

MAR Y SOL

(Sea and Sun)

The Spa & Sport Hotel on the island of Tenerife,
the healing climatic properties of which have long been recognised,
can claim to be located in one of the “best weather” spots in the world.

There is nothing to compare to it!

About us

The idea for the “Mar y Sol” project in Tenerife originated in 1975 due to personal involvement. The hotel was inaugurated in 1990 under the management of Hans-Joachim Fischer and was the first hotel in Europe, if not in the world, designed to be wheelchair accessible throughout. Over the years, the management has insisted that the hotel meets the highest standards that can be expected of a quality resort hotel for the disabled and the elderly. Thanks to on-going development and improvement, we believe that the Mar y Sol offers the finest conditions to ensure relaxing and lively holidays for both the disabled and the able-bodied.

In January 2012, the Mar y Sol Hotel in Los Cristianos was the first hotel in the Canary Islands to receive the certificate from the Spanish Association for Standardisation and Certification (Aenor). Aenor thereby rubber stamps the fact that all people, regardless of age or disability, have equal opportunities to freely access the entire hotel complex and, moreover, enjoy the facilities offered to the full - and even provide the highest degree of independence and safety for guests.

Our Hotel

We are situated in the small, former fishing village of Los Cristianos in the south-western corner of the island of Tenerife. It is an area with a very low percentage of airborne allergens, on a gentle ground elevation roughly 400 metres away from a sea promenade, which runs along the coast for approximately 8 kilometres. Our hotel facilities offer 234 accessible studios and apartments.

The Weather

The healing climatic conditions, especially in the southwest of the island and most notably in Los Cristianos, were decisive in the choice of location for the hotel.

The Destination

Los Cristianos (Arona) is located in Tenerife, on the south-western tip of this Canary Islands, and boasts the highest mountain in Spain: *Pico del Teide*, 3,718 m. Together with Florida, Los Cristianos hosts the largest number of wheelchair tourists in the world, which is why the municipality has put so much effort into making most streets and paths wheelchair accessible. Many shops and restaurants have imitated this enlightening initiative.

“Everyone deserves access to the beach”

Over recent years, endorsing this philosophy, the City Council of Los Cristianos (Arona) has designed *Playa de Las Vistas-Beach* to be “barrier-free”, thereby concluding an exemplary project adhering to European standards.

Accessibility already begins with accessible sunbathing areas, showers and changing rooms. It goes even further by providing crutches and amphibian chairs, which allow the disabled comfortable access to the sea. Workers of the Municipality of Arona supervise the use of these amphibian chairs, helping the disabled right into the water.

Los Cristianos Beach has also opted to support the Eurokey system (similar to the RADAR-Key), which dictates that all public toilet facilities in Europe be accessible to the disabled. This key is available at the Mar y Sol reception against payment of a deposit.

Due to the fact that the resort is located on a gentle ground elevation, it is easy to reach the village, although for less mobile guests the return path to the hotel may be more difficult. Alternatively we recommend electric wheelchairs or the use of the adapted taxi services.

Pool Area

A favourite spot for our guests is the extensive pool area, which includes two large pools and a therapy pool.

One of the large pools (unique in the Canary Islands) is heated all year round to approximately 32° C (90°F) and, equipped with a hoist (max. weight 110kg/17st) and easy-to-use steps with handrails, both the elderly and the disabled can access it without problems. This pool has an even depth of 1.30m.

Relaxation in the pool is provided by neck-showers, moulded underwater bubble beds, water cascades and massage shower jets.

The second large pool has a depth rising from 1.10 m to 1.96 m and a water temperature of between 19°C (66.2°F) and 25°C (77°F), depending on the season. This pool is the favourite of sporty swimmers. It is also equipped with a hoist (max. weight 110kg/17st) and easy-to-use steps.

The therapy pool, ranging from 50 cm to 90 cm in depth, is equipped with handrails along one side and is almost entirely used for movement therapy. It is so shallow that it is also ideal for very young children.

The pool area is provided with a non-smoking area and is located in an exotic tropical atmosphere, amidst palm trees, colourful plants and succulents, making it a relaxing tropical environment. The pool sun-beds have a height of 50 cm, enabling the elderly, the movement-impaired and wheelchair users to transfer onto them easily. The sun bed height corresponds to the standard wheelchair seat-height.

The Pool area is supervised by a lifeguard for 8 hours each day.

Restaurant

The restaurant is truly spacious, equipped with a pool bar, offering you a nourishing and varied buffet. In addition to the Chef's Specials, our guests can enjoy "gastronomic theme evenings". The staff will happily assist those guests who have difficulties serving themselves from the buffet. In accordance with Spanish law, the whole restaurant is a "non-smoking area".

Cuisine

We offer a diversity of food that ranges from typical Canary Island/Spanish to international cuisine. We also prepare special diets or vegetarian menus on request.

