Hola, welcome to Canary Islands :)



SEVEN ISLANDS FILM

Welcome

SOMMER

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We hope you had a great trip.

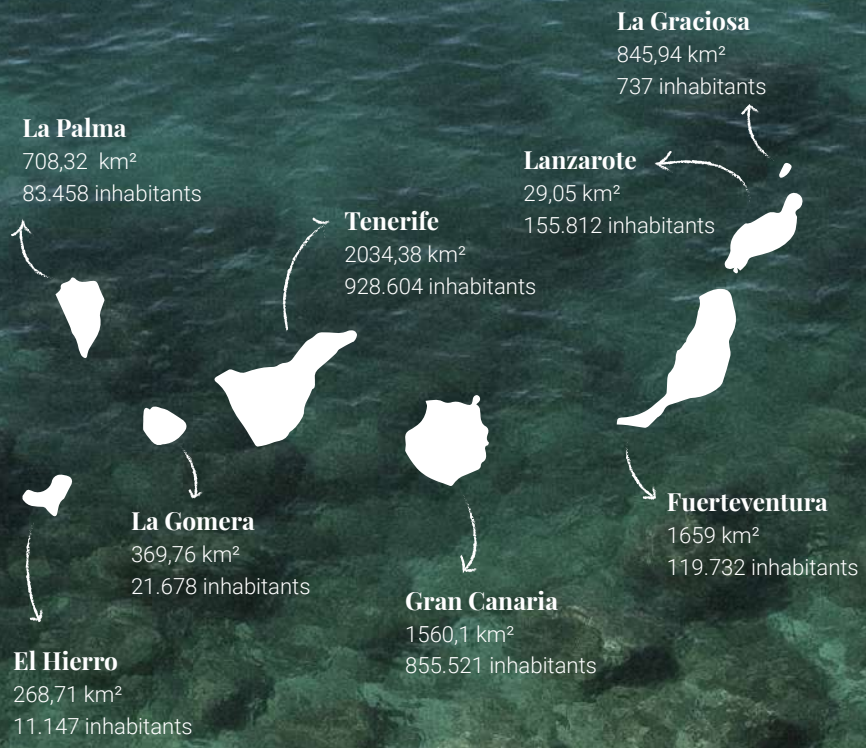
We want you to enjoy your stay on this cinematographic islands, so we have prepared this guide for you to know our history, landscape and key points which will do your visit an unforgettable experience.

We wish you a wonderful stay!

Seven Islands Film

You are here.

The Canary Islands form a Spanish archipelago of eight islands located in the Atlantic Ocean, 1,739 km southwest of the capital of the country (Madrid). They are part of the Macronesian tropical region and they enjoy a mild climate all year round. The geographical relief is the result of hundreds of volcanic eruptions over millions of years, which is why the archipelago has one of the most unusual landscapes in the whole of Europe.



Canary Islands: 2.244.423 inhabitants

The islands are strongly associated with nature in all its facets:

- **Volcanic origin.**
- **The combination of arid landscapes.**
- **Leafy forests.**
- **Sandy beaches.**
- **The wealth of biodiversity.**
- **Amazing weather.**

The reality is that on the Canary Islands, nature is enchanting. You can see for yourself in their **four National Parks***, they all have large parts of their territory listed as UNESCO Biosphere Reserves.

- **Teide (Tenerife)**
- **Caldera de Taburiente (La Palma)**
- **Garajonay (La Gomera)**
- **Timanfaya (Lanzarote)**

They belong to the **natural region of Macaronesia** with other islands like Cabo Verde and Azores. The Canary Islands are the most extensive and populated of them.

The term “Macaronesia”, comes from greek and means **“lucky islands”**. According to the Greek mythology, Macaronesia was the dwelling of deceased heroes.

Canary Islands were populated in their origin by the ***Guanches***. It is widely believed that they arrived around 300 B.c, and the islands were colonised by the Kingdom of Castille in the XIV century.

The best climate in the world.

The Canary Islands have a spring-like climate all year round.

The Canary climate is mild and hardly presents any seasonal contrasts. With average annual temperatures ranging between 18 and 25 degrees Celsius. However, the climatological changes in short distances are surprising. There are more than 200 so-called MICROCLIMATES in the island of Tenerife.

