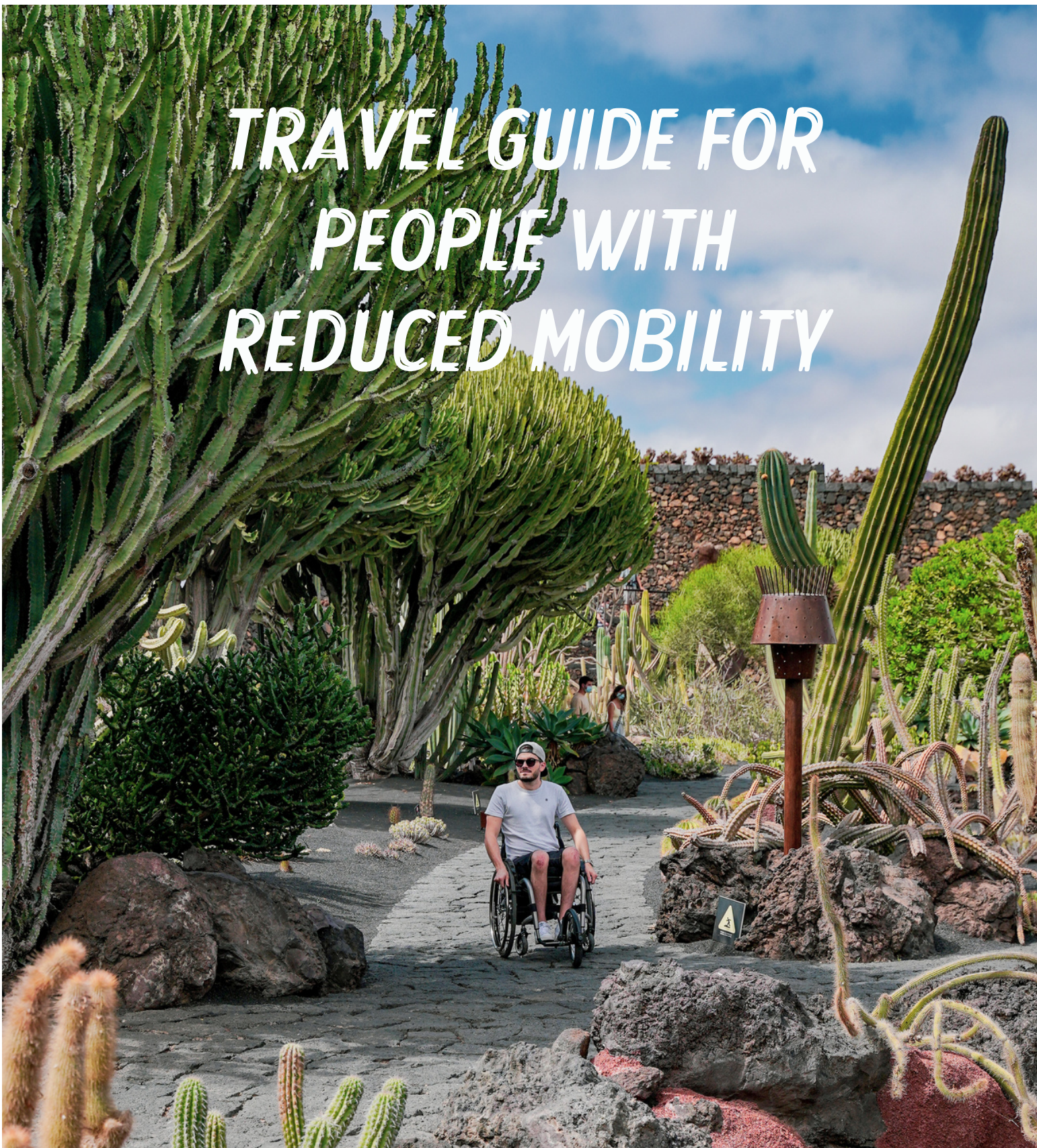


TRAVEL GUIDE FOR PEOPLE WITH REDUCED MOBILITY



Lanzarote



HOW TO USE THIS GUIDE?

