

Population:

Approx. 108 000

Currency:

Euro, €1 = 100 cents

Opening hours:

Shops are generally open from 9.00 to 13.30 and between 17.00 and 18.00. Banks are open from 8.00 to 14.00.

Website:

www.turismolanzarote.com,
www.lanzarote.com,
www.discoverlanzarote.com

Newspapers:

In Spanish: La Voz de Lanzarote,
In English: The Entertainer

Emergency numbers:

112

Tourist information:

Tourism Society
Address: Ave. Blas Cabrera Felipe,
s/n 35500 Arrecife of Lanzarote
Tel: +34 928 811 762
Email: info@turismolanzarote.com
www.turismolanzarote.com

LANZAROTE

PUBLISHING DATE: **8/5/2011** | COUNTRY CODE: **ES**

Contents: The City, Do & See, Beach Life, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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LANZAROTE

Sun, warmth and relaxation are just the start. More than 300 volcanic peaks create a fascinating lunar landscape on the "Island of Fire," the landscape of which is tinged with pink, purple and ochre. Subterranean caves, tunnels and lakes entice the calmest visitors to seek adventure. For surfers, moreover, Lanzarote is the Canary Island with the most perfect waves.

It's often rumored that the island was once part of the lost city of Atlantis... come see for yourself!



THE CITY



The influence of Africa is greater than that of Europe. But it was a European – Lancelotto Malocello, from Genoa – who “discovered” the island in 14th century. Lanzarote’s 795 square kilometres of land are a lava landscape painted with Canary Islands’ most beautiful pallet. There are camels everywhere – the island’s farming livestock from the coast of the African mainland 120 kilometres away. Although there is only 144 millilitres of rainfall a year, fresh produce – mainly onions – are grown and the average temperature on the white beaches of Playa Blanca and Papagayo is a steady 22 degrees Celsius. Enjoy the holiday atmosphere and entertainments in resorts such as Costa Teguse and Playa del Carmen. That’s when the adventure begins. Lanzarote’s landscape is unique, as indicated by the fact that UNESCO has created a nature reserve. The lava tunnel of Atlantida, and the caves of La Cueva de los Verdes and Jameos del Agua allow for fascinating expeditions into the Earth. See the crab that dances when it hears music, sample fiery wines, delicious fresh fish and discover the interesting lava features in the architecture!

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DO & SEE



There is a good transport network in Lanzarote and most places of interest are accessible by public transport. All resorts are reached via Arrecife. Bus information: +34 928 811 522

Timanfaya National Park

UNESCO designated the Timanfaya volcanic field a national park in 1993. The 200 square kilometre area affords an interesting geological phenomenon and contains 180 types of plant. Only ten metres below, in the Earth’s interior, the temperature reaches 600 degrees Celsius! Timanfaya is a living laboratory for biological research. The area was completely destroyed by repeated volcanic eruptions between 1730 and 1736, and later in 1824. Not surprisingly, one of the peaks is called Fire Mountain.

Opening hours: 9.00–17.00

Internet: www.lanzarote.com

More information: Local bus (guaguas), hire a camel and ride to Fire Mountain for around €50, hire a car or take a taxi.



Puerto Del Carmen

Low, sugar-lump houses and over six km of sandy, golden beaches: Welcome to Lanzarote's tourist centre. Water sports such as windsurfing, diving and angling are popular. There is much to offer in the way of restaurants, nightlife and shopping. Good wines and evening strolls on Puerto del Carmen's beach promenade – with a gentle sea-breeze, the sound of laughter and the start of nightlife – are a life-affirming experience.

Internet: www.puertodelcarmen.com

The César Manrique Foundation

Taro de Tahiche

The world-renowned architect César Manrique's (1919-1992) studio and home house both his foundation and a fine art collection with works by, among others, Picasso, Miró and Chillida. The house is a perfect example of César Manrique's art. Volcanic bubbles are incorporated into modern architecture. The building and garden were built on a lava pile from the period of volcanic eruption from 1730 and 1736.