Accommodation

The hotel has six different room types and categories. All accommodation units are equipped with an emergency telephone. Use of the flat-screen TV and safe requires an additional charge.

All superior studios, superior apartments, comfort rooms and premium apartments, as well as their balconies and patios, are located in "non-smoking areas".

Standard Studio ⚙️⚙️⚙️

Compact economy single-room accommodation with: open-kitchen with two cooking-plates and a large fridge, as well as a single sofa bed with an extendable second bed, a side table with a wicker chair, a dining-table and chairs and a built-in wardrobe.

Bathroom, accessible to wheelchairs, some with elevated toilet, grips and hairdryer, all with a small rotating trolley-container for bathroom accessories and a wheel-in shower.

Balcony with garden table and chairs.

Standard Apartment

Two-room accommodation with separated living and bedroom area, accessible bathroom and balcony or patio.

The living-room has an open-kitchen with two cooking-plates and a large fridge. This room is furnished with a single sofa bed with extendable second bed, a coffee-table with a wicker-chair, a dining-table and chairs and a sideboard.

The bedroom has two single beds (height: 50 cm) with bedside-tables, a built-in wardrobe and a chest of drawers.

Bathroom, accessible to wheelchairs, some with elevated toilet, grips and hairdryer, all with a small rotating trolley-container for bathroom accessories and a wheel-in shower.

Balcony with garden table and chairs.

Apartment Superior



Modern and spacious two-room accommodation with living and bedroom area, large bathroom and balcony or patio.

The living-room is furnished with a single sofa bed with extendable second bed (2x200x90cm), a coffee-table with a wicker-chair, a dining-table and chairs, a sideboard and an open-kitchen with two cooking-plates and a large fridge.

The bedroom has two single beds (height: 50 cm) with bedside-tables, a chest of drawers and a large built-in wardrobe containing the safe.

Spacious bathroom, accessible to wheelchairs, that includes an elevated toilet with grips, hairdryer, small rotating trolley-container for bathroom accessories and a large wheel-in shower. Comfortable washbasin with angled mirror placed just above it. The entire bathroom floor is non-slip.

Balcony or patio with garden table and chairs.

Studio Superior (Casa Madrid)



Modern, compact, single-room accommodation with: open-kitchen with two cooking-plates and a large fridge, as well as a single sofa bed with extendable second bed (2x200x90cm), a coffee-table with wicker-chair, a dining-table and chairs, a chest of drawers and a large built-in wardrobe, which contains the safe.

Spacious bathroom, accessible to wheelchairs, that includes an elevated toilet with grips, hairdryer, a small rotating trolley-container for bathroom accessories and a large wheel-in shower.

Comfortable washbasin with angled mirror placed just above it. The entire bathroom floor is slip-resistant.

Balcony with garden table and chairs.



Comfort Room ⚙️⚙️⚙️⚙️ (Casa Madrid)

Equipped like a typical hotel room this is a comfortable one-room accommodation with: open-kitchen with two cooking-plates and a large fridge.

All of the comfort rooms have two single beds with their bedside-tables and most of them also have a single sofa bed (1x200x90cm). Dining-table with chairs, or alternatively, a coffee-table with wicker-chairs. Close to the spacious chest of drawers, there is a large built-in wardrobe which contains the safe.

The large bathroom, accessible to wheelchairs, includes an elevated toilet with grips, hairdryer, a small rotating trolley-container for bathroom accessories and a large wheel-in shower. Washbasin with angled mirror placed just above it. The entire bathroom floor is slip resistant.

Balcony with garden table and chairs.

Apartment Premium ⚙️⚙️⚙️⚙️ (Casa Madrid)

Modern, spacious apartment with two accommodation areas. It has a living-room, a separated bedroom, a large bathroom and some have a large balcony-patio.

The living-room has a single sofa bed with extendable second bed (2x200x90cm), living-room table with wicker-chair, a dining-table and chairs and a spacious sideboard. Additionally it has an open-kitchen with two cooking-plates and a large fridge.

The bedroom has two single beds with bedside-tables and a large built-in wardrobe, which contains the safe, and a chest of drawers. The spacious bathroom, accessible to wheelchairs, includes an elevated toilet with grips, hairdryer, a small rotating trolley-container for bathroom accessories and a large wheel-in shower. Washbasin with angled mirror placed just above it. The entire bathroom floor is slip resistant.

Balcony with garden table and chairs.

Health and Rehabilitation Centre

Our rehabilitation centre, TeraLava, is located in building 2, on level 3. Here guests will find the reception desk, rooms for a wide variety of traditional or alternative therapies as well as a hall for group therapy.

The rooms for bath-therapy are located on level 2: colonic-hydrotherapy (soft intestine-cleaning), lava-packs and magnetic-fields therapy.

