







Lanzarote is full of stunning landscapes and a deeply-rooted popular culture, where the local cuisine, craftwork and traditions have been passed on through generations.

The Art. Culture and Tourism Centres of the Cabildo of Lanzarote invites you to visit the Sustainable Local Market in Monumento al Campesino, place to appreciate the traditions connected to our heritage and experience some of the local craftwork techniques by the hands of local craftspeople like the roseta, empleita, traditional ceramics, telar, how to make mojo sauce and gofio, and many other experiential workshops to make the most of a visit to such emblematic spot right at the heart of Lanzarnte

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A gateway to the real Lanzarote

"We must take and learn from our own surroundings in order to create, without the need to have any preconceived ideas. This has been the essence that has strengthened the character of Lanzarote." César Manrique



Editor's Letter



Most of the time on Lanzarote the years pass without too much incident. This is a quiet, peaceful island, and it's that peace and quiet that attracted many of us to come here in the first place.

And we've been coming here for decades, with many of us staying on to make new lives, set up businesses, raise families and live alongside the local islanders, as well as other neighbours from mainland Spain, Europe, Ireland, South America and countless other places.

In many cases they're more than neighbours - they are our friends, our work colleagues, even our life partners. The idea that the British keep to themselves is disproved every day on Lanzarote, where there are generations of kids who speak English and Spanish fluently and live in this multinational community like fish in water.

I think most here will agree, and hopefully excuse my language, when I say that Brexit is a pain in the arse. No matter which side you supported, you're probably heartily sick of backstops and negotiations by now and just want it over with one way or the other.

Well, in three months time, and barring

unexpected developments, it will be, and we're just going to have to deal with it. While the ridiculous scare stories about Spain sending expats back home are nonsense, it's now clear that things will get a little more difficult.

That's because, while we call ourselves expats, we're also immigrants, and British voters decided that they want to make life more difficult for immigrants. The Spanish children of our Lanzarote neighbours who are in Britain right now will also find things a little more difficult. What's sauce for the goose...

However, it won't be impossible. This island already has plenty of non-EU immigrants who manage to live happy, productive lives here. What we've got is too strong to be seriously affected by Brexit, or anything else.

And we'll still be here, on an island so beautiful and enchanting that it makes every queue and official form worthwhile, an island where we've always been welcome and will remain so; an island where we know we belong.

Enjoy the year.







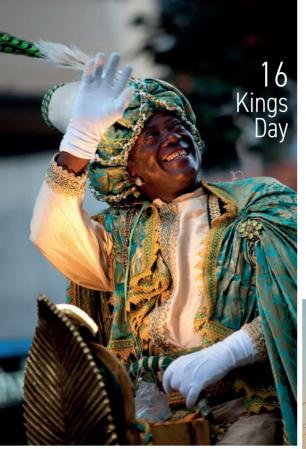




Tapas

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We're here for You!

It's New Year, and here at Gazette Life we want to get it off to the best possible start. Editor Shaun Addison celebrates an amazing island and reminds you that this magazine is at your service.

Lanzarote measures 37 miles from the Pechiguera lighthouse to Órzola, and is never more than 16 miles wide. Yet within that tiny area there is so much variety, so many things to do and discover, that sometimes it seems immense.

Last year, for example, I crawled through a terrifyingly narrow cave to an opening on a sea-lashed cliffside; climbed to the highest point in the north of the island to look down on La Graciosa; swam alongside a turtle for 20 minutes at Costa Teguise; jumped off Playa Chica pier with my nephews and niece and sat on Playa Blanca town beach having an ice cream and chatting with my mum and my aunt.

OK, that last one might not have been as exciting as the others, but it was every bit as enjoyable and a reminder that family fun on a beach has always been one of the island's main attractions, something that will never go out of style.

All these adventures also happened in my spare time. While preparing the magazine I've visited Timanfaya, the Cueva de los Verdes, and Jameos del Agua; met potters and squatters, daring firemen and airline pilots; attempted to live for a week without using any plastic, survived for days on products from Lanzarote and has memorable, agreeable dealings with scores of locals, residents and holiday makers.

You can visit us in our office at CC Montaña Tropical

in Puerto del Carmen any time, and we'll listen to anything you have to tell us. As plenty of readers know, we're also on Facebook and Instagram, and I'll answer any of your emails at editorial@gazettelife.com. If you have charity events, special

Here we go again! It's good to have you along.

events such as births, marriages or deaths or just a fantastic party, get in touch with us and we'll cover

it. Do you have a sporting passion? Then let us know. Taken a stunning photo? Why not send it to us and maybe see it in print?

Of course, we're also here to listen to complaints and criticism. Local politicians have told us that unless you complain, nothing gets done, and we know that we've got the eyes and ears of local authorities. But equally, it's great to receive good news about the island – the things they do well here, and which are worth celebrating.

There's a whole year ahead of us, and there'll be some tricky curves to negotiate, but it's also going to be as busy, fun-packed and fascinating as only Lanzarote can be. So have a happy, eventful and exciting 2019– it's good to have you along.



Wishing you all a healthy and prosperous New Year... You can contact us on any of the ways below.

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Susie's Safe!

Here at Gazette Life we were delighted to hear that yachtswoman Susie Goodall, who we interviewed on her boat when she visited Lanzarote Marina in March 2017 (March edition 17), has been rescued safely after capsizing in a fierce storm in the Pacific Ocean during the Golden Globe race.

Susie was the only female competitor in the race, which has already forced 12 sailors to withdraw. Visibly emotional, she was reunited with her mother and older brother at Punto Arenas in Chile, after being rescued by a Chinese cargo ship 2,000 miles west of Cape Horn.

Save the Osprey



The Canarian Government will include the osprey in its list of highly endangered species after a study has shown that only seven pairs remain on the Canaries.

The remaining ospreys are on La Gomera, Tenerife and the island of Alegranza, north of Lanzarote, and only one of these pairs has been observed nesting. The main threats to the osprey on the islands have been identified as leisure craft and jet-skis, which disturb the birds during their nesting and breeding season.

Spill in Tahiche

A roundabout in Tahiche was closed and long tailbacks resulted after a lorry spilt aluminium polychloride over the road.

The spillage caused a minor road accident when a car skidded on the liquid, and emergency services quickly closed the area, later covering the spillage with sand.

Aluminium polychloride can be toxic in enclosed spaces, and officials closed the roads until they were certain the risk has passed.

HIV Figures

A recent report on HIV transmission in the Canaries in the 21st century has revealed that 260 patients have been diagnosed with HIV/ AIDS on Lanzarote since the year 2000, with 11 cases in the last year.

Lanzarote registered 6.67 cases for every 10,000 inhabitants, almost half the rate of the

Canaries as a whole (12.54). 84% of cases were men, with the age group 30-39 predominating, and almost 75% of cases were sexually transmitted, with homosexuals accounting for 62% of that figure.

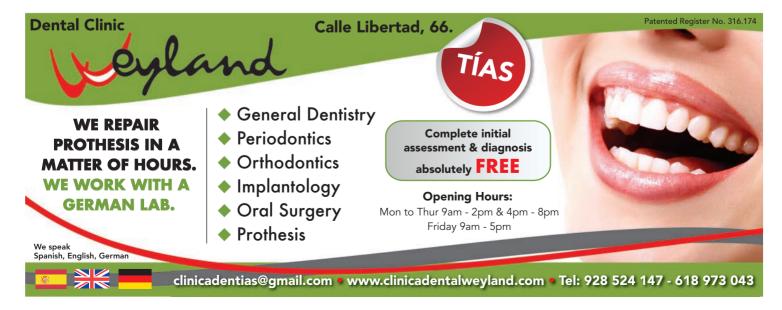
16.5% of Canarian admissions are suffering from AIDS, which has caused the Canarian Health service to call for measures to aid earlier detection, although this figure has decreased over the years.

Since 2000, 379 patients have died on the Canaries out of an overall total of 4,793 HIV/ AIDS sufferers.

Fariones Fine

Local businessman Juan Francisco Rosa has been ordered to pay €200,000 to Tías Ayuntamiento for illegal use of public land while renovating the Fariones Hotel in Puerto del Carmen.

Tías Mayor Pancho Hernández said he was,







Yaiza wishes you

"pleased" with the judgement, and stated "We will not stray from the path of legality, no matter how much pressure the media owned by this businessman puts on us."

Salt works renovated



The oldest salt works on Lanzarote, the Salinas del Rio - located next to the remote Playa del Risco at the foot of Famara cliffs, has been fully renovated by the Cabildo.

The salinas had been in a decrepit state for many years after walls has



been destroyed by the sea, but several walls have now been rebuilt and it is expected that the salt works will regain their famous pink colour shortly.

The project also involved the Spanish Seaweed

Bank, which took samples of the various seaweeds and algae in the zone, and a Barcelona laboratory, which has analysed the original building materials to learn more about traditional construction techniques.

Thomas Cook worries

Thomas Cook's recent profit warnings have led to worries in Lanzarote's tourist sector. Thomas Cook had a good start to the year, picking up much of the business left by the collapse of Monarch airlines in 2017, but the hot British summer led to a decrease in demand, resulting in a profit warning and a 29% drop in share prices.



Lanzarote hoteliers have stated that they wish to reduce their exposure to Thomas Cook, who owe hotels at least €1 million. There is also speculation that the group may be considering selling off some of its hotels.

Sign up for voting

We still haven't heard final confirmation of whether British nationals will continue to have the right to vote in this year's municipal elections, but if you wish to register to vote, you'll need to do so at your local Ayuntamiento before January 15th

The British Embassy are working with the Spanish government to establish whether voting rights will be continued during the Brexit transition period, and we'll keep you posted.

Canarian Inspiration

Spain's most acclaimed album of the year was dreamt up in the Canary Islands, according to singer Rosalía, whose El Mal Querer album has ranked on several "Best 0f 2018" lists around the world.

The album, based on a 15th century novel about a cursed love affair, blends traditional flamenco with modern electronica, and Rosalía recently revealed that she came up with the idea during a stay on El Hierro, where her producer Pablo Diaz-Reixa ("El Guincho") has a studio.

Diaz-Reixa hails from Gran Canaria and has also worked with Icelandic star Björk on El Hierro.

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10 years of Jet2

Jet2 celebrated 10 years of flights to Lanzarote last December, with a cake-cutting ceremony at Arrecife airport. Airport director Manuel Vinagre; Cabildo Tourism councillor Ángel Vázguez Álvarez; chief of Lanzarote's Exterior Promotion Héctor Fernández Machado, Jet2. com Canarias delegate Antonio Bravo and manager of Jet2Holidays in Lanzarote, Jennifer Merry, were all present at the event.

The first Jet2 flight landed on Lanzarote in December 2008 from Manchester, and since then the company has landed 6,500 flights on the island, bringing more than 2.5 million visitors.

Currently, Jet2 is the fourth-largest operator at Arrecife airport, with routes to Glasgow, Edinburgh, Belfast, London Stansted, Leeds, Manchester, Newcastle, Birmingham and East Midlands.

Apology

In last month's announcement of Rancho Texas's collection of food, clothes and toys for the Calor y Café charity, we printed that anyone who brought 8 kilos of food would receive two free entries, instead of one. Apologies for any confusion caused.

Freddy's Cathouse

Freddy's Cathouse in Playa Blanca had a very busy year with cats to send away to their forever homes: cats who needed veterinary attention and of course, their TNR (Trap, Neuter and Return) programme.

Freddy says "We also still have the daily feeding tours and without the help of all the cat friends it would not be possible to do all this work. Thanks to all of who helped during your holidays. Thank you also for your donations, the lovely merchandise vou made for us to sell and all the time and energy you spend to help the cats.

"Please don't forget our big project to build up a permanent shelter in the south of Lanzarote. Share our Facebook page with your friends every Euro helps to reach our dream.

"The team and I wish you all a peaceful time".

They came Bearing Gifts





On 20th December representatives of the Lanzarote Loyal Glasgow Rangers Supporters Club (including Broxi Bear!) and staff from Bluebells Bar. Puerto del Carmen made their annual visit to surprise the children who will have to spend Christmas in the General Hospital José Molina Orosa in Arrecife.

As well as individually-tailored Christmas presents for each young person, this year the club provided funds for a revolutionary new learning resource aimed at young people the interactive PLEO-rb, a robotic dinosaur which helps to enhance the innate curiosity of the children through fun, dynamic and creative activities. These types of resources are being pioneered in Madrid and elsewhere, and the staff at the local hospital here in Lanzarote selected this as a gift on this occasion.

Everyone was delighted to take part in a wonderful session of therapeutic and uplifting music and song which put a huge smile on the faces of the kids, parents, staff and visitors.

Fraser Stewart. Chairman of the club said "It is always a privilege to get involved with the young people in the wonderful Children's Unit, especially at Christmas time. Our club members and customers of Bluebells Bar make this possible and we need thank every one of them. We'd also once again like to thank Dra. Laura Callero, Dra. Concepción Rodríguez and all the staff for their help and hospitality on the day. We will be back next year!".

Anyone interested in getting in touch with the Supporters Club can do so via the Bluebells Bar, Puerto del Carmen or via Facebook or Twitter.



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Rice and Spice night



Linda and Bill Hurren recently held a "Rice & Spice" night at their home in Playa Blanca in aid of Lanzarote cancer charity PerpetuARTE

34 people were entertained on the patio, where they enjoyed a chilli curry or a pasta dish, and a great time was had by all. Best of all, €1,000 was raised!

9 Lives Update

9 Lives would like to inform supporters that, last year, they neutered over 330 cats using existing funds of €15,000.

June Coates says "We'd like to say a huge thank you to our vets, Jameos in Arrecife and Bari in Playa Blanca for their continued support. Also to the volunteers for their tireless dedication to the cats.

"We homed many kittens, helped over 15 cats go to the UK with their families and helped people adopt cats from here, including Bela, the second adoption for one lovely family.

During 2019 we will not have such funds, but any private donations will be spent neutering cats. We thank everyone for caring and we will always help our Lovely Lanzarote Cats."

Petanque in Costa Teguise

John Wixted has contacted us to announce that any visitors and residents are welcome to join a group to play petanque – the French boules game - in Costa Teguise every Monday, Wednesday and Friday at 2.30pm. The group play in the area to the rear of the Meliá Salinas Hotel, so why not come along and try your hand!

Top Gin

Spain's gin revolution has reached Lanzarote, as a locally-created gin has recently won a silver award for Best Contemporary Gin and a bronze award in the Gin & Tonic category at the International Wine & Spirits Competition in London

Ave del Paraíso (Bird of Paradise) is a locallycreated gin that contains flavours such as juniper, sweet potatato, lemon grass and local herbs, and is available at selected outlets on the island. The gin also won a bronze award for its attractive bottle.

Adviser awards



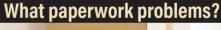
Now, more than ever, is a time when it pays to get your finances sorted, so visit Blevin Franks – who were recently awarded the 2018 Best Adviser - Europe and the Best Overall Adviser awards by International

Adviser. Blevins Franks also won the Excellence in Business Strategy award at the European event, and were described by one judge as "Simply the stand-out firm." Contact www.blevinsfranks.com

Sleep tight with Ensueños

Congratulations to Ensueños in Arrecife whose shop was looking absolutely fantastic for the Christmas period. If you want to see the New Year in with a good night's sleep, then head to Ensueños for professional mattress advice and much more...







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Yellowjackets Sting Macron

French Prime Minister Edouard Philippe has suspended the fuel tax increases that led to mass demonstrations in France, saying he would have to be "deaf or blind" not to hear or see the anger.

President Macron later announced he would raise the minimum wage in an attempt to address the more general concerns of the "gilets jaunes", who

identified themselves by wearing the vellow hi-vis vests that are compulsory in all cars in Europe. The demonstrators were furious about diesel price increases of 23% in a year and a proposed further 6% raise was the final straw.

President Macron has been accused of being out of touch with French voters in rural areas, many of whom rely on cars, and those on lower incomes.

Strasbourg Mourns

The terrorist attack on a Christmas market in Strasbourg on December 11th which left three dead marked a depressing end to the year.

The attack was carried out by a hardened criminal who had apparently been radicalised in prison and was well-known to French and German security forces. The shootings took place just a few hours after French police had raided his home to try and arrest him on armed robbery charges. The gunman was shot dead by police two days later.

At the time of writing, 2018 was a year which saw a marked reduction of Islamist terrorism in Europe, with 12 fatalities compared to 62 in 2017 and 135 in 2016. All attacks in 2018 were carried out by individuals, most of whom were wellknown to police.

The fall in terrorism has been attributed to more efficient security measures as well as the continuing defeats of ISIS in Iraq and Syria.





Andalusia moves right

The far right have gained a toehold in Spain following the Andalusian regional elections, in which the Vox party gained 12 seats.

Vox are opposed to abortion, gay rights, feminism and have adopted a hardline position on illegal immigration. Their stance has forced both of Spain's larger parties on the right, the PP and Ciudadanos, to adopt more radical positions, but this did not stop the unexpected result in Andalusia.

The Socialists were the most-voted party, but leader Susana Díaz is unlikely to form a majority alliance, taking Andalusia out of their control for the first time in 40 years. The most likely alliance will be between the PP, Ciudadanos and Vox, although both mainstream parties will be wary of the consequences of such a deal on future elections, and especially those of next May.

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May's withdrawal agreement was approved by her Cabinet. May then launched a five-day debate in the House of Commons in which it became clear that parliament would not approve the agreement.

then caused outrage by postponing the parliamentary vote scheduled for 11th December and, after the brief matter of surviving a noconfidence vote proposed by 'hard' Brexit supporters in her own party, she immediately headed off to the EU again in an attempt to gain more concessions. At the time of writing she has failed to do so.

There's no argument about May's resilience in the face of criticism from almost all sides, as she ploughs ahead with the single aim of delivering Brexit. It's also true that no type of Brexit agreement will please everybody,

as deep divisions between moderates and hard Brexiters become clearer every day.

Jacob Rees-Mogg was furious after he and his ERG group failed to unseat May, but while his ploy ended in humiliating failure, it still revealed a surprising level of opposition to the Prime Minister within her own ranks.

Meanwhile, for the country the continued uncertainty is exhausting and agonising. We now face a number of possible outcomes:

The two most talked-about possibilities at the moment are that May's deal will scrape through parliament, or the UK will leave the EU on March 29th with no deal in place. Fear of the consequences of a no-deal exit may bring enough MPs around to support May's deal, but this is far from guaranteed.

Brexit

endgame

is now well

underway."

Other possibilities are the revocation or postponement of Article 50, which may occur in exceptional circumstances. One of these would be a general election, which might occur if the Labour party can find enough support for a no-confidence vote in the government. However, this does not appear likely right now.

The other possibility is that MPs propose a motion to revoke Article 50, which may gain wide support from MPs who oppose a hard Brexit. This would almost certainly lead to a second referendum.



Register Now!

The principal message of Simon Manley, the British Ambassador to Spain, at a meeting with expats in Puerto del Carmen on November 30th was, "Register, register register".

Ambassador Manley strongly advised any UK national living in Spain to apply for residency at the office in Arrecife and register with their local council as soon as possible, if they have not done so already. "Be sure you are legally resident in Spain to ensure the citizens' rights which have been agreed in the withdrawal agreement that the UK government has agreed with the EU", he told the audience.

He recommended that this should be done before the official Brexit date of March 29th 2019, as rights will not be guaranteed in the case of a no-deal Brexit. However, if Theresa May's withdrawal agreement is accepted by parliament it will also be possible during the transition period lasting until December 2020.

The Ambassador advised "swallows" (those who spend more than 90 days in Spain in any given year) to register on arrival in Spain, as well as to deregister when leaving. He confirmed that the agreement contained provisions ensuring that British pensioners in EU countries would continue to receive increments in line with the UK.

He assured the audience that negotiations were underway to try and secure voting rights for UK residents in next May's municipal elections, although he admitted these rights had not been approved by the European Council.

He also confirmed that onward or forward movement will also end with Brexit, meaning that UK residents in Spain will lose the automatic right to live and work in third EU countries.