This guide is a concentrate of useful information. The pictograms fit into this logic to get straight to the point. For tourist attractions you will find more detailed information.



Maximum occupancy in accommodation



Walk in shower with shower chair



Number of steps



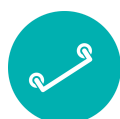
Adjusted sink



Toilets for the disabled



Ramp or water lift



Grab bar next to the toilet



Only the terrace is accessible



Parking space for the disabled



Deckchairs (free or to rent)



Wooden walkway



All terrain wheel recommended

The absence of pictogram means that the place is accessible, that there is no obstacle to the visit.

SUMMARY:



1. General informations

2. Prepare your trip

3. Main attractions

4. Accessible accommodations

5. Accessible tourist boards

6. Recommended restaurants and bar

7. Accessible pharmacies

GENERAL INFORMATION

SOME FACTS:

- In 1730 and 1824, eruptions deeply transformed the island
- 154,530 inhabitant in 2020
- Lanzarote is one of the 7 main Canary islands
- 3 million visitors in 2018
- 845 km² of area

CURRENCY AND EXCHANGE RATE:

The local currency is the Euro.

- 1 Euro = 1,13 American Dollar
- 1 Euro = 1,60 Australian Dollar
- 1 Euro = 1,11 Canadian Dollar
- 1 Euro = 0,84 Livre Sterling

IMPORTANT NUMBERS:

- Australian embassy: +34 91 353 6600
 - United Kingdom consulate:
 - office hours: +34 917 146 300
 - In case of emergency out of office hours: +34 91 714 6300
 - Canadian embassy:
 - office hours: +34 91 382 8400
 - In case of emergency out of office hours:
+613 996 8885 ou +613 944 1310
 - United States of America embassy: +34 91 587 2200
-
- International dialing code for Spain: +34
 - Single european emergency call number: 112
 - Medical emergencies: 112
 - Firefighters: 112
 - Police: 91

DRIVING IN LANZAROTE:

- Right-hand drive.
- The speed limit is 100 or 110 km/h on two way axles, 80 or 90 km/h on the roads and 50 km/h in the city.
- The allowed blood alcohol level is 0,50 g/l.

CLIMATE:

This island can easily be visited all year round thanks to a mild and dry subtropical climate. Average temperatures vary between 21°C in January and 29°C in August. Lanzarote is bathed in sunshine around 280 days against only 18 days of rain per year.

In winter, the temperatures are mild and pleasant.

Spring and autumn are the best seasons to discover Lanzarote.

In summer, the climate is hot and sunny.

PREPARE YOUR TRIP

INDISPENSABLE DOCUMENTS:

- Valid identity card or passport
- Disability card
- Parking card for people with disabilities
- Driving license
- Prescription for medical treatments

VISA:

Americans, Australians, British and Canadians have visa-free access to Spain for up to 90 days. Check if you need a visa: [click on this link](#)

HEALTH:

It is recommended to be up to date with your vaccinations. The rules to access the territory in relation to the Covid change regularly, it is advised to consult the website of the embassy of your origin country in Spain.

If you are an european citizen, remember to apply for your European health insurance card. It will allow you, in the event of an unexpected health problem, to have access to health professionals and hospitals in the country visited at the same price.

Some bank cards include insurance that can cover unexpected medical expenses. I advise you to inquire.

You can take travel insurance to cover unforeseen medical costs, but also loss or theft of luggage, etc.

ELECTRICITY:

Voltage and frequency in Spain are the same as in Australia and the UK (230V, 50Hz), so you can use all your devices only with an adaptor.

Americans and Canadians will need to use an adaptor. Check your devices: if they do not have the words 'INPUT: 100-240V, 50/60 Hz' you will need a transformer.

AIRPORT:

Lanzarote has an international airport in San Bartolomé not far from Arrecife. It is perfectly suitable for people with reduced mobility.

