

TOURIST GUIDE ATHLETES



WELCOME



Welcome to the 2026 edition of the Gran Canaria Frontón King! This event will take place from **October 17 to 31** at the spectacular **Frontón in Gáldar**, one of the most powerful and renowned waves in the world for bodyboarding. Prepare for an unparalleled experience on one of the Atlantic's gems, where the sea and land merge to offer you unforgettable adventures.



**OCTOBER
17 to 31
2026**

El frontón, Gáldar



Discover Gran Canaria: The Island of Eternal Spring



Gran Canaria, known as the island of eternal spring, is a paradise for lovers of the sea and adventures. With an impressive diversity of landscapes, this island offers golden beaches and crystal-clear waters to green mountains and deep ravines. In October, the mild temperatures and sunny weather make Gran Canaria the perfect place to enjoy both sea and land.

Gáldar, our host, is a picturesque town on the northwest coast of the island. Here, at the mythical Frontón, you will face one of the world's most challenging waves, surrounded by the warmth and hospitality of the Canarians. This spot is ideal for competing and immersing yourself in local culture and traditions while enjoying stunning landscapes.

Gran Canaria: A Biosphere Reserve

Gran Canaria is a miniature continent with a wide range of unusual landscapes, all in the middle of an enormously diverse archipelago. Perhaps this explains why UNESCO declared the island a Biosphere Reserve in 2005, acknowledging its environmental quality, prestige, and protection at an international level.

Biosphere Reserve, Gran Canaria



Biosphere Reserves are areas with singular features, comprising terrestrial, marine, or coastal ecosystems where biodiversity conservation is actively reconciled with sustainable use. They promote and drive harmonious interdisciplinary approaches, involving human beings and nature, to achieve sustainable development that helps society adapt progressively to changes in the environment and the planet.

Over the last 15 years, this honor has helped us maintain a balance between protecting the environment and sustainable economic and social development on this miniature continent. This is particularly relevant as the Biosphere Reserve encompasses

almost half the geographic space on Gran Canaria (around 43%), covering six rural population centers with strong ties to traditional activities.

Why does Gran Canaria's nature deserve this UNESCO acknowledgment? To be declared a Biosphere Reserve, the area must achieve interconnected functions between ecological and anthropological systems and set up measures to manage biodiversity.

ZONES WITHIN GRAN CANARIA'S BIOSPHERE RESERVE

1. Central zone (core zone)

This is the most centralized zone, also known as the "reserve territory," and comprises the following areas:

- Inagua Integral Nature Reserve.
- Güi-Güi Special Nature Reserve.
- Tamadaba Natural Park.
- Pilancones Natural Park.
- Risco de Tirajana Natural Monument.

2. Buffer zone

The buffer zone surrounds the core, acting as a "protective shield" around it. It comprises:

- **Nublo Rural Park.**
- **Roque Nublo Natural Monument.**
- **Tauro Natural Monument.**
- **Amurga Site of Community Importance.**

3. Transition zone

Acting as a bridge between land inside and outside the reserve, the transition zone runs all around the area and includes:

- **The Protected Landscape of the Summits.**
- **The Pílancones Natural Park perimeter.**
- **The maritime area running along the western coast between Mogán beach and La Aldea beach.**

A thousand climates and a thousand natural species all interacting together on a Biosphere Reserve island give our heritage primordial guarantees to protect, promote, and maintain it, so that it remains intact to pass on to future generations.

FROM THE BEACH TO THE MOUNTAINS



For beachers don't mind if you prefer the mountains... The sea doesn't mind. And the ocean and the mountains won't be upset if you choose the mountains of Gran Canaria. Because Gran Canaria is not only the home of surfers and divers. It is also home to a sea of mountains, which are perfect for practicing sports like hiking, climbing, mountain biking, and cycling routes. Everything travels together on this miniaturized continent, an island that allows you to change sports as easily as you change your shirt.

In less than an hour by car, you can swap the sea for dizzying mountains, in places where no sound is heard. You can leap in one moment from our ocean of beaches to our extensive network of hiking trails, where you can spend a whole day strolling among pine forests or following winding roads on bikes, passing through villages so small that they are gone in the blink of an eye. There are different options for different people.

