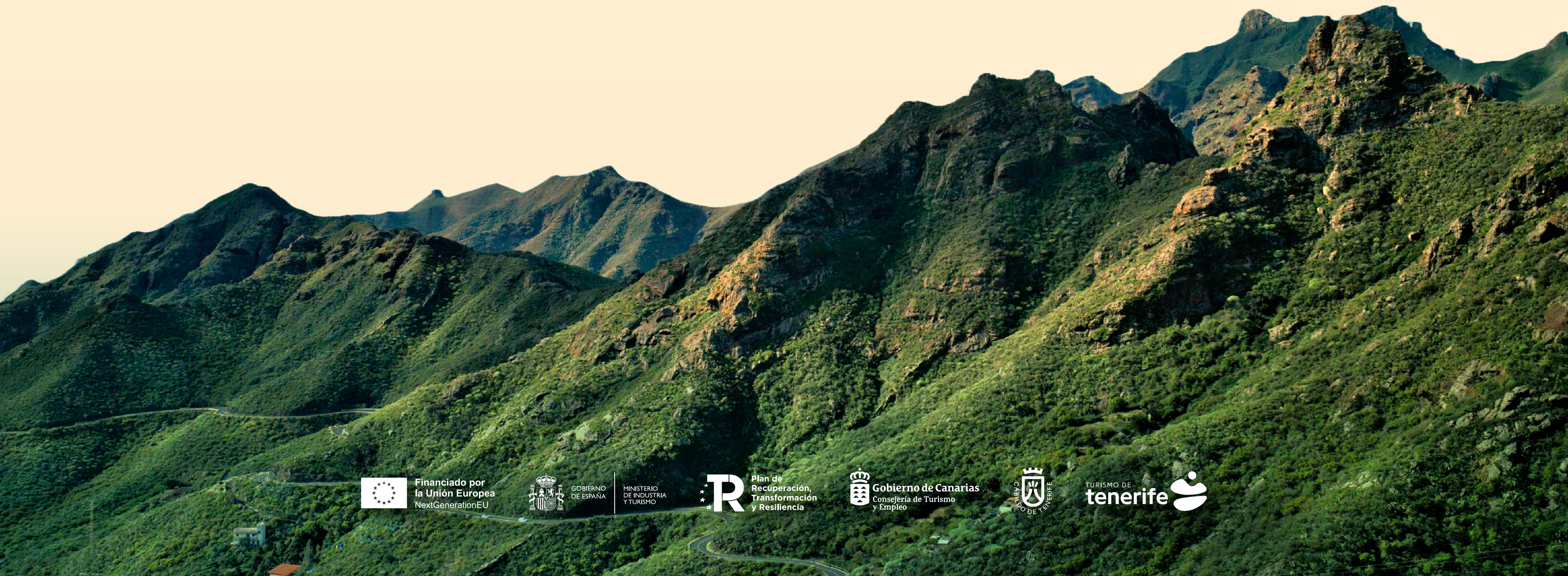


Recommendations for responsible tourism

Visitors



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10 principles for an agreement between those who live in Anaga and those who visit

Anaga is a living landscape, with an identity shaped over time by the relationship between nature, community and culture. These recommendations are based on a simple premise: **the way in which Anaga is presented, shared and experienced has a direct impact on its delicate balance.**

More than just rules, these principles define a **framework of shared responsibility to guide how we travel through, coexist in and share Anaga** during a visit. The aim is to help maintain the calm, authenticity and sense of wellbeing that define Anaga, avoiding any activity that might distort its essence. **Whether you're visiting for the day or staying overnight in Anaga**, these principles will help you to engage with this territory respectfully.

These recommendations translate the values that define Anaga's story into the visitor experience: respect for the territory, awareness of its rhythms, consideration for community life, and a more mindful way of exploring.

*The goal is to help ensure that every visit contributes to preserving what **makes Anaga so unique and so alive.***

To make it easier to put these into practice, at the end of this section you'll also find some useful **resources and links** that provide further information for your visit and help you gain a deeper understanding of the area.

1. *Take time to understand before you explore*

Anaga is not a place to “see in a hurry”. It is a territory that can only be discovered by understanding its complexity, pace and limits. Commit to understanding Anaga, its identity, rhythms and fragility, by finding out more before your visit, listening to those who live here and adapting the way you explore the territory to enjoy a richer and more respectful experience.

The serenity of the hamlets, slow pace and sounds of nature are all essential parts of Anaga. Keeping the noise down, respecting quiet hours and moving at an unhurried pace all help to preserve this shared atmosphere. Especially in residential areas and accommodation, be mindful of quiet hours and noise levels.