ASSISTANCE AT THE AIRPORT:

If you choose to fly, remember to ask for assistance no later than 48 hours before your trip. This service is free for anyone with reduced mobility. It allows you, depending on your needs, to benefit from a companion to move around the terminals, to check-in and check-in your luggage, to get to the plane, to embark, to settle on board, but also to leave the plane, collect your luggage and accompany you out of the airport.

EXTRA URBAIN BUS:

Extra urban buses or guaguas are not accessible.

CAR RENTAL:

Cicar has two types of accessible vehicles:

- Opel Vivaro with electric platform
- Opel Astra automatic transmission with steering wheel controls

Information:

- +34 928822900
- info@cicar.com

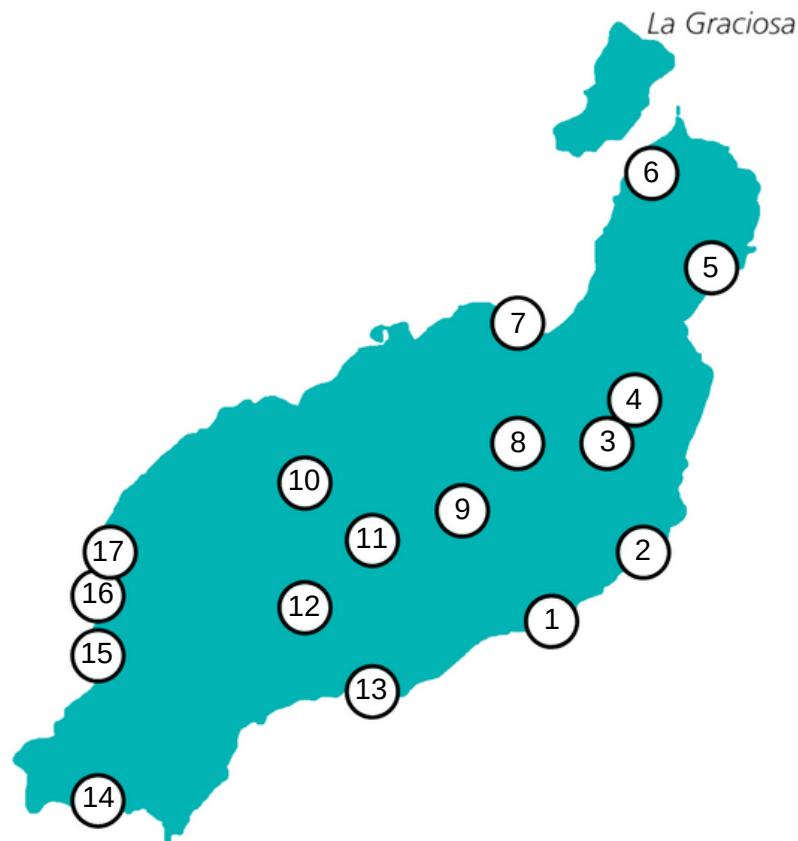
Hertz has vehicles with steering wheel controls. They must be requested at least,48 hours in advance at +01 41 91 95 95. These vehicules are reserved to people who do not have the use of the lower libs but who have the full use of the upper one's .

PARKING:

You are allowed to park in a parking lot for the disabled if you have a parking card for people with disabilities. Parking is free on these places.

MAIN ATTRACTIONS

In order to properly locate the places we are going to talk about and not miss anything, remember to save each location in Google Maps. So you will have an overview!



- | | |
|--------------------|----------------------------|
| 1 Arrecife | 10 Timanfaya National Park |
| 2 Costa Teguise | 11 Montaña colorada |
| 3 La rofera | 12 La Geria |
| 4 Cactus garden | 13 Puerto del Carmen |
| 5 Aloe vera museum | 14 Playa Blanca |
| 6 Miradors | 15 Salinas de Janubio |
| 7 Caleta de Famara | 16 Los hervideros |
| 8 Teguise | 17 El Golfo |
| 9 Peasant museum | |

1. ARRECIFE:

Capital of Lanzarote since 1852, Arrecife is the entry point to the island for many tourists. It does not have a significant heritage but still deserves to spend a few hours there.