*Address: Taro de Tahiche,
Phone: +34 928 843 138
Internet: www.fcmanrique.org*

Arrecife

The Canary Islands' largest fishing fleet is found in the capital. Go down to the harbour with a plastic bag. With a bit of luck, a fishing boat will berth. Visitors are sometimes given 10-12 sardines as a present. See the harbour, the construction of which was started in the 15th century, and the fortifications of Castillo de San Gabriel from 1574, and Castillo de San José from 1771. Arrecife is Lanzarote's commercial centre with onions as an important export. A more original export is a pigment from a louse – cochineal. The louse lives on a cactus and contains a

concentrated dose of red pigment which is used to colour Campari and lipstick.

Internet: www.webdelanzarote.com

Jameos Del Agua And Cueva De Los Verdes

One of the world's most interesting cave formations is to be found 27 km north of the capital, Arrecife. When the volcano Monte de la Corona erupted 3,000 years ago, a subterranean complex of caves and lakes was created – Jameos del Agua. One of them is 62 m long and 21 m high. Here you can find everything from courtyards to subterranean auditoria.

Cueva de los Verdes is adjacent with its 7 km long volcanic tunnel. There is a subterranean lake in the largest cave.

*Phone: +34 928 848 020 / +34 928 173 220
Internet: www.lanzarote.com*

BEACH LIFE



It is lovely to go swimming on Lanzarote, but the sea can be wild. Red flags mean that swimming is forbidden. Yellow flags mean that swimming is at your own risk and green flags mean off you go! The best beaches are generally at the southern end of the island – the Papagayo half of the island.

Playas Del Papagayo

At the southern end of Lanzarote there is a candidate for the title of "Spain's most beautiful beach." A small bay with a little island in front of it and a mountain of white



sand. This is where you find Lanzarote's unbeatable beaches.

Address: Playas del Papagayo
More information: Transport by local bus, hire car or taxi.

Playa Blanca

This beach, near Papagayo, is characterised by its white sand and the atmosphere of a genuine fishing village. Ideal for families and water sports enthusiasts. Ferries go to Fuerteventura.

Address: Playa Blanca
More information: Transport by local bus, hire car or taxi.

Arrecife

Arrecife's best beach is considered to be Playa El Reducto, to the south of Lanzarote's capital.

Address: Arrecife

Costa Teguisé

There are all kinds of windsurfing in Costa Teguisé, on the beach at Las Cucharas. Furthermore, there are many underwater excursions and genuine nightlife.

Address: Costa Teguisé

La Graciosa Beaches

La Graciosa is a small island situated north of Lanzarote in what's called the Chinijo Archipelago. La Graciosa is the largest island in the Chinijo Archipelago with different types of beaches. The two communities on the island is Caleta de Sebo, where most residents live and Casas de Pedro Barba. The island is in addition to upland areas almost entirely composed of volcanic sand.

Address: La Graciosa

EATING



Fresh fish and papas arrugadas – Canary potatoes cooked in salt in their skins – one of the best dishes. Eat spicy Mojo sauce with the potatoes! Also try grilling lamb on real volcanic embers.

La Cañada Restaurant

This restaurant is considered to be one of the Canary Islands' best with regard to service. Furthermore, rated best for food and ambience in most surveys. Seats around 100 people with good service and a medium price-range.

Address: C/ César Manrique, 3, Puerto del Carmen
Phone: +34 928 510 415

PUERTO DEL CARMEN

La Dolce Vita Due

Cosy, intimate and lively with pizzas baked in a wood oven and fresh, homemade pasta with delicious sauces... Low prices at midday.

Address: Via del Varadero s/n, Puerto del Carmen
Phone: +34 928 511 161

TIMANFAYA **El Diablo**

With temperatures of 600 degrees Celsius, the luncheon restaurant Diablo specialises in grilling in real volcanic embers in the Timanfaya National Park. Lamb, fish and Canary potatoes.

Address: Yaiza
Phone: +34 928 840 057



NORTHERN LANZAROTE **Charco Viejo Restaurant**

Really genuine fishing village atmosphere. Northern Lanzarote is untouched and this is a rough diamond in Òrzola right up at the top. The finest fish and shellfish imaginable.

Address: C/La Quemadita 8, Òrzola
Phone: +34 928 842 591
Internet: www.lanzarote.com/charcoviejo

TIAGUA **Taberna Strelitzia**

This gem is very romantic with its genuine French ambience. They serve everything from duck liver to crème caramel, as well as splendid Canary dishes in one of Lanzarote's oldest houses.

