

Information for visitors

TOURIST INFORMATION OFFICES

Casa Alvarado Bracamonte Information Office

(Casa de Los Capitanes Generales)

OPENING HOURS:

From October to June (except holidays)
Monday to Friday from 9:00 am to 4:30 pm
From July to September (except holidays)
Monday to Friday from 9:00 am to 3:30 pm

CONTACT TELEPHONE NUMBERS:

0034 922 63 11 94

ADDRESS

C/ La Carrera u Obispo Rey Redondo, nº 7.
(Casa Alvarado Bracamonte)

MAIL

infoturismolaguna@lalaguna.es



 [SEE MAP](#)

Intercambiador Tourist Information Point

(Intercambiador Guaguas - Padre Anchieta)

OPENING HOURS

From October to June:
Monday to Friday (except holidays) from 9:00 am to 1:30 pm
From July to September
Monday to Friday (except holidays) from 8:30 am to 1:00 pm



 [SEE MAP](#)

Punta del Hidalgo Tourist Information Office

OPENING HOURS

From October to June (except holidays)

Monday to Friday from 9:00 am to 13:30 pm

From July to September (except holidays)

Monday to Friday from 8:30 am to 13:00 pm

CONTACT TELEPHONE NUMBER:

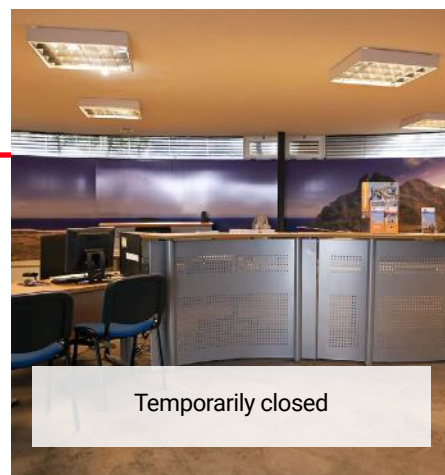
0034 922 15 78 32

ADDRESS:

Ctra. Gral. Punta del Hidalgo, Mirador San Mateo s/n.

MAIL:

infoturismolaguna@lalaguna.es



 **SEE MAP**

Parque Rural de Anaga Cruz del Carmen Visitor Centre

Cruz del Carmen Visitor Centre is in the Parque Rural de Anaga. It has the necessary information about the park and the routes you can take down the numerous paths available. The centre shows a video and has a permanent exhibition about the Park.

CONTACT TELEPHONE NUMBER

0034 922 63 35 76

ADDRESS

Ctra. Las Mercedes, km 6.

MAIL

cvisitantes@tenerife.es

WEB

<https://reservabiosfera.tenerife.es/descubre-anaga/centro-visitantes-cruz-carmen/>



 **SEE MAP**

North Airport Tourist Office

Situated in the luggage claim area.

CONTACT TELEPHONE NUMBER:

0034 922 25 54 33

ADDRESS

Aeropuerto Tenerife Norte Los Rodeos, s/n 38297

MAIL

tenerifenorte@cityexpert.es



GUIDED TOURS

The Excmo. Ayuntamiento de San Cristóbal de La Laguna [Town Council] provides a Free Guided Tours Service:

- **Guided tours in Spanish, English, German and French** from Monday to Friday in the morning by booking at web <https://turismodelalaguna.com/en/visitas-guiadas-gratuitas/>, or calling 0034 922 631 194
- **Arranged tours for groups** (more than 10 people) Spanish, English, German and French in the morning by booking via email only at coordinador@turismolalaguna.org. **Prior reservation** only
- **Arranged tours for schools in Spanish** Tuesdays and Thursdays in the morning by booking via email only at coordinador@turismolalaguna.org

ACCESSIBLE TOURISM

The city of San Cristóbal de La Laguna offers a wide range of activities for people with reduced mobility to enjoy their holiday. There are establishments plus public and private areas where you can enjoy the same options as other tourists.

You can see the accessibility of different facilities on the Island on the website of the Sociedad Insular de Promoción de las Personas con Discapacidad (SINPROMI) [Island Society for the Promotion of People with Disabilities] www.sinpromi.es, and on www.tenerife-accesible.org. These websites provide information on pedestrian routes, transport infrastructure, accesses, lifts, interior of buildings, public toilets, accommodation, sports, leisure, meeting and eating areas. The establishments with adapted facilities are labelled green; those which are accessible with help are labelled yellow; and inaccessible places are in red. The information is given in Spanish and English.

There are three adapted tours in the municipality:

- **Trail of the Senses**
<https://www.webtenerife.co.uk/what-to-do/nature/hiking/trails/sendero-sentidos-1.htm>

LANGUAGE TOURISM

The University of San Cristóbal de La Laguna (ULL) has a language service that teaches many different foreign languages and gives Spanish courses.

More Info: <https://www.ull.es/internacional/>
<https://fg.ull.es/idiomas/>

USEFUL INFORMATION

- **Town Council:** 0034 922 601 100
www.aytolalaguna.es
- **Sports Office:**
0034 922 256 244 | www.deportelagunero.com
- **Emergencies:**
112 | www.112canarias.com/info
- **Hospital Universitario de Canarias (H.U.C):**
0034 922 678 000
- **Hospital La Candelaria:**
0034 922 602 000
- **Information and Helpline of the Government of the Canary Islands:**
012 | <https://www.gobiernodecanarias.org/principal/servicios/012.html>
- **Out of hours pharmacies:**
<https://farmaciatenerife.com/farmacias/san-cristobal-de-la-laguna-farmacia-de-guardia.pdf>
- **Titsa (guaguas / buses):**
0034 922 531 300 | <https://www.titsa.com>
- **Tenerife Tram:**
0034 922 099 119 | <http://metrotenerife.com/>
- **Taxis:**
0034 922 255 255
- **Post Offices:**
0034 902 197 197 | www.correos.es
- **University of La Laguna:**
0034 922 319 000 | www.ull.es
- **AENA (airports):**
0034 913 211 000; **chat for people with hearing loss:**
<http://www.aena.es/es/pasajeros/pasajeros.html>