Do not miss:

- Walk around the Charco de San Ginés.
Location: [click on this link](#)
- Observe the Church of San Ginés.
Location: [cliquez sur ce lien](#) [click on this link](#)
- Stroll the streets around the plaza de Las Palmas.
Location: [click on this link](#)
- Proceed to Castillo San Gabriel.
Location: [click on this link](#)
- Visit the Castillo San José and the contemporary art exhibition it houses
Location: [cliquez sur ce lien](#) [click on this link](#)
- Sunbathing at playa del Reducto.
Location: [click on this link](#)



Accessibility:

- The city has a certain relief but the points of interest are located in a relatively flat area.
- The path to reach the Castillo San Gabriel is made of very uneven cobblestones, the all-terrain wheel is recommended. It is not accessible.
- Playa del Reducto:
 - Wooden walkway
 - Ramp to go into the water
 - Disabled toilets
 - Shower with seat

2. COSTA TEGUISE:

This seaside resort is one of the most visited towns on the island. Its location makes it an ideal place to put your suitcase to visit the northern half of Lanzarote without spending hours in the car.



Do not miss:

- Stroll through Pueblo Marinero: a small village with typical Canarian architecture created from scratch in the 90s.
Location: [click on this link](#)
- Stroll on the promenade along the sea.
Location: [click on this link](#)
- Shop around at the craft market on Wednesdays and Fridays.
Location: [click on this link](#)
- Visit the Aquarium.
Location: [click on this link](#)
- Relax at:
 - Playa de las Cucharas.
Location: [click on this link](#)
 - Playa Jabillo.
Location: [click on this link](#)

Accessibility:

- The city has little relief
- The pavement is smooth and regular
- The aquarium is accessible and has accessible toilet
- Playa de las Cucharas:
 - Wooden walkway
 - Ramp and amphibious wheelchair
 - Deckchairs
- Playa Jabillo:
 - Rampe et fauteuil amphibie
 - Shower with seat
- You must reserve the amphibious wheelchair at +34 616 79 29 60.





3. THE ROFERA:

Location: [click on this link](#)

These strange rock formations are part of an old rofé quarry (small gravel used in gardens and crops).

Accessibility:

- No relief
- Soil made of compacted and loose gravel in some places
- All-terrain wheel recommended
- It is possible to park nearby



4. CACTUS GARDEN:

Location: [click on this link](#)

This garden is the latest invention of Césare Manrique, a painter, architect and sculptor, who influenced the image of his native island. This place is home to more than 450 species of cacti from five continents.

Accessibility:

- A bit of relief in some places
- The ground is made of uneven cobblestones
- Accessible toilets
- Only the surroundings of the mill are inaccessible



5. ALOE VERA MUSEUM:

Location: [click on this link](#)

The subtropical climate of the island particularly appeals to Aloe Vera. You will learn everything about this plant with multiple properties.

Accessibility:

- Parking space for the disabled



6. MIRADORS:

The three viewpoints are unique places that offer breathtaking views of the island of La Graciosa but also examples of integrated and ecological architecture.

Rio's mirador:

Location: [click on this link](#)

This watchtower is the most famous. Admission is chargeable. It is open from 10 a.m. to 5 p.m. and has accessible toilet.



Nahum's mirador:

Location: [click on this link](#)

This watchtower is free and open access.