Address: Avda. Guanarteme, 55, Tiagua
Phone: +34 928 529 841

CAFES



César Manrique Café

This café, fashioned out of the lava, is to be found in the famous architect's garden in Tahiche and offers art, culture and natural beauty.

In the afternoon this is a café, but in the evening things hot up at this little gem in Arrecife.

Address: César Manriques Foundation, Tahiche

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Lighthouse Café

Tasty homecooked meals and amazing staff, those are two of the strongest points when it comes to the Lighthouse Café. They also offer internet access to a cost of 1 euro for 20 minutes. The menu is extensive so prepare for a delish lunch!

Address: Faro Park, Lanzarote
More information: Saturday equals pool table & live music!

Café Aroma

This is really a small snack bar serving fresh sandwiches made to your request. They have home made scones with jam and cream that will make your mouth water and a wide range of coffees and teas.

Address: Avenida Papagayo, Playa Blanca, Lanzarote
Phone: +34 660 911 485

Sandra's Cafetería

This café has a wide selection of fresh sandwiches, exquisite cakes and they staff always service with a smile. There is a terraced area and they offer Wifi for their customers. Also, there is an impressive collection of different types of tea bags - black, green, lemon, mint, summer fruits, lime blossom, cinnamon and many more.

Address: Avenida de Papagayo
Phone: +34 928 517 940

A' Costas

A' Costas boasts a great selection of drinks coffee, hot chocolate, milkshakes and cold



drinks. They have fresh baguettes, bagels and cakes and there is seating either in the entrance at the bars with stools or in the salon with coffee tables and chairs.

Address: C/ José Molina 8, Arrecife

Phone: +34 928 81 12 10

More information: Off the main León y Castillo and opposite the Spinola Boulevard.

BARS & NIGHTLIFE



In Puerto del Carmen and Costa Tegui se the nightlife is young and lively. Try any of the cocktail lounges with the sun going down for that extra touch. Canary Islanders eat late and this influences the nightlife. Many clubs stay open until breakfast time.

Harley Rock

Many people flock to Harley's, owing to the international atmosphere and great music. Hamburgers, mojitos and beer.

International club atmosphere with staff from around the world in this disco pub which also imports well-known DJ names. Opens at 20.00.

Address: Centro Comercial Atlántico, Avda de las Playas, 28, Playa del Carmen

Costa Tegui se

It matters little what time it is. This international cocktail bar is almost always open. Big breakfasts from 9.00 and live music with parties in the evenings from 22.00. Outdoor terrace has a special cocktail atmosphere and Lanzarote's sunsets are an added extra.

Address: Calle Las Olas, Pueblo Marinero, Costa Tegui se

King Arthur Disco Pub

This centre for public entertainment in Costa Tegui se is like a mediaeval castle for King Arthur's round table. Stay in the castle or enjoy the terraces. R&B, Garage, Hip-Hop, House, Funky, Latin. Open from 8 p.m.

Address: CC Punta Jablillo Local 4 (Hotel Tegui se Playa), Costa Tegui se

San Miguel

One of the liveliest pubs in Puerto del Carmen specialises in serving a wide range of beers – not only Spanish beer as the name implies. Cocktails, drinks and alcohol-free beverages in cosy surroundings with music.

Address: Avenida del Varadero s/n, Puerto del Carmen

ARRECIFE Cerveceria

Beer pub with lively atmosphere in Lanzarote's capital. A lot of customers and good music.

Address: Avda. Fred Olsen, edificio el Islote, 6, Arrecife

PLAYA BLANCA Roof Tops

One of Playa Blanca's most frequented disco bars. Well-known for its jam sessions where local bands jack up the throbbing club music. Opens at 8 p.m. and carries on long into the small hours of morning.

*Address: CC Punta Limones, Playa Blanca
Internet: www.rooftops.golanzarote.com*



SHOPPING



Lanzarote is a Tax Free zone which means low prices – above all for alcohol, perfume, Cuban cigars and cigarettes. Hot tips for those who want to buy something typical from the island of Lanzarote are local lacework, baskets or pottery made by the indigenous population, the *guancher*. There are shops in all the main resorts in Calle Real, which is really called Calle Leon y Castillo, in Arrecife, in the Biosfera Shopping Centre in Puerto del Carmen (with clothes shops like Zara) and in the Deiland Centre in Playa Honda, where besides shops of all sorts, there are also cosy cafés and a cinema. It can pay off to buy electronics. Ask for a discount – it's part of the process. Also, make sure that you try to haggle before you leave the shop with purchased goods. In Lanzarote's old capital, Tegui, there is a market every Sunday from 8.30 and 14.00. Everything from jewellery to paintings and local wines. On Friday evening there is an arts and crafts market in Pueblo Marinero. The shops in the area stay open and there is a lively atmosphere in the cafés.

