour.
- Siam Park**
A huge Thai-themed water kingdom, Siam Park rivals any water park in Europe: take a deep breath before plunging down the Tower of Power's 38m drop.
- TEA - Tenerife Espacio de las Artes**
A contemporary art museum with an exciting calendar of exhibitions, architecture buffs will also love this long modern complex full of glass and geometry.



WHAT TO SEE MORE?

Aqualand

Another water park with slides perfect also for small children. Dolphin shows included and this just few steps of our apartment.

Jungle Park

-Beautiful green ZOO with shows of wild birds and other animals (you can buy the combined ticket with Aqualand) - 10 minutes by car. It is important to check the hours of bird shows when planning your visit - this is the flagship show of this park.

Monkey Park

A park where you can see various monkeys, but also pet many guinea pigs, feed a lemur, and spend time with geckos. Rather for younger children. 10 minutes by car from us.

Botanical Garden

called Palmetum (near Santa Cruz, north part of the island). You can admire the greatest collection of palm trees in the world. The project is unique - it has transformed a rubbish dump into a space of plantlovers.

More interesting places:

- Santa Cruz de Tenerife
- La Orotava
- Punta de Hidalgo
- Playa de Benijo
- Garachico
- Punta de Teno

-and many, many more that we are still exploring :)

BEACHES

Tenerife has a very wide range of beaches: long beaches with white sand from the Sahara, to natural ones with black volcanic sand



Playa del Duque, 3,5 km from the apt

Must see beach.

The most known beach in the south with sand and beautiful blue color of the sea.

There are many 5-star hotels in the area with spa facilities. A breath of luxury. Big waves on its left side, besides the cliffs. Showers and sunbeds available.

Playa de La Pinta, 1,2 km from the apt

Playa La Pinta is a beach in Puerto Colon with mixed sand. This is a lovely, smaller beach with loungers, umbrellas and a breakwater to protect you from the big waves, making this beach perfect for small children. This part is much cheaper than the upscale part of Playa del Duque and quieter than Playa de las Americas. Playa La Pinta is perfect for families because it is peaceful and even has an inflatable playground on the ocean. Lifeguards are on site every day all year round. Showers available.

Playa Torviscas, 2 km from the apt.

Great beach. This beach is connected to Playa Fanabe, separated only by a breakwater. Sunbeds are available for hire. They are hired from the bar at the back of the beach that offer table service for food and drink. Showers available.

Las Vistas, 5 km from the apt.

Playa Las Vistas is considered the most beautiful beach in Los Cristianos and the only one with the Blue Flag distinction. With the man made sand, so it's a white sand beach not natural black. Clean. Lots of shops around, very touristic.

Playa Fanabe, 2,5 km from the apt

Playa de Fanabe is one of the busiest and most popular beaches in Tenerife and the largest on the Costa Adeje. Located in the south of the island, it is connected by a promenade to neighboring Puerto Colon and Playa del Duque. From the bars on the promenade you can enjoy spectacular views of the sunset and the neighboring island of La Gomera while sipping an evening drink

Playa de Benijo, 105 km from the apt.

Considered one of the most spectacular beaches in Tenerife, Playa Benijo is an absolute must-see to fully appreciate the beauty of the island. With its giant rocks scattered along the coast and fine dark sand, Benijo beach is the jewel in the crown of Tenerife in the north, a place of wonder and fear, due to the power of the ocean in these parts.

Playa de las Teresitas, 80km from the apt

Situated in the north, in the small village of San Andres, Playa de las Teresitas is one of the most popular and spectacular beaches in Tenerife. Because it is so close to the capital, it is definitely considered the best beach in Santa Cruz de Tenerife. The fine golden sand was brought here from Africa, which gives such an impression that many consider it the most beautiful beach in Tenerife. You will definitely see it in many photographs and many postcards

And many, many more...



ACTIVITIES /SPORT

Jogging

Morning running along the promenade is an excellent start to a beautiful day.

Windsurfing

·In the town of EL MEDANO there are always perfect wind conditions for windsurfers / kitesurfers / wingfoilssurfers /... great atmosphere .

Tenis/squash/paddle

You can book the courts next to the complex in the Centro Deportivo Tenisur, rent the rockets, balls and an instructor if you need.

+34 675021499

Criuses/Jet ski/ Parasailing

See the dolphins – from the COLON port you can sail by ship / ponton / yacht / catamaran to watch dolphins and orcas, and chill on the boat. You can also rent scooters. Have fun, but be careful and pls check double if there is any insurance included in the rental.