Guinate's mirador:

Location: [click on this link](#)

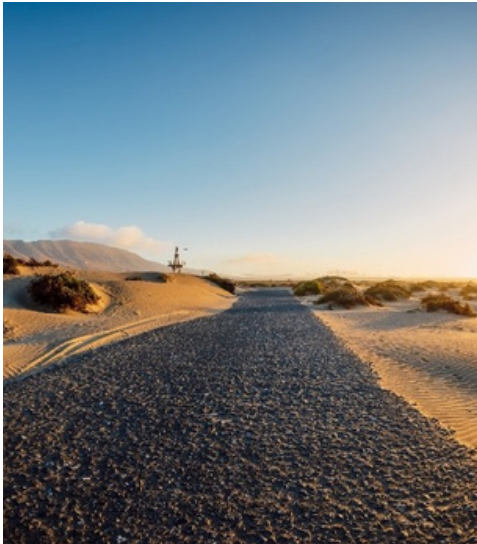
This watchtower is free and above all not very touristic.



7. CALETA DE FAMARA:

Location: [click on this link](#)

Caleta de Famara is one of the prettiest fishing villages on the island. It consists of traditional whitewashed houses adjoining to the beach. There is no major attraction but remains very pleasant.



Do not miss:

- Stroll through the alleys.
- Observe surfers
- Eating facing the ocean

Accessibility:

- No relief
- Some alleys are made of compacted sand
- All-terrain wheel recommended



8. TEGUISE:

The alleys of the old capital of Lanzarote are of the traditional local style. They are decorated with small vegetal touches, certainly the most beautiful village on the island.

Do not miss:

- Admire the Our Lady of Guadeloupe church and the Constitution square.

Location: [click on this link](#)

- Stroll through the alleys of the city center.
- Pass in front of the San Francisco de Miraflores church.

Location: [click on this link](#)

- Stroll to the Sunday market.

Location: [click on this link](#)

Accessibility:

- A little relief
- Floor made of a smooth and regular pavement





9. PEASANT MUSEUM:

Location: [click on this link](#)

This museum is the work of César Manrique who wanted to pay tribute to the Lanzarotean farmers who braved the arid climate to build this community. Here you will find a review of the different parts of the society of the island and its changes over the years.

Accessibility:

- Accessible toilet



10. TIMANFAYA NATIONAL PARK:

This park was born from volcanic eruptions, having taken place in the 18th and 19th centuries, which profoundly transformed the landscape. The absence of vegetation, the imposing craters, the lava fields as far as the eye can see give Timanfaya a singular beauty.

Do not miss:

- The visitor center presents an exhibition on the geological activity, fauna and flora of the park.
Location: [click on this link](#)
- The mountains of fire are accessible by car, the price of admission includes the geotechnical demonstrations and the bus tour.
Location: [click on this link](#)

Accessibility:

- Visitor center:
 - Parking space for the disabled
 - Accessible toilet
- The mountains of fire bus is accessible.





11. MONTAÑA COLORADA:

Location: [click on this link](#)

This volcano owes its name to its brick red face which contrasts with the surrounding volcanic soil. It is a pleasant walk of about 2 km, in the middle of a lava field, which turns out to be challenging.

Advise:

Once at the foot of the volcano, take the right path to access the colored face.



Accessibility:

- A bit of relief
- Soil made of compacted earth and more or less compacted gravel.
- Assistance and all-terrain wheels recommended



12. LA GERIA:

The vineyards of La Geria, the wine-growing valley of Lanzarote, have developed a unique way of growing vines in this harsh environment. The feet are placed in zocos: basins surrounded by arcuate low walls, allowing the dew to be retained and the vines to be protected from the trade winds. This unusual terroir gives a wine of character.



Do not miss:

- Bodega La Geria is the best known vineyard on the island. There are usually a lot of people.
Location: [click on this link](#)
- Bodegas El grifo is the oldest vineyard in the Canary Islands.
Location: [click on this link](#)
- Bodega Bermejos offers one of the best red wines on the island.
Location: [click on this link](#)



Accessibility:

- Bodega La Geria:
 - Only the terrace is accessible
 - One step at the entrance
 - Accessible toilet
- Bodegas El grifo is accessible, the museum is only partially accessible.
- Bodegas Bermejos is accessible, it is possible to visit the winemaking part.