SLEEPING



EXCLUSIVE Finca La Corona

Beautiful, high-class apartments – including the most fantastic view of the area around the volcano of La Coruna. Six apartments are located right between the volcano and the viewpoint Mirador del Rio. Subterranean tunnels, caves and water within ten minutes' walk.

Address: Las Rositas 8, Yé
Phone: +34 619 231 904
Internet: www.rural-villas.com

Casa Tomaren

A night in a beautifully restored 18th-century house in the centre of Lanzarote is unforgettable. The house is in the centre of the lava landscape, surrounded by fruit trees, palms and plants. Pool, spa, yoga.

Address: Tomaren 33, El Islote
Phone: +34 928 522 618
Internet: www.tomaren.com

GOOD VALUE Hotel Natura Palace

This spa hotel with all facilities is near the beach in Playa Blanca. Close to shopping, centre and entertainments.

Address: Urbanización Montaña Roja, Playa Blanca
Phone: +34 928 519 070

Residencia Golf Y Mar

Intimate apartment hotel in private surroundings. Near the harbour and golf course.



Address: *C/ de las Piedras, 6, Costa Teguiise*
Phone: *+34 678 921 920*
Internet: *www.golfymar.com*

BASIC

Hotel San Antonio

Lively beach location in Playa Los Pocillos. There are three pools, a cocktail bar, cafeteria and restaurant.

Address: *Avenida de las Playas, 84, Puerto del Carmen*
Phone: *+34 902 160 630*
Internet: *www.hotelsanantonio.com*

ESSENTIAL INFORMATION



Airport

Lanzarote Airport is in San Bartolomé. Every year around 5.5 million people land here and the airport is expanding rapidly. The local bus costs €0.90 and the bus stop is outside the Arrivals Hall. The journey to Arrecife takes around 15 to 25 minutes. From there, there are connecting buses to holiday resorts such as, for example, Playa del Carmen.

Phone: *+34 913 211 000*
Internet: *www.aena.es*

Public transport

Distances on the island of Lanzarote (800 km²) are not great and getting about by local bus is easy. There is a good transport network and most places of interest are accessible by local transport. From €0.90. All resorts are reached via Arrecife.

Phone: *+34 928 811 522*

Taxi

There are plenty of taxis in the large

tourist resorts. But remember that public transport is good and that it is often significantly cheaper.

Furthermore, Lanzarote is well-known for keeping hire car prices low. Normally, you hire the car with a full tank and return it full.

Telephone for taxis in Arrecife:

Phone: *+34 928 803 104*

Post

The post office is open from 9.00 to 21.00 except for Saturdays when it is open from 9.00 to 14.00. Stamps are also available from tobacconists'.

Pharmacy

There are pharmacies across the island. In Arrecife there is a pharmacy which is often open 24 hours – Farmacia Consuelo Pez.

Address: *Calle Mejico, 70*
Phone: *+34 928 812 566*

Dentists

Clinica Dental Integral

This dental clinic is in Arrecife and is often open 24 hours.

Address: *C/ Dr. Ruperto González Negrín, 16 - 3º*
Phone: *+34 928 813 800*
Internet: *www.clinicadentalintegral.net*

Electricity

220 V

Telephone

Country code: +34

Area code: 0928





Managua
A
Cuananeme
Ioanusu
Maracalibo
Caracas
Yaracruz
Montefrey
Guadaluajara
Toledo
Mar De Plaza
Fayna

MANEJE

2
Juan XXIII
Luis Braille
Ciudad Real
Martín
Cobos
Hijos Alvarez Quibero
L De Guadaluara
F A Espinosa
Dr Gregorio Marañon
La Sta Maria
Gaire
Her Pacheco
Dr Severo Ochoa
El Isleno
Alc Lor Cabrera
Alc de Gines De La Hoz
I Stadio

