

SPAIN · BEACHES · ISLANDS · HIKING · MOUNTAINS · NIGHTLIFE



Canary Islands

Spain's Atlantic archipelago, off north-west Africa, is Britain's favourite winter-sun escape: around 21–22°C by day in January, roughly four and a half hours from London and on the same clock as the UK. Tenerife and Gran Canaria pair big resorts with volcanic peaks; Lanzarote and Fuerteventura are flatter, windier and built around beaches.

 Read the UK government's travel advice for Spain and entry requirements before you go.

 COUNTRY Spain	 BEST TIME Oct–Mar	 FLIGHT FROM LONDON 4h 30m direct ~£140–£400 return	 DAILY BUDGET £60–£260 ££ Moderate
 WARMEST MONTH July (28°C)	 SEA TEMPERATURE 19–24°C coolest–warmest	 TIME ZONE Canary same time as the UK now	 CURRENCY Euro £1 ≈ €1.19

Most UK visitors fly into one island and stay put, so choosing the island is the main decision. Tenerife has the widest range, from Costa Adeje's family hotels to walking on Teide and the greener north. Gran Canaria pairs the Maspalomas dunes with a lively capital in Las Palmas and mountain villages inland. Lanzarote is low-rise, shaped by César Manrique's building ideas and its lava fields, while Fuerteventura is about long beaches and kitesurfing. October to March is the main season, with Christmas and February half-term the priciest weeks. Summer is hot but rarely oppressive, and the north-east trade winds keep northern coasts cloudier than the south.

Highlights

- 1

NATURE

Teide National Park

Spain's highest peak, at 3,715m, rises from a vast lunar caldera in the middle of Tenerife. A cable car climbs to about 160m below the summit; the final path needs a permit booked well ahead, now charged for non-residents, and stargazing tours run after dark.
- 2

NATURE

Timanfaya National Park

Lanzarote's Fire Mountains were formed by eruptions between 1730 and 1736. Visits are by coach tour along a road through the lava fields, and at Islote de Hilario staff pour water into vents that erupt as steam geysers.
- 3

BEACH

Corralejo dunes

Wind-sculpted white dunes run for kilometres behind the beaches south of Corralejo on Fuerteventura's north-east tip, facing the islet of Lobos. Kitesurfers and windsurfers love the steady trade winds; families should look for a sheltered stretch.
- 4

NATURE

Roque Nublo

This basalt monolith, around 80m tall, stands near the centre of Gran Canaria at about 1,800m. A short, popular walk reaches its base, with views to Teide on clear days; go early to beat the cloud and the parking queues.

5

NATURE

Garajonay National Park

La Gomera's UNESCO-listed national park protects one of the finest surviving laurel forests, often wrapped in mist. The fast ferry from Los Cristianos on Tenerife takes about 50 minutes, making a day of hiking there easy.

Where to stay

WHERE TO STAY

Costa Adeje, Tenerife

Tenerife's sunniest and most polished resort strip, with large family hotels, good beaches such as Playa del Duque and easy access to Teide.

WHERE TO STAY

Maspalomas and Playa del Inglés, Gran Canaria

Gran Canaria's southern resort hub beside the dunes, popular with families, LGBTQ+ travellers and winter long-stayers, with hotels at every price.

WHERE TO STAY

Puerto del Carmen, Lanzarote

Lanzarote's main resort, with a long sandy beach, a small old harbour and good diving; suits couples and families wanting a calmer pace.

WHERE TO STAY

Corralejo, Fuerteventura

Fuerteventura's liveliest town, close to the dunes and the boats to Lobos; good for water sports, beach days and relaxed evenings.

When to go to Canary Islands

Best time: **Oct–Mar**.

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

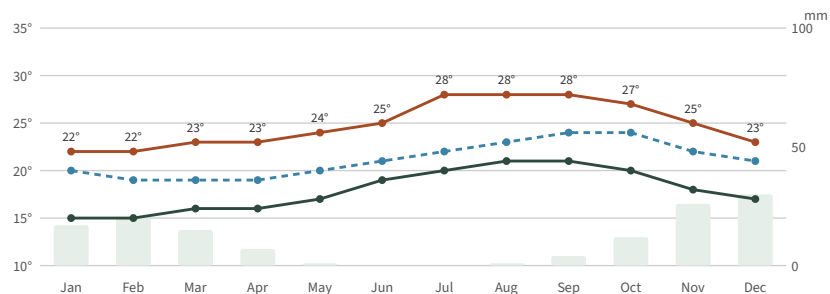
Nov

Dec

■ Best ■ Good ■ Mixed ■ Poor

Average climate in Playa de las Américas, Tenerife

— High °C — Low °C — Sea °C ■ Rain (mm)



How much does Canary Islands cost?

SHOESTRING £60 per person / day ≈ €71.42	MID-RANGE £130 per person / day ≈ €155	COMFORTABLE £260 per person / day ≈ €309
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Per person per day excluding flights. Return flights from London typically cost £140 off-peak and £400 in school holidays.

Visas & entry for Canary Islands

Shown for a British passport.

No visa needed

You can travel without a visa to the Schengen area, which includes Spain, for up to 90 days in any 180-day period. This applies if you travel: as a tourist; to visit family or friends; to attend business meetings, cultural or sports events; for short-term studies or training.

The requirements for working in Spain are different.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations

 See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Tetanus

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Rabies

YELLOW FEVER CERTIFICATE

No yellow fever certificate is required to enter.

MALARIA

No malaria risk

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Spain

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Tue 8 Dec 2026	Immaculate Conception
Fri 25 Dec 2026	Christmas Day
Fri 1 Jan 2027	New Year's Day
Wed 6 Jan 2027	Epiphany

Fri 26 Mar 2027	Good Friday
Sat 1 May 2027	Labour Day
Tue 12 Oct 2027	National Day

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Know before you go

The Atlantic stays around 19°C in late winter, cooler than many expect, so if you plan to swim between January and April choose a hotel with a heated pool.

Trade-wind cloud often sits over the northern coasts while the south is sunny; for the best odds of winter sun on Tenerife or Gran Canaria, stay on the southern side.

Plugs, money, phrases, emergency numbers and more: see our Spain guide.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.