13. PUERTO DEL CARMEN:

Stretching over 7 km of coastline, Puerto del Carmen is the largest seaside resort in Lanzarote.



Accessibility:

- The city is built on the side of a hill but it is easy to avoid the stairs.
- The pavement is regular.
- You must reserve the amphibious chair at least 24 hours in advance. It is ready for 1 hour.

Contact: +34 928 80 68 06

pmr@puertodelcarmen.com

- Playa Chica:
 - Wooden walkway
 - Accessible toilet
- Playa Grande:
 - Wooden walkway
 - Accessible toilet
 - Deckchairs
- Playa de los Pocillos:
 - Wooden walkway
 - Accessible toilet
 - Deckchairs
- Walk to Puerto Calero:
 - A bit of relief
 - Ground made of compacted soil
 - All-terrain wheel and assistance recommended

Do not miss:

- Browse El Varadero, the port of the old town.
Location: [click on this link](#)
- Take a walk on Avenida de las Playas.
Location: [click on this link](#)
- Sunbathe on:
 - Playa Chica.
Location: [click on this link](#)
 - Playa Grande.
Location: [click on this link](#)
 - Playa de los Pocillos.
Location: [click on this link](#)
- Walk by the sea to Puerto Calero.
Location: [click on this link](#)





14. PLAYA BLANCA:

Playa Blanca is a seaside resort whose main attractions are its very beautiful beaches.

Do not miss:

- Stroll on the boardwalk by the ocean.
Location: [click on this link](#)
- Enjoy Playa Blanca.
Location: [click on this link](#)

Accessibility:

- The city is built on the side of a hill but it is easy to avoid the stairs.
- The pavement is regular.
- Playa Blanca:
 - Wooden walkway
 - Ramp to go into water
 - Shower with seat

15. SALINAS DE JANUBIO:



These saltworks were installed in a lagoon closed by a lava flow. This 45 hectare site presents an incredible variety of colors.

Do not miss:

There are two ways to appreciate this place:

- From the viewpoint overlooking the salinas.
Location: [click on this link](#)
- Drive down to the salt flats.
Location: [click on this link](#)

Accessibility:

- The point of view presents a stony ground. There is a small descent that will require a little help on the way back. All-terrain wheel advised.
- In the saltworks, the relief is flat and the floor homogeneous.





16. LOS HERVIDEROS:

Location: [click on this link](#)

The site of Los Hervideros, which means boiling water, is a marvel of nature. The waves come crashing on the caves formed during the eruptions of the 18th century by a lava flow.

Accessibility:

- Little relief
- Asphalt ground



17. EL GOLFO:

Location: [click on this link](#)

El Golfo is a small village facing the ocean, best known for Charcos de los Clicos. It is an essential spot to admire the sunset.

Do not miss:

- Venture into the alleys.
- Brave the climb to reach the viewpoint over Charcos de los Clicos.

Advise:

- If you want to visit El Golfo, park: [here](#)
- For Charcos de los Clicos, park: [here](#)



Accessibility:

- The city center has little relief, the ground is tarred.
- The climb then the descent on the way back from Charcos de Clicos is very steep. The ground is made of compacted gravel. Assistance and all-terrain wheels recommended.

ACCESSIBLE ACCOMMODATIONS

If you appreciate our work and want to support us, you can book your accommodations via the booking links below. A small commission will be paid to us without it costing you more, thanks to your support we will be able to expand the range of travel guides for people with reduced mobility.

We recommend that you book in advance in order to have as much choice as possible among accessible accommodation and obtain advantageous rates.