Routes

through changing landscapes for bicycle lovers. For lovers of tough sports, Gran Canaria offers a comprehensive range of steep slopes with diverse scenery, all of this in a gentle, agreeable climate.

Hiking

in the network of royal trails. For people who are curious and who wish to forget all about the hustle and bustle, practicing sports while admiring all the hidden charms of nature on the island.

Adrenaline

for lovers of mountain biking. There are a thousand different types of tracks in the mountain areas of Gran Canaria. This means that even novice bikers can practice the sport flat out, while enveloped in the peaceful climate of the island.

Mountain climbing

on an uphill island. And for those who need to face challenges (even on holiday), Gran Canaria is home to many nature areas that are made to measure for climbing enthusiasts. Great walls and a whole range of vertical ascents. A range of challenges that only those who are crazy about climbing truly understand.

WINDOWS TO UNVEIL THE BEST VIEWS OF THE ISLAND



Principales Miradores:

Gran Canaria has a "Mirador" Lookout Network that offers spectacular views of the island. These lookout points are ideal for completing the jigsaw puzzle of our miniature continent. The network is designed for curious travelers who wish to explore changing landscapes and admire the natural beauty of Gran Canaria.

- Mirador de Roque Nublo
- Mirador del Pico de los Pozos de la Nieve
- Mirador Pinos de Gáldar
- Mirador Caldera de los Marteles
- Mirador de Degollada Becerra
- Mirador de La Crucita
- Mirador Degollada de las Palomas
- Mirador de Degollada de las Yeguas
- Mirador La Sorrüeda
- Mirador El Ingenio
- Mirador de Las Tederas
- Mirador El Guriete
- Mirador de Roque Bentayga
- Mirador Las Madres
- Mirador Las Pellas
- Mirador Plaza de San Roque
- Mirador Barranco de Azuaje
- Mirador La Cruz Grande
- Mirador El Mulato
- Mirador Presa de Los Hornos
- Mirador Bandama
- Montaña de Arucas
- Mirador de la Marquesa de Arucas
- Mirador de Las Canteras (Arucas)
- Mirador de Andén Verde
- Mirador de Inagua (Cruz de San Antonio)
- Mirador Paseo de la Playa de La Garita
- Mirador Punta del Castellano - Taliarte
- Mirador Paseo de Taliarte, sobre Playa de Melenara
- Mirador Playa de Salinetas
- Mirador Playa de Tufia

Astronomical Lookouts:

- Mirador Astronómico de Las Cañaditas
- Mirador Astronómico de la Degollada de Las Yeguas
- Mirador Astronómico de los Pinos de Gáldar
- Mirador Astronómico del Pico de los Pozos de la Nieve
- Mirador Astronómico de El Mulato
- Mirador Astronómico de La Presa de Los Hornos
- Mirador Astronómico de La Caldera de los Marteles
- Mirador Astronómico de La Degollada de Las Palomas

JARDÍN BOTÁNICO "JARDÍN CANARIO"



Jardín Canario Viera y Clavijo The Jardín Canario de Viera y Clavijo is a magical place that houses hundreds of plants, trees, and strange flowers from practically all over the world. This botanical garden, located on the edge of the Guiniguada ravine, showcases the abundance of plant life not only from the Canary Islands but also from the rest of the Macaronesia region (Azores, Madeira, Cape Verde...).

History of the Botanic Garden The Botanic Garden was established in 1952 by the extraordinary Swede Eric Sventenius, who dreamed of gathering a representation of all the islands' botanical riches in one place, creating the perfect environment for each plant to feel at home.

- **The Laurel Forest:**
Showcases all species within a laurel forest.
- **The Plaza de las Palmeras:**
Houses all endemic palm species from the archipelago.
- **The Island Garden:**
A central garden with a variety of endemic flower species.
- **The Ornamental Macaronesian Garden:**
Groups endangered species from the Macaronesian archipelagos.
- **The Hidden Garden:**
A small greenhouse to reproduce tropical species.
- **The World Garden:**
Divided into sections for each continent, featuring the most representative species.
- **The Fountain of the Wisemen:**
A monument in the central area honoring all naturalists who promoted Canarian nature.