What will change

At the time of writing, the United Kingdom will formally leave the European Union on March 29th. While the possibility of a second referendum or the revocation of Article 50 cannot be ruled out; that is the current state of affairs, and the main question is whether we will leave under Theresa May's withdrawal agreement or without any deal at all.

These two outcomes will bring radically different consequences for UK nationals in Spain. If Theresa May's Withdrawal Agreement, or a slightly-amended version, is accepted by parliament, it will secure the rights of 1 million UK nationals currently living in the EU. It means that the 300,000 British people who have chosen to make Spain their home have a legal guarantee that they will be allowed to stay here after the UK leaves the EU on 29 March 2019.

The following information relates to the conditions in Theresa May's draft Withdrawal Agreement (WA). Contingency arrangements are currently being made for a No-Deal scenario but in this case, no rights have yet been guaranteed beyond March 29th. Nevertheless, neither the UK, the EU or Spain wish to see anyone sent home, and residents' right to stay in Spain is unlikely to be threatened.

> Residence

Under the WA, British citizens will continue to enjoy the right to visit, work and live in Spain until 31st December 2020. In the case of No-Deal, that date will be the 29th March 2019.

> Healthcare

The British Embassy has stated that healthcare entitlement will remain broadly the same for those registered as Spanish residents (see above).

> Voting Rights

The right for British citizens to participate in Spanish municipal elections, which take place this May, is not guaranteed by the WA, although Spanish authorities may still choose to grant it. British citizens will, of course, also lose the right to vote in the EU elections this May. British citizens who have been abroad

for over 15 years will also remain ineligible to vote in UK elections and referendums, meaning that, for the time being, they will have no right to vote anywhere.

> Travelling from the UK

The European Commission has confirmed that all non-EU citizens will be required to pay a €7 fee and fill in an online visa waiver form to visit Schengen zones of Europe (including the Canaries) from 2020. Currently, this appears likely to apply to all UK citizens, including holiday makers, after the transition period ends in December 2020.

> Travel discounts

The 75% travel discounts to the Canary islands and mainland Spain that UK residents here are currently eligible for do not apply to members of non-EU states (unless they belong to the family of a EU national). There is no guarantee they will be continued after 29th March this year.

> Freedom of movement

While you will be able to move freely between the UK and Spain to live and work until March 29th (Dec 2020 if the WA is approved), the right to move to a third country will end in December 2020. If you wish to move on from Spain to Portugal, Germany or France, for example, you will no longer have the automatic right to do so.

> Driving licences

Holders of British licences resident in Spain are already required to swap their licences for Spanish ones, and this will remain the case during the WA transition period.

> Pensions

The WA guarantees that UK residents in EU countries will receive pension increments in line with the UK (unlike those in non-EU countries). However, many pension schemes are likely to be affected by Brexit and you are strongly advised to seek expert financial advice before March 29th.







The face of a Canarian woman who lived and died 1,400 years ago has been reconstructed by researchers at the Canarian Museum in Las Palmas, allowing us to look into the eyes of the island's prehistoric past.

ntil recently, skull number 977 was just one of hundreds of exhibits at the Canarian Museum. Discovered at the "fortress", the highest point of the ancient Guanche settlement at Santa Lucía de Tirajana in Gran Canaria, the female skull has been carbon-dated to the 6th century, meaning that the woman it belonged to was among the earliest permanent residents of the Canaries.

It was this skull that researchers chose to reconstruct, using forensic evidence and knowledge from other burial sites or early written records to create a 3D model of the face and upper body of one of the original Guanche natives of the Canary Islands.

Gazing out at us from the past we see a woman aged between 25 to 30 years old - young by

todays standards, but a ripe old age in the 6th century - with a broad nose, brown eyes and dark hair. Genetic analysis showed that the skull's owner was 99% likely to have had dark colouring, and her skin colour is typical of North Africans.

The location of her burial site also offered clues to her identity. She was one of four skulls found at the highest point of the area many believe is the ancient temple of Humiaga, which also means that she was likely to have held fairly high status in her society. Nevertheless, her remains indicate that her life was far from easy.

Her skull shows that she lost several teeth throughout her life and the reconstruction shows that her face is slightly sunken and deformed as a result. Tooth decay was a fact of life for the Guanches, given their reliance on a high carbohydrate diet, and broken teeth were common as cereals were ground coarsely.

More disturbingly, the reconstruction has a scar and dent on the right side of her forehead, based on damage suffered by the skull. 20% of female Canarian skulls show evidence of serious head injuries, and the proportion is even higher in male skulls. In males, the fact that most injuries are on the left of the head has led researchers to speculate that various fighting rituals may have been the cause. In any case, the injuries in both sexes show that the violence was far from unknown in Guanche society.

The 3D reconstruction of the woman shows her with hair braids, based on remains found in other ancient burial sites, and her simple clothes are based on the earliest accounts of visitors to the islands.



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raditionally, in Spain, it has been the Three Kings, and not Santa Claus, who bring presents for children, and they do so on the last night of Christmas, January 5th.

In the afternoon, the Three Kings traditionally parade through towns and cities, throwing sweets to children and later receiving the letters in which

they ask for gifts. On Lanzarote, the proceedings are given an extra air of authenticity by the fact that the Kings are often mounted on real live camels, which grudgingly bear the wise men in all their finery.

The Kings can be seen in all the major towns on Lanzarote, and also turn up by boat to the island of La Graciosa. It's an intense schedule, and if you After following yonder star, Their Royal Highnesses Caspar, Balthazar and Melchior will arrive on Lanzarote on January 5th to bring joy, presents and thousands of boiled sweets to the island's eager children.

keep your eyes out you might spot one of the Kings sneaking behind a school or community centre for a crafty cigarette.

With such a tight schedule, it's amazing that the Kings manage to reach everywhere on the island, but they do. Parades take place at any time from 4pm to 8.30pm in most of the towns and resorts on the island, so be sure to get in touch with your local Ayuntamiento or keep your eyes open for posters giving the exact times.

The event is a riot of colour and spectacle, and unmissable if you have smaller children (or if you like boiled sweets yourself).

"Parades take place at any time from 4pm to 8.30pm in most of the towns and resorts on the island."

Wise Move

In recent years Three Kings parades in Spain have been criticised for "blacking up" a white man to portray the African King Balthazar, but it's important to remember that this tradition has nothing to do with the minstrel tradition that poked fun at black people in the USA.

Balthazar represents the presence of the Church in Africa, and he is every bit as noble and revered as the other two wise men. The absence of black people in many Spanish towns also meant that there simply wasn't a black council worker to play the role. Nowadays, many councils make an attempt to find a black person to play the role.

Nevertheless, in Arrecife a couple of years ago, the black actor wisely refused to get onto one of the angry looking camels at the last minute, leaving a camel handler to apply the boot polish at the last minute.



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Border trouble



As Brexit approaches, the problems posed by UK land borders with EU territories have come into sharp relief, with both Northern Ireland and Gibraltar causing recent difficulties.

Anyone of a certain age will remember what the hard border between Northern Ireland and the Republic was like, with customs posts, regular vehicle searches and a permanent military presence during the Troubles.

Likewise, older residents of Gibraltar remember the blockade that was imposed on the UK territory by General Franco in 1969. That blockade lasted until 1982, 13 years during which family and friends were separated, phone lines cut and supplies were shipped or airlifted into Gibraltar.

However, there is a big difference between the two borders, and that difference goes by the name of Schengen – the border agreement that has abolished passports between EU member states. Both Ireland and the EU have opted out of Schengen agreement, but Spain has signed up to it, meaning that searches and passport checks are a fact of life on the land crossing to Gibraltar.

When Theresa May presented her draft withdrawal agreement to EU member nations last year, Spain immediately objected to a

clause that allowed Gibraltar to be included in any future trade deal with the EU without the approval of Spain. After an urgent meeting, Theresa May was forced to withdraw the clause in what was claimed as a humiliating climbdown by her political opponents.

In Ireland, the word "backstop" has become symbolic of UK/ EU disputes, as negotiators seek to find an agreement that will maintain a soft border between Northern Ireland and the Republic. At the time of writing, the issue is still not resolved, with Theresa May pledging further negotiations on the issue.

Gibraltar's government, meanwhile, has recognised that it will be subject to a special protocol involving Spain after Brexit. The protocol will cover tax, smuggling, citizens' rights and environmental issues.

A Rock and a hard place

Spain's relations with the UK on Gibraltar have always depended on the political situation in Spain. The Socialists, who rule Spain currently, have generally opted for a more pragmatic approach, and currently favour a consensual sovereignty-sharing arrangement. Meanwhile, right wing parties such as the PP have always been more aggressive in their claims to the Rock.

Matters will not be improved by the recent arrival of the Vox party in Spain, who won 12 seats in the recent Andalusian elections. Vox are a traditional nationalist party who insist that Gibraltar is Spanish territory, and party members were recently arrested there after unfurling a giant Spanish flag on the rock.

Spain's regional elections in May, and a general election scheduled for 2020, will play an important part in defining Spain's attitudes to Gibraltar in the post-Brexit period.





RESIDENCY BEFORE BREXIT!

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We hope you all had a lovely festive period. Christmas is a wonderful time of the year and although some people like the cold and snow, many would agree it is even better when you don't have to scrape the windscreen in the morning!

December has traditionally been a quiet month on the financial front, as people tend to leave their financial affairs until the New Year. This year, however, has been slightly different as we have had to deal with the lingering uncertainty of what Brexit may bring.

On mainland Spain, HMRC representatives have been running a number of seminars over the past few months, updating expatriates on the changes they are aware of post-Brexit. We attended one such meeting recently.

Whilst HMRC were unable to answer some of the questions asked during this meeting, they did confirm one important point for British people living in Spain, concerning residency.

According to HMRC, it has been agreed between the UK and Spain that any individual (British national) living and resident in Spain at the time of Britain leaving the EU, will continue to be treated as if they were an EU citizen. This, in other words, means residents will keep their rights as they are now, and existing cover such as life and health insurance will remain in force.

If, however, an individual is not resident in Spain at the time of Britain leaving the EU, they will then be treated as a "third country national". This "third country national" tag essentially means that the individual will have limited rights here in Spain, which could be similar to those currently held by a US or Australian national for example. It is unclear at this point what this scenario would mean for a British national, but HMRC have stated it is likely there will be time constraints on how long they can spend in Spain at any one time, i.e. it could potentially be like the visa system in the US, where you can spend up to a maximum of 3 months in the country, before you have to leave and return again.

At the time of writing, we are still unsure as to when Brexit will actually happen; this could be in March 2019 if there is a no-deal situation, or in December 2020 if a deal is agreed upon (an agreed deal would lead way to a transition period). If you, as an individual or couple, are looking to remain in Spain and to be

treated as an EU citizen, you must be registered under the Spanish system as resident in Spain before the corresponding date. In the event of a "no-deal Brexit" this leaves you with only a couple of months to get registered.

Aside from residency, Brexit could also bring changes to pensions. It was announced in 2017 that any pension transfer out of the UK, to a QROPS (Qualifying Recognised Overseas Pension Scheme) in a non-EU jurisdiction, could be subject to a 25% Overseas Transfer Charge on the value of the pension transfer. Any transfer to a European jurisdiction does not currently attract this charge so long as the member is also resident in the EU.

For many clients, a QROPS is very attractive arrangement which offers flexibility both in terms of investment choices, and how income is taken. Malta, in particular, is seen as one of the leading jurisdictions amongst many advisers, and up to this point there has never been a problem with the Overseas Transfer Charge. With Britain set to leave the EU, it remains to be seen if the UK will also impose this charge on transfers to EU jurisdictions too.

If you would like to discuss your pension arrangements or residency status before Brexit, please do not hesitate to get in touch. If you have any doubts, now is the time to ask. Any personal or financial information will be strictly confidential.

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all my life - but I've never taken a lesson. My main teachers were my mum, Delia Smith, the internet and good old trial and error. But after moving to Spain I soon became interested in the different cooking techniques over here.

Going out to tapas bars and enjoying various delicious dishes is a perennial pleasure here, but sometimes I'd like to try those recipes at You can never home. And to do that, it's always worth going to the know enough about experts.

Antonio Chicón has been running cookery life long learning classes at his kitchens in Uga for a while now, and we'd heard so many good reports that I decided to take a basic tapas class with him - three dishes and a cocktail that exemplify the tapas experience on Lanzarote.

Alongside Ian and Laura Hook - two holiday makers from England who'd their children - and Rens Königs from the Netherlands, I lined up at my workstation in my smart red apron, ready to cook.

The Supremes

cooking. It's a

experience!

Every decent meal begins with an aperitif, so first on the menu is a glass of sangria.

> "Easy enough - it's just orange juice and wine," I thought. I

was wrong. Antonio starts by handing everyone an orange and showing how to supreme it. explains that, when you see the "supreme" word on a menu, you're getting the choicest cut of fish, meat, fruit or chicken.

A bit of nifty knifework later and I'm standing in front of a bowl of perfect crescents of succulent skinless, orange segments. I'm already proud of my handiwork, but once I've placed ice in a tall glass, added freshly-squeezed lemon and

We learned plenty of tips and techniques from Antonio in just over two hours of cooking. Here are just a few of them.

- > Use a mild, golden olive oil for frying (look for 0.4 acidity on the label). Save extra virgin oil for dressing salads and drizzling over meats and fish.
- > Press a sliced potato onto a burn rather than running it under the tap.
- > The blade of your main chopping knife should be the same as the distance from your elbow to your wrist.
- > Temper the semi-glazed terracotta dishes used for garlic prawns and other dishes by soaking them in water for 24 hours. You only need to do this once, but they'll be much less likely to break afterwards.
- > Fish and shellfish should be cooked through, but any further cooking will make it dry and tough.
- > If your garlic prawns aren't sizzling when they come to the table, they may not be fresh.



orange juice, a light tempranillo red wine, sparkling water and the syrup prepared from marinating seasonal orange, mango and papaya slices with sugar and brandy, I'm prouder still. And the sangria tastes fantastic.

Next, small gobstopper-sized potatoes are placed in a pan with salty water and boiled while we prepare red and green mojo sauces, using a heavy stone pestle and mortar to grind garlic, cumin, red or green peppers and chillies or coriander with oil. Out of the window, we can see a bush dotted with the chilli peppers we're using. A dash of sherry vinegar, and I've got my mojo working.

The potatoes are now cooked perfectly, but to ensure they get that wrinkly, saltcoated appearance that everyone loves, we rattle them around in the pan with more dry salt for a few minutes. Then we dish them up and, pretty soon, all those tasty spuds have been eaten up.

Then we prepare a small Spanish omelette, deep-frying potato slices and chopped onions in olive oil before beating eggs and

frying the whole mixture in a small pan. A plate is placed on top of the frying pan and the whole thing flipped over to allow you to cook both sides, but I suffer a bit of an accident with this manouevre, burning my finger. Luckily, it's the only thing that's burned - the tortilla is perfect.

Finally, we place small terracotta dishes directly over the flame, heating olive oil to 160 degrees before adding garlic, chilli and fresh, peeled prawns. Once they've turned a delicious orange colour after just a couple of minutes, they're ready.

All four of us take our tortillas and sizzling prawns to the dining area, where Antonio serves a glass of crisp, dry white wine bottled just down the road in Yaiza, and we enjoy the fruits of our labours. I head home afterwards full of ideas for meals to come, with plans to buy a decent knife for the first time in my life and take a closer look at those shelves of olive oil in the supermarket.

I wasn't a bad cook before, but I'm a far better one now.





FIGURE THE stalls, the festival welcomed from the Canaries

Last Saborea Lanzarote Food Fair was a huge success, with thousands of locals and visitors flocking to the town of Teguise to enjoy the delicious tapas, wines and sweetmeats served up by over 60 of the island's premier restaurants, bodegas and producers.

Photos by Sabrina Suppers

and further afield, with a competiton for the best dish prepared using tuna, and a marquee in which the specialities of all eight Canarian islands were represented.



















It's Payback Time!

You can still reclaim substantial costs that Spanish banks have fraudulently charged mortgage holders over a number of years. Erardo Ferrer of Lanzarote Abogados sets out the situation and explains the controversial recent decision relating to Stamp Duty.

If you have, or have had, a mortgage, it is highly likely that it will have included some abusive clauses whose consequences were not made clear to you when you signed it.

It is also very probable that the bank imposed full payment of formalization expenses (agency,

notary, taxes, etc.) as well as certain other abusive commissions such as the opening commission (1% or 2% of the amount loaned) and the calculation of interest over a period of 360 days (instead of 365), that works unfairly in the bank's favour.

It doesn't matter if the mortgage is already cancelled, or if you are still paying - these abusive clauses are fraudulent practices and you are legally entitled to reclaim them,

even if it was you who cancelled the mortgage for whatever reason.

Nor should you be afraid to claim against the bank if you are still paying your mortgage. The bank can never change or modify the conditions of a loan without the consent of the consumer. So, in the case that you

"We have won 100% of cases for our clients"

have been a victim of one of them, we will help you claim your money.

We can review all your mortgage documentation without any fee. We also offer a wide range of commission fees which, we guarantee, will make it impossible for you to turn down our offer. All of this is offered in the secure knowledge that, over 5 years of legal claims against the banks, we have won 100% of cases for our clients.

The Stamp Duty Situation

Recently, Spain's Supreme Court has ruled against making the banks responsible for paying taxes for the formalisation of the mortgage (Stamp Duty). For this reason, the government has regulated this situation and from now on, new mortgages will transfer this expense to the banks, which will inevitably mean a rise in the short-term rates of new mortgages.

Banks will make sure they don't lose a single Euro of profit on mortgages. Therefore, what is now dictated by law as a new cost they are liable to pay will be passed on to the consumer, perhaps by means of a rise in the interest rates on the new mortgages that are signed.

We will have to wait for the Court of Justice of the European Union to make a declaration on what happens to all those consumers who, over all these years, have paid this tax when signing their mortgage. Once again, it is evident that the rights of consumers in Spain are far better protected by the legislation and courts of the European Union than by the Spanish Supreme Court itself.

However, none of this affects the rest of the claims against the banks. To reclaim these costs, it is essential to have professional advice, since banks are not obliged to return the money and the calculation of the amount to be returned is complex.



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New year. Key areas to review.

The big event for 2019 is, of course, Brexit – now is the time to review your financial planning to ensure you are as ready as you can be.

Cross-border tax and estate planning only gets more complex as the years go by. Pensions can be a minefield for expatriates. And it is more important than ever to have a carefully planned investment portfolio. Blevins Franks can review your strategy for 2019 and beyond to help you protect your wealth.

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when, more than ever,
we find ourselves poised on
the verge of huge changes that will
affect us in ways that we can only guess
at. Those changes are local – the Canaries
will have a whole new set of politicians by
summer-; they are national – with Brexit
occupying the thoughts of every British
resident on the island; and they will be global,
as the environment becomes an ever-more
urgent issue and as much of the world takes
refuge in nationalism and nostalgia.

Today, we can look back over 12 months and say that, on the whole, things haven't changed much except for the fact that England now have a half-decent football team. We've lost some famous faces as well as beloved members of our island community, but we've also had a successful and peaceful year. Lanzarote, as ever, has basked in beautiful sunshine, partied as only it knows how to do,

and
given
hundreds of
thousands of visitors
good memories that will last
a lifetime.

But looking forward to 1st January 2020 it's much harder to say that we'll be in much the same place. For a start, several thousand of us are likely to be "third country" members in Spain when, or if, Brexit occurs; while the EU itself is likely to have a different aspect following its elections. Climate change and plastic waste will continue to occupy headlines, and measures to combat these threats are likely to change our daily lives.

Changes are coming, and it's always best to tackle

AR IS WHEN WE TAKE A BREATH
AND PAUSE TO LOOK BACK ON
THE YEAR GONE BY, AND
FORWARD TO THE
12 MONTHS TO
COME.

them
hand-on
-hand. But at
the same time, some
things never change. One
year from now, Lanzarote will still
be beautiful, still sun-kissed, still full of life
and an eternal source of hope, pleasure and the
sheer joy of living, Bring it on!

