Puerto de la Cruz

Canary Islands · Spain

TRAVEL GUIDE

Tripomatic



Overview

Puerto de la Cruz is a resort town on the north coast of Tenerife, in the Canary Islands, below the Orotava Valley and in view of Mount Teide. It was one of the first tourist resorts in the islands, and it still has an old fishing quarter, a lively main square and a green, mild climate that differs from the dry south of the island.

Its beaches have dark volcanic sand, so the town is known for its seawater pools designed by the artist César Manrique, the Lago Martiánez, and for Loro Parque, one of the best-known animal parks in Spain.

When to visit

The Canaries have a mild climate all year, and the north is greener and a little cooler and cloudier than the south. Spring and autumn are comfortable. Summer is warm and sunny, and winter is mild with some rain.

Carnival in February is a big event, and the Fiestas de San Telmo, the patron of fishermen, take place in late April and early May.

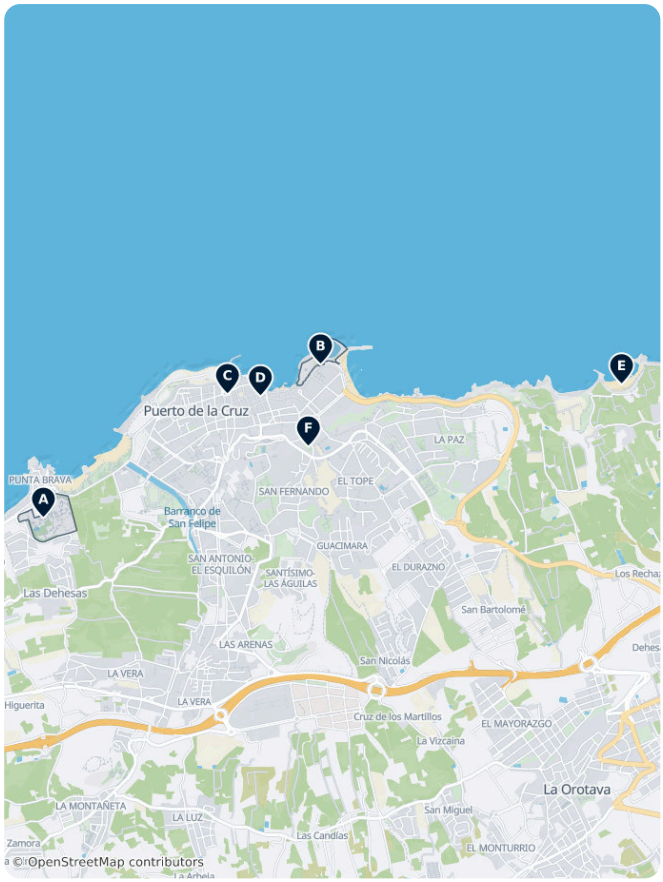
MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	● Great Great for sightseeing	21° / 24°	17° / 15°	
February	● Great Great for sightseeing	21° / 25°	17° / 14°	
March	● Great Great for sightseeing	22° / 26°	17° / 15°	
April	● Great Great for sightseeing	23° / 26°	18° / 16°	UV 8 (Very high)
May	● Great Great for sightseeing	24° / 28°	19° / 17°	Humid air · UV 9 (Very high)
June	● Great Great for sightseeing	26° / 30°	21° / 19°	Muggy, humid air · UV 10 (Very high)
July	● Great Great for the beach	28° / 32°	23° / 21°	Muggy, humid air · UV 9 (Very high)
August	● Great Great for the beach	29° / 33°	24° / 22°	Muggy, humid air · UV 9 (Very high)
September	● Great Great for the beach	28° / 30°	23° / 22°	Muggy, humid air
October	● Great Great for the beach	27° / 30°	22° / 20°	Muggy, humid air
November	● Great Great for sightseeing	24° / 28°	20° / 17°	Humid air
December	● Great Great for sightseeing	22° / 25°	19° / 16°	

Best months: January, February, March, April, May, June, July, August, September, October, November, December

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights

- A Loro Parque is a large zoo and marine park with orcas, dolphins, parrots and other animals, a few kilometres west of the center.
- B Lago Martiánez is a complex of seawater pools and gardens by the seafront, designed by César Manrique.
- C Plaza del Charco is the main square of the old town, with cafés and the sea a short walk away.
- D Iglesia de Nuestra Señora de la Peña de Francia is the 17th-century parish church of the town.
- E Playa Bollullo is a black-sand beach to the east, near a river mouth.
- The Castillo de San Felipe is a small 17th-century fort by the sea.
- The Jardín Botánico (Botanical Garden) is an 18th-century garden with tropical trees.
- F Humboldt memorial is a monument to Alexander von Humboldt, who praised the view of the Orotava Valley.



