

What to Do in Tenerife

A 5-day guide with real prices



Tenerife is two islands in one: the sunny south of beaches and whales, and the green north of laurel forests, Canarian townhouses and guachinches. This 5-day plan combines both sides using the island's best-rated excursions – with real prices so you can budget before leaving home.

Your 5-day plan

Day
1

Whales and dolphins from Los Cristianos

Start with the island's superpower: Tenerife is one of Europe's best places to see pilot whales and dolphins in the wild, all year round. The eco-yacht tour with a swimming stop by the Cave of Love costs from €15 – the best value on the island. Free afternoon at Las Vistas beach.

Day
2

Mount Teide and the northern villages

Head up to Teide National Park (a World Heritage Site) and combine it with Icod de los Vinos, Garachico and the Masca viewpoint on a full-day trip (€59). Craving adrenaline? Swap it for the quad route through the park (€80).

Day
3

Kayaking with turtles, dinner at a guachinche

Morning: kayak and snorkel with resident sea turtles along the southern cliffs (€38, 3 hours, beginner-friendly). Evening: dinner at a guachinche in the north – the home-run eateries where locals eat carne fiesta and house wine at local prices.

Day
4

Theme park day

Siam Park is rated Europe's best water park (tickets from €10 per child); Loro Parque in Puerto de la Cruz (€55) is the pick for animal lovers. Book both ahead: they sell out in high season.

Day
5

Los Gigantes cliffs and a sky full of stars

Cruise to the Los Gigantes cliffs and the Masca coastline with whale watching along the way (€60). For a grand finale: the night-time stargazing safari with dinner in the National Park (€55) – Teide's sky ranks among the world's three best for stars.

Local tips

- Rent a car for at least 2 days: the north-south contrast is half the trip.
- The south all but guarantees sun; pack a light jacket for the north, even in summer.
- Book whale watching and Siam Park several days ahead in July-September.
- Guachinches are cash-only and don't take bookings: arrive before 8:30pm.

Ready to book?

Every plan in this guide (plus 30 more across the four islands) lives at [tourcanary.com](https://www.tourcanary.com), with free cancellation on most activities.

www.tourcanary.com