IN MEMORIAM

On February 14th, Lanzarote said goodbye to Juan Brito, the 98-year old poet, songwriter, potter, historian, folklorist, archeologist, soldier, taxi-driver and Favoured Son of Lanzarote who was never happier than when tending to his camels and chickens in the countryside.

Lanzarote, Lanzarote
I can never forget you
I have eaten the
fruit of your soil
Your soil will cover me over.

Among the celebrity deaths off island were huge names like Aretha Franklin and Burt Reynolds, while Stephen Hawking – who visited us just a couple of years ago – also passed on.







RENTAL ROWS

On Lanzarote, and further afield, the property rental market is changing fast, with online platforms such as Airbnb booming. Thousands of property owners have rushed to cash in, and tourists can now be found staving in towns such as Arrecife and Plava Honda, where they were rarely spotted a few years ago.

The results may be lucrative for owners, but they have also led to a drastic shortage in long-term rental accommodation and a corresponding increase in rents. Squatting

has increased, and construction of new properties is still low.

In May, however, the Canarian Government showed that it was still completely out of touch with the changes in reality, as it proposed a draft holiday rental law that seemed to be dictated entirely by hotel owners, who have always wished to eliminate competition in the resort areas rather than tackle it.



DRASTIC PLASTIC

Plastic waste became a pressing issue after David Attenborough's Blue Planet programme focussed on the problem, and initiatives to limit single-use plastic have been seen all over the world. However, our investigation into the problem showed that, despite the efforts of supermarkets to show that they are tackling the problem, we are still very much addicted to plastic. An international conference on microplastics in Arrecife in November placed Lanzarote at the forefront of an issue that still requires more serious action.



ALL CHANGE IN MADRID

The earlier part of the year was dominated by the Catalan crisis, with regional elections failing to elect a clear majority, and leaders of the unauthorised referendum of October 2017 jailed or on the run in Europe.

confirming that the party had run a "real and effective system of institutional corruption" for

Socialist leader Pedro Sánchez proposed a no-confidence vote, and managed to raise enough

the sails of the centre-right Ciudadanos party, and forcing the left-wing Unidos Podemos into a more moderate stance. The Socialists have been rejuvenated, for the time being at least, but next year's regional elections will give a clearer picture of the Sánchez effect.



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SUMMER CELEBRATIONS

The wedding of Prince Harry and Meghan Markle in May was the royal highlight of the year, and set the scene for a summer of patriotic fervour – among the English, at least.

Just a month later, Gareth Southgate's England team surpassed all expectations and had their best World Cup run for 28 years, reaching the semi-finals with a young team that promises much for the future. Germany, meanwhile, were struck down by the curse that has struck three out of four of the last title defenders, coming bottom of their group.





approaching the rocky coastline near Playa Bastián. Lifeguards and emergency services did their best to help, but two of the immigrants drowned in their attempts to reach the shore, and another five bodies were found in the boat.

Immigration would occupy the headlines throughout the year, as the island saw a sharp rise in the amount of young men arriving on the island's shores. In August and September, the island's facilities for underage migrants were filled up and temporary camps were set up for them in Yaiza.

It is believed that the influx of migrants is related to the reintroduction of national service in Morocco. However, although the pateras filled headlines throughout the second half of the year, the numbers are small compared to the amount of immigrants who arrive via the airport.



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2019 will mark the first real test of Pedro Sánchez. who took over as Spain's Prime Minister in June 2018. When he assumed power, his predecessor's annual budget plans had already gone through, but this year he, his socialist party and the various parties that prop him up will assume complete control.

It won't be easy. Sánchez will be under constant pressure from a PP opposition who are still smarting at their humiliation last year and have embraced populist measures in an attempt to rebuild their support. The centre-right Ciudadanos party are also keen to offer a more modern conservative alternative. Meanwhile, on his own side, Sánchez will face demands from Catalan and Basque nationalists who support him, as well as the left-wing Unidos Podemos coalition. All of these parties have him over a similarshaped barrel as Theresa May finds herself with the DUP, and the result may be inaction.

However, with a Spanish general election on the cards in March 2020, Sánchez and his supporters will have their eyes on political survival. The honeymoon may be over just as the time for courtship begins.

ELECTION FRENZY

May will see Lanzarote's strict laws on advertising temporarily suspended and posters and hoardings will go up all over the place, as the island prepares for four sets of elections on the same day.

At the time of writing, the uncertainty over Brexit means we can't say whether British residents on the island will get a say in any of these elections. Given that the elections fall within the transition period during which EU rules and agreements will be maintained, there is a chance that they'll get a vote in local municipal elections, as they have done for decades.

Voting rights are important for the British community on the island. Without them, there will be less incentive for local Mayors and councillors to engage with the significant British population.

If Brexit takes place on March 29th, however, British ex-pats will no longer be EU nationals and, just like Moroccan, Venezuelan and other non-EU nationals who are resident here, will not have the right to vote for local MEPs.



PARTY ALL YEAR LONG

Lanzarote loves to party, and as usual there'll be plenty of opportunities to dress up, get out there and enjoy la marcha.

It'll start in March, with carnival exploding into life in every town on the island, while St. Patrick's Day celebrations will fall in between the carnival parades. Canary Day follows on May 30th and then the summer fiesta season will kick off in earnest, with music, dancing, food, wine and all sorts of activities to be found in almost every town or village on the island.

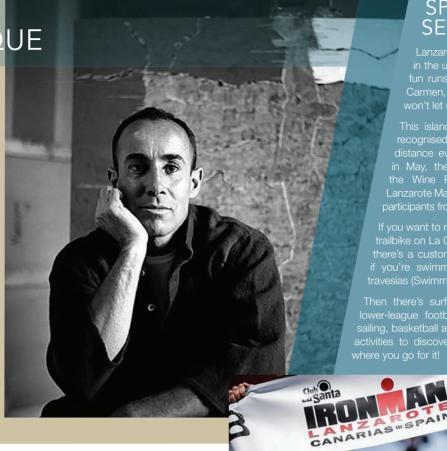
In September, thousands will converge on the tiny village of Mancha Blanca for the island's most traditional gathering, and the year will end with the usual Christmas magic.

In between there'll be exciting music festivals, dance events, art exhibitions and a host of other cultural activities to keep you entertained.

MEMORIES OF MANRIQUE

April 24th 2019 will mark the 100th anniversary of the birth of César Manrique in Arrecife. The more you learn about the life of the remarkable artist who transformed his island home, the more impressive his achievements and personality become. And there'll be plenty of opportunities to remember the man in a year when his works, his vision of art combined with raw nature, and his fierce defence of the environment will be celebrated all over the island.

Almost everywhere you go on Lanzarote you can see and feel the legacy of Manrique. It's there in the absence of highrise buildings and advertising hoardings; it's there in the seven beautifully preserved centres of art and culture; and it's there in the memory of hundreds of islanders who knew the man.



SPORTING SENSATION

Lanzarote will see in the New Year in the usual way, with San Silvestre fun runs in Arrecife and Puerto del Carmen, and the sporting activity won't let up throughout the year.

This island is now an internationally recognised sporting destination, with distance events such as the Ironman in May, the Ocean Lava in October, the Wine Run in summer and the Lanzarote Marathon in December attracting participants from near and far.

If you want to run up a cliff, run in the dark, trailbike on La Graciosa, run with children – there's a custom-made event for you; and if you're swimmer, summer offers several travesias (Swimming competitions).

Then there's surfing, windsurfing, golf, two lower-league football teams, tennis, paddle, sailing, basketball and dozens of other sporting activities to discover. Make this year the one where you go for it!

B-DAY

March 29, 2019 will is the official date for the United Kingdom's departure from the European Union, and by that time we will, hopefully, have a firm idea of what the future is likely to hold. It will be a vitally important moment for all British residents in Spain, as well as for many of our Spanish and European neighbours who have family living, studying or working in Britain.

Nevertheless, the agreed transition period in which the UK will remain subject to EU rules will continue until December 2020, and this means that little is likely to change in the immediate short term.

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JANUARY

MalabHaría: Haría's unmissable circus festival returns.

Three Kings Parades: All over the island on 5th January

Canarian International Music Festival: Various classical concerts throughout January and February

MARCH

Desafío 8 Isla: La Graciosa endurance race. 9th & 10th March

Sonidos Líquidos: The hugely popular cycle of rock and pop concerts at local bodegas usually begins in March or April.

Tri 122 Triathlon, March 23rd

Brexit Day: March 29th.



MAY

Lanzarote Cinema Festival. From May 10th

IRONMAN Lanzarote 2019: 25th May

Election Day: Municipal, Cabildo, Regional and EU elections.

Día de las Canarias (Canary Day): 30th May

JUNE

Corpus Christi: The traditional laying of carpet of coloured salt is likely to take place on Saturday 22nd June.

Noche de San Juan. Spain's bonfire night is on 23rd June.

Lanzarote Wine Run. Date tbc.

JULY

Noche Blanca in Teguise. The old town's White Night usually occurs in July.

European Windsurf Freestyle Championship: Keep your eyes peeled for this event, which usually takes place in July.

AUGUST

Fiestas del Carmen in Puerto del Carmen. First week of August.

Wine Festival, Bodega La Geria. August 15th

Fiestas de San Ginés, Arrecife. Late August.

CARNIVAL

Carnival dates have not been announced as yet, but the Arrecife parade, which always occurs the day before Shrove Tuesday, sets the calendar for what follows. If previous years are anything to go by the dates are highly likely to be as follows, but be sure to confirm before making plans.

Arrecife Parade March 4th San Bartolomé Parade March 5th Arrecife: Burial of the Sardine March 6th March 9th Puerto del Carmen Haría March 16th Costa Teguise & Tinajo March 23rd Playa Blanca March 30th La Graciosa April 6th

SEPTEMBER

Romería de Los Dolores. The island's pilgrimage to the old church in Mancha Blanca.

Arrecife En Vivo. The capital's street music festival usually commences in September.

OCTOBER

Ocean Lava Race. 5th October.

Ironman 70.3. 5th October.

Ocean Lava Race. 26th October

Festival de Musica Visual. Art, music and cinema.

NOVEMBER

Saborea Lanzarote Food Fair. Lanzarote's biggest food fair usually takes place in late November.

DECEMBER

Lanzarote International Marathon. Takes place early December.

Navidades 2019. Christmas concerts, nativities and parades galore!



01 JANUARY

4th qtr annual tax returns for businesses and non resident tax on rental income. Asset Report. Form 179, Holiday Lettings Report

02 FEBRUARY

Business Tax Forms 347, 184 and 415. Asset Report.

03 MARCH

Begin preparing paperwork for annual income tax. Last month for Asset Report. 04

APRIL

1st qtr business tax returns.
Tax on rental income for non residents.
1st payment on account for Corporation Tax.
Annual income tax return.
Legalise Books 2018.

Large enough to meet your needs, small enough to know your name.

05|06 MAY |JUNE Wealth and annual income tax 2018 for residents

07 JULY Review accounts for 2019. 2nd qtr business tax returns. Corporation Tax 2018, deposit Accounts. Tax on rental income for non residents.

08 AUGUST

Many officials take holidays this month so don't leave anything urgent pending.

09

SEPTEMBER

After updating provisional accounts for 2018, prepare and evaluate P&L analysing all fiscal implications.

10 OCTOBER

3rd qtr business tax returns. Tax on rental income for non residents. 2nd payment on account for Corporation Tax. 11 NOV

Non Resident Property Owners - ensure annual tax for private use 2018 is being presented. Form 232 - related-party transactions for limited companies. 12

Final month for non resident property owners to pay private use tax 2018. If in modular system check your advisor has all IGIC receipts. 3rd payment on account for Corporation Tax.

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ECEMBER



WHAT'S THE WORD? HOROSOPE

Clairvoyant Shona Langholm looks at the 12 months ahead, offering a keyword that gives a clue to what lies ahead and the right path to take.



21 March - 19 April

Keyword: Protection

2018 saw you make some important advances and gains, but 2019 is a time for you to look after what you've got. At work you may face challenges, and your financial situation will require attention, but as long as you keep a clear head and combine your fierce determination with some quick thinking, you'll end up in a stronger place.

Friends and loved ones may also need your care and attention, and answering their calls will

strengthen bonds and deepen love. People feel safe and relaxed when you're around – it's an incredible gift, but it only works as long as you protect yourself first. Stay fit and mentally balanced, and give yourself a treat now and then. Like the flight attendants say, put your oxygen mask on first before looking after those you love most.



20 April - 20 May

Keyword: Discovery

You like being a bit of a stick-in-the-mud at times Taurus – happy with a routine and the things you know best, but you also know deep down that this can be a retreat from living life to the full. In any case, you'll surprise yourself in 2019 as you find yourself stepping out of your safe space to explore new places, new social situations and new experiences.

This might not be easy at first – you're naturally cautious and reserved - but life, in the shape of work, friends or even romance, has a way of forcing you to face new horizons. And once you do, you'll be knocked off your feet. Seize new opportunities with enthusiasm and throw yourself into the thrill and excitement that life provides. You'll finish the year with a completely new perspective.



21 May - 20 June

Keyword: Roots

As the airiest of star signs, you're often up in the clouds, Gemini, but this year it's time to look down and make sure that you've got both feet firmly planted on the ground.

You know where you come from, who your friends are, who knows and loves you best, but in your endless quest for new vistas, you can sometimes forget those things. This year's a time to reconnect – whether it's getting in touch

on social media or, even better, hugging and holding someone close or revisiting a familiar old landscape.

Roots are there for a reason – they keep you anchored and safe, and although there'll be a few strong winds that will sway you in mid-year, you'll soon be able to spring back and stand up straight again.



Keyword: Detail

Looking after the little things often means that the big things take care of themselves, and this year your eye for detail will really come into its own, Cancer. The closer you examine your work, your finances - even your personal relationships - the more likely it is that you'll focus on those smaller things that really make the difference. And once you've identified them,

it's a lot easier to take the right course of action.

That doesn't mean you can't paint with a broader brush when you want to or need to, but this is a time when you'll really benefit from focusing on the details and making every corner of your life more attractive, fulfilling and satisfying.



Kevword: Grit

The year to come may seem like an uphill climb at times, Leo, but never forget that you're moving upwards and onwards, and the view at the end will be worth all the toil and labour. There'll be times when you have doubts, and this is when you'll need to dig deep and mine those reserves of determination that lie way deep within you.

But grit doesn't just come from within, and you'll find yourself receiving real support from friends and loved

ones, too. Your social skills and charm mean that it's never just you against the world. It may not be the easiest of years, but you'll quickly find that it will be one of the most rewarding, fertile and satisfying ones, when you'll discover amazing things about yourself and those around you.



Keyword: Inspiration

Inspiration means breathing in, and that's exactly what you'll be doing for the earlier part of 2019. Virgo - filling your lungs with breath that will rejuvenate you both physically and mentally. Whether it's art. nature, friendship, love or work. you'll find your mind teeming with new ideas and influences, and you should do everything you can to seek out more input.

Don't neglect your physical fitness - this is a time when you'll need loads of energy and that can-

do attitude that being fit provides. It may be tiring, but mid-year there'll be plenty of time for you to relax for a while and let that breath out slowly and luxuriously. Then pause and prepare to inspire others and be inspired by them. You'll see the year out in a social situation that will delight you.



Keyword: Rhythm

This year your little Libran heart will beat 40 million times, you'll take 8 million breaths and you'll fall asleep and wake up at least 365 times. Rhythms pulse through your life even when you're unaware of them, Libra, but this year it's time to march in step, dance to the beat and find your own groove.

Look around you, at your workplace, your social life and your love life and think about where you feel

uncomfortable and out of step. Then try and hear the rhythms and follow them. This may mean dancing to someone else's tune for a while, but as long as you don't break your own stride you'll soon find people falling into step with you, as well. And don't forget that rhythms also bring enjoyment, excitement and satisfaction. Dance that little Libran heart out.



Keyword: Connection

Do you remember the first time you touched a lover, Scorpio? That thrilling electrical connection that charges your senses and excites your mind? Hold that thought and remember that connection is what defines us in life - those contacts between us and other people that form a complex social network where you can live to your full potential.

Building and maintaining that web will be your main task this year. It may take an effortcontacting old friends, seeking out new social

scenes, finding new ways to communicate and express yourself – but this is something you've neglected a little recently, and the time is now perfect for you to feel the excitement and satisfaction of reaching out to touch, to feel the energy and share it, and to spin your spectacular web.



Kevword: Arrival

If you book a trip anywhere this year, Sagittarius, try the northern Spanish town of Santiago de Compostela, where pilarims finish the long camino pilgrimage every day. The sense of accomplishment and arrival that you can feel in the air on the old streets is what you're aiming for this year.

There's a lot of hard work before you get there, of course, and at times it'll be better to just get your head down and focus on what you're doing rather

than dreaming of the prize. Let's face it, you're not the most organised or single-minded of signs, so you'll need to be tough on yourself, but soon the momentum will sweep you up and carry you home. The sense of achievement and the respect and warmth you get from others will be worth everything.



22 Dec - 19 Jan

Keyword: Risk

You're a sure-footed old goat, Capricorn, and sometimes you're perfectly comfortable in situations that would make most people think twice, but this year it's time to really walk closer to the edge and face the fear.

A risk-free life may be comfy, but it won't excite you or get you much further ahead than you already are. This year, it's time to take a leap into the great unknown. You'll need to be prepared, of course,

and planning is essential, but you'll also need to be ready to embrace the unknown. Whether it's a life changing move, a business project or a family affair, you'll need to be bold, brave, adaptable and open-minded. Go for it, and don't worry about landing on your feet - you always end up trotting away unharmed.



Keyword: Equilibrium

A water carrier needs a good sense of balance, and you've been keeping up that balancing act for a long time. Aquarius. But equilibrium is something different - a state of calm, natural poise and balance that is far from the high-wire act you've been used to.

It's a physical thing, meaning you'll need to answer the needs of your body and find a lifestyle that allows

you to feel your best within, as well as look your best without; but more importantly it's a mental attribute, a level, clear way of looking at life.

To find your equilibrium, step off the tightrope, relax and take your time to think before you climb on again. Remember that you deserve this confident, peaceful feeling, and those closest to you will benefit from it, too.



Keyword: Performance

The best actors can play any part while remaining, unmistakeably, themselves. This year, you'll need to assume many roles, Pisces, and some of them won't come naturally to you. But you'll need to throw yourself into the performance with energy and passion, anyway.

This doesn't mean dishonesty or deceit. We all wear masks and costumes, but that doesn't mean we hide behind them. Instead, the roles you play will allow you to tap into parts of your character and personality that will

surprise and delight you, and your friends and loved ones will appreciate the real you that shines through while you take centre stage.

When you're alone, make sure to look after yourself. Take breaks, relax, care for your body and enjoy your own self before going out to share again.

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Move It!

Home Comfort

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New Year means new horizons, fresh journeys and plenty of energy. And here on Lanzarote you're in the perfect place to get up, get out and discover the world, whether it's far-flung or just on your doorstep.

Island Hopping

From laid-back Fuerteventura to bustling city life in Las Palmas; from the snowy peak of Mount Teide in Tenerife to the lush laurel forests of La Gomera – the Canary Islands are eight entirely different jewels set in the warm Atlantic, and not one of them is more than a couple of hours away. Lanzarote is spectacular and unique, but if you think it's all the Canaries have to offer you've got a lot of learning to do, and you wont regret any of it.

Set Sail

Wind in a sail, sea breezes in your face and hair, sunshine warming your skin - sailing on Lanzarote is sheer pleasure, and the island is rapidly becoming one of the most popular winter sailing destinations in Europe. And even if you can't tell a mainsail from a mizzen mast you can still charter a voyage or a trip that will give you that salty, sunkissed, invigorating feeling.