This climatological variety in such a small area is what has made most of the islands to be considered as MICROCONTINENT (except Lanzarote and Fuerteventura, which are totally desert). These climatic differences naturally give rise to marked differences in vegetation and consequently to a tremendous unsuspected variety of landscapes in such a small space.

- **Over 3,000 hours of sunlight.**
- **Geographical location full of sunlight all year round.**
- **In winter, the sun rises at 7:30am and sets at 6:30pm.**
- **In summer it's sunrise at 7:00am and sunset at 8:30pm.**
- **Best Weather Internacional recognition from Tourists and institutions.**


Views from Roque Nublo to Teide

Canary Islands' gastronomy.

Our favourite Canary dishes

If eating is a pleasure, on the Canary Islands it's more true than ever. First, because you'll have plenty of opportunities to eat outdoors, with gentle sunshine and mild temperatures. Second, because the local cuisine is delicious, light and exotic.

- **Huge variety of tropical fruit, like bananas from the Canary Islands (if you haven't tried them, you don't know how tasty they can be).**
- **Papayas, mangos, and many more, which are used to make delicious juices.**
- **Papas arrugadas (wrinkled potatoes), delicious dipped in the traditional mojo sauce.**
- **Local specialities like vieja al horno (baked fish).**
- **Lapas con mojo (limpets).**
- **Cabrito asado (young goat).**
- **Local cheeses and wines.**
- **Gofio flour dessert.**


Papas arrugadas
(wrinkled potatoes)


Lapas con mojo (limpets)

Film industry in the Canary Islands.

These are some of the films that have been shot in the Canary Islands in recent years:

Tenerife:
Fast&Forius, Bourne, Rambo, El Cuaderno de Sara, Rambo, JRS4.

Gran Canaria:
Allied, El Niño, Durante la tormenta, Blame Game, Prey, JRS4.

Fuerteventura:
Exodus, Stars Wars, Eternals.eve, Wonderwoman, Berlin Station.

El Hierro:
Hierro.

La Palma:
The Witcher, Las consecuencias.

La Gomera:
In the heart of the sea, Endlich Witwer: über alle Berge.

Lanzarote:
Los abrazos rotos, Clash of the titans.




POLICE











Your day to day in the Canary Islands

One hour less in the Canary Islands

Although the Canary Islands belong to Spain, they are more than a thousand kilometers away from mainland, which means that there is a time difference between Spain and Canarias. The official time in the Canary Islands is GMT, that is, one hour less than in the rest of Spain (it shares the time zone -UTC- with countries such as the United Kingdom and Ireland).

Currency

As in Spain and most European countries, the official currency of the Canary Islands is the Euro (€).

Sockets

The plugs in the Canary Islands are of the European type, with two round outlets and 220V.

Language

The official language is Spanish but in the main tourist areas it is easy to find people who also speak English, German and other languages.



The reasons why you can't drink tap water:



It's recommended not to drink tap water as it tends to be desalinated seawater. Almost everyone who's a local, drink bottle water.

The water is tested and is up to EU standars, but it doesn't taste good and it's used for bathing and washing clothes for example.

Tourist can experience digestif and general stomach problems when they drink tap water.

Water from public fountains should not be drunk unless there's a sign saying "Agua Potable".

Recycling is so important

Yellow container

Plastic and metallic packaging, cans and briks.





✕ Do **NEVER** deposit in the **YELLOW** container:
clothes, glass, cardboard, organic or other objects that are not packaging.

Blue container

Paper and cardboard packaging.





✕ Do **NEVER** deposit in the **BLUE** container:
aluminum foil, briks, diapers, dirty napkins and tissues, cardboard and paper stained with grease or oil.

Green container

Glass bottles and packaging



Do **NEVER** deposit in the **GREEN** container:
light bulbs, fluorescent tubes, porcelain, ceramics, glass from windows or mirrors, glasses, crystal glasses, stoppers, corks, metal lids of glass containers, etc.

Brown container *

Organic and biodegradable waste.



***Not available in all municipalities.**

Gray container *

All non-recyclables



All those wastes that do not have a specific collection system: diapers, sanitary napkins, ear swabs, wet wipes, cigarette butts and ashes, sweeping dust, etc.

***If there is no brown garbage container in your municipality, organic and biodegradable waste should be deposited in the grey container**


Tenerife.