2. *Help maintain Anaga's tranquillity*

Before you decide what to do or where to go, look for experiences that are in keeping with Anaga's character. Avoid 'list-ticking', viral trends, and activities that are only for the sake of the photo. Prioritise experiences offered by local businesses, consult official sources and local recommendations, and avoid making decisions based solely on numbers of reviews or popularity on mainstream platforms.

3. *Make thoughtful choices, don't follow trends*



4. *People are part of the landscape*

Choose small-scale activities, led by people who know the area well and which contribute to environmental conservation. Try not to leave behind any mementos that are not part of Anaga, apart from respectful photographs or videos. Let your presence be felt only on its marked trails, in conversations shared and in your support for local products and crafts. Your visit can also leave a positive mark, even when the impact is not immediate or visible.

The people that live and work in Anaga are not peripheral to the experience, but a community with its own daily routine which forms part of the territory. Coexistence is based on respect, neighbourliness and consideration, especially in residential areas where you live side by side with local residents.

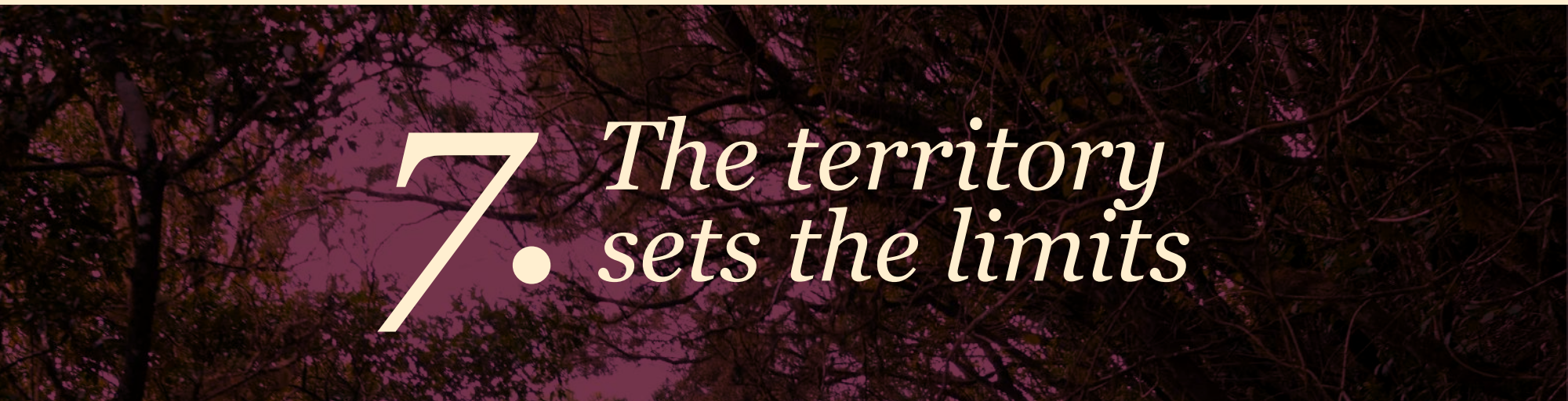


5. *Every activity leaves a mark*

Opting for responsible consumption, managing waste properly and using resources sparingly (water, energy and travel) helps minimise environmental impact. Small actions such as reducing car use, saving water and electricity in your accommodation, or taking your rubbish with you when it cannot be sorted make a real difference in a fragile territory like Anaga.