Jewels of the Sea

Lanzarote is surrounded by sea and islands, which offer the perfect day out as well as a glimpse of unspoiled nature and remarkable beauty.



Dive deep

If you want to see nature teeming in a myriad of unimaginably beautiful ways, simply put on a pair of goggles.

The seas around Lanzarote are the home of scores of fascinating creatures, from stingrays to octopuses to immense shoals of glittering, brightly coloured fish. Scuba diving is the best way to discover this world face-to-face, while snorkelling is brilliant for beginners and kids.



It is, literally, a different world - place of beauty and silence that can become addictive.

Lobos

Lobos is the teaspoon-shaped island visible from Puerto del Carmen and Playa Blanca, and an unforgettable day out.

Unless you've hired a private charter, you'll have to get the ferry over to Corralejo first then hop straight onto one of the boats that ply back and forth daily. You arrive at the unique island with salt marshes, strange volcanic cones called hornitos and a wild, desolate lighthouse. Hiking is a pleasure, and the volcano offers amazing views, while Playa de las Conchas is one of the remotest, most peaceful beaches on the Canaries.

La Graciosa

Recently officially declared as "the eighth Canary island", La Graciosa is famous as a haven of peace and unspoilt beauty.



You can arrive by ferry to the capital of Caleta de Cebo which, despite its sandy, untarmaced streets, offers a surprising range of facilities from supermarkets to restaurants and a small museum. It's a lovely place to relax and enjoy the unhurried pace of life and everpresent views of the cliffs of Famara. However, most visitors will want to explore further.

Sandy tracks can be walked or cycled to stunning beaches of white sand and turquoise waters; there are at least two fascinating small volcanoes to scale and endless sun, sea and sand.



Put that map down and get wonderfully lost...

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*1 May -31 Oct *1 Jul - 31 Oct



PLAYA BLANCA LAYA BLANCA *09:30 11:30 10:30 12:30 13:30

*Except Sunday / excepto domingos *01/05—31/10 &t

16:30

*17:30

Except Sunday / excepto domingo



PTO CALERO PTO CARMEN 14:15 10:00

PTO CALERO 11:15 15:45 12:00 16:30 12:45 17:15 13:30 17:45

PTO CARMEN



Pto. PLAYA BLANCA MARINA RUBICÓN	MARINA RUBICÓN PLAYAS PAPAGAYO	PLAYAS PAPAGAYO MARINA RUBICÓN	MARINA RUBICÓN Pto. PLAYA BLANCA
10:00h	10:15h	10:45h	11:15h
11:30h	11:45h	12:30h	12:45h
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15:30h	15:40h	16:15h	16:30h
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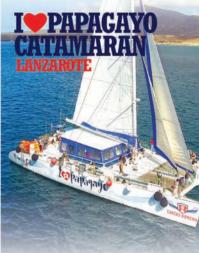


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PIPE DREAMS

The Quemao Class surf and bodyboard contest is Lanzarote's biggest regular waveriding event, and what a wave it is! We headed up north to find out more about the most notorious reef break on the island, and the event that celebrates it.

hroughout the winter, huge waves barrel onto the northern coast of Lanzarote creating an ever-changing but constant landscape of blue skies, deep blue seas, jet black rocks and blinding white surf. Those waves are what have led surfers to call Lanzarote "the Hawaii of Europe". And if Lanzarote is Hawaii, then its Banzai Pipeline of perfectly formed tubes and barrels is a wave called El Quemao.

El Quemao means "the burnt one" and is the name of a bar in the village of La Santa that was opened in 1973 by a man who was scarred from a childhood burning accident. Over the following years, the bar became a popular haunt for surfers who were catching waves in and around La Santa, and eventually, the most famous wave in the area took the name, too.

That wave, which breaks right in front of the fishing village, is a monster. It starts as an immense swell of deep blue water before rearing up and taking on a brilliant turquoise hue in the sunlight. Then it curls over in snow-white foam, breaking left and right and forming deep tubes that expel spume like a dragon breathing smoke. You could sit and watch it for hours, but unless you're a surfer you wouldn't dream of getting too close to it.

Jorge López, who has ridden the wave since the age of 17 and has the scars to prove it. explains that the wave is at its best when there is a "Moorish wind" (viento del moro), a weather phenomenon that also brings calimas from the African mainland. "Today it's good," he tells us as he rushes around organizing the contest.

If El Quemao looks dangerous, that's because it is.

The reason it rises to heights of several metres and breaks so perfectly is because, after travelling hundreds of miles across the ocean, the wave suddenly reaches shallower water, causing it to rise up and break. Any surfer who tackles it is risking several tons of wild water taking them down and scrubbing the seabed with them. And La Santa's is not a soft, sandy seabed - it's made of jagged, rough volcanic basalt.

A plague on the sea wall in the village commemorates the 35-year-old Fuerteventurabased surfer David Infante, nicknamed El Fula, who died in 2009 after wiping out in El Quemao and suffering a head injury. Several other surfers have had bad experiences with the wave, and

two ambulances, emergency jetskis and trained emergency perssonall are on hand throughout the Quemao Class event.

The Quemao Class surf and bodyboard competition is unique among sporting events on Lanzarote in that its timing depends entirely on weather conditions. This year, for example, the window for the event was announced to last from late-October to the end of December, and scores of surfers and surf fans eagerly kept an eve on social media for updates.

In the last week of November the call went out, and on the 28th and 29th, surfers and body boarders converged on La Santa for one of the most exciting contests on the island. Hundreds





Photos by Sabrina Suppers



El Quemao is Lanzarote's toughest waveriding challenge

of people lined the sea wall, sat on the sandy beach and climbed up onto the roofs of white houses to get a view of the proceedings, and organisers provided a constant diet of music and commentary.

On the first morning it was the turn of qualifying heats for bodyboarders, with big names such as David Hubbard and 20- year-old Alexandra Rinder - the only woman competitor and the youngest World Champion ever – waiting their turn to tackle El Quemao. On this day there was little wind, and the wave's famous pipes were a little messy, with several bodyboarders disappearing in white foam. But conditions improved for the surfing heats later in the day.

On the following day, both competitions came to an end in almost perfect conditions, with El Quemao curling over and forming perfect barrels. French bodyboarder Amaury Lavernhe grabbed the opportunity to triumph in his final, while Tenerife surfer Jonathan González took spectators' breath away, catching a seemingly endless right break and surfing it right to the end to clinch the top spot on the surfers' podium. "This is a championship that every surfer who loves riding tubes would love to win," said a delighted González after his victory.



BUDA

Experiencing his first major event at Quemao Class was a two-month old labrador pup called Buda, who is training as a search and rescue dog with the island's Civil Protection services.

Buda was rescued from a rubbish container, where his previous owners had dumped the helpless puppy. But at the side of his new handler Dunia, he has a rewarding life ahead of him, and was one of the unexpected stars of La Santa's biggest surf event.





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Tick It Off!

Even if it's a bit early for you to write up a bucket list, New Year is certainly a time when you can aim big and plan to get some genuinely life-changing experiences under your belt.

Distance Dreams

Lanzarote is one of the best places in the world for endurance events, so if you've always dreamed of running a full or half-marathon; taking part in a triathlon; trail biking or summer swimming contests, now's the time to start taking it seriously. Part from commitment and discipline, you'll need equipment and professional help, but there's no shortage of either on an island where sport is a way of life.

Into the Sunset

If you want to fly anywhere in the world, Lanzarote's a great starting point - just a hop away from international long haul hubs. Fancy a carnival in Rio or Venice? Valentine's Day in Paris? St. Patrick's Day in New York or Dublin? Aprés ski in the Alps? Or even a trip around the world? It's a lot easier than you might think.

Thrill of a Lifetime

If you've ever dreamed of hang gliding over a spectacular landscape: getting to grips with a marlin in the deep sea; feeling the inimitable sensation of a wave powering the board beneath you towards the shore; quad biking in desert landscapes or exploring magical volcanic caves; then it's all right here on your doorstep.



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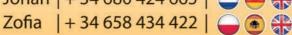
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Our pets thrive in our company, writes Lanzarote vet Jane Burke. The best New Year's resolution you could make is to spend more, better time with them.

I have been trying to discuss ideas for New Year resolutions with my furry family. It can be hard to know how much attention they are paying to the details (or indeed, whether they are awake), but I keep a careful note of responses that might indicate approval (wagging tails, pricked-up ears) or rejection - shown by deep sighs, yawns and, in the case of my elegant podenco - putting her delicate paws over her face in an, "Oh my God, no!" sort of way.

Undeterred, when I examine my canine points system I find that most of my ideas (e.g. weight-lifting for the

elderly, horse riding more than once a year, new lounge roof lights etc.) had have been received only with a glazed confusion or the sort of bright, sympathetic attention that indicates their exasperation with my conversation and soon turns into well meaning diversion tactics (starting a fight over something nobody wants, chasing a fly no one can see, sniffing importantly at an object that has not changed in years).

However, it is quite clear that their favourite suggestion is, "To walk shorter but more frequent walks and find a different place to walk at least once a week." The one with the second highest tail-applause and attentive facial approval is, "To divide the dogs' food rations into three rather than two feeds daily." The promise, "To restrict my two most elderly to prescription heart and kidney diets, including limiting them to equally safe treats" came in last of these three.

I considered their preferences on several levels. Clearly, they reacted with most obvious enthusiasm to the most important words in their vocabulary. "Walk" twice in a sentence made it the clear winner; "food" and "feed" in close succession did well, and even a brief "treat" got everyone's attention. The average dog that lives with a family is thought to understand about 300 words, but it is more than this. Weight-lifting, for instance, provoked overwhelming apathy whilst my excitement about new lights made two of them smile and demand a hug!

While some of you may disapprove of my anthropomorphic ramblings, my friends and clients are all fully aware that their pets don't only have a sophisticated appreciation of what is being said, but also how it is coloured

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hormone levels, blood sugar levels and who knows what else!

by their human's body

language, their body odour,

Quality Time

Our dogs are game for any and all activities that involve our company and attention. Food, freedom and physical interaction are tremendously important to their health. But conversation, observation and physical interaction is also extremely important to their emotional well being and the peace of the family pack.

designed to Cive alone.



Sadly, many will have acquired new pets for Christmas with zero consideration of the time needed to give them a good quality of life. How many adults working long hours adopt dogs which are then doomed to lonely incarceration and further distress when they damage property in despair? Lack of time is a form of neglect and cruelty.

My best friend spent much of her time trying to improve the life of "damaged horses". When talking with their owners she would insist on replacing the word "stable" with "prison". And I beg you do the same with your dogs and caged creatures. A twenty-minute walk doesn't seem quite so generous when you realise that men on death row get more exercise!

Your pets don't care how attractive their prison is. They will be emotionally damaged by loneliness. And, no - herbal remedies to dope them or plug-in essential oils and the like will not improve their quality of life.

Get up an hour earlier to walk and play with

them. Go home at lunchtime or pay someone else to spend some time with them. Give up the evenings out and long hours at the gym until you have made proper provisions for your furry family. Never forget that DOGS ARE NOT DESIGNED TO LIVE ALONE. Never leave them unattended for more than 4 hours. I also believe that, unless you are retired, dogs need other doas!

Like all genuine Christians, Muslims, Buddhists etc, I don't care what name you give to the God you worship, nor do I resent those determined not to believe in any religion. But like Charles Darwin I do believe that, "The love for all living creatures is the most noble attribute of man." And loving is not imprisoning!

Make sure all your family have clean water to raise a toast with me to kindness this New Year.

Dear father, hear and bless thy beasts and singing birds,

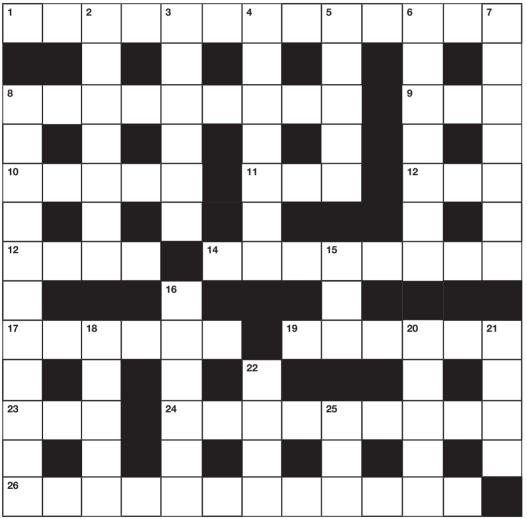
And quard with tenderness small things that have no words.





This month's crossword is themed around TV series, so put down that box set, pick up a pen and get your answers to us by January 15th and you could win a bottle of Lanzarote wine to accompany your next binge-watch session.

Last month's winner was Nicole O'Shea from PDC! Well Done Nicole!



Last months answers: Across: 1. It's A Wonderful Life 8. Scrooge 9. Cliff 10. Hello 12. Limeys 14. Ibsen 15. Sausage 16. Throw 18. Baileys 19. Authorisation 21. Hook 22, Die Hard Down: 1. It's Christmas 2. Surplus 3. Who 4. Needles 5. Excommunicate 6. Fairytale Of New York 13. Seasoned 17. Ratio 18. Blind 20. IPA

ACROSS

- 1. Season 8 of this fantasy series based on George R.R. Martin's books will arrive this year (4,2,7)
- 8. A songwriter of romantic songs (9)
- 9. Slang word for policeman (3)
- 10. The main family in Dallas (5)
- 11. ... McShane, star of TV series Lovejoy and Deadwood (3)
- 12. Estimated time of arrival (1.1.1)
- 13. Author Stephen, responsible for series such as Salem's Lot and Under The Dome (4)
- 14. Mr DiCaprio (8)
- 17. 2015 series based on the career of Pablo Escobar (6)
- 19. Happy, UK police series starring Sarah Lancashire (6)
- 23. Actors Affleck, Stiller or Kingsley (3)
- 24. 2018 UK TV series starring Keeley Hawes and Richard Madden (9)
- 26. Stately home in Yorkshire where the Crawley family live in a popular UK TV series (7,5)

DOWN

- 2. A thousand thousand (7)
- 3. It's the new black in this US women's prison series (6)
- 4. 2002-06 crime drama set in Baltimore and starring British actors Idris Elba and Dominic West (3,4)
- 5. A repeat of a series (5)
- 6. Type of bomb or family (7)
- 7. Surname of Tony, the mafia boss played by James Gandolfini (7)
- 8. Crime series about Water White's adventures in the drug trade (8,3)
- 15. National Rifle Association (1.1.1.)
- 16. Bilbo Baggins is one (6)
- 18. To rejuvenate (5)
- 20. Remain or?
- 21. The oldest Jedi master (4)
- 22. Adam and Eve's garden (4)
- 25. Slang word for mouth, which can be smacked or stopped (3)



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■ Lose the Locks

Dear Gazette Life

Since 2008 I have been visiting Lanzarote at least twice a year. On my first visit, I was intrigued to see a few padlocks dotted along PDC seafront fixed to the old fence chains and didn't know their meaning.

The number of these padlocks have steadily grown to the extent that in my opinion they now spoil the walk along from the harbour to the airport. They are even attached to the watchtowers and on the brand-new silver-coloured fencing and advertising displays.

I would like to express my disappointment at having to see these locks and would ask if they can be removed by the council and sales of them prohibited in the local shops.

One of the things I do on my visits is search out copies of Gazette Life magazine. It is an extremely interesting publication and I look forward to seeing the December and January editions on my next visit towards the end of January.

Regards, Colin Isherwood.

PS: I recycle the mags by placing them on the hotel bookshelves once I have read them. I picked up several issues in the Pocillos Playa which proves others recycle them as well.

■ Flyer Fury

Dear Sir.

After a welcome break from litter-strewn streets over the summer, we are again the victim of littering on a grand scale from the travel company Skanninaviska, who single-handedly are responsible for about 90% of the waste paper that ends up in our gardens and pavements.

Their flyers, which are left piled up on walls, stuck in public benches and generally left to blow around the resort, show a disgraceful disregard for the otherwise beautifully-maintained area in which we live.

Isn't it about time that the Ayuntamiento took formal action against this company to prevent their antisocial behaviour from continuing to be a blight on the landscape?

Yours sincerely, Peter Henderson, Puerto Del Carmen.

■ Fresh air, please!

Dear Sirs.

Having visited Lanzarote since 1993 on two or three occasions each year, I have seen Arrecife Airport develop and change many times over the years.

In my opinion, it's a convenient airport and its facilities are great... except one facility which is missing in the departure lounge - an outside area for non-smokers.

Why are there three outside areas designated for smokers in the departure lounge and yet, being a non smoker, I can't get the benefit of sitting outside without inhaling a whole load of smoke while waiting for my flight.

By the way, I love the Gazette Life publication. I always look out for a copy when I'm in Lanzarote, it's very informative and of a high quality.

Kind Regards, Helen Rowland via e-mail

Ed: Good idea, Helen. Plenty of people would love to enjoy a last few minutes of Lanzarote sunshine and sea air without sucking up second-hand smoke.

Street Rage

Dear Gazette Life

Dog fouling in Puerto del Carmen is now at epidemic proportions, apart from the Avenida de las Playas.

All the streets off the Avenida de las Playas are disgusting and most tourists have to use these streets to get to their accommodation.

The footpaths on these streets are in an appalling condition. Broken kerbs, broken manholes and broken bricks for walking on, are all lethal.

Clean it up or lose tourists. The council should put forward a plan to replace all the footpaths over a period of time on these streets, with good bricks and high curbs to stop lorries and cars parking up on them.

C/Pedro Barba is a good example where the new footpaths with high curbs are working and there are no broken pieces because cars and lorries can not get up on them due to high kerbs.

Regards, David Callaghan

Poetry Corner

Dear Ed.

Happy New Year to all at the Gazette. Keep up the good work.

I am not very good at achieving New Year's resolutions. However, I submit my predictions for 2019.

Lanzarote Year

January may bring rain, but the sun will dry it up again.

There's a chance in Feb the gutters run, but overall there's lots of sun.

In March our hopes will surely rise, and a touch more sun is no surprise.

Come April, Spring is in the air, even so that sun is everywhere.

May will not bring much respite, it will be hot by day and also night.

June brings with it longer days, which allows the sun to blaze and blaze.

In July the sun is at its height and there's little shade to ease our plight.

August will see beaches teem, and rocketing sales of blocking cream.

In September frenzy starts to slow, but we still will feel that sunburn glow.

October will herald shorter days, yet the sun still finds us with its rays.

November may bring scattered showers, but the sun still shines for hours and hours.

In December, festive fun and then it's flaming January again.

John Leppard Las Villas, PDC

Ed: Terrific stuff, John. Keep 'em coming!

Puerto = carmen

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TUNFUP



Our bodies are machines, perfectly evolved to take in fuel, use energy, move around and do a thousand vital and not-so-vital actions every day. And as anyone whose machine has gone wrong will know, keeping them functioning as perfectly as possible is always worth the time and effort.

The New Year is a time for new and looking forward. starts There's a long road ahead, with adventures, beauty and enjoyment along the way, as well as some hard work. So, just as you'd give your car a good check-up before a long trip, why not make sure you're in the best possible shape to set off towards the horizon?

REGULAR MAINTENANCE

Whether we're healthy or not, we all do regular maintenance and upkeep on our bodies every day. We eat to provide our bodies with energy and vital building material; we drink to keep it lubricated and regulate our temperature, we sleep to allow it to rest, heal and grow and we move to keep our muscles toned and working.

Of course it's possible to overdo and underdo all of these things, and quality is every bit as important as quantity, so

New Year is a great time to think about each of them in turn.

Start with sleep: Are you getting enough? Do you feel rested and renewed when you wake up? Is the sleep you get of good quality? Eight hours of quality sleep a day is one of the principal keys to health and feeling great, so take a look at your mattress; the conditions you sleep in, go easy on screen-time before you sleep and avoid eating or drinking too much before retiring. Here in Spain, it's also easy to try napping during the daytime.