The island of Volcanoes.

Tenerife is the highest island thanks to the **Teide**, a volcano that stands 3,718 meters high and is visible from all sides of the islands.

The volcanic landscape of the Teide ravines has an almost lunar appearance, and is one of the most photographed in Tenerife. The glens of Teide have been the scene of films such as “Clash of the Titans” and “A Million Years Ago”.

There are endless landscapes in Tenerife:

- The **arid volcanic** canyons of Teide.
- The **lush laurisilva forests** of the northern peak of the island.
- **Viewpoints** are a perfect opportunity to appreciate the geographical **variety of the island.**
- **Natural pools** are small nooks and crannies on the coast **caused** by the **passage of lava**.
- **Cueva del Viento**, one of **the largest lava tubes** in the world.

Some extra information to understand the island:

- **3,000 hours of sunlight** per year.
- Almost **400 km of coastline** and about **70 km of beaches**.
- **43 protected natural areas** (48 percent of the island’s territory).
- More than **800 species** of endemic flora and fauna.

What to see.

Beach & Coastline.



El Medano.
(Granadilla de Abona)



La Tejita.
(Granadilla de Abona)



Las Vistas.
(Los Cristianos)



Playa de Las Teresitas.
(Santa Cruz de Tenerife)

What to see .

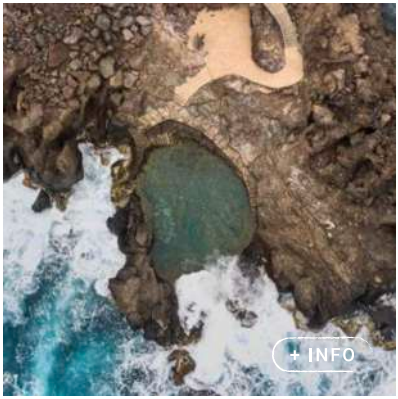
Beach & Coastline.



Benijo.
(Benijo)



El Ancón
(La Orotava)



Charco de La Laja
(San Juan de la Rambla)



El Caletón de Garachico
(Maspalomas)

What to see.

Nature



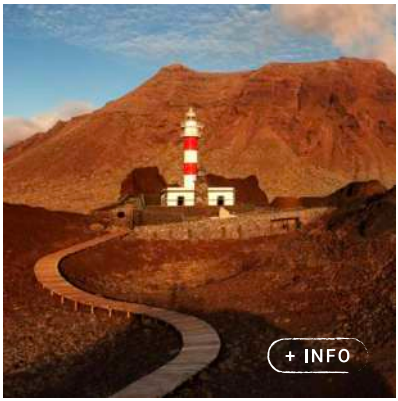
Masca.
(Buenavista del norte)



The Cliffs of Los Gigantes
(Los Gigantes)



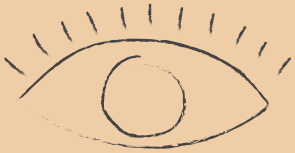
Paisaje Lunar
(Vilaflor)



Teno Rural Park & Punta de Teno
(Buenavista)


Teide National Park
(Tenerife)
+ INFO

What to see in Tenerife



Discover more about these incredible places in Tenerife and others you can not miss here.

Beach

CLICK HERE

Nature

CLICK HERE

What to do in Tenerife



Here you will find the best activities to do in your free time, discover them.



CLICK HERE

Scooter and Bike rental



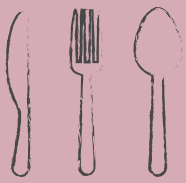
Tenerife Rent A Scooter → CLICK HERE

Moto4Fun - Motorcycle Rental Tenerife → CLICK HERE

StreetRoller Scooters → CLICK HERE

Cooltra Tenerife (North) → CLICK HERE

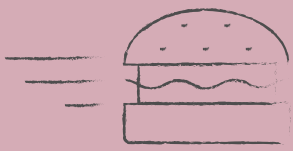
Where to eat in Tenerife



We have prepared a selection of the best restaurants and bars, discover them here.