3
Tampico
Santa Teresa
Teruel
Barr Los Buches
Colombia
Augusto Lorenzo
Peru
Mexico
J O Teja Casset
Gongora
Argentina
Portugal
Triana
Calle La Inez
Tenerife
Fajardo
Hinos Zero
Calle Colegio
Emilio Rev
Aquil Edez
Otilia Diaz
Ayuntamiento
Av Vargas
Av Coll

4
Fred Olsen
El Greco
Jose Antonio
Eud Doris
Igualdad
La Porra
Canalejas
Av Rafael Glez Negrin
Parque Islas Canarias
Riego
Luis Mor
Casa De
La Marina
La Cultura

ALTAVISTA

TITERROY

VALTERRA

EL LOMO

LA VEGA

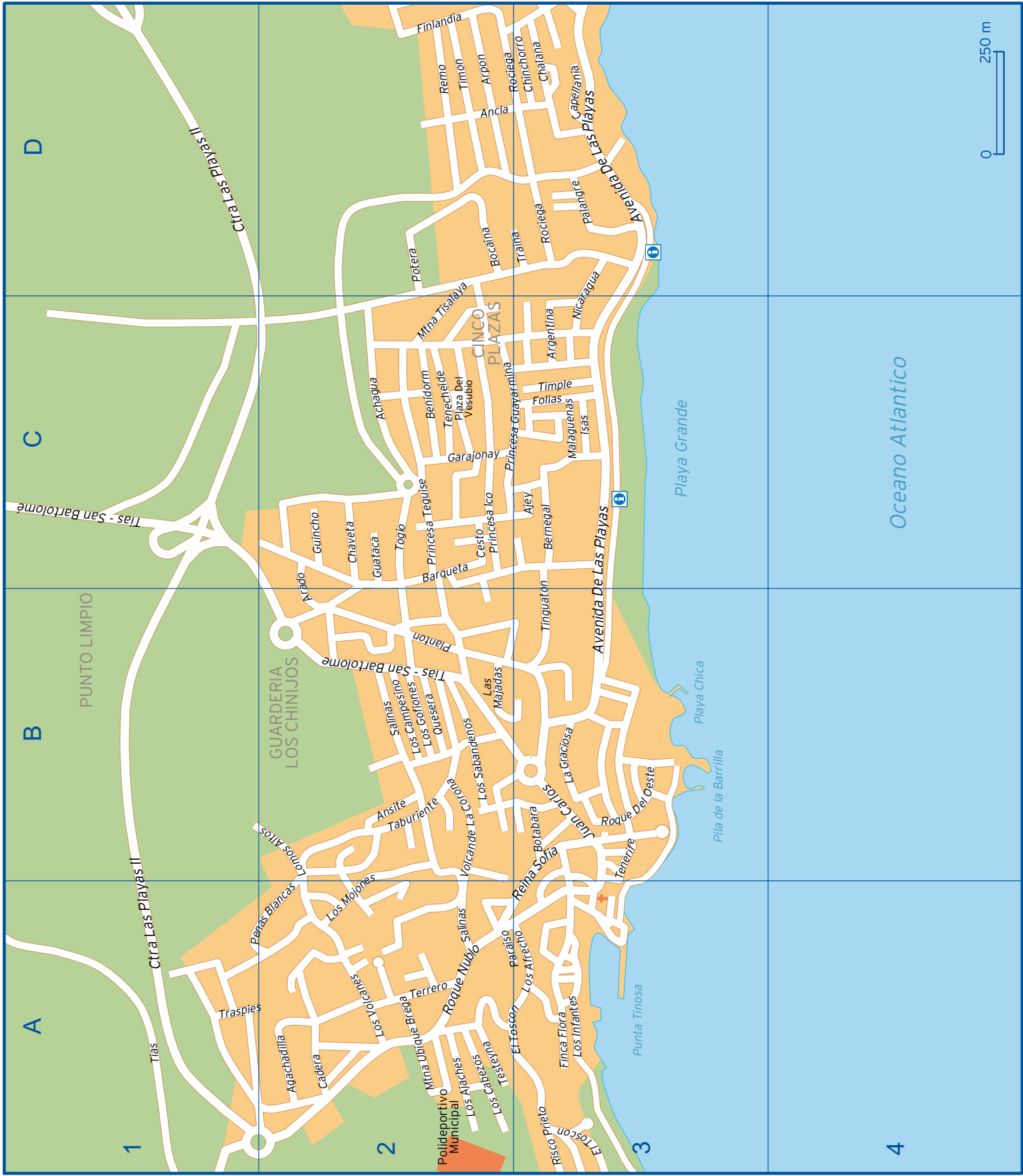
Charco De San Gines

Puerto De Naos

Oceano Atlantico

0 250 m

Castillo San Gabriel Museo



D

C

B

A

1

2

3

4

PUNTO LIMPIO

GUARDERIA
LOS CHINIJOS

Polideportivo
Municipal

CINCO
PLAZAS

Avenida De Las Playas

Playa Grande

Playa Chica

Pila de la Barrilla

Punta Tinosa

Oceano Atlantico





Academia Brasil	C4	Circunvalacion	A1 B1	Guincho	C2	Monterrey	A1
Achagua	C2	Ciudad Real	A2	Guipuzcoa	D1	Mosta	C1
Agachadilla	A2	Clavuo y Fajardo	C3	Hernandez Pacheco	A2	Mtna Tisalaya	C2 D2
Agrup Los Campesin.	B2	Cobos	A2	Hinos Alvarez Quin.	A2	Mtna Ubique Brega	A2
Agrup Los Gofiones	B2	Colombia	A3	Hinos Zerolo	B4	Muyay	B1
Ajey	C3	Conde De Niebla	B3	Hipolito Frias	D3	Navarra	A2
Alava	D1	Cordoba	B3 C3	Honduras	B1 B2	Nestor De La Torre	C1 D1
Alc Lorenzo Cabrer.	A2	Coronel Capaz	B2 C2	Huelva	B2 C2	Nicaragua	C3 D3
Alcalde Gines De L.	A2 A3	Crucero Baleares	C1	Ibiza	C2 D2	Ntra Sra Volcanes	B3
Almeria	B1	Ctra Las Playas .	A1 B1 D1	Igausu	A1	Oscar Romero	B2 B3
Ancla	D2	Cuenca	B2	Igualdad	B4	Otilia Diaz	B4 C4
Andalucia	B2 C2	Del Norte	B3	Inge Paz Peraza	C3 C4	Palangre	D3
Angel Ganivet	B2	Dieciocho Julio	B4	Isas	C3	Palencia	C2
Ansite	B2	Domantes De Sangre	C2	Jaen	B2	Palma Mallorca	C2