Food and drink are, of course, essential,

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"OUR BODIES ARE MACHINES - LOOK AFTER THEM TO AVOID BREAKDOWNS"

and too much of them will soon result in your machine storing energy in the form of fat. This makes the machine large and unwieldy, and this has serious effects on it's functioning. Look at what you eat (noting it all down for a few days is a great idea) then take decisions. Remember that it's not just how much you eat, but what you eat – variation is as important as healthy products.

Movement is something we do at all times. Your heart beats, your lungs move and your body shifts naturally all the time. But now's the time to really get moving. Exercise not only burns energy that would otherwise turn into fat, but it keeps you strong, supple and working at full efficiency.



PROFESSIONAL MAINTENANCE

You can't do it all yourself, and all of us will need some professional help at times. The secret is not to leave it too late. If you don't get your car serviced regularly you'll find yourself spending more time at the mechanics or broken down by the roadside. With your body that's a risk you really don't want to take.

A doctor's check-up or a professional analysis will show exactly where your body is working well and where it needs some particular care and attention. With a professional diagnosis you'll have a much better idea of what you should and shouldn't do to ensure peak performance.

The same advice applies to those problematic body parts that require special attention. Our sight is precious to each of us, so it makes sense to not only have an optician check you up for potential problems, but to provide you with the equipment necessary to make the most of it.

Teeth are also a source of trouble, but regular dental appointments and a daily regime will keep them munching, crunching and smiling indefinitely. It's money well spent.

And if any other part of your body is causing problems, it's possible to find experts, from masseurs to personal trainers, from nutritionists to hairdressers and beauty specialists, who'll help get things working to their best potential.







New Year is the best time to face the future and get your body and soul in perfect shape. Even if you've managed to avoid too much temptation over the Christmas period, the New Year offers a horizon with exciting new opportunities. The key, however, is motivation. Here's how to get your mind in shape for getting your body in shape.

APPRECIATE YOUR LIFE

The first key to getting healthy is to get your head in the right place. It may help to think that getting fit will bring you appreciation from your friends, from your family or just make you more attractive, but never forget that the first person you're trying to make happy is yourself.

Take time to look at your life and appreciate the things you love about it – sunny mornings, walks along the beach, playing with children, going out with friends – and then think about how much more rewarding your life will be if you're in great physical shape. This is a way of honouring yourself, and to do that you need to believe you're worth it.

Health can be hard work, but we rarely hear about the personal rewards that so many

people experience – and these are psychological as well as physical. Look after yourself and see how that care pays off, in terms of positive mental attitude as well as health.

SET TARGETS

Targets play an important part in health but before you start drawing them up, let's look at the problems they can bring. The big problems with goals such as losing a certain amount of weight by a certain time is that, once the target is reached, the temptation to fall back into old ways is incredibly strong. There's no point in losing 3 kilos in three months if you're going to pile it all on again afterwards.

Instead, you need to simply accept that you are changing your life forever – you're setting off down a new path - and that the targets you set are just milestones along that journey.



Don't forget that, here on Lanzarote, there are sporting events almost every week that will give you a challenge to complete along the way. You don't have to be competitive about it, but completing a half-marathon, a swimming race or a trek will give a great feeling, a brilliant day out and the impetus you need to continue.

CONTROL YOUR TIME

Our lives are messy – we can't make plans for everything that happens, and there'll always be hitches and snags in our daily routines. But that doesn't mean we shouldn't try. Granting yourself some me-time is one of the most important pieces of planning you can do, and it needs to

be taken seriously. Don't plan exercise if you know you're going to be tired after a day's work; and don't make plans you don't think you'll be able to keep. This is important – choose a window in your diary and give it the importance it deserves.

FINE TUNE YOURSELF

Like any machine, your body needs check-ups, maintenance and care to keep it in perfect working order. That's why regular medical check-ups are vitally important, allowing you to get a real overview of where you are and what needs to be done.

Never forget that caring for your health can also be luxurious, too. Massages, spa sessions, beauty

CHANGE YOUR WAYS

Choosing a healthy lifestyle is, literally, a transformation. Your body will be different and your mind will also change. Stop looking for excuses not to do things and, instead, open your mind to new challenges. For example, you may not think you can survive a week as a vegetarian, but how do you know unless you try it? You may find it's a lot easier and interesting than you thought.

Park your car and walk, set your alarm clock an hour earlier and use that time to enjoy the outdoors, explore new ideas, new activities, find an enthusiasm and passion that you never suspected you had. Go for it.





Sculpture: Step



Sculpture is the name of a salon of creative hairdressers and beauty experts whose mission is to make bad hair a thing of the past.



Sculpture owner Paul Geraghty has 36 years of hairdressing experience and opened his first salon in Dublin at the age of 27. Not only does he know hairdressing backwards, but he has the eye and expertise to select the perfect team to work alongside him.

That five-person team have already been wowing customers from Puerto del Carmen and further afield with an innovative, fashion-conscious yet friendly and practical approach. Located at 9 Calle Timanfaya, near the Hotel Fariones in Puerto del Carmen, Sculpture is a new approach – a place where transformation is an everyday reality.

"It's all about sharing ideas", says Paul. "We work with our customers, listening to them and bringing our own skills and knowledge into play, and we do our best to make them leave

the salon feeling fantastic."

hair days ahead ΑII aspects of of you at hairdressing are on offer at Sculpture, with cuts, styling Sculpture" and treatments to suit Eyelashes, everyone. pedicures and manicures are also on offer, and Paul is keen to get the gents into the salon as well, offering professional barbering.

"This is an outdoor, active island," says Paul, "so there's always a call for convenient, handy styles. But the climate here can also be tough on hair, and we have a lot of demand for treatments that leave your hair luscious and healthy."

But the salón can also do the glamorous, big-night stuff, too. Sculpture's skilled team of five means that weddings, parties and other special events can all be catered for with ease and accomplishment. If you want to knock 'em dead on any big date, rest assured that Sculpture will do the business.

Open from 10 to 8 on weekdays, 10 to 6 on Saturdays and 2 to 8 on Sunday, you'll always find a window in your schedule for Sculpture, and although Paul recommends appointments, walkins are also welcome.

"It was a dream come true to move out here and open a salón," says Paul - and the amount of people who are sharing the dream is growing every day.

SCULPTURE TIP:

"There's no such thing as "overconditioning" your hair. Limp or dull hair results from using the wrong conditioner, or too much of it, or not rinsing properly – not from so-called "overconditioning."







HARD CORE







Core fitness can make you stronger, more adaptable to any situation and keep you young - so why not work on your core today?

Draw a stick man and you'll immediately get the idea behind core fitness. You'll see that all our limbs, as well as our head, are connected to the the same part of the body. In fact, that's the part that we often call the body.

Every major movement we make will stem from the core of our bodies, and if that core is not in shape it doesn't matter how strong your arms or legs are – you'll soon feel the effects of that weakness.

Many core strength exercises involve balancing, and there's a good reason for that. We rarely balance perfectly – instead, our muscles make countless adjustments to keep us balanced, and the muscles we use will change according to the type of balancing we're doing.

Balancing also reflects what the core does - stabilising our bodies for action and transferring force to carry out those actions. A lot of the muscles in our core lie deep within our body, so it's not always evident

that they're being strengthened. A good tip is that, if you feel that familiar stiffness and ache in a new part of your body, such as your sides, chest or shoulders, then you're working out a part of your core that needs strengthening.

There's a tendency to think that strengthening your core is just a case of doing a few sit-ups or crunches, but that's a big mistake. Neck, shoulder and back strength are vital whatever age you are, while stronger buttocks can add an immense amount of power to actions you'd never suspect were affected, such as throwing a ball.

Entire exercise regimes such as Pilates are based on strengthening the core, and they're great for this purpose. But here on Lanzarote you can also try surfing or windsurfing, which also use your core strength for intense balancing. Any fitness routine, however, should address core elements – without them you simply won't be working to your best advantage.

Core strength is also useful for preventing injury. Weak back muscles strain more easily, and more core strength will prevent you from making those unnatural movements that place pressure on weaker areas and cause strains and pulls.

For older people, core strength is even more vital. Falls and injuries are always more likely in older persons, but working on core strength can not only improve balance and strains, but it can also help you remain truly independent for much longer.





Beauty and grooming trends for 2019 are exciting, accessible and a little more grounded. There's a natural, active vibe that's perfect for an island in the sun.

ARTLESS CURLS

Curls are back with a vengeance in 2019, but instead of tight perms and perfect artificial waves, the trend is for a more brushed-out, natural look. Volume is important, and blowdries will be in demand, but try and avoid the "big hair" look – this is more of artless, flyaway look, and one that's perfect for Lanzarote's informal lifestyle.

Other elements that will dominate this year include micro-braids, crimping, simple, innocent centrepartings and bold colours, with pink everywhere.

ALL EYES ON YOU

The smoky eye isn't going away any time soon,

and eyeliners with vividly coloured pops and glittery colours will still attract attention, but the overall trend is to tone things down a little. If 2018 was all about seizing centre stage and causing a commotion, this year we're looking at a more subtle vibe. The glossy, glittery looks of recent years will simmer down to something more burnished – look for subtle lustre and glow, rather than shine and flash.

SENSUAL SKIN

We're now seeing a move away from the natural look that has dominated for the last couple of years to a more artificial Hollywood matinee style. Getting it right will take some practice, but it's

not as if the natural look ever came naturally, is it? Look for satin or matte foundations and go all out on the contouring for that big night out, remembering to stay fresh all night long.

GUYS WITH THIGHS

The big menswear summer trend for 2019 is shorter shorts, and if you've got the legs for it let Lanzarote get a look at them! Inspired by the film Call Me By Your Name and 70's athletic icons such as Bjorn Borg, it's a casual, going-places look. As far as grooming's concerned, bushy beards are giving way to all sorts of facial fuzz experiments, while the "silver fox" look will reflect the overall trend for ashen, frosty shades.



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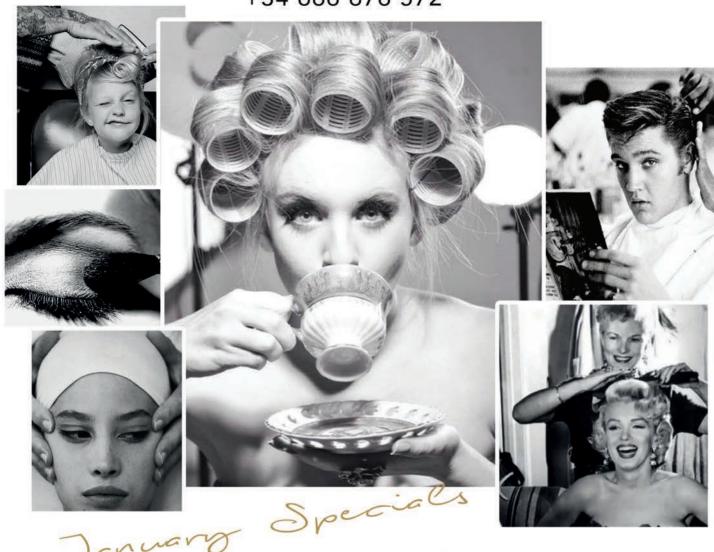
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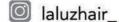
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|) | S()() |



If you're going to make one New Year's resolution that you won't break or regret in March, then why not decide to make an effort to discover the full range of food and drink on Lanzarote.





Look out of the window of your plane as you fly into Lanzarote and you'll see a stark volcanic island, dominated by black rock and dusty dry wasteland. At first sight, you might think it doesn't look like the sort of place that would produce a decent meal.

You'd be dead wrong. All over the island there are oases of freshly-watered fruits and vegetables, thriving and thrusting out flavour and fragrance that is intensified by the smiling sun. In recent years, producers have worked hard to bring even more variety to the island, and it's now possible to buy a dizzying array of locallyproduced and organic ingredients.

Goats graze on the sparse greenery of the wild uplands, turning tough leaves into sweet, fresh milk, while the seas surrounding the island teem with sardines, tuna, sea bream and many other types of fish and seafood.

All these products, as well as the delicious local wines, are rushed to local shops and markets or directly to restaurant kitchens, while many more fresh ingredients arrive from the neighbouring Canary Islands, Spain or even further afield.

Expert, experienced chefs who know exactly what their customers want, await to bring the

full potential out of these ingredients and all over the island, hundreds of restaurant kitchens move into higher gear at lunchtime and in the evenings, seating, serving and satisfying hundreds of thousands of diners a year. And this tradition is also celebrated at food fairs throughout the year, where local chefs and producers showcase their wares. Lanzarote is rapidly gaining a widespread reputation as a terrific tourist destination for food lovers, and while food has always been an essential part of the Lanzarote holiday experience, it is now taking centre-stage and becoming the main attraction.





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TRADITIONS OLD & NEW

Lanzarote is full of different dining traditions. There's the classic seafood lunch on a sun-dappled terrace with a sea view; long convivial Sunday meals with family and friends; open-air barbecues where the fragrance of roasting meat sets the taste buds going; light tapas snacks in bars and restaurants all around the island and the classic three course menú del día.

But many other traditions have arrived too. It's easy to find an Argentinian or Uruguayan grill, a Colombian or Venezuelan arepera serving crisp filled maize cakes; a classic Chinese dim sum dinner or an Indian thali, and of course, fish and chips and a classic British Sunday dinner are also on offer throughout the resorts. All of these experiences take place on an island where only the best survive in a competitive and demanding restaurant culture. For five decades, Lanzarote has been perfecting its dishes and service, and you get to reap the benefits.

5 CANARIAN INGREDIENTS YOU NEED TO KNOW:

Tuna

The island has successfully managed dwindling tuna stocks and this delicious, meaty fish is now widely available again, especially throughout the summer months.

Potatoes

The Canaries were the first islands in Europe to grow potatoes, and local spuds are as good as they get - papas arrugadas (wrinkled potatoes) with spicy mojo sauce is perhaps the island's signature dish.

Goat's milk cheese

Produced from wild-roaming goats, the sweet, fresh milk is turned into mild, delicious queso fresco, or matured to give sharp, piquant semi-curado cheeses.

Moscatel

A sweet, fortified local wine that's perfect for sipping with cakes, but can also be used in trifles and sweets or reduced to create delicious meat glazes.

Cilantro

Cilantro, or coriander, is a widely available fresh herb and a vital ingredient in the green mojos that accompany seafood dishes.



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will be the talk of the town for quite a while.

Food has always been a passionate subject for us.

We love it here -

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Waitrose

vi:

Chocolate Passion Truffles

In Spain, Christmas lasts well into January. delicious chocolatey treats are perfect for parties, special occasions or even wrapped as gifts. It's worth making plenty, as they refrigerate well and disappear fast!



250 g of milk chocolate

100 g of dark chocolate (70% of cocoa)

10 passion fruits

50 g of unsalted butter

2 tablespoons of flower honey

50 g of unsweetened cocoa powder

50 g of grated coconut



- 1. Place a sieve on top of a saucepan. Cut the passion fruits in half, scoop out pulp with a teaspoon and pour it into the sieve.
- 2. Mash the pulp and seeds with a wooden spoon until all the juice is in the pan. (It may take a little while, but you'll end up having almost only seeds left in the sieve.)
- 3. Add honey to the passion fruit juice and slowly bring to a boil, stirring

continuously.

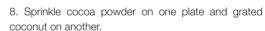
4. Break the chocolate (milk & dark) into a small salad bowl and pour the hot passion fruit and honey mixture on top of it. Let the chocolate melt (place bowl in a pan of hot water to ensure melting)

RECIPE of the MONTH

by Antonio Chicón of Cook In Lanzarote

- 6. Cut the butter into small pieces, add it to the chocolate and let it melt. Once the butter has totally melted, whisk together gently (the butter has to be perfectly combined but the less you whisk it the better).

7. Let the chocolate ganache cool down. When it's cold, cover with a plastic wrap and leave in the fridge for at least 3 hours.



- 9. Take a small amount of chocolate ganache with your fingers and roll it between yours hands into small balls. Roll the truffles in the cocoa powder or grated coconut. Cover with a plastic wrap and refrigerate for at least 30 minutes before serving.
- 10. Just before serving you can roll the truffles again in cocoa powder in order to give them a nice look.



- 5. Gently whisk the chocolate mixture until it has a smooth texture and a shiny colour.





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Informations and bookings: cookinlanzarote.com +34 633 16 71 70

This Month

Spanish Classics on Tuesdays

Canarian Tapas on Wednesdays

Spanish Tapas on Thursdays & Fridays







Chef's Tip:

You can also use

chocolate sprinkles, chopped dry fruits

and nuts to coat

your truffles.





The Most Authentic Gateway to Lanzarote

As well as spectacularly beautiful landscapes, Lanzarote has a rich cultural heritage that has been preserved over the generations. The Monumento del Campesino, as it is popularly known, is a living museum where you can soak up this tradition and understand how islanders learned to live in perfect harmony with nature.

César Manrique created the Casa-Museo del Campesino in the 1970s in tribute to the farmers who struggled against the harshest conditions to bring the land to life. Manrique also wished to revive Lanzarote's traditional handicrafts and gastronomy, creating a living archive that preserves the most deep-rooted elements of local culture.

Following Manrique's vision, the Art, Culture and Tourism Centres of Lanzarote's Cabildo have launched the Casa-Museo del Campesino - an interactive museum project where visitors can enjoy new attractions and a local handicrafts market, as well as experience the way islanders lived and adapted to their environment.

Come in and discover the Casa-Museo Campesino

The centre now offers new attractions and interactive areas that take us on an exciting journey to discover the real Lanzarote; its traditions, history and cultural heritage.

Our journey starts by showing the innovative ways islanders adapted to their arid, volcanic land; how they learned to protect themselves from the wind, the intense heat of the sun and how they combined homes and farms with ingenious expertise.

Next we see how how families lived their lives, with a tour of a typical family home and barn where tools and supplies were kept. From May, new technology will be installed that will allow you to be guided by three fictional characters: Benigna, a potter from Yaiza; Hortensia, a palm weaver; and a camelherder from Yaiza called Carmelo, will guide us through an exciting journey of rural life in olden times on Lanzarote.



Trv it vourself

It's now time to try out some handicrafts for vourself. Mas Campesino offers vou the chance to take part in workshops with master craftsmen, and to try out palm weaving, make your own mojo (Canarian green/red sauce), cochineal dyeing and handmade pottery, among others.

Finally, no visit is complete without stopping at the Casa-Museo Restaurant, where you can try some of the island's traditional dishes, created with sustainable products from the land and the sea around us.