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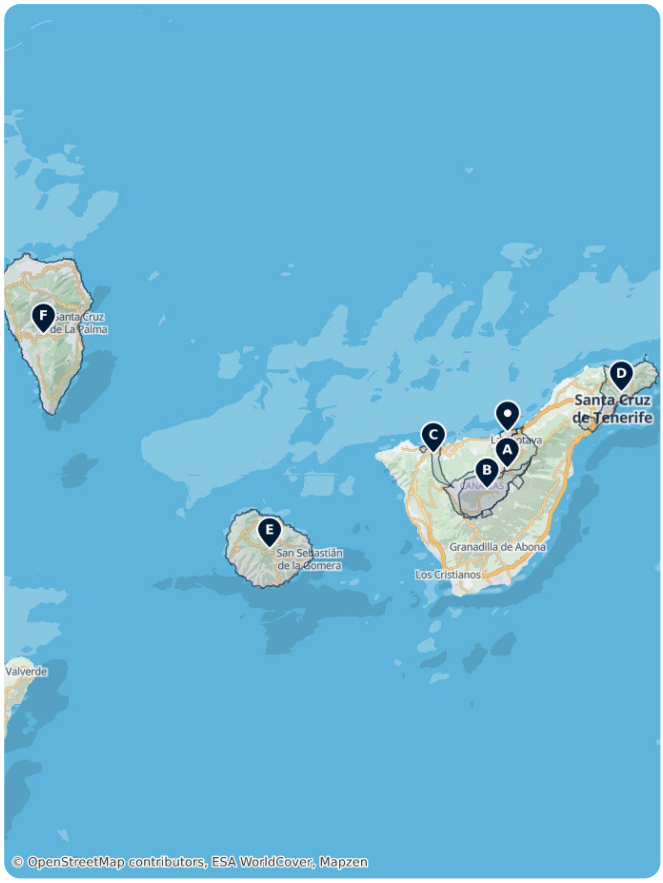
Scan to download the app

What to experience

- Spend a day at the Lago Martiánez pools.
- Walk the seafront and the old fishing quarter.
- Visit Loro Parque.
- Go up to Teide National Park by car or bus for the views and the cable car.
- Have lunch in the old town and sample the local wines.

Day trips

- A La Orotava (about 5 km): an old town with wooden balconies and a Corpus Christi festival.
- B Teide National Park (about 50 km): Teide National Park with Spain's highest peak, reachable by road and cable car.
- C Garachico (about 30 km): a coastal town with natural pools.
- D Santa Cruz de Tenerife (about 35 km): the capital of the island.
- E La Gomera and F La Palma: nearby islands by ferry or plane.



Where to explore

Other places nearby:

- **Tenerife**: Tenerife, La Orotava, Garachico and Santa Cruz de Tenerife.
- **Other Canary islands**: La Palma and La Gomera.

Getting there

- **By air**: Tenerife North airport (Los Rodeos) is about 20 km away, and Tenerife South airport is about 85 km away. Most international flights use the south airport.
- **By bus**: Buses (guaguas) link Puerto de la Cruz with Santa Cruz, La Orotava and the north airport. A tram runs in Santa Cruz.
- **By car**: The TF-5 motorway runs along the north coast.

Getting around

- **On foot**: The old town, the seafront and Lago Martiánez are walkable, though the town is built on a slope.
- **Bus**: Local and island buses run from the bus station.
- **Taxi**: Plentiful, and a good way to reach Loro Parque.

Getting around on foot & by bike

WALKABILITY

Moderate

The center and seafront are walkable, but the town is built on a slope.

CYCLING INFRASTRUCTURE

Low

Hills and busy roads make cycling less comfortable.

Driving

- **Is a car worth it?**: Useful for Teide and the island's villages. A town stay can be done without one.
- **Parking**: Paid car parks in the center. Street parking is limited.
- **Roads**: The mountain roads are winding, and weather at altitude changes quickly.