CLICK HERE

Food Delivery Apps



JUST EAT

CLICK HERE

Glovo

CLICK HERE

Uber Eats

CLICK HERE

Useful information & addresses

Phone numbers
General information - 012
Emergency - 112 / 061
Police - 091
Fire Station - 112 / 080
Airport South - +34 913 21 10 00
Airport North - +34 902 40 47 04
Ferries - +34 928 363 789

Pharmacy open- 922 278 712
Post Office - +34 922 533 629
Taxis Santa Cruz- +34 922 311 012
Taxis La Laguna - +34 922 255 555
Taxis Adeje: +34 922 714 462
Taxis Arona: +34 922 790 352

Public Hospitals

Hospital Universitario de Canarias
Ctra. Ofra S/N La Cuesta, 38320
La Laguna
Tel.: +34 922 678 000

Hospital del Norte de Tenerife
Calle La Gaviota, nº 22. Buen Paso
38430 - Icod de los Vinos
Tel.+34 922 923 107
Emergencies
Tel.: +34 822 171 821

Hospital Nuestra Señora de Candelaria
Ctra. Gral. del Rosario, 145
38010 - Santa Cruz de Tenerife
Tel.: +34 922 602 000

Hospital del Sur de Tenerife
Carretera de Arona, s/n.
El Mojón
38650 - Arona
Tel.: +34 922 729 931

Private hospitals

Hospital Quirón salud Costa Adeje
Urbanización San Eugenio, s / n
38660, Adeje
Tel.: +34 922 752 626

Hospital Parque Tenerife
Calle Méndez Núñez, 40, 38002
Santa Cruz de Tenerife
Tel.: +34 922 274 400

Hospital Rambla
Rambla de Santa Cruz, 115, 38001
Santa Cruz de Tenerife
Tel.: +34 922 29 16 00

