

GRAN CANARIA

The island of Gran Canaria guide



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THE ISLAND OF GRAN CANARIA GUIDE



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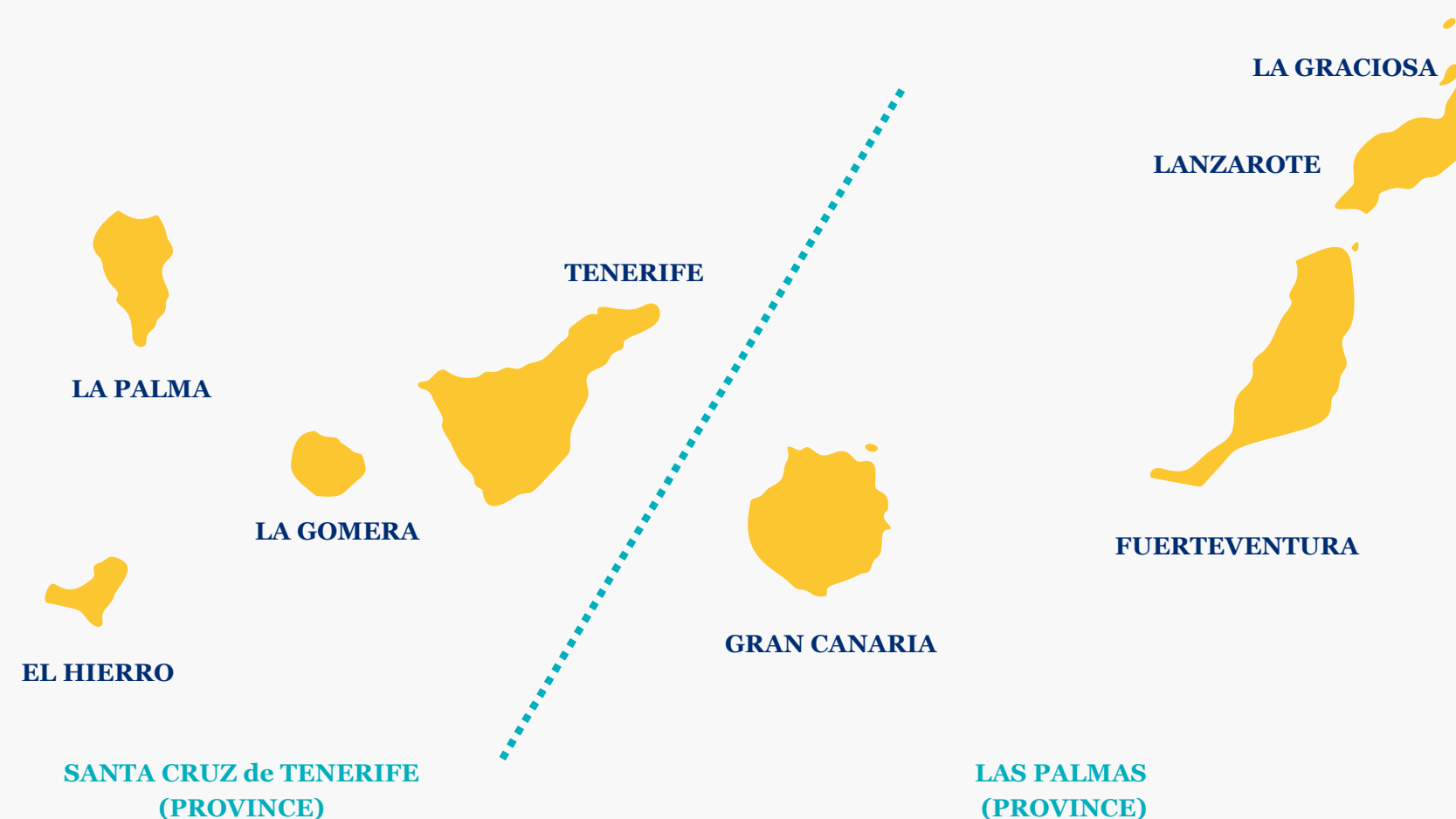
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THE CANARY ISLANDS

The Canary Islands have a benign climate, enjoying the so-called eternal spring (with average annual temperatures ranging from 18 to 25 degrees Celsius) and offering a range of natural attractions: five of its eight islands are an UNESCO Biosphere Reserve, home to four national parks. The nearest island, Fuerteventura, is 108 km off the northwest African mainland and around 1500 km from mainland Spain. The Canary Islands are divided into the Spanish provinces of Las Palmas and Santa Cruz de Tenerife, and further divided into the insular councils of Gran Canaria, Fuerteventura, Lanzarote, La Graciosa, Tenerife, La Palma, La Gomera, and El Hierro.