Food & drink

Canarian cuisine uses fresh fish, potatoes and mojo sauces. Try *papas arrugadas* (wrinkled potatoes) with *mojo rojo* or *mojo verde*, *gofio* (toasted cereal flour), grilled fish and *conejo en salmorejo* (rabbit in marinade). Tenerife's north produces wines from the Orotava Valley and Tacoronte.

Local cheese and banana liqueur are common souvenirs.

What to eat & drink

BREAKFAST

Churros · Churros con Chocolate
Fried dough sticks served with a thick, dark hot chocolate for dipping — a classic Spanish breakfast or late-night snack.

LUNCH

Paella Valenciana
A saffron-scented rice dish cooked in a wide, shallow pan. The traditional Valencian version uses chicken, rabbit, and green beans — best eaten at midday.

Gazpacho
A cold, blended soup of raw tomatoes, cucumber, pepper, garlic, olive oil, and vinegar, originally from Andalusia. Served as a drink or a starter, especially in summer.

DINNER

Pulpo a la Gallega
Boiled octopus sliced onto a wooden board and dressed with olive oil, coarse salt, and smoked paprika — a signature dish of Galicia.

SNACKS & STREET FOOD

Jamón Ibérico
Dry-cured ham from acorn-fed Iberian pigs, sliced paper-thin and eaten on its own or with bread. The finest grade, jamón ibérico de bellota, is one of Spain's most prized products.

Tortilla Española
A thick potato and egg omelette, served warm or at room temperature, found in virtually every bar in Spain. Often eaten as a tapa or a quick meal.

Patatas Bravas
Fried potato chunks served with a spicy tomato sauce or aioli — one of the most common tapas across the country.

Pintxos
Small snacks anchored to slices of bread with a toothpick, the Basque Country's answer to tapas. Found in bar counters across San Sebastián and Bilbao, often with elaborate toppings.

Croquetas
Crispy breaded cylinders with a creamy béchamel filling, typically made with jamón, bacalà (salt cod), or mushrooms.

DRINKS

Rioja Wine · Vino de Rioja

Spain's best-known wine region produces full-bodied reds from Tempranillo grapes, aged in oak. The crianza, reserva, and gran reserva labels indicate increasing age and complexity.

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Safety & health

Puerto de la Cruz is a safe town. The Atlantic currents are strong, and the beaches can have red flags, so swim at the lifeguarded beaches or pools. The sun at altitude and on the coast is strong, so use sun protection. At Teide, altitude can cause headaches for some visitors.

History

The town began in the 16th century as a port for La Orotava, called Puerto de la Orotava. In the 18th and 19th centuries, it exported wine and was visited by travellers and scientists, including Alexander von Humboldt in 1799.

In the 19th century, British visitors came for the mild climate, and the town became one of the first tourist resorts in the Canaries. Manrique's Lago Martiánez opened in 1977.

Country facts

Quick practical facts for Spain at a glance:

CURRENCY

EUR €

EMERGENCY

112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

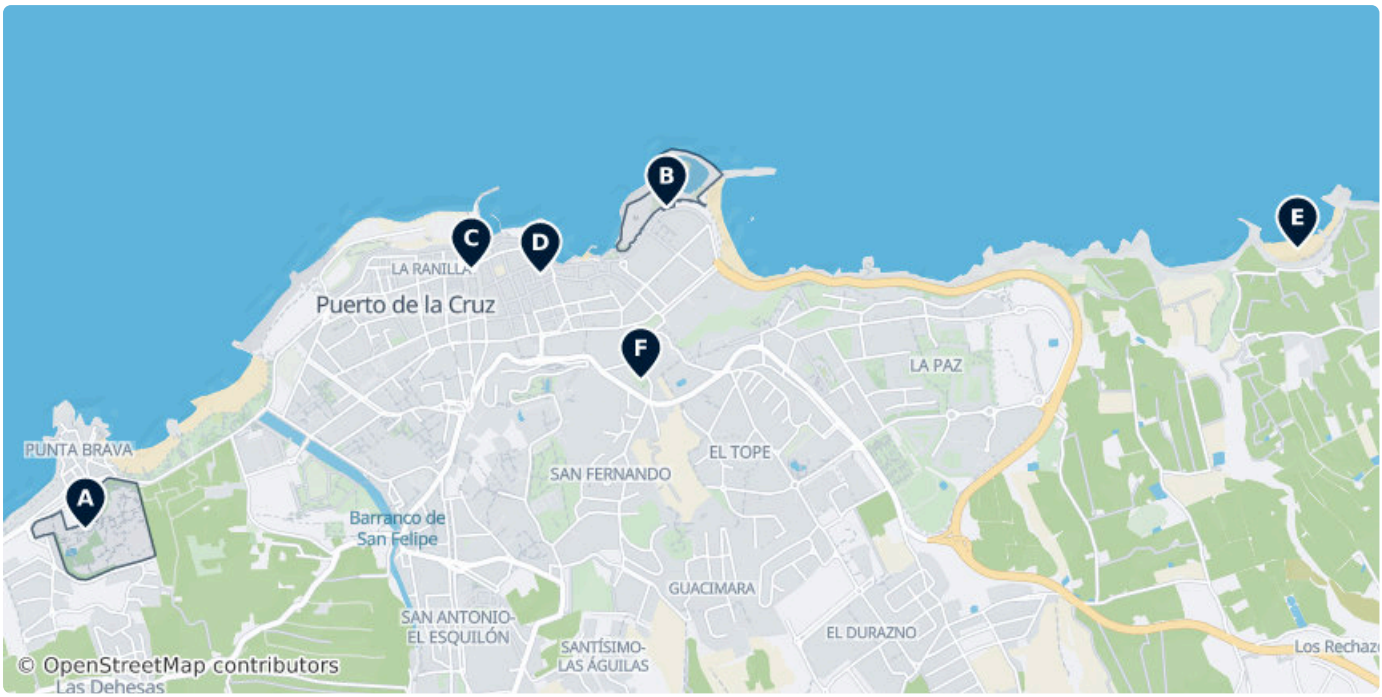
LANGUAGES

Spanish

TAP WATER

Safe to drink

Top sights





A Loro Parque

Zoo and marine park of 13.5 hectares founded in 1972 as a parrot sanctuary. It keeps about 4,000 parrots of 350 species and subspecies, the largest parrot collection in the world.

Avenida Loro Parque, 38400 Puerto de la Cruz (28.40858, -16.56520)

Mo–Su 09:30–17:30

loroparque.com, +34 922 797 573



B Lago Martianez

Lago Martiánez is an open-air swimming pool complex located in Puerto de la Cruz.

Avenida Colon S/N, 38400 Puerto de la Cruz, Spain (28.41911, -16.54357)

Oct-Jun Mo–Su 10:00–17:00
Jul-Sep Mo–Su 10:00–18:00

puertodelacruz.es/web/index.php, +34 922 38 59 55



C Charco Square

A pretty little square with a relaxed atmosphere littered with tiny cafés and restaurants, lined with palm trees. Great place to relax.

Plaza Charco, 38400 Puerto de la Cruz, Spain (28.41708, -16.55084)



D Church of Our Lady of Peña de Francia

An impressive church, a fine example of Spanish architecture situated in a placid palm grove. A charming place.

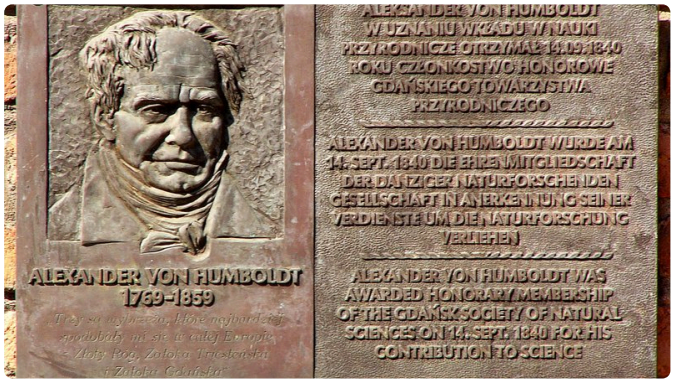
Plaza La Iglesia s/n, 38400 Puerto de la Cruz, Spain (28.41694, -16.54827)



E Bollullo Beach

A secluded beach situated under a steep cliff with black sand and big waves breaking on the rocks. A great place to get away from the crowds.

Camino del Bollullo-el Rincón Dis, 38400 Puerto de la Cruz, Spain (28.41775, -16.52009)



F Alexander von Humboldt

Friedrich Wilhelm Heinrich Alexander von Humboldt was a German polymath, geographer, naturalist, explorer, and proponent of Romantic...

6 Paseo de los Dragos, Puerto de la Cruz 38400, Spain (28.41347, -16.54453)

DATA SOURCES

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