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simple, home-cooked food, much of it organic and locally sourced (00 34 928 161402; www.casaisaitas.com).

In Tenerife, you could try **Los Roques** (00 34 922 749401; www.restaurantlosroques.com) overlooking Los Abrigos harbour, for creative temptations such as citrus-crust scallops followed by kafir lime-glazed chicken. If you're staying at the **San Roque** hotel (00 34 922133435; www.hotelsan-



Horse-riding in the foothills of Mount Teide, Tenerife.

Sime-4Corners



The stunning Auditorio de Tenerife. Alamy

Most of the islands' bodegas offer wine-tasting tours, especially in the winelands of **La Geria** in Lanzarote and **Santa Brigida** on Gran Canaria. But if you just want to try the local plonk, one of the best places to be at sundown is the terrace of **El Chupadero** (00 34 928 173115; www.el-chupadero.com), a German-run bar on Lanzarote overlooking the surreal patchwork of black and green circles that make up the La Geria vineyards. It does an excellent line in local wine, tapas and mellow sounds.

On Gran Canaria, you can order local and mainland Spanish wines, and tapas, at **La Cava Triana** (Calle Travieso 35; 00 34 928 381302), an elegant wine bar in Las Palmas' chic Triana district.

GETTING THERE

Of the seven main, inhabited, islands - from west to east these are El Hierro, La Palma, La Gomera, Tenerife, Gran Canaria, Fuerteventura and Lanzarote - the last four are generally the easiest

to get to independently. For direct, four-hour flights from a range of UK airports, count on paying around £100 return, or more. **British Airways** (0870 850 9850; www.ba.com) flies to Lanzarote from Gatwick and Manchester, to Gran Canaria from Gatwick and to Tenerife from Bristol, East Midlands, Gatwick and Manchester. **Monarch** (0870 040 5040; www.flymonarch.com) flies from Manchester, Birmingham, Luton and Gatwick to Tenerife and Lanzarote and from Luton to Gran Canaria. The charter airlines are good for flights from regional airports; try the **Charter Flight Centre** (0845 045 0153; wAvw.charterflights.co.uk).

If you don't want to fly, **Trasmediterranea** (00 34 902 454 645; www.trasmediterranea.es) runs a weekly ferry from Cadiz, on mainland Spain, to Lanzarote, Gran Canaria, Tenerife and La Palma. Return fares from €178pp and the trip takes a day-and-a-half each way. There are also plans for a ferry service between Fuerteventura and Tarfaya in Morocco later this year.

Once you're in (the) Canaries, you can fly between the four main islands with **Islas Airways** (00 34 902 477 478; www.islasairways.com) or **Binter Canarias** (00 34 902 391 392; www.binternet.com), or island-hop by boat. The three main ferry companies are: **Trasmediterranea**, **Naviera Armas** (00 34 928 300 600; www.naviera-armas.com) and **Fred Olsen** (00 34 902 100 107; www.fredolsen.es).

MORE INFORMATION

Recommended guides include Canary *Islands: The Bradt Travel Guide* (£13.95), the Sunflower Books series (www.sunflowerbooks.co.uk) and the new Rough Guide *Directions: Lanzarote & Fuerteventura, Gran Canaria, Tenerife & La Gomera* (all £6.99). Or, contact the **Spanish National Tourist Office** (020 7486 8077; www.tourspain.co.uk).