Since 1950, the Canary Islands' tourism industry has expanded rapidly, drawing nearly 15 million tourists in 2019 alone. This growth has been driven by the islands' appealing climate, diverse ecosystems, and the wide array of recreational activities they offer, from hiking and water sports to exploring volcanic landscapes and cultural heritage sites.

Check the [Spain Official Tourist Website](#) for more information, click [here](#).



THE ISLAND OF GRAN CANARIA.

Gran Canaria is known to be like a miniature continent due to its rich variety of microclimates. The island is of volcanic origin and has a circular shape, characterized by ravines that originate from the central mountain peak and extend all the way to the coast. Gran Canaria features long sandy beaches that contrast with its lush green ravines in the north and center of the island, as well as its picturesque villages. Between 3 and 5 million tourists visit Gran Canaria each year. As of 2024, the island has approximately 838,397 inhabitants.



Check the Official Gran Canaria Tourist Website for more information, click [here](#).

THE CITY OF LAS PALMAS DE GRAN CANARIA

Las Palmas de Gran Canaria is the capital city of Gran Canaria. It has mild climate thanks to its location, and to the trade winds coming from northwest Atlantic. These factors result in pleasant average temperatures of around 17°C in winter and 25°C in summer. As one of the top 10 largest cities in Spain, Las Palmas also serves as the European Capital of the Mid-Atlantic, acting as a vital bridge between Europe, Africa, and the Americas. The city is located on the northeast of Gran Canaria, only 18 kilometres (20 minute-drive) from the International Airport of Gran Canaria (LPA) and has a 3-kilometre-long sand beach called Las Canteras. It is recommendable to stroll along the promenade in the early hours of the morning or in the afternoon to enjoy the breathtaking sunsets. Notable nearby landmarks include the Alfredo Kraus Concert Hall, Plaza de la Música, the surf area of La Cícer, the popular Playa Grande, and La Puntilla, the getaway to La Isleta district.

History:

The city was founded in 1478 in the area which later became the historic borough of Vegueta and the Guiniguada ravine. The historical centre of Vegueta, where you can visit the famous Gothic-style Cathedral of Santa Ana, and the museum Casa de Colón, dedicated to Christopher Columbus, who stopped in Las Palmas during his journey to the discovery of the Americas. Another vibrant district is Triana, known for its charming traditional architecture, and a variety of shops and restaurants, making it one of the city's most fashionable areas.

Check the [Las Palmas Website](#) for more information, [click here](#).



THE NORTH-CENTRE OF THE ISLAND

The island is home to several charming villages and towns, each with its unique character. Arucas is famous for its neo-Gothic cathedral, while Santa María de Guía and Teror stand out for their beautiful colonial-style buildings. In Gáldar, visitors can explore the rich history of the indigenous Guanche culture. The fishing village of Puerto de las Nieves, located near the town of Agaete—more than 500 years old—offers stunning views of the steep, colorful slopes and a breathtaking panorama of Tenerife island.

One of Gran Canaria's most iconic landmarks is Roque Nublo, an 80-meter-tall volcanic rock formation located in the municipality of Tejeda. This impressive natural monument is part of a UNESCO protected biosphere reserve, symbolizing the island's landscapes.