Useful information & addresses

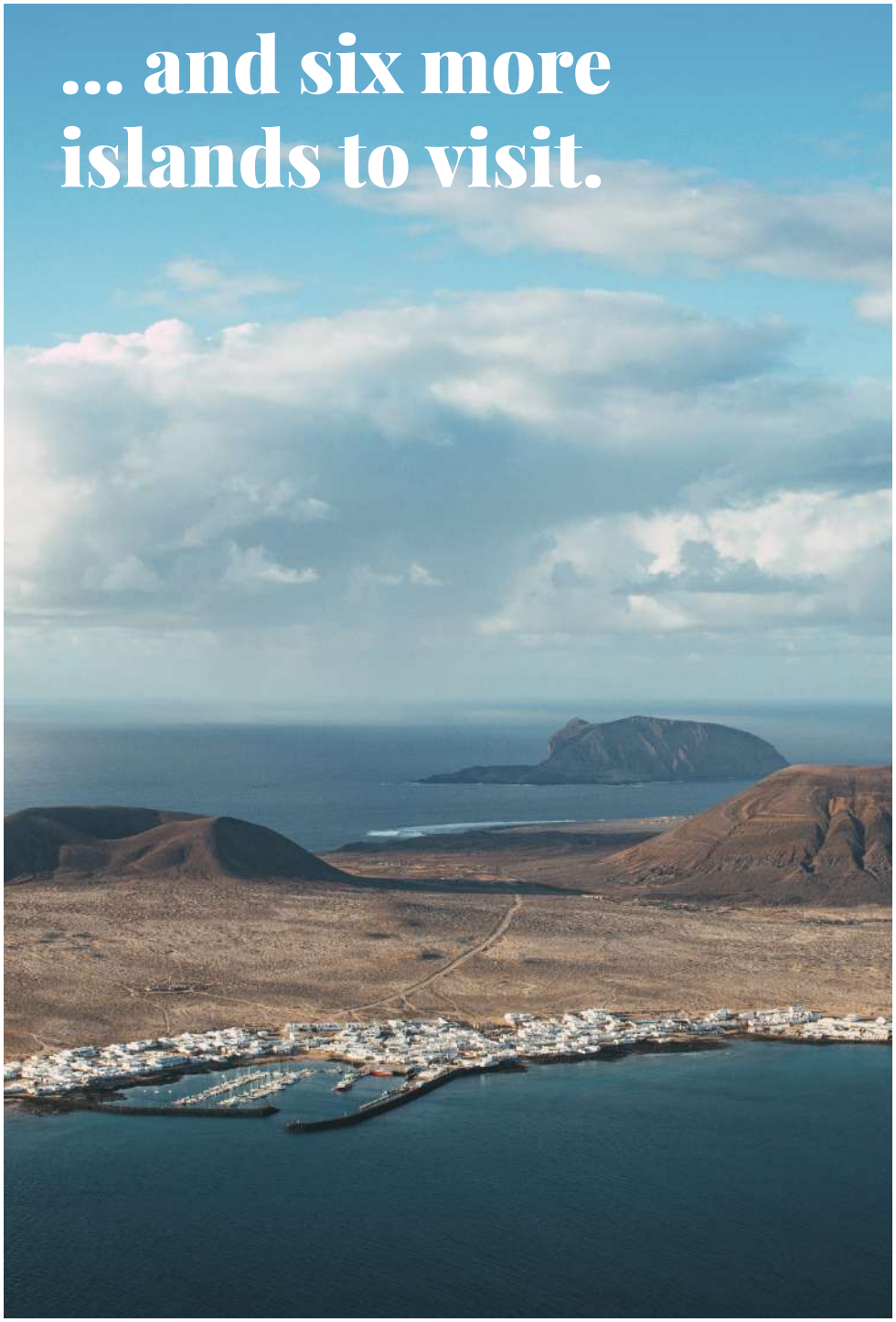
Police Station

Local Police of Santa Cruz de Tenerife
Av. Tres de Mayo, 79, 38003
Santa Cruz de Tenerife
Tel.: +34 922 606 092

National Police station
Av. Tres de Mayo, 32, 38003
Santa Cruz de Tenerife
Tel.: +34 922 849 536

Provincial Police Station of Santa Cruz de Tenerife
C. de Robayna, 23, 38004
Santa Cruz de Tenerife
Tel.: +34 922 531 053

... and six more islands to visit.



How to travel to other islands

The **Canary Islands** offer many options for travelling to all the islands and being able to travel between them quickly and easily. **They all have airports and ports** served by different companies and covering a variety of routes. Besides**, the distances are so small** that it won't take you long to get from one place to another.

By plane

The archipelago is served by **8 airports** connecting all the islands. In all cases the flying time is less than an hour and there are frequent departures all day long.

Tenerife Sur Airport
Opening hours: 24 hours
+34 922 759 510 /+34 922 759 200
+34 922 759 000

Tenerife Norte Airport
Opening hours: 06:00 to 23:00
+34 922 635 999 / +34922 635 635

Gran Canaria Airport
Opening hours: 24 hours
+34 928 579 130

Fuerteventura Airport
Opening hours: 06:30 to 23:00
+34 928 860 600

Lanzarote Airport
Opening hours: 05:30 to 24:00
+34 928 846 001

El Hierro Airport
Opening hours: 06:00 to 19:00.
Aena information: 922 553 700

La Gomera Airport
Opening hours: 07:00 to 18:00
+34 922 873 000

La Palma Airport
Opening hours: 06:30 to 21:30
+34 922 426 100

There are different companies you can book with:

BINTER
+34 928 327 700

CANARYFLY
+34 928 327 700

How to travel to other islands



By boat

Travelling by boat between the islands is usually cheaper and offers a different setting in which it is easy to spot dolphins and other species. You can go from one island to another with the different companies that connect the islands. The services are frequent and the fares reasonable.

There are different companies you can book with:

ARMAS

+34 928 327 700

FRED OLSEN

+34 928 327 700

About your project

Click here to find **IMPORTANT INFORMATION** for the project:

LOCATIONS, MAPS, PROTOCOLS and MORE.

Please take your time, read it, enjoy it and if you have any doubts or suggestions contact production team.



CLICK HERE

About Social Media



TAG or **MENTION** us on your posts.
We will be very happy to share and comment your posts as well!

#**7**ifilm #sevenislandsfilm #**7**ipic #**7**ifilmteam @**7**ifilm

A few *rules* ...

We only ask you to follow certain rules that ensure the priva-cy of all members and appropriate content:



- Everybody that is visible in the post agree to share the content.
- You're sharing adequate content that won't damage the image from Seven Islands Film and our Client.
- Your post doesn't contain sensible information from projects that haven't been released at that moment.
- No visible details from callsheet (address, contact details, etc.).
- Make sure that you use an appropriate language.

If you might have doubts of the content or whether it is appropriate or not to post, you can address your request to: **marketing@7ifilm.com**



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