Apolo	B3	Dr Alfonso Spinola	C3	Jerez	B2 B3	Pamplona	A2
Aquil Fdez	C4	Dr Fleming	B3	Jose Antonio	A4	Paraiso	A2 A3
Arado	B2 C2	Dr Gomez Ulla	B3	Jose Betancort	B4	Parque Islas Canar.	B4
Arcipreste De Hita	C1	Dr Gregorio Marano.	A2	Jose Ortega Gasset	A3 A4	Parranada Los Buch.	A3
Argentina	A3 A4	Dr Ramon Y Cajal	B2	Jose Pereyra	A2 B2	Penas Blancas	A2
Argentina	C3	Dr Severo Ochoa	A2 A3	Juan Carlos	B3	Perez Galdos	C3
Arniches	B2	El Antonio	B2	Juan Sebastian Elc.	B2	Peru	A3
Arpon	D2	El Carenero	C2	Juan XXIII	A2	Planton	B2
Augusto Lorenzo	A3	El Greco	A4	La Anaza	C3	Plaza Del Vesubio	C2
Avenida Coll	C4	El Isleno	A2	La Fermina	B2	Portugal	A4 B4
Avenida De Las P.	B3 C3 D3	El Malacabado	C3	La Graciosa	B3	Potera	D2
Avenida De Naos	D3	El Pedro	A4 B4	La Joaquina	B2	Princesa Guayarmin.	C2
Avenida Olof Palme	D3 D4	El Rafael	A2	La Marina	B4	Princesa Ico	C2
Avenida Rafael Gle.	A4 B4	El Salvador	B2	La Mercedes	C3 D3	Princesa Teguisse	C2
Avenida Vargas	C4	El Toscon	A3	La Palma	C3	Puerto De Naos	D3
Barqueta	C2	El Vicente	A2	La Pardela	A1	Puerto Rico	B3
Benidorm	C2	Emilio Rev	B4 C4	La Porra	B4	Quesera	B2
Bernegal	C3	Enrique Suarez	C1	La Rosa	C3	Reina Sofia	A3 B3
Bilbao	D1	Escotilla	D2 D3	La Santa Maria	A2	Remo	D2
Blas Cabrera Topha.	A3 B3	Eugenio Doris	A4	La Sotileza	C3	Riego	B4
Bocaina	D2	Extremadura	C3	Laguna	B3	Risco Prieto	A3
Borges Diaz	C3	Fajardo	B4	Las Majadas	B2	Rociega	D2 D3
Botabara	B3	Fasnia	C1	Lebrillo	A3	Ronda	B2 B3
Botavara	D2	Fayna	A1	Leon	C2	Roque Del Oeste	B3
Brasilia	A3 B3	Fco Acosta Espinos.	A2	Leon y Castillo	B3 C3	Roque Nublo	A2
Cadera	A2	Finca Flora	A3	Lomos Altos	B2	Rubicon	A4 B4
Cadiz	C2	Finlandia	D2	Los Afrecho	A3	Ruiz De Alda	B3