We continue to the exhibition area where we'll learn about about the origins of La Geria after the 1730-1736 eruptions. This dramatic upheaval transformed the island and its natives were forced to adapt. Farming methods such as the soco (a wall of stones that protects vines from the

Then we leave the Casa-Museo for a first-

hand glimpse of how farms worked: we'll

see the threshing floor, a winepress, an

aliibe, as well as vines, fig. mulberry and

palm trees and other native species.

wind) made a virtue of necessity. Traditional pottery also played a large part in islanders' lives. Juan Brito rescued and collected all of this valuable knowledge for us, and the last room in the exhibition area is a tribute

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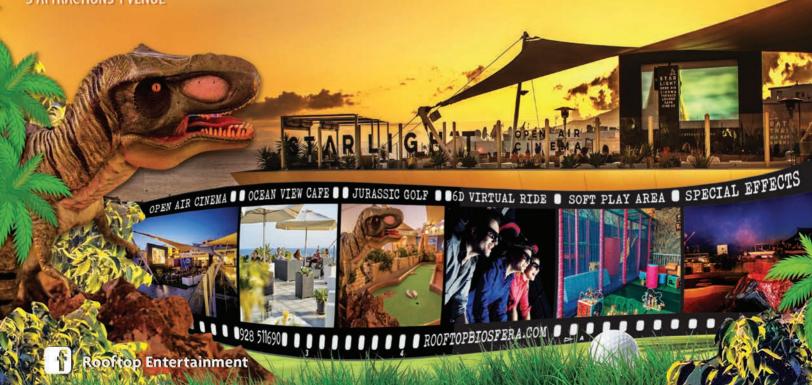
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MALABHARÍA

2nd to 4th January

International Circus Festival



2nd: 8:30pm, Pabellón de Deportes: Kadavresky "L'Effect scargot" (France)

3rd: 5:30pm, Plaza de Haría: La Bella Tour (Spain) 3rd: 8:30pm, Pabellón de Haría: Circus Gala I 4th: 5:30pm. Plaza de Haría: La Nórdica "Roio Estandar" (Spain)

4th: 8:30pm, Pabellón de Haría: Circus Gala II, Haría

MUSIC

MUSICAL DISNEY MAGIC TEGUISE

5th January

Tequise, Carpa Municipal Time and place tbc

DUO BOIX- MASRAMÓN

19th January @ 6pm

Laia Masramón (Piano) and Eugenia Boix (Soprano)

Cueva de los Verdes. Entry: 20€

CUARTETO QUIROGA

19th & 20th January @ 8:30pm

Festival de Música de Canarias La Graciosa, Iglesia Entry: 15€

CHRISTMAS

FOLK ASSOCIATION RUBICÓN

3rd January @ 8:30pm

Arrecife. Puente de las bolas

AMAZING MONGOLIA

4th January @ 8pm

Acrobats, Playa Blanca, Calle Limones



LONDON CONCHORD **ENSEMBLE** 22nd January @ 8:30pm

RANCHO DE PASCUA DE TÍAS

4th January @ 8:30pm

Arrecife, Parque José Ramirez Cerdá

THREE KINGS PROCESSIONS

5th January

5pm: Yaiza, San Bartolomé 6pm: Arrecife, Tías 7pm: Playa Blanca, Haría

7:30pm: Puerto del Carmen 8:30pm: Playa Honda



EXHIBITIONS

EXHIBITION VERNISSAGE -"COLOURS OF LANZAROTE"

4th January @ 7pm

Paintings by German artist Gabriele Derendorf Yaiza, Casa de la Cultura Benito Pérez Armas. Until 27th January.

LOS MÓVILES Y EL DIBUJO

Until 12th January

Sculptures by Laura Mesa Arrecife, El Almacén

OTHERS

VAGANDI MOS

Until 12th January

Paintings by Nuria Vidal Arrecife, El Almacén

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5th January 10am - 2pm

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12th January 9.30 am - 12.30 pm

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BULAR EVENTS

...EVERY MONDAY...

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

...EVERY TUESDAY...

9am - 2pm: Farmers Market, Pueblo Marinero, Costa Teguise

9am - 2pm: Market, Puerto Calero

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

7.30pm: Jameos Nights, Dinner and Live Music, Jameos del Agua Entry: 39,90€ (concert only: 11,50€)

...EVERY WEDNESDAY...

9am - 2pm: Market, Playa Blanca, Marina Rubicón

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

6pm - 10pm: Handicraft Market, Pueblo Marinero, Costa Teguise

...EVERY THURSDAY...

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

...EVERY FRIDAY...

9am - 2pm: Market, Puerto Calero

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

10am - 2pm: Market, Old Town, Puerto del Carmen

5 - 10pm: Market, Pueblo Marinero, Costa Teguise

2nd Friday every month:

10pm: Toñin Corujo, Arrecife Gran Hotel and Spa Entery: 8€

...EVERY SATURDAY...

9am - 2pm: Market, Playa Blanca, Marina Rubicón

9am - 2pm: Market, Arrecife, Plaza Iglesia de San Ginés

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

9.30am - 1.30pm: Market, Uga

10am - 2.30pm: Market & Handicraft Market, Haría, Plaza

7.30pm: Jameos Nights, Dinner and Live Music, Jameos del Agua Entry: 39,90€ (concert only: 11,50€)

10pm: Asadero Macher, International Live Music, Mompas Duet

Last Saturday every month:

10pm: Lanzarote Big Band, Arrecife Gran Hotel and Spa

...EVERY SUNDAY...

9am - 2pm: Market, Teguise

9am - 2pm: Farmers & Handicraft Market, Mancha Blanca, Tinajo

9am - 2 pm: Market, Caleta de Sebo, La Graciosa

1 - 5pm: Cuban music, El Patio Creperie, Teguise

3 - 5pm: Jazz session at the Crafty Cow, Puerto del Carmen

8am - 2pm: Lanzarote A Caballo Car Boot Sale

Do you...

have an event that you want to share? Get in touch with us.

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rta Culture

The Canarian International Music Festival is the only classical music festival in Europe to be held in the winter months, and has been bringing the very best classical performers to the islands for 33 years now.

This month, the festival brings two very special events to Lanzarote. On the 20th, one of Spain's finest string quartets, the Cuarteto Quiroga, will perform for free at the San Roque church in Tinajo. It's rare for events to be held in this venue, and this should be an unforgettable night. The Cuarteto will also perform a free concert on La Graciosa the evening before.

On 22nd, the London Conchord Ensemble, an internationally-acclaimed chamber ensemble from England, will play at San Bartolomé's fine theatre. Tickets for this event are €15 and can be booked online at www.festivaldecanarias.com, where you can also find details of upcoming concerts in February.

Music, maestro, please! Various Dates





Market forces

Lanzarote's markets are a hugely important element of the island's tourist appeal, as well as its agricultural heritage.

The most famous market, of course, is the Teguise Sunday market, still a hugely popular outing for thousands of tourists each week and the place where you're most likely to find fascinating souvenirs, quirky works of art, Lanzarote football strips and much, much more. Even if you're not shopping, the atmosphere is amazing.

Other popular markets can be found in Puerto del Carmen Old Town on Fridays; Haría main square on Saturday mornings, Wednesday

and Saturday at Marina Rubicón in Playa Blanca and Wednesday and Friday evenings at the Pueblo Marinero in Costa Teguise.

Food markets, with locally grown produce and organic producers are held in Arrecife's Plaza de San Ginés on Saturday morning, Mancha Blanca on Sunday mornings. The indoor markets at Uga on Saturdays and in Haría all week are also well worth discovering.

And bargain hunters won't want to miss the regular Sunday flea market at Lanzarote A Caballo and the monthly SARA car boot sale at Tahiche Garden Centre on the second Saturday of the month.

MalabHaría

3rd and 4th of January

In the early 19th century, a troupe of Indian jugglers and acrobats from Malabar astounded and delighted audiences throughout Europe. Since then, the Spanish have always called circus performers malabaristas.

On Lanzarote, the northern town of Haría has celebrated its own, unique, circus festival for the last 12 years. Known as MalabHaría, it offers spectacle, grace and daring in a beautiful rural setting.

There are several events, but by far

the most popular will be the free open air performances in the town's main square, at 5.30 pm on the 3rd and 4th of January, which always attract a big, good-humoured crowd. Tickets are on sale in the square for the big event later on - gala circus performances in Haria's sports pavilion, which feature several innovative and breathtaking acts.

It's an evening out you won't forget for a long time. Find out more at www.malabharia.com





Manrique mania

Various Dates

The 100th anniversary of the birth of César Manrique will be a constant theme of Lanzarote's cultural scene this year.

One of the first tributes to Manrique is the official poster for Arrecife's carnival, which traditionally kicks off carnival season with the largest, noisiest parade on the island. The theme for this year's parade is César Manrique and the poster features a mask that the artist designed in 1987 to celebrate the island's carnival tradition.

Manrique memorial events will continue throughout the early part of the year, and April will see them come to a climax on and around April 24th.

We'll also be taking a closer look at César and his amazing life and legacy in the months to come, so stay tuned!





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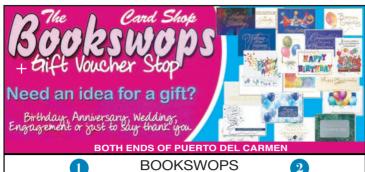


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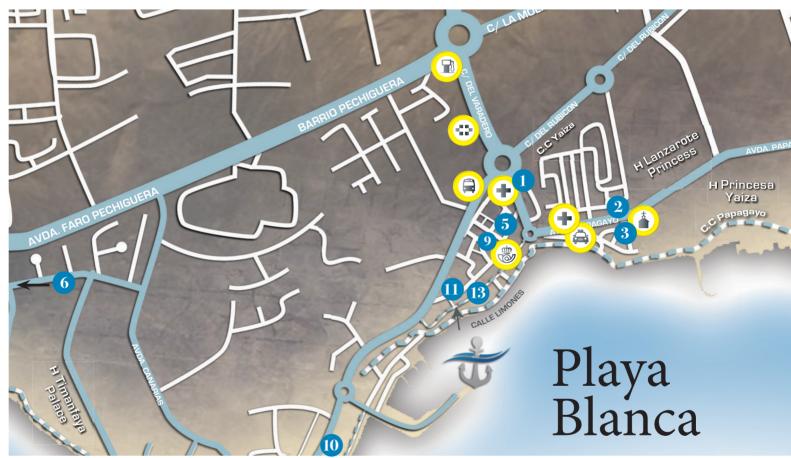














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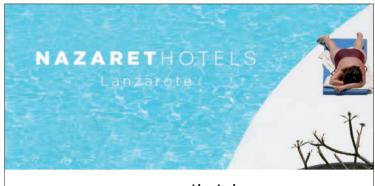






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NEW MORTGAGE LAW

A new law regulating mortgages is almost certain to have been approved by the time you read this magazine. The law amends the existing law and addresses abuses that the European Court of Justice has highlighted in Spanish mortgage law.

The main provisions of the law are that floor clauses will now be prohibited. These clauses, that tie buyers to certain interest rates, have been repeatedly ruled as abusive by Spanish courts. However, banks have continued to include them.

The other main provision is that lenders cannot commence repossession proceedings unless 12 quotas of the mortgage go unpaid. This will give those with problems repaying their mortgages a year of grace, compared to the three months that applied previously. This three month period was only recently extended from one month, and many Spaniards have found themselves evicted as a result.

The new amendments have been greeted as long overdue by the property sector, although the banks have remained silent on the issue.





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MORTGAGES DOUBLE ON LANZAROTE



Mortgage contracts on Lanzarote doubled in the first two-thirds of 2018, according to figures from the Canarian Institute of Statistics.

1,418 mortgage contracts were signed on the island from January to August this year, compared to 575 in 2017.

The vast majority of these mortgages were for urban properties with just 14 rural fincas changing hands in 2018. The boom in sales of urban flats is likely to be related to the boom of holiday rentals in nontourist urban areas.

The average price of the mortgages signed this year is €128,197, a €6,000 rise on 2017.

BRITS LOOK NORTH

While British demand for Canarian property remains strong, UK buyers are also focussing on traditionally less popular areas of Spain, according to recent statistics from the Notaries Association.

While British buyers still lead the field in coastal, tourist areas such as Andalusia, Murcia and Valencia, they also form the majority of foreign buyers in the northern regions of Asturias and La Rioja and are a strong element of the market in Galicia and Castilla y León.

While these northern regions offer amazing landscapes, food and quality of life, they have never been popular among British buyers owing to their lack of a mass tourist market. Galicia and Asturias are famous for their wet climates, while La Rioja and Castilla y León are landlocked.

Nevertheless, although Brits lead the market in many northern regions, the actual amount of sales there remains well below that in coastal and island areas, where the British market remains strong and durable.

WOMEN RISE

Women are increasingly present in the Spanish property sector, according to recent figures from FIABCI and the Association of Professional Women in Real Estate. However, there is a still a long way to go...

This year, 45% of property sales in Spain were carried out by a female estate agent, almost doubling the amount just five years ago, when women took charge of 23% of sales.

The report also showed that more than half (53%) of all



jobs in the property sector are held by women. However, only 9% of director's positions are occupied by women.

Mercedes Blanco of FIABCI said "The presence of women in the property sector is growing all the time, a fact which reflects the growth of the sector as well as the struggle for gender equality in Spain during recent decades."



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he good news is that the sector has continued to recover from the disastrous crisis of ten years ago, and continues to grow throughout Spain, but especially in the traditionally popular coastal and island tourist areas.

Home sales have risen in the last year, and foreign demand has increased, with the British still the highest single market of foreign buyers in Spain at 16%. Established migrant communities such as Morocco and Colombia are also making strong moves into the

property sector, indicating that they are increasingly earning money and are here to stay.

On the Canaries, the Italians are currently the most active buyers, while French and German demand also remains strong. The British market remains strong, although Brexit uncertainty has certainly taken its toll. Whatever happens after Brexit Day on March 29th this year is also certain to have repercussions on the property sector, with a no-deal exit surely being the worst possible outcome.

On the other hand, increasing prices continue to ensure that getting on the property ladder is an impossibility for many islanders whose wages simply don't make it a feasible option. The Canarian Government has, so far, only made wellmeaning noises about building projects that will start to address this problem.

The alternative to buying is renting, and this too, has become a burning issue on the island as increasing numbers of landlords abandon the long-term residential rental sector to focus on holiday rentals. The Canarian Government's bizarre decision to protect the interests of hoteliers by banning holiday rentals in tourist areas while permitting them in traditionally residential areas such as Arrecife and Playa Honda has undoubtedly made this situation much worse.

Holiday rental owners have long been waiting for the Canarian Government to adopt a realistic law, but Fernando Clavijo's government has dragged its feet. Regional elections in May this year may cause the government to change course, but rental owners won't be holding their breath as they remember how the Clavijo's predecessors broke their promise on the eve of the elections in 2015. A change of government in the Canaries may provide a way forward, but that's not looking too likely at the moment.

The change in Spain's government last May is also likely to see changes in Spanish property law, and Pedro Sánchez's first budget in the spring will be a key moment for the sector to reassess.

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PETS & PROPERTY



If you want to share your Lanzarote home with furry friends, then it helps to know the basic elements of the law that apply to keeping animals here.

anzarote is full of happy households with animal companions, but keeping a pet is not an automatic right, and it also requires civic and neighbourly responsibility. Wherever you live, you'll have to comply with the law – and you'll hope that your neighbours do so, too.

OWNERS

Spanish property law places no restrictions on the animals that owners can keep in their own property. Other laws may apply – for example those regulating exotic animals or animal cruelty laws, but within those legal limits you can pretty much do what you like on your own land. However, once you, or your pet, steps off your property, new laws will apply. That's why it's a wise idea to get your dogs or cats chipped and registered – it's not just the law, it's common sense that could save their lives.

TENANTS

Tenants have no automatic right to keep pets. Their ability to do so will depend entirely on the conditions of the rental contract. If the contract prohibits pets, then no pets it is.

Tenants have the option of renegotiating the contract with the owners. However, in the current rental climate, this probably won't happen too often. If you're a pet owner looking for a rental property, be up front, honest and accept that your choices may be limited.

SHARED ZONES AND COMMUNITIES

Complexes and apartment blocks generally have shared areas which are used by all proprietors and tenants – for example, the main gate or doorway, communal gardens and inner courtyards or leisure zones. In Spanish law, these are classed as public spaces and so general local laws relating to animals will apply. These prohibit animals from running loose, require dangerous dogs to be muzzled and prohibit fouling. While some communities may try and introduce "no pets" rules, they are not legally permitted to prohibit pets.

Nuisance caused by pets can be denounced to the police, and the community can also take action under rules guaranteeing "quiet enjoyment" of property. If you suspect animal cruelty, report it to the Guardia Civil's Seprona department.



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BUYFRS GIIINF

This article is a general guide to buying real estate in The Canary Islands. It has been compiled from the knowledge and experience of a number of professionals involved in the selling, buying and conveyancing of property in Spain, but it should not be taken as a substitute for proper legal advice.

LOCATION

Is your property is intended for holiday use, longer term visits, or do you intend to live here year round? Your choice of location should take your needs into account, such as schools, medical services and recreational outlets.

RESEARCH

You need to know a great deal more about your property than you would if you were just spending a couple of weeks there. If there is a community association, ask your neighbours if it is well run. Ask about the community fees - don't forget that if you are in a Community you are legally obliged to pay these.

BUYING THE PROPERTY

First, make sure that the person selling you the property is entitled to do so. Your agent will be able to supply you with a list of suitable lawyers to act on your behalf, or the British Consulate in Las Palmas can provide a suitable

request. Your lawyer needs to check out your intended property thoroughly.

A check of legal title will be made through a search in the local Land Registry Office, which will also indicate if there are any mortgages or charges against the property. If you are buying a plot of land, the lawyer will also check if you can obtain permission to build on the land, and what size and type of property you can build. Once you have been assured by your lawyer that all is in order, you will need to sign a

Contract of Purchase raised by a lawyer, and pay a deposit which is usually 10% of the intended purchase price; this deposit is normally held by the lawyer who has been appointed to arrange the signing of the Title Deed.

The contract will state the terms and conditions of the sale and will state a specific time for completion of the transaction. If you decide, up to this completion time,

that you cannot proceed with the purchase, you will forfeit the deposit paid, but if the seller changes his mind, he must return the deposit to you in full, plus a compensation payment for damages.

The next step is to complete the transaction by making the outstanding balance of payment and signing the title deed, which is known in Spain as the Escritura. This must be done in the Notary's Office. The Notary's task is to ensure that all of the legal documentation is correct. He will also carry out a search in the Land Registry Office on the day of signing to check the current status of the property or land (and will require the last annual rates receipt from the council in which the property is situated), that this is up to date as well. It is essential to ensure that your lawyer has current receipts for all other payments such as water, electric and community charges, as debts such as these in Spain are levied against the property and not the owner. Notaries



now

demand an Energy Performance Certificate. When in the Notary's Office, you will be asked to produce your passport as evidence of identification. You will also be advised to obtain a NIF number, which your lawver can arrange for you.

MONEY MATTERS

If you are not resident in Spain and are buving property or land it is advisable to bring money from abroad to complete the purchase. It is simple to open a non-resident account in a local bank, and your estate agent will normally help you with this. You can then transfer your funds from your own bank in the UK to this new account. On the signing of the new Title Deed your cheques for payment will be shown to the Notary and included as part of the documentation of the deed.

They must be inscripted with details of

the property of land to be purchased, or have an investment certificate from the issuing bank attached. The Notary will also require you to sign a Spanish ministry form, declaring that the investment has been made. It is also possible when purchasing from a non-Spanish resident to pay the completion funds abroad in any currency. In this case, the deed will state an equivalent amount in Euros, as this gives the value in which the transmission tax (stamp duty) is calculated. You will have to produce more than one cheque as you must also pay a capital gains tax retention. In this situation, a sum of 3% calculated against the value declared in the title deed is retained and paid to the Spanish Tax Authorities to cover the seller's liability.

Estate Agent's fees are normally paid by the vendor and the details of the specific percentage to be paid will normally be noted in the Purchase Contract.

Some unscrupulous illegal agents have been known to charge the purchaser as well as the vendor for their fees, so ensure this is not the case. You may well also find that the price of your title deed is not exactly the same as the cost of the purchase, as some sellers prefer to treat the furnishings and fittings, if they are included, as a separate item.

REGISTERING THE PURCHASE

To complete the transaction you must register the deeds at the Registro de la Propiedad (Property Registry). When the deeds are taken to the Registro, the purchase tax of COMMUNIT 6.5% of the value of the property OF OWNERS must be paid.

The Community of Owners is a Spanish institution affecting any property owners who enjoy shared facilities and services, such as lifts, swimming pools, gardens and communal garages. Information about your Association must be freely available to you, as do the accounts which have to be published to the members every year. You should check before you buy that your Community Later Association is functioning well, how t h e much the monthly payment is, and Registro whether the payments for will request a your intended property second payment are up to date. to cover their charges. In addition, a tax to the Local Authority, based on the increase of values of land in their area since the property last changed hands (known as 'Plus Valía') is payable.

> This is often negotiated between the vendor and purchaser. Your Lawyer can get an estimate in advance of the purchase, so that you have the

funds ready. At the same time, a form should be entered to the local authority, advising them of the change of ownership. You should remind whoever is doing your paperwork about this, as it is often forgotten.

Residents must also be tax registered in order to sell property and avoid retentions, even if they pay no tax.