COSTA TEGUISE:

HD Beach Resort & Spa 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Los Zocos Impressive Lanzarote 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Oasis Lanz Beach Mate 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Blueseas Costa Tegui Gardens 3*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Apartamentos Océano 3*:

Location: [click on this link](#)

Booking link: [click on this link](#)



FAMARA:

Bungalows Playa Famara 2*:

Location: [click on this link](#)

Booking link: [click on this link](#)



PLAYA BLANCA:

Princesa Yaiza Suite Hotel Resort 5*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Elba Lanzarote Royal Village Resort 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Hipotels Nature Palace 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



PUERTO CALERO:

Hotel Costa Calero Talaso & Spa 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



PUERTO DEL CARMEN:

R2 Bahia Kontiki 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Seaside Los Jameos 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Las Costas Hotel 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Sol Lanzarote 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Nautilus Lanzarote 4*:

Location: [click on this link](#)

Booking link: [click on this link](#)



Floresta Hotel 3*:

Location: [click on this link](#)

Booking link: [click on this link](#)

**Hyde Park Lane 3*:**

Location: [click on this link](#)

Booking link: [click on this link](#)

**Casas Heddy:**

Location: [click on this link](#)

Booking link: [click on this link](#)



ACCESSIBLE TOURIST BOARDS

ARRECIFE:

Location: [click on this link](#)

COSTA TEGUISE:

Location: [click on this link](#)

PLAYA BLANCA:

Location: [click on this link](#)

PUERTO DEL CARMEN:

Location: [click on this link](#)

TEGUISE:

Location: [click on this link](#)



RECOMMENDED RESTAURANTS AND BARS

ARRECIFE:

Bar Andalucía 1960:

Location: [click on this link](#)



CALETA DE FAMARA:

Dunas de Famara:

Location: [click on this link](#)



COSTA TEGUISE:

Cesare:

Location: [click on this link](#)



EL GOLFO:

El Pescador «Casa Barriguita»:

Location: [click on this link](#)

HARÍA:

La puerta verde:

Location: [click on this link](#)



PUERTO DEL CARMEN:

Sebastyan's Atlantico Lounge:

Location: [click on this link](#)



Mumbai Masala:

Location: [click on this link](#)



PLAYA BLANCA:

Avenida 55:

Location: [click on this link](#)

La Chalanita:

Location: [click on this link](#)

TEGUISE:

El Recoveco:

Location: [click on this link](#)



YAIZA:

Asador 7 hojas:

Location: [click on this link](#)

La Bodega de Santiago:

Location: [click on this link](#)



ACCESSIBLE TOILETS

ARRECIFE:

Hospital Insular de lanzarote:
Quesada Intercambiador de Guaguas:
Eurospar:

Location: [click on this link](#)
Location: [click on this link](#)
Location: [click on this link](#)

COSTA TEGUISE:

Public toilets:

Location: [click on this link](#)

PLAYA BLANCA:

Public toilets:

Location: [click on this link](#)

PUERTO DEL CARMEN:

Biosfera Plaza Shopping:
Plazas de las Naciones:
Playa de los Pocillos:
Playa Lima:

Location: [click on this link](#)
Location: [click on this link](#)
Location: [click on this link](#)
Location: [click on this link](#)

TEGUISE:

Public toilets:

Location: [click on this link](#)

TÍAS:

Hiperdino Tías Centro:

Location: [click on this link](#)

ACCESSIBLE PHARMACIES

ARRECIFE:

Farmacia Martin Capote:

Location: [click on this link](#)

Tip: Park the car in the pharmacy car park and take the elevator.

This will allow you to avoid the entrance 2 steps.

COSTA TEGUISE:

Farmacia Pueblo Marinero:

Location: [click on this link](#)

PLAYA BLANCA:

Farmacia Playa Blanca:

Location: [click on this link](#)

PUERTO DEL CARMEN:

Farmacia Los Arcos:

Location: [click on this link](#)

TEGUISE:

Farmacia La Villa de Tegui:

Location: [click on this link](#)

PRESTATAIRE DE MATERIEL MÉDICAL:

Island Mobility:

Based in Playa Blanca but
operates throughout the island

***We wish you an excellent trip and do not hesitate to
follow us on social networks!***

***If you find accessibility improvements or errors, please contact us.
These fixes will help others.***

contact@wheelchairontheroad.net



Wheelchair on the road Association

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