Useful Information:

Address: Camino del Palmeral 15, Tafira Alta, 35017 Las Palmas de Gran Canaria.

Phone: +34 928 219 580 / +34 928 219 583

Website: www.jardincanario.org

Hours:

- **Monday to Friday:** 7:30 a.m. to 2 p.m.
- **Saturdays, Sundays, and holidays:** 10 a.m. to 5 p.m.
- **Free Admission**

HOW TO GET TO GRAN CANARIA



Gran Canaria is well connected to numerous international and national destinations, making it easy to reach the island.



By Air

Gran Canaria Airport (LPA):

Located about 25 km south of Las Palmas de Gran Canaria, it is the main entry point to the island. It receives daily flights from many European and Spanish cities.

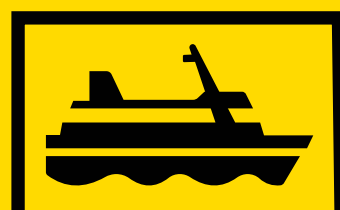
Main Airlines:

Iberia - www.iberia.com

Ryanair - www.ryanair.com

Vueling - www.vueling.com

Norwegian - www.norwegian.com



By Sea

Port of Las Palmas:

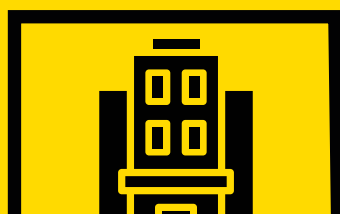
Gran Canaria is also accessible by sea, with ferry connections from other Canary Islands and the Iberian Peninsula.

Ferry Companies:

Naviera Armas -

www.armastrasmediterranea.com

Fred Olsen - www.fredolsen.es



Accommodation

Gran Canaria offers a wide variety of accommodations to suit all tastes and budgets. Besides hotels, there is a large selection of vacation rentals available on platforms like Airbnb and Booking.com. Here are some recommended options near Gáldar:

- **Hotel & Spa Cordial Roca Negra**
A luxurious hotel with sea views and spa services.
- **Emblemático Agáldar**
A charming boutique hotel in the heart of Gáldar.
- **La Hacienda de Anzo**
A cozy rural hotel perfect for relaxing.
- **Casa Rural Doña Margarita**
Traditional Canarian accommodation with modern amenities.
- **Hotel Puerto de Las Nieves**
Located in Agaete, offering comfort and proximity to the sea.
- **Roca Negra Hotel & Spa**
Another excellent hotel with stunning views and luxury services.
- **Cueva Pintada**
Historic accommodation in Gáldar.

Airbnb

Gran Canaria has a wide range of vacation rentals available on www.airbnb.es, You can find everything from beachfront apartments to luxury villas.

Booking.com

Another excellent option for finding accommodation is **Booking.com**, where you can compare prices and locations of different types of lodging.

Sholeo

lodges

**A PLACE TO STAY,
SWITCH OFF AND KEEP FLOWING**



SHOLEO LODGES LAS PALMAS FLATS

Everything you need to experience Frontón King your way: comfort, good vibes and a space to recharge your energy between waves.

Book with the code FRONTONKING
and enjoy a special rate.

sholeolodges.com





Transportation

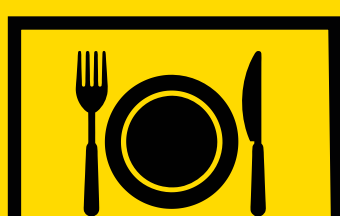


From the Airport:

- **Taxi**
Service available **24/7** at the airport.
- **Bus**
Global line **60** connects the airport with Las Palmas and other lines to Gáldar.
- **Car Rental**
Available at the airport.

Car and Bike Rentals:

- **Cicar**
- **Avis**
- **TopCar**
- **Free Motion** (Bike rentals)



Restaurants and Dining

Gran Canaria is a feast for the senses, with a cuisine that combines local and international flavors. Here are some recommendations