OTHER COSTS

Other costs include the Transmission Tax, the Notary's bill, the fees from the Registro and your lawyer's fee. These and previously mentioned costs should total about 10% of the purchase price.

Your Lawyer will ask for these funds to be placed with him before the work is done as clients have often disappeared leaving these bills unpaid.

Non-residents will be liable for property tax, while residents will pay the IBI assessed by the local council.

OUTSTANDING BILLS

When you buy a property you become liable for any outstanding bills for water, electricity, local rates and community fees. Both the Electricity Board (UNELCO) and the Water Company (CANAL GESTION) have forms which you and the seller must sign, to transfer the bills into your name. When you go to do this check that all payments are up to date.

Local rates are payable at the Town Hall. You or your representative will need to visit the 'Oficina de Recaudacion' at the Town Hall to complete the form changing the rates into your name, and again, checking that all payments are up to date. As bills are not sent out for the rates, property owners often forget to pay them, and they can soon mount up.



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The Appliance of

Interior decorating is an art, but it takes into account some basic elements of psychology, too. Here's just a few ways to make your home warmer and more welcoming using mind power.



to feel snug and protected. That's why when you invite someone to take a seat on a three-seat sofa, they'll choose either end rather than the centre. We don't like feeling exposed or on-display, so we gravitate towards corners, walls and nooks. This is something that should always be borne in mind when situating furniture.

Pound and Pounded

It's worth remembering that, for hundreds of thousands of years, human beings rarely saw a straight line. We lived in natural, rounded environments and, of course, we're naturally rounded creatures. That's why circles and round edges appeal to us in a subconscious way. Even if you're using straight-edged items to decorate with, consider arranging them in circular or curved patterns that our eyes subconsciously seek for comfort.



Colour is vitally important to the way we feel, and has



been the subject of hundreds of studies. The findings show that blue is perfect for relaxation and calmness, green is ideal for a space where creativity is important and reds and oranges boost appetite, making them perfect for a dining area.

Not too Busy

Clutter not only indicates a disorganised mind

- it can also be mentally tiring. Studies show that children who are left to study in an overdecorated, busy room do worse than those in a more stripped-down environment. It's not just distraction, clutter can be visually exhausting. But be careful not to go too far in the opposite direction - blank space, white walls and absence of visual cues can be equally tiring.





WEATHER Invecement

On Lanzarote, autumn and winter interior fashions are nowhere near as relevant as they are elsewhere in the world. So cast aside those glossy mags with their gloomy autumn and winter spreads and seek inspiration elsewhere.







t this time of year, interior design magazines and websites are full of wintry wonder. It's all about wrapping up warm, keeping out the cold and feeling cosy.

Last year's craze for the Danish concept of hygge typifies this approach, with shops selling huge amount of tealights, woolly throws and other Scandinavian items.

But here on Lanzarote there's no chance of locking the doors and letting it snow outside. This is an island where the official temperatures rarely drop below 10 degrees Celsius, where sunshine is almost guaranteed every day, and where you can live an outdoor life all year round.

At this time of year, for example, you can see thick coats, jackets, jumpers and other wintry items in the high street clothing chains, but few of them will ever get sold on Lanzarote.

Sure, Lanzarote has its own winter. There can be storms, wind and rain in the winter months, and the evenings can get a little nippy. There'll be whole weeks where you'll probably feel more comfy staying indoors, but all in all it's not that different from the average May in Britain – unpredictable, but frequently warm and sunny.

What this means for your home is that there are plenty of interior trends you simply don't need to pay attention to. If you want real comfort in Lanzarote's winter, then it's best to adopt a sunshine attitude that will serve you, all year round.

WALK AWAY FROM WINTER

When it's cold and icy outside you want warmth indoors, and winter styles reflect this, with a strong emphasis on warmth and comfort. This often means thick, heavy textures and deep, rich colours, the perfect place for flickering firelight and cosy evenings. It also means closing off your indoor area totally from the outdoors.

On Lanzarote, we tend to live in spaces where the line between indoors and outdoors is much less defined. The weather is so gentle that we want to welcome it into our lives rather than shut it out. This means that your attitude to zoning, light, colour and texture can be much more positive – you can really make the most of what you've got.

Winter warmth can work here – we all have our favourite blankets, throws, plush cushions and warm, glowing wooden furnishings, but here on Lanzarote it should definitely be a detail rather than a defining style.

WARM WEATHER STYLE

When looking for ideas for your Lanzarote interior, you'll find that UK and US magazines and websites often focus on northern climates. The answer is simply to look for sources that are more reflective of our own lifestyle.

Australian interiors, for example, are far more adapted to all-year round warmth, while you can also find ideas from the southern states of the USA, and especially warm regions such as southern California and Texas. Then, of course, there are places such as Morocco, Turkey and Hawaii that offer their own warm weather styles.

And, of course, the best thing you can do is to simply look around you. Canarians have been living and adapting to their own climate for centuries, and their designs and styles are perfectly suited for the place we live. Now, of course, you have the added advantage that these traditional ideas can be combined with exciting new materials and items.





LESSIS More...

New Year is a time when we want to face the months ahead with optimism and clarity. It's a time to clear out the old and bring in the new; when blank slates are there to be written on, when clear horizons becken us forward...

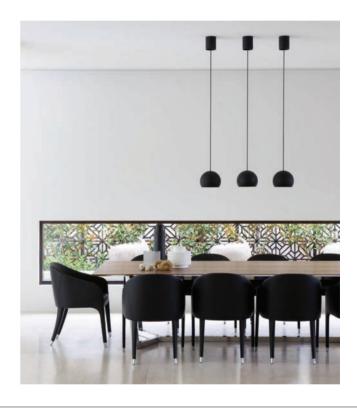
That's why the look we favour at this time of year is clean, light, crisp and attractive. Minimalism has its uses, and we're certainly tending towards a "less is more" approach, but we also want to avoid sterile, unwelcoming spaces. Rooms are for living in, and with the future spread out in front of us, we want to do that as easily, comfortably and beautifully as possible.

Here are a few tips for this style, which is perfect for Lanzarote's sun-kissed climate, and in which detail and space are the key elements. Positioning

With the less-is-more approach, positioning becomes vitally important. Think about the way Japanese gardeners and flowers arrangers work, using asymmetry to highlight naturalness and an imperfect, dynamic beauty that is highly-regarded in the East.

Positioning is also key to dynamics, hinting at movement which provides visual interest in a room. Never forget that a room is a three-dimensional space, and that playing with height and depth is the only way you're going to achieve a result that is genuinely satisfying.

Grouping is also an important part of positioning. Not only are our eyes naturally attracted to groups of things,





"Positioning is a secret skill you need to know."

but when items are close together their shapes, colours and textures gain impact. One of the key rules for grouping is to do it in odd numbers - which creates a natural form of asymmetry that is far more dynamic than formally arranged pairs or rows.

Mix things up a bit within groupings - use items of different heights and try not to line them up as if they're on a supermarket shelf. Dynamism is all important.

This is a great tip that never occurs to many people. Instead of just placing items on a table, place them in a tray on a table! The trav offers you the chance to vary the shade and texture of this part of your room, adds more 3D space and allows you to gather grouped items together with a little





more coherence and unity. It's also practical - allowing to move things around a lot easier.



Storage is an essential factor when we're going for an uncluttered look, and it's not just cupboards and wardrobes where we can stash things. A selection of attractive wooden or cardboard boxes of different sizes give us space to keep all sorts of items.



SMALL Beautiful!



We can't all live in a spacious villa - and many of us have no desire to do so. Make the most of living in a compact, low-maintenance space with all mod cons.



he smaller apartment is the way that most Spaniards and a good proportion of expats live – and it's not necessarily a question of financial necessity. Many prefer to live in a place that is easy to maintain, which can be left unattended without too much worry, and which offers a simple, relaxed way of semi-urban living, close to facilities and leisure opportunities, that those who are stuck out in the country can only dream of!

So if you're living in an apartment, why not take a little time to consider it, before going ahead to make the most of your chosen way of life.



Unless you're a Zen monk, storing your stuff will be one of the main demands on your space, so look into the many new ways to store items. The key is using all the filler or empty spaces available. By arranging your furniture in a way that maximizes the space, it can feel completely different. It costs absolutely nothing to arrange your furniture in a way that leaves room for foot traffic. And before you place anything, consider the traffic flow – the paths that you use to get from one place to another. Leaving clear, uncluttered paths saves time and makes your flat far more liveable in.



With a small apartment it's so much easier to get the furniture exactly right. Your limitations in space give you the chance to eliminate all sorts of things you don't need.

Start by choosing your main items of furniture, invest wisely, as you need less you can go for

more quality pieces. In small spaces, flexible items are important – drop-leaf tables or sofafutons can save a huge amount of space. In a boxy apartment, curves give an immediate sense of humanity and even sensuality, and armless sofas and chairs also give an impression of greater space. In any apartment there will be perhaps one or two signature items of furniture that dominate the room. Once you have invested in these, make sure you 'anchor' them. Anchors are complementary items that make it look as if the principal item belongs exactly where it is.

Once your flat is furnished and fitted, consider its colour scheme carefully, and invest in smaller items that match or set it off. This is where artworks, flowers, throws, soft furnishings and other decorative items can be brought together in a harmonic symphony.



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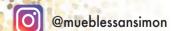






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Home is where we relax and truly allow ourselves to be ourselves. If we're happy in our home, we're likely to be happy in ourselves. Scientific studies have shown that adjusting our surroundings can positively affect our well-being and happiness. It's a question of being in control, without being a control freak.

t's amazing how a few tweaks to our daily habits can become a catalyst for meaningful, positive change. Here are a few simple things you can do every day to feel happier at home.

In these days of duvets, it's easy to leave your bed alone until you wish to climb back into it. But it's also a hell of a lot quicker and easier to make your bed. Come on! It's not rocket science, and it'll not only give a feeling that you've started the day in the right manner, but it will also provide a tiny boost of joy when you retire. And don't just make your bed - change it often. Happiness is clean, fresh bedlinen.



Clutter causes stress; while order creates a haven from stress. So take just three minutes to make a room "ready" before you leave it. This doesnt mean a thorough spring clean - you don't have time - but just take a few minutes to straighten things up, put things away and leave the room in a way that you absolutely know you'll like to find it in. It's like a tiny favour you're doing for your future self.

Display your Life

Don't just keep your life on a hard drive or uploaded to the cloud – surround yourself with photos and items that mean something to you. Never forget that remembering experiences



is part of the cycle of those experiences, and by honouring those moments of your life, you're taking part in something that has existed as long as humanity.

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First impressions are important, and that's true whether you're selling your home or just arriving home after a long day.

f you've got a moment, pop onto Google Maps and take a look at the place you live on Street View. The photo you see is likely to be a few years old now, but unless you've done some serious alterations you'll still get some idea of how it appears to strangers.

Or just simply stop outside your home or flat for a while and think about what you see. Could your facade do with a lick of paint? Are any of the exterior fittings looking a bit shabby? Are the plants in your garden looking happy and healthy? Is there any clutter outside?

Once you've taken a few mental notes, there's no better way to start the New Year than licking your exterior into shape. It might take a full paint job, or it may just be a bit of cleaning and tidying, but the results will set you up for months.



Dos and Don'ts

On Lanzarote, there's a balance to be found between privacy and display. Many love to show off their homes and gardens, while others prefer to hide them behind walls and plants. And while walling yourself off might be a little more secure, there are plenty of people who'd rather take that risk than live in a closed-off compound.

Nevertheless, on Lanzarote what you see from outside is more than a question of choice. Visible exteriors must usually comply with local island laws that make whitewashed walls compulsory, as well as other elements that must "fit with the island's architectural heritage". Sure, there are exceptions to be seen everywhere, but most of them have either been granted special dispensation or have faced years of minor legal hassle.

What the public see also limits other activities. Want to stick a "For Sale" sign up outside your home? Sorry - that goes against the strict local laws relating to advertising in public. Are you growing a cannabis plant on your balcony, or even in a backyard overlooked by someone else's balcony? Again, you could be denounced.

As long as areas are out of sight of the public, you can decorate them any way you see fit and grow cannabis for personal use.



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A conservatory or a sunroom can soon become your favourite place during Lanzarote's cooler winter months, allowing you to make the most of every little drop of sunlight. utdoor life on terraces, patios, balconies and gardens is glorious during Lanzarote's scorching summers and mellow autumn, but the cooler months of winter and spring may see you wanting a little more warmth and shelter. This is when a conservatory or a sunroom can come into its own.

In northern Europe, conservatories are used to make the most of meagre amounts of sunlight, and were originally built to allow more exotic types of plants to flourish in a cool climate. Back then, they were limited to old country houses – Colonel Mustard and Miss Scarlett were often found doing evil deeds in the conservatory with the lead piping or the dagger – but more recently, new materials have meant they are more accesible to everybody.

On Lanzarote, a conservatory or sunroom can be the ideal choice for an area of the house that doesn't get as much sunlight – in a zone away from the south-facing areas, for example - and they can also be an attractive choice in higher parts of the island where it is always cooler and often cloudier.

However, Lanzarote's year-round sunshine means that any enclosed area with plenty of glass will need to be easily opened up to the outside, allowing fresh air to flow in and stop the interior becoming stiflingly hot.

This is where newer materials on the market, such as UPVC and aluminium, come into their own, allowing you to open up or close off your indoor area at will, keeping it windtight when it's closed and also watertight on the few occasions when it rains.

If you can't stretch to an entire conservatory or a sunroom, you may still be able to partially close off a balcony or a patio area, which will allow a smaller, but every bit as tempting haven of warmth and quiet.

As well as ventilation and windproofing, safety and security will also be a consideration when you're using a lot of glass. That's why it makes sense to choose the toughest and most reputable products on the market.



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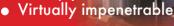
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WILD BEAUTY

Rains in October may have put the damper on a few holidays, but they have also ensured that Lanzarote has exploded into greenery early.

That means that, if you're at all interested in the fascinating native plant life of this island, it's time to get out and explore it for yourself. Head up to the clifftops of Famara, the meadowlands around Haría or Máguez, or the beds of any of the island's barrancos (ravines that channel rain).

While you should be OK taking cuttings from larger plants, remember that many species are protected, and always leave the landscape the way you found it.

A walk in the countryside will also give you ideas relating to design and shading – Lanzarote's plant life offers many subtly beautiful colours, and the shape and size of the plants are also profoundly related to the island's climate and conditions.



WAIT FOR THE PIPS

For the start of the New Year, why not try to grown an exotic plant from seed? This is a long-term project, but one that will bring huge pleasure in years to come – and it's a lot cheaper than buying ready-grown trees.

Here on Lanzarote, you can all sorts of exotic plants from seed, but you need to know what to expect. Papayas, for example, are easy and if cared for well will produce fruit within a year. Mangoes and avocados, on the other hand, take a lot longer to produce fruit – and many avocados will not fruit at all. Citrus trees such as lemon and orange also take at least five years before you can expect any fruit, but the beautiful, glossy plants with their fragrant leaves make the wait well worthwhile.

RAKE'S PROGRESS

If you've got a garden on Lanzarote, then sooner or later you're going to need a rake. Most planted areas on this island are covered in a layer of picón, the black volcanic gravel that absorbs heat and conserves moisture. It's attractive, but can soon be spoiled by fallen leaves and other litter.

The rake you choose depends on the leaf litter you get – smaller leaves will require finer rakes. A fan-shaped leaf rake works well, but its wire tines won't last too long on this rocky terrain. Better go for a tougher gravel rake - the



type that people step on in old cartoons. If you can, borrow a few rakes from friends and try them out before investing so you know which type gets best results.

For those beautiful furrows you find in Japanese Zen gardens, you'll probably need to make your own rake attachment, with widely serrated teeth or wooden pegs knocked in at regular intervals.



Gardeners know all the dirt

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ADVERTORIA

Gardening is one of the most rewarding challenges you can tackle on Lanzarote, but you'll need expert advice and help. That's where Flower Power come in.

his beautiful little sub-tropical island is blessed with fertile soil and daily sunshine, and the water revolution of the 1960s means that gardening is now a possibility for anyone with a bit of land, or even a balcony, to spare.

Lanzarote gardening has its challenges - scorching heat, parching wind and native flora and fauna that are unique - but it can also offer a garden that is spectacular, strange and uniquely beautiful.

66 Make your garden special with Thower Power."

For more than 10 years, Flower Power garden centre in Mácher has been helping gardeners on Lanzarote to keep their gardens beautiful, offering plants and advice that ensures success. Just one look at the centre shows that this is a place that knows what it's doing - it's a gorgeous place that invites you to share that beauty.

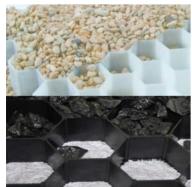
With a wide variety of plants available, including the best flowers for the island, a big range of cacti, weird, beautiful succulents, fragrant herbs and olive trees that make your garden uniquely wonderful, Flower Power can soon point you in the right direction.

You'll also find a dazzling selection of pots and containers, as well as everything you need to prepare your garden, from composts and manures to topsoils, fertilisers and gravel.

Flower Power don't just offer plants and supplies, though. Their serious, experienced gardening team can also landscape your outdoor space to create a garden that will thrive and delight you.

And for those who love their gardens but can't be here all year to give them the regular care that all gardens on Lanzarote require, Flower Power also offer an expert garden management and maintenance service.

There's no better or more rewarding New Year's resolution than creating your own garden. If you're interested in bringing beauty into your life, visit Flower Power on the main road LZ2 between Mácher to Playa Blanca. Call 928 51 05 62 or 619 60 95 18, find them on Facebook at Flower Power Jardines or simply visit their website www.flowerpower-lanzarote. es or their Instagram @flower_power_lanzarote.









ONTREND

Garden trends change all the time, but you won't be able to follow them all in Lanzarote. The conditions here mean that some trends simply won't work, while others are perfect for the idea. Here are a few of the current tendencies in gardens that can be applied to this unique island.



Outstoor Rooms

Creating different 'rooms' within your garden or outdoor space is an exciting trend that adds structure to a garden space, and low walls are often the way to do this. On Lanzarote you can take your inspiration from the materials used to build houses or the stone walls that can be seen throughout the island.



A brick wall can also be adapted to an informal seating area, or can be used to give vertical dynamics to your garden, with plants positioned along the wall and tumbling down to the floor.

Shruls Galore

Shrubs are extremely versatile and can also be used to zone off certain areas, as well as providing shelter for smaller, more delicate flowers and plants. Think carefully before buying shrubs – look for subtler, unassertive shades that can highlight more colourful elements in your garden, rather than brightly coloured shrubs that can quickly take all the attention.

Different Textures

One of the problems that Lanzarote gardeners may face is texture. Outdoor spaces are often characterised by concrete and white walls, and many natural materials such as stone and picón may provide contrast, but they won't make your garden feel any softer. This is also hard, tough island for



plants and many of them are spiky and hostile-looking.

Soften things up by using more inviting materials such as wood, in all its forms, and make sure you provide texture with climbing plants. Water features also soften a garden considerably. If you're working with stone and picón, avoid hard, straight edges and sharp corners.

Smart L

There's nothing better for setting the mood in your garden than lighting. Getting your lighting right can extend the hours you spend in the garden, boosting your social life as well your "me-time".

Try positioning your lights up against trees or vertical elements in your garden, which gives an uplight effect and pulls focus onto a specific area of the garden. This trick also turns the tree in guestion into a prominent feature.

Choose lighting colours carefully, too. A warm white light creates a cosy ambience, while brighter colours create a party atmosphere. It's all in the detail.

Dig Herrs

Lanzarote's sun is ideal for most herbs, and gives them a strong, heady fragrance that gardeners further north can only dream of. Use pots or larger







containers such as barrels, and start with easy-to-grow herbs like mint, rosemary, basil and fennel.

They'll need regular care and attention if you don't want them to get out of hand, but you'll find its more than worth it. And if you're a cook as well as a gardener, you'll always be grateful for an ornamental bay tree, too.