The open-air therapy-patio is located on level 8 in the new building (Casa Madrid). It is for sunbathing and treatments for psoriasis and neurodermatitis. Here we also offer manual therapies and baths with additives in “vintage” bath-tubs.



Avda. Amsterdam, 8 – E-38650 Los Cristianos, Tenerife
Tel: +34 922 750 540 – Fax: +34 922 752 883
info@marysol.org * www.marysol.org

The doctor for general and alternative medicine deals with all medical problems regarding our guests and is available several days a week, also assisting in emergency cases when needed.

Detailed information via www.teralava.org

Emergencies

The hotel maintains a free 24-hour emergency service provided by a qualified female and male nurse.

Dialysis

Now and then, guests on dialysis treatment request this service. Please inform them that there is a Clinic (*Hospiten Sur*) in Arona with a dialysis station that can serve up to 27 patients. Contact:

Reservations: Clinic *Hospiten Sur*

E-38660 Arona/ Tenerife

Tel: 0034-922 75 00 32 (please ask to be forwarded to the department of "Intérpretes (interpreters)".

e-mail: tacosta@hospiten.com (Mrs. Teresa Acosta)

TV/Safe

Each studio or apartment has a flat-screen TV and safe.

There is a charge for this service.

A range of British TV channels can be viewed. A 24-hour adult channel is also available. This channel can be individually switched off (a consideration for families with young children) on request at the reception.

The safe is large enough to store laptops and cameras.

Shower and Toilet-chairs

Mar y Sol is now able to provide complimentary toilet & shower chairs for our guests. Toilet and shower chairs are available on demand, free of charge. Three different types are available.

Please bear in mind that you need to reserve your chair with the corresponding chair-code when you book your accommodation.

Care Agency

LeRo is an independent in-house company offering our guests a wide range of care services.

Nursing aids can be booked for time-slots. LeRo offers rental and sale of mobility aid equipment.

LeRo also takes care of the fully-accessible transfer to and from the airport, which is located about 15 km away. Lifting ramps help the disabled get onto the bus comfortably.

Guests can enjoy the wide range of excursions offered by LeRo to the most important tourist sites on the island.

For airport transfers and the renting of mobility aid equipment, we would request you contact our in-house partner company LeRo personally to arrange them.

You can reach them via:

e-mail: reservas@lero.net

Tel.: +34 922 75 02 89

Fax: +34 922 75 02 83

Web: <http://www.lero.net>

Water Sports

Our in-house Diving School “Mar y Sol Aquasport” offers a variety of activities especially for the handicapped (e.g. tetraplegics, paraplegics, the blind, CVA and MS-patients). This includes swimming therapy either in the pool or in the sea, handicapped and non-handicapped elementary diving courses, swimming lessons and movement therapy in the sea.

Contact:

For Information and bookings please contact with:

Mar y Sol Aquasport “aqua-MARINA”

Avda. Amsterdam 8

E-38650 Los Cristianos

Tel.: 0034-922 797944

e-mail: info@aqua-marina.com or info@marysol.org

Sports hall

In June 2011 we inaugurated our throughout wheelchair accessible sports hall of 530 m². This multi-purpose facility caters for a wide range of indoor activities. It can accommodate the following sport activities for the disabled and able-bodied: badminton, basketball, hockey, indoor-bowling, rugby, table-tennis, volleyball, handball, dancing, including other social events.

The total size of the hall is 23.65 m x 22.55 m and it has adjacent male and female changing rooms.

Entertainment

5 days a week we offer a discrete entertainment programme.

On several evenings there are different shows (live-music, flamenco, folk, etc.) or quizzes and karaoke are on offer.

Group Gymnastics

On all working days you may care to join our free water-gymnastics in the heated pool. Wheelchair-users can also participate in our free wheelchair-gymnastics.



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Fitness-Studio

The hotel has a fitness studio where personal training programs or adapted physical training for the handicapped are available. To familiarise yourself safely with the different gym equipment, a physiotherapist is on hand to provide a tailor-made fitness-program on request (use involves an additional charge).

Excursions

Our Reception staff organises individual or group excursions. If necessary, an accessible bus will be arranged for your excursion. Round-trips in Tenerife or excursions to the neighbouring island, La Gomera, are just an example of the extensive range of activities offered.

Hotel Requests and Bookings

via:
Tel.: +34 922 75 07 80
Fax: +34 922 79 54 73
e-mail: info@marysol.org

Requests and Bookings for Therapies

via:
Tel.: +34 922 79 49 76
Fax: +34 922 75 01 73
e-mail: info@teralava.org

We hope that with these descriptions and this information we have been able to attract your interest in our hotel.

We are more than happy to answer any further questions you may have. We remain at your disposal.

With our best wishes,
the Management of Kurhotel Mar y Sol, S.L.


Hans-Joachim Fischer
General Manager


Renate Kraus
Hotel Manager

We hope this information is enough to convince you that there is nothing comparable to Mar y Sol!