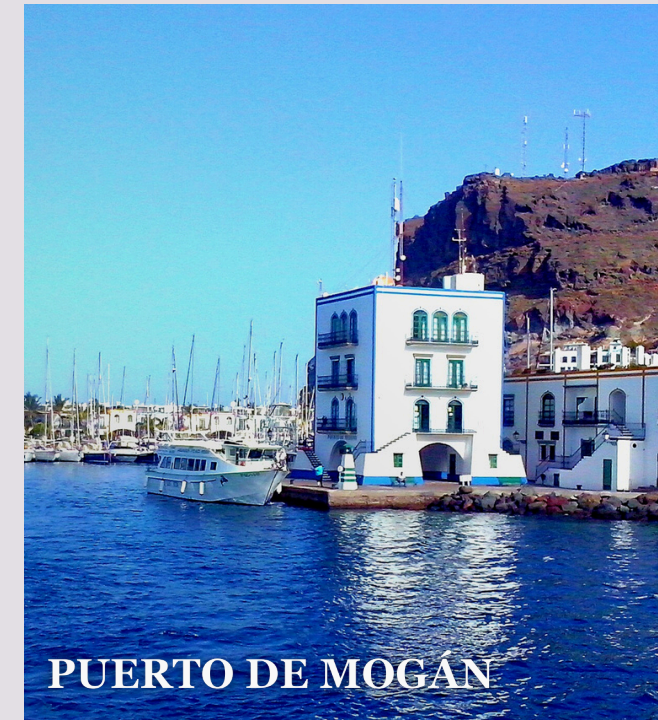
Check the website for more information, [click here](#).



THE SOUTH OF THE ISLAND

The southern part of Gran Canaria can be captured in three words: sun, beaches, and leisure. Highlights include the Dunes of Maspalomas, miles of golden sandy beaches, a wide range of water sports along the coast of Mogán, and stable climate year-round. These features make this part of the island a top holiday destination for people looking to relax and sunbathe. Additionally, the South-Western Route offers visitors the opportunity to explore the island's interior, where traditional and rural tourism are prominent.

Check the website for more information, click [here](#).



THE LOCAL CUISINE

Gran Canaria's unique geographical location at the crossroads of Africa, America, and Europe has greatly influenced its cuisine, resulting in a rich blend of cultural culinary traditions. The island's volcanic soil also contributes to the distinctive flavors of its home-grown produce.

Among the must-try typical dishes are grilled meats and fish, as well as papas arrugadas — boiled, salted wrinkled potatoes served with mojo picón, a spicy sauce made with garlic, olive oil, red or green peppers, cumin, salt, and vinegar. Other local favorites include ropa vieja, a hearty stew made with chicken, pork, or beef, combined with vegetables, chickpeas, and potatoes, as well as gofio, a flour made from roasted grains of wheat or corn. Cheese lovers should try queso de cabra, particularly Queso Majorero from Fuerteventura and Queso Palmero from La Palma. For dessert, the island offers delicious honey and almond cakes, as well as a variety of traditional sweets.



PAPAS ARRUGADAS



GOFIO



ROPA VIEJA

Check the website for more information, [click here](#).

WHAT TO DO AND SEE IN GRAN CANARIA

Leaving behind the towns and places that we have already mentioned, the island offers an impressive variety of tourist attractions and activities for all tastes. You will be spoilt for choice! Check out these two different links where you can find the most sought-out spots of the entire island!

Check what not to miss in Gran Canaria website, click [here](#).
Check Best Places to Visit and See website, click [here](#).
Check out the Top Attraction in Gran Canaria, click [here](#).



UNIVERSIDAD DEL ATLÁNTICO MEDIO

The origins of the Universidad del Atlántico Medio date back to 1988, when the Bravo Murillo Foundation, promoter of the university, set as its strategic objective the socio-economic development of the Canary Islands through university education aimed at academic excellence, internationalisation and practical training that would facilitate the integration of our students into the labour market. Over three decades, the Bravo Murillo International Institute and the School of Foreign Trade and Marketing, ESCOEX, have trained more than 2,700 professionals through their undergraduate and postgraduate programmes. Many graduates work on the five continents.

The university was officially recognized by a law approved unanimously by the Parliament of the Canary Islands on March 26, 2015. Since then, it has expanded its academic offerings with the establishment of the Faculty of Communication, Faculty of Education, the ESCOEX Faculty of Social Sciences, and the Mid Atlantic Business School, the successor to the Bravo Murillo International Institute. As of 2024, Universidad del Atlántico Medio (UNAM) comprises three faculties: the Faculty of Social and Legal Sciences, the Faculty of Education Sciences, and the Faculty of Health Sciences, alongside the School of Information Systems Engineering, offering a wide array of bachelor's and master's degree programs.

More information on the study plan for Bachelor and Master Degrees, click [here](#).
To see courses in English, click [here](#).



UNIVERSIDAD DEL ATLÁNTICO MEDIO



WELCOME TO UNAM

EXPANDING HORIZONS



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LAS PALMAS DE GRAN CANARIA



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