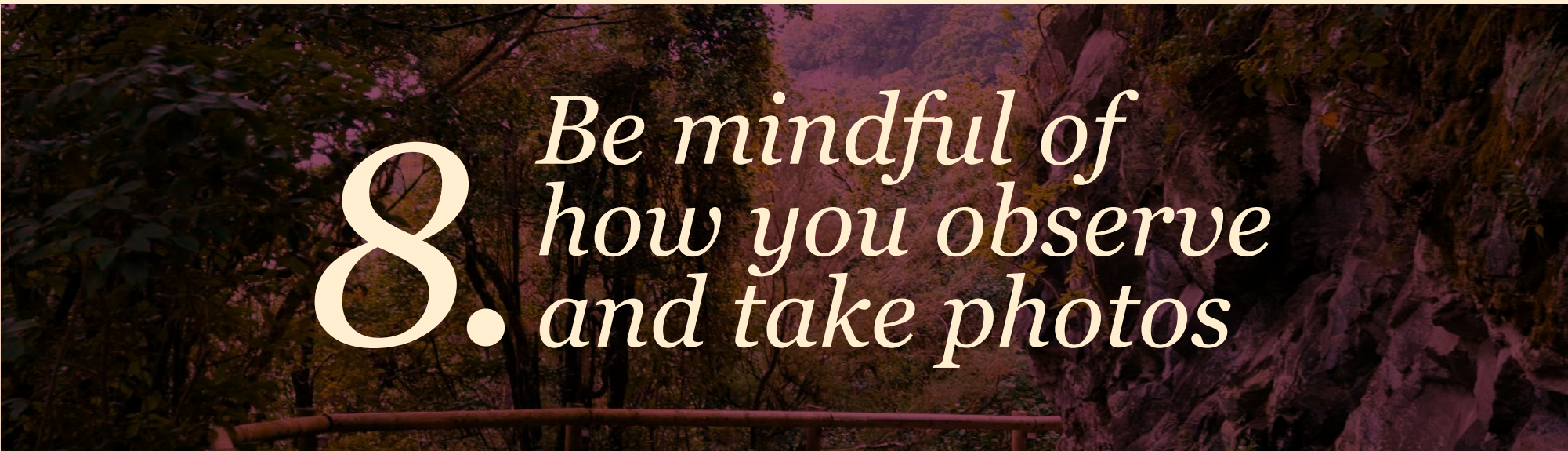
6. *Reduce your daily impact*



7. *The territory sets the limits*

Don't deviate from marked trails, follow the information provided at visitor centres and on online portals, and avoid sensitive areas to protect biodiversity and natural resources. If a place is overcrowded, go somewhere else. If you cannot find bins or facilities for waste separation, keep it waste with you and dispose of it correctly later.

Not everything needs to be photographed or shared. Some moments, places or encounters are more special when kept to yourself or shared only with close friends and family. In fragile areas or those of high natural and cultural value, think before you take or share photos. A well-intentioned post can create pressure that is difficult to manage for those who live in and look after the area. The way you share your experience in Anaga influences how other people approach the area and how they behave there.



8. *Be mindful of how you observe and take photos*

Consuming local products and services helps to sustain rural life, traditional trades and the local population's connection to the area. In Anaga, this means dining in restaurants serving traditional cuisine, discovering craft workshops brimming with stories, or letting local companies guide you – companies that know the area and understand how to turn your visit into a genuine and respectful experience.



9. *Contribute to the local economy*

10. *Be part of the territory*

Even if your visit is a short one, everyone has an impact on the area's fragile balance during their stay.

Looking after Anaga today means helping to preserve it for the future.



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Resources to help apply these principles

Useful information for exploring Anaga with respect and discretion

OFFICIAL INFORMATION ABOUT ANAGA:

- **Official website of the Anaga Massif Biosphere Reserve (Tenerife Island Council):** background, values, transport, recommendations and self-guided trail notes. Visit: www.reservabiosfera.tenerife.es
- **Anaga Rural Park (Tenerife tourism board (Turismo de Tenerife) board (Turismo de Tenerife):** a simple explanation about the rural park, how to get there and some simple trails. Visit: www.webtenerife.com/que-visitar/otros-espacios-naturales/parque-rural-de-anaga/

TRAILS, PERMITS AND RECOMMENDATIONS FOR USE:

- **Tenerife On:** the Tenerife Island Council’s official platform for the use of natural areas. Visit www.tenerifeon.es
- **Trails (Anaga Massif Biosphere Reserve Office):** self-guided trails, difficulty levels, walking times, recommended bus routes and whether authorisation is required in restricted-access areas.

Visit: <https://reservabiosfera.tenerife.es/descubre-anaga/senderos/>

PUBLIC TRANSPORT:

- **How to get around Anaga (Anaga Massif Biosphere Reserve Office):** How to use public transport to access and get around the Anaga Massif Biosphere Reserve. Visit: <https://reservabiosfera.tenerife.es/descubre-anaga/transporte/>
- **TITSA official website:** route finder, stop locator and journey planner to get to Anaga from the Santa Cruz or La Laguna transport hubs. Visit: www.titsa.com/

RESPONSIBLE COMPANIES AND ACTIVITIES:

- **Companies signed up to the Sustainable Charter for Nature-Based Activities (Turismo de Tenerife):** active tourism companies offering certified activities to ensure environmental, social and economic sustainability within the island’s natural environment.

Visit: www.webtenerife.com/que-hacer/naturaleza/carta-sostenibilidad/

GASTRONOMY AND LOCAL PRODUCE:

- The best way to experience Anaga’s gastronomy is in the heart of the rural park itself. **Talk to locals, guides, and staff at your accommodation, information points** and visitor centres. They can help guide you towards experiences that include more local produce, that are more in tune with the local pace of life, and closer to what you’re looking for.