Surfing

In Las Americas (approx. 3 km from us), you can also try your hand at surfing – there are lots of schools with individual or group lessons. One of the schools, that we can recommend is called “Blackstone”.
+34 695373995

Paragliding

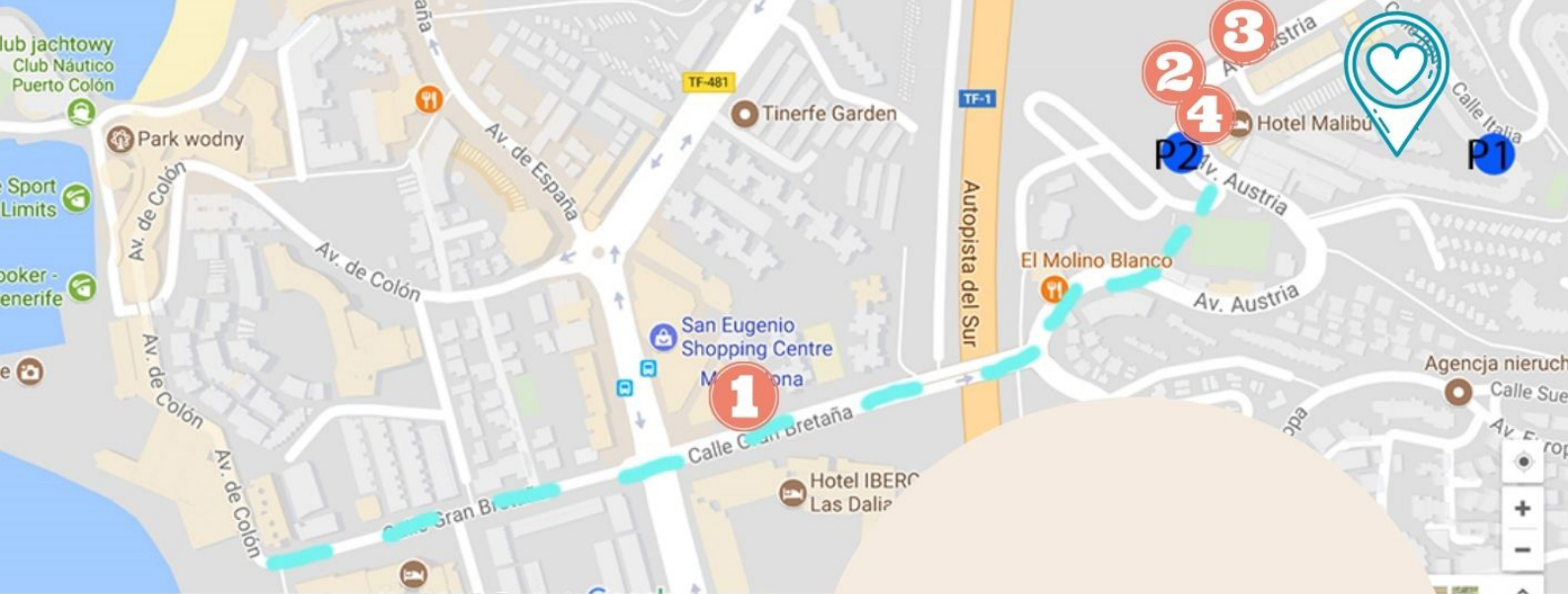
On the beach Enramada in La Caleta , you can land softly on a paraglider in tandem with an instructor. Highly recommended!
+34 645470000 (Simon)

Bikes

Rent a bike or cycle downhill from Teide to the ocean. Organised tours!
+34 699944622

Climbing/Trekking

Our friends organize great group or individual climbing trips. They know the best rocks for climbing or trekking routes and provide a lot of experience. You can contact them: +34 640785600



WHERE TO SHOP?

after your arrival, you should buy Water tank, something for breakfast and maybe a bottle of wine. Below you will read where to do this.

1

Mercadonna

offers wide selection of products. Apart from groceries, you can buy fresh fish and seafood in very affordable prices. We highly recommend it!

Av. de los Pueblos, CC San Eugenio
OPEN: Mon-Sat : 9am-9.30pm

2

Fruteria

wide selection of fresh vegetables, fruits, herbs, spices, delicious cheeses and pasta pastes

Av. Austria 40, loc 6-7
OPEN: Mon-Sat: : 8am-3pm

3

Dialprix

quite well-equipped grocery store near the complex - opposite the entrance to Aqualand.

Av. Austria 8, OPEN: Mon-Sun : 9am-9pm

4

Spanish style

offers a great variety of alcoholic and non alcoholic beverages in very good prices.

Av. Austria 40, loc 11
OPEN: Mon-Sun : 8.30am-8.30pm

Agromercado de Adeje bazaar

If you want to try vegetables, fruits, cheese or honey straight from local farmer, you should check the opening hours and remember – the earlier you come, the more choice there will be.

C. Archraja 5, Adeje, ca 15 by car from our apt.

THANK YOU

FOR CHOOSING TO STAY
AT

Sol E Bambi



@BOSKATENERYFA

MANY THANKS FOR TAGGING US!

WWW.BOSKATENERYFA.PL