Xsymmetry

On an island where sharp contrast and geometrical shapes are the default garden style, asymmetry is important to give your garden a more natural, dynamic look. Focus on the natural and less structured styles and make lines less controlled and obvious.

Perfectly located rocks and plants can bring a sense of poise and imperfect beauty to any garden - look at Japanese Zen gardens to get some ideas that would work perfectly in a Lanzarote exterior.





Few deny that electric cars are the future, but while take-up for hybrids has been healthy, the market for fully electric vehicles is still small in Spain.

Lanzarote, however, hopes to be a pioneer in the new technology and the Cabildo has already installed a number of charging points throughout the island. These have been added to by charging points available at petrol stations and some supermarkets. In short, it's getting easier and easier to contemplate going electric.

The best-selling electric car in Spain is the Renault Zoe. followed by the Nissan Leaf. Both of these choices reflect the fact that electric owners still tend to favour compact urban runarounds. However, this year will see some interesting 200-mile range models become more established.

This range was only previously boasted by the Tesla - and their Model 3 has already upped the ante - but the new 2018 Leaf and the Chevrolet Bolt EV also offer 200 mile+ ranges at relatively affordable prices.



The Audi e-tron and the BMW i5 are also due this year, and will add extra prestige to the electronic market. Meanwhile, the eagerly



awaited Porche Mission E - the first electric performance sports car - is still awaiting an official launch date.



HOVERBOARD ACTION

The Spanish Traffic Department (DGT) is planning to introduce new laws governing the use of "hoverboards", electric skateboards and electric scooters.

The machines will not be classed as vehicles, and thus no licence will be required to operate one, but riders will still be subject to fines if they drive drunk or under the influence of drugs. A 25 kph maximum speed limit has also been proposed.

The proposals follow the first death caused by electronic skateboards, when a 92-year old woman in Barcelona was knocked down by two youngsters sharing a board.

DGT director-general Pere Navarro says local councils have been asking him to set legal regulations for hoverboards in light of their rapidly-increasing presence in cities.

However, it will be up to councils to decide where, when or whether at all these means of transport should be permitted.

PHONE CRACKDOWN



Spanish traffic police are ready to launch a new weapon against drivers who use their mobile 'phones at the wheel.

Unmarked vans and HGVs specially equipped with front and side cameras will be deployed as the DGT prepares to crack down on motorists using their mobiles while they drive.

The height of the vehicles will allow officers to peer down into vehicles to catch offenders talking on their mobiles, messaging, reading or writing whilst driving.

Over 4,000 people have been caught in two years in a similar operation running in the UK. Spain is determined to tackle and ultimately eradicate the use of mobile 'phones by drivers as it is now the factor that causes most fatalities on the roads.

DROP YOUR SPE

New speed limits are now in operation in Spain, following changes to the law by the Department of Traffic.

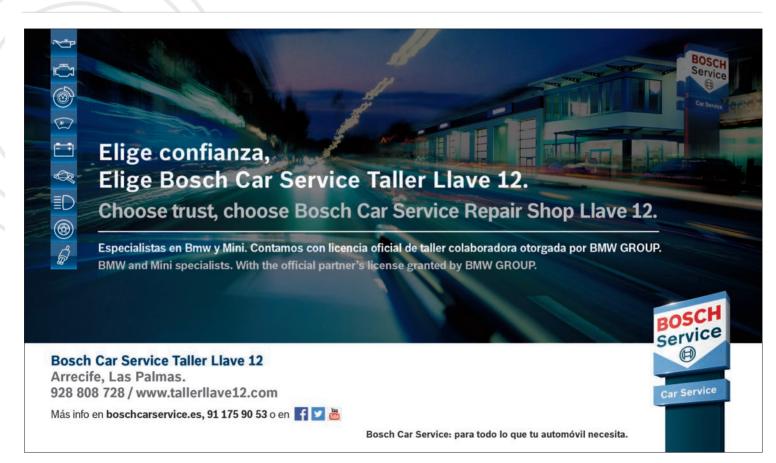
The maximum speed limit on secondary roads will drop from 100 kph to 90 kph. This limit applies to roads that are not separated from the oncoming lane of traffic by a verge or barrier, and where other speed limits do not apply. In practice, many of these roads on Lanzarote already have a limit of 90 kph or lower.

The DGT says a 10-kilometreper-hour drop will translate to a reduction in road deaths of 10%. Fatalities on Spain's



roads have risen gradually since 2013, when 1,680 drivers and passengers were killed, to 1,830 in 2017. Deaths on Lanzarote have also risen in recent years.

Tougher penalties for using a mobile phone at the wheel will also be introduced from January 2 – costing drivers six licence points, as opposed to the current three.



EYES ON THE

Visibility is important on the roads, and nowhere is that truer than on Lanzarote. Here are some tips to see and be seen.

Road safety considerations begin when you purchase your car. You might fancy the sleek, macho look of a black car, but a number of studies show that you're also increasing your risk of an accident by doing so.

Surveys seem to show that the lighter the car, the lower the chance of accidents, especially at twilight

show the the the the the dangerous time sents, cially

when visibility is reduced. After dark, car colour ceases to be a significant factor in accidents.

An increasing number of drivers keep their lights switched on at all times to increase their visibility. Motorcyclists are already obliged to use daylight headlights in many countries, and some countries are introducing similar rules for cars. A series of surveys shows that this measure can reduce daytime accidents by up to 5%.

It's not just a question of being visible, though. You also need to see what's around yourself. This is why an eye-test is a basic element of Spanish driving licence renewals, and why all drivers who wear glasses or contact lenses are obliged by law

to keep a spare pair in their car at all times.

One factor that many drivers are unaware of is their windscreen

but even though Lanzarote rarely sees rain, drivers here use their windscreen wipers frequently to clean dust and grease from their windows. Given that the average windscreen wiper may make half a million swipes in its lifetime, this causes plenty of friction and abrasion, which can reduce visibility by over 20%.

Experts recommend that drivers change their windscreen wipers

every year and wipe them down once in a while. You also need to make sure your wipers are in good conditions for rainy days, because when it does rain on Lanzarote it is often so heavy that you'll need something that's up to the task.

Sunglasses are also necessary on Lanzarote, where you can often find

yourself driving directly into glaring sun – your sun visor won't always do the job, and it certainly won't cut out glare in your mirrors.

Twilight is the most dangerous time on the roads, here on Lanzarote as well as elsewhere, and all drivers are recommended to drive a little more defensively at this time of day.



FLYING UP THE TABLE





UD Lanzarote are on a roll, with a rock-solid defence and a midfielder who can't stop scoring. Things are getting exciting at the Ciudad Deportiva, so don't miss a game! Ian Lane reports.

Five wins in five games have lifted U.D. Lanzarote from three points away from the relegation positions right up to fourth spot.

Attacking midfielder Miguel Gómez has been instrumental in his side's turnaround: scoring the winning goal in four of these matches and scoring six times in the last four games, his scorching form has helped propel Lanzarote into a play-off position.

The team has faced a great deal of criticism this season but it was never going to be easy to blend a squad with twelve new faces. The players and management of Los Rojillos (The Reds) have now silenced those critics with some exceptional performances.

Miguel came on early in the second half in a tough match on our annual

trip over to Fuerteventura to face CD El Cotillo on the 18th Nov. The game was goalless until the 73rd minute when the 27 year-old rode a couple of challenges and walloped the ball from 25 yards into the top lefthand corner to break the deadlock. sending the travelling Rojillo fans into absolute bliss.

If we thought that was a great goal he went one better the following week, hitting a rocket from 40 yards out, again straight into the top left corner. Miguel has certainly influenced recent results, but defensively Lanzarote have also been superb. It took over eight hours of football for them to concede and at that time they were 3-0 up at home.

Things are definitely looking bright and the increasing foreign support linking up with the local fans is playing a huge part in Lanzarote's success. A question I am often asked is, "Do you need to buy tickets prior to the match?" Well, the ground capacity is 6,000 and the average attendance ranges from 400-700 so the answer is: unless you are bringing 5,000 mates with you, then just pay on the gate.

Entrance is just €8 (Residents €6) Pensioners €6 (Residents €4, and all children 18 years and under are admitted free of charge. Beer and snacks are available at great prices and a warm welcome and a great day awaits you.

Come and get a suntan or sit in the shaded stand whilst watching the sport we love and support the island side in the Spanish fourth tier of football.

For all information go to the website: www.lanzarotefootball.com Facebook: Lanzarote Football Club or contact lan on 0034 649963943. info@mercancialanzarote.com

Official club shirts and merchandise are on sale with lan at the club's stall at Teguise market every Sunday (near the public toilets) and also at the Puerto del Carmen Old Town market every Friday. At Playa Blanca at the Rubicon Wednesday and Saturday markets. All markets are from 10am to 2pm.

FORTHCOMING HOME GAMES

(Ciudad Deportiva Arrecife stadium)

20th January Lanzarote v UD San Fernando

3rd February Lanzarote v UD Villa Santa Brígida

(The 13th January also sees the local derby match against U.S. Yaiza to be played at the stadium in Yaiza)













With a whole year ahead of us, we've decided to give you the lowdown on sporting activities available all over Lanzarote. This island has positioned itself as one of the premier sport and leisure destinations in Europe, and there's almost always something going on.

TRIATHLON

Lanzarote has been an international IRONMAN destination for over 20 years, and in recent years it has added the 70.3 half-triathlon race to the roster. But there are many more triathlon events throughout the year, from the Ocean Lava race to the Tri 122, from the Volcano Triathlon to the 8th Island Challenge on La Graciosa.

RUNNING

There are running events for all tastes and abilities on Lanzarote. Biggest of all is the Lanzarote Marathon in early December, while Haría Extreme offers gruelling mountain runs. The international Running Challenge at La Santa is a four-race medley, while the Wine

Run is a social affair situated in the wine country of La Geria.

CYCLING

Lanzarote doesn't offer any road races for cyclists – these usually take place as part of triathlons – but cyclists can be seen touring and training all over the island, all year round. If you prefer the rough stuff, investigate the thriving mountain and trail biking scene, which features regular competitions.

GOLF

With two top notch 18-hole golf courses and perfect weather all year round, it's always open season for golf on Lanzarote. The oldest course, in Costa Teguise, is a challenging one set in starkly beautiful volcanic

surroundings, while the more recent course just outside Puerto del Carmen is located on a picturesque plain sweeping down to the sea.

FOOTBALL

Football is played all over Lanzarote, and a weekend visit to your local municipal football ground will give you the chance to watch kids of all ages getting their kicks. For the professional stuff, you'll need to head to the Ciudad Deportiva stadium in Arrecife, where UD Lanzarote play every other week; or the Municipal Stadium in Yaiza, where Unión Sur play. Both teams compete in Spain's regional third division league.

CRICKET

Lanzarote has a healthy cricketing

tradition, with several teams formed principally of expats from the UK and India regularly going up against each other. Visiting teams are also welcomed every year.

TRADITIONAL SPORTS

Typical Canarian sports are still popular on Lanzarote. The most visible is Canarian bowls, a variant of petanque played on gravel pitches with wooden balls, and played by hundreds of older islanders. It's not too hard to get a game yourself, either.

Canarian wrestling takes place in special arenas and is a fascinating evening out, while other sports such as stick fighting or the "extreme" stick vaulting "Shepherds Leap" (salto del pastor) are also found in several places.









SWIMMING

The Open Water Cup, which begins in June, brings together eight separate travesías (crossings) all around the island, with adult distances ranging from 1.2 to 1.5 kms. You can sign up for any of these events in advance, and they are always great fun, with a festive, social atmosphere. The swimming calendar comes to an end in early October with the mighty Travesía del Río - a 2.4 km swim from La Graciosa to Lanzarote.

SAILING

With three luxury marinas and a number of smaller harbours and mooring areas, Lanzarote is rapidly becoming one of the most popular sailing destinations in Europe. It offers fantastic sailing weather, amazing voyages and views, plus plenty of facilities.

SURF

Lanzarote has been called "Europe's Hawaii", for its winter swells and waves. which roll down to the north coast from the Arctic. La Santa and San Juan beach are meccas for experienced waveriders,

while beginners can get up and riding at any of the surf schools on Famara beach.

WINDSURF

Windsurfing is practiced in many places on Lanzarote, but easily the most popular is Playa de las Cucharas in Costa Teguise, where stiff breezes guarantee terrific sport. Sign up for a beginner's course or just hire a rig and off you go!

KAYAKING

Booming in popularity in recent years, kayaking provides a cheap, practical and independent way to get to sea and discover the island's coasts. As well as official kayak clubs, there are several tour companies who offer kayak trips for beginners.

SCUBA

There are dive schools in all the resorts and elsewhere, and each will train you up to various levels, provide equipment and advice and take you to discover the endlessly captivating marine life that surrounds Lanzarote.

HANG GLIDING

Take a leap off the Famara cliffs and soar like an eagle, catching thermals and updrafts and getting the best view imaginable of this amazing island. Hang-gliding and paragliding are on offer for both experienced practitioners and beginners.

And there's more...

Tennis, padel ball, ten-pin bowling, basketball, handball, yoga, hiking, caving, gymnastics, horse riding, karting, rally racing, quad biking, rugby, martial arts, boxing, archery, zumba, baseball, squash, mountaineering ... these are just a few more of the sports and activities available on the island.

If you want to promote or publicise a sporting event, just get in touch with us at editorial@gazettelife.com



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Tide Tables for Arrecife, Lanzarote. Units are in metres. (Times may vary by a few minutes around the island)

Day	Hour	Metres	Day	Hour	Metres
_	L: 03:41 H: 09:50	0.9 2.3		L: 03:45 H: 09:56	0.9 2.3
1	L: 16:10	0.8	17	L: 16:13	0.8
	H: 22:25	2.4		H: 22:28	2.4
~	L: 04:39	0.8		L: 04:46	0.7
2	H: 10:46 L: 17:00	2.4 0.7	18	H: 10:55 L: 17:07	2.4 0.6
	H: 23:13	2.5	10	H: 23:20	2.6
_	L: 05:28	0.7		L: 05:39	0.5
3	H: 11:33 L: 17:42	2.4 0.7	19	H: 11:47 L: 17:57	2.6 0.5
J	H: 23:54	2.6		L. 17.57	0.0
	L: 06:10	0.6		H: 00:09	2.8
4	H: 12:15 L: 18:21	2.5 0.6	20	L: 06:28	0.3
	L. 10.21	0.0		H: 12:36 L: 18:44	2.7 0.3
	H: 00:32	2.7	ົ ດ 1	H: 00:55	3.0
5	L: 06:49	0.6	21	L: 07:15	0.1
· ·	H: 12:52 L: 18:56	2.5 0.6		H: 13:23 L: 19:30	2.8 0.2
	H: 01:07	2.7		H: 01:41	3.1
Ō	L: 07:24	0.5	22	L: 08:01	0.1
6	H: 13:28 L: 19:30	2.5 0.6	22	H: 14:09 L: 20:15	2.9 0.2
	H: 01:41	2.7		H: 02:26	3.1
7	L: 07:59	0.5	23	L: 08:47	0.1
•	H: 14:02 L: 20:04	2.5 0.6	40	H: 14:55 L: 21:00	2.8 0.3
	H: 02:15	2.7	• • • • • • • • • • • • • • • • • • • •	H: 03:12	3.0
8	L: 08:33	0.5	24	L: 09:34	0.2
O	H: 14:36 L: 20:38	2.4 0.7	25t	H: 15:42 L: 21:46	2.7 0.4
	H: 02:49	2.7	• • • • • • • • • • • • • • • • • • • •	H: 03:59	2.9
9	L: 09:08	0.6	25	L: 10:22	0.3
J	H: 15:10 L: 21:12	2.4 0.7	40	H: 16:31 L: 22:36	2.5 0.6
	H: 03:23	2.6	• • • • • • • • • • • • • • • • • • • •	H: 04:50	2.7
10	L: 09:44	0.7	26	L: 11:14	0.5
10	H: 15:46 L: 21:48	2.3 0.8	40	H: 17:24 L: 23:30	2.4 0.7
	H: 04:00	2.5		H: 05:45	2.5
11	L: 10:22	0.8	27	L: 12:11	0.7
ТТ	H: 16:25 L: 22:28	2.2 0.9		H: 18:24	2.2
	H: 04:41	2.4		L: 00:33	0.9
12	L: 11:04	0.9	28	H: 06:49	2.2
14	H: 17:10 L: 23:14	2.1	40	L: 13:17 H: 19:34	0.9 2.1
	H: 05:28	2.2		L: 01:49	1.0
13	L: 11:54	1.0	29	H: 08:05	2.1
10	H: 18:04	2.0		L: 14:30 H: 20:51	1.0 2.1
11	L: 00:10	1.1		L: 03:10	1.0
14	H: 06:26	2.2	30	H: 09:23	2.1
	L: 12:54 H: 19:09	1.0 2.0	-00_	L: 15:42 H: 22:00	1.0 2.1
	L: 01:19	1.1		L: 04:21	1.0
15	H: 07:35	2.1	31	H: 10:30	2.1
10	L: 14:03 H: 20:21	1.0 2.1	-01	L: 16:41 H: 22:55	0.9 2.3
	L: 02:35	1.1	O N		
16	H: 08:49	2.1	O Nev		rst uarter Moon
10	L: 15:11 H: 21:29	0.9 2.2			
H-Hic	l		Ful Mo	$ \begin{bmatrix} $	ast uarter Moon
H=High Tide L=Low Tide				γ.	



Kite Power!



Any child who's felt the tug of a kitestring will have wondered what it would be like to be swept off their feet by the power of a kite. And in recent years, that sensation has become accessible to everyone, as the sport of kitesurfing has multiplied.

Kitesurfing looks so spectacular that beginners might think that it's only for advanced surfers or windsurfers, but in fact it's actually easier than both of those sports. You don't need to learn how to leap on your board like a surfer – it's attached to your feet; and there's much less of the sailing expertise that's essential to windsurfing.

But the sensation and spectacle are every bit as exhilarating. Kitesurfers can reach speeds of over 80 kph (50 mph), and the leaps and manouevres they can perform are enhanced by being pulled up from above.

Lanzarote is also famous for kitesurfing. In 2007, Kirsty Jones set the first distance record for the sport when she kitesurfed from the island to the African mainland in just 9 hours.

You'll need to learn the basics of handling your kite, and there's some specialist equipment involved, but once you're sorted, you'll literally find yourself flying.

On Lanzarote, the undisputed centre of kitesurfing is Famara beach, where an entire section of this picturesque beach is set aside for the activity, but kitesurfing is also popular at Las Cucharas beach in Costa Teguise and others areas such as Playa Matagorda in Puerto del Carmen.

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UTILITIES



Park Life

Lanzarote is an island where the car is still very much in charge, but if you've got a car you'll need a place to put it while you're out and about, and parking has become a controversial issue on the island.

Free parking spaces in towns and cities are ever-harder to find. In Arrecife, for example, you have the choice between parking in official, private carparks, which can work out expensive, or leaving your car on a patch of wasteland where guys will look after it for a Euro or two.

In Puerto del Carmen, Costa Teguise and Playa Blanca parking can be difficult to locate in beach areas, especially during the high season. Prepare to park further away from the beach and walk a while, or look into the availability of public transport instead.

The rules on Lanzarote are fairly simple compared to other areas in Spain. White lines mark off free parking spaces; blue lines indicate limited parking that may be charged for, while yellow lines are no-parking zones. Areas filled with broad diagonal white bars are to be kept free at all times.

Remember never to cross an unbroken white line to park up on the other side of the road, no matter how deserted that street is. The fact that your car's pointing the wrong way is enough for police to issue a fine.

Every commercial area will have loading bays where parking is only allowed for suppliers to pick up and drop off. These, and other areas, may display the sign "Se Avisa Grúa" which means your car will be reported and towed away by the municipal tow truck.

Disabled parking spaces are available, although there are many complaints about their numbers and locations, and a Blue Badge from any EU country is valid to use them (don't ask us what happens after Brexit). If you live here, apply to your local Ayuntamiento for the Blue Badge.

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