Calderon De La Bar.	B2 C2	Folias	C3	Los Ajaches	A2	Salamanca	C2
Calle Colegio	B4	Fray Luis De Leon	C2	Los Cabezos	A2	Salinas	A2 B2
Calle De Colon	B3	Fred Olsen	A4	Los Infantes	A3	Salvador Allende	A3
Calle Francos	B4	Gaire	A2	Los Mojones	A2 B2	San Juan De La Cru.	C1
Calle Guenia	A3 A4	Galvia	B2	Los Sabandenos	B2	San Sebastian	C1 D1
Calle La Inez	A4 B4	Garajonay	C2	Los Volcanes	A2	Santa Teresa	A3
Calle Velazquez	C3	Garcia Escamez	A3 B3	Luis Braille	A2	Sevilla	B2
Calvo Sotelo	A3 A4	Gincho	D2	Luis De Guadarfia	A2	Sitio De Cabreron	D2
Canalejas	B4	Gob Garcia Hernand.	C3 D3	Luis Morote	B4	Taburiente	B2
Capellania	D3	Gongora	A3	Malaga	B1	Tagoror	A4
Caracas	A1	Gran Canaria	B3	Malaguenas	C3	Tamaragua	A4
Carlos III	A2	Granada	C1	Managua	A1	Tampico	A3
Carretera A Los Ma.	D2	Guadalajara	A1	Mar De Plaza	A1	Tarragona	C3
Catalunya	B3 C3	Guanareme	A1	Maracaibo	A1	Tebete	A1
Cervantes	C1	Guasia	B1	Marques Santillana	C1	Tegala	A1
Cesto	C2	Guataca	C2	Martin	A2	Tegaso	A1
Chalana	D3	Guatemala	A3	Mastelero	D3	Temisas	B1
Chaveta	C2	Guatisea	B1 C1	Mejico	A3	Tenecheide	C2
Chimia	B1	Guigoa	B1	Menendez Pelayo	B2 C2	Tenerife	B3
Chinchorro	D3	Guillermo Tophan	C1 C2	Miguel P De Rivera	B4	Tenerife	B4



Tenique	A1
Terrero	A2
Teruel	A3
Testeyna	A2
Tias	A1
Tias - San Bartolo.	B2 C1
Tilama	A2
Timbayba	A2
Timon	D3
Timon	D2
Timple	C3
Tinache	A2
Tinamala	A2 B2
Tindaya	A1
Tinguaton	B3 C3
Tisalaya	A2
Togio	C2
Toledo	A1
Tomas Lubary	A3
Traina	D3
Traspies	A1 A2
Trece Septiembre	C3 C4
Tres Amigos	C3
Triana	A4 B4
Trina	A3
Trinquete	D2
Valladolid	C2
Velacho	D3
Veracruz	A1
Via Medular	A3 B3 D3
Vicente Guerra	B2
Vitoria	D1
Vizcaya	C1 C2
Volcande La Corona	B2
Yagabo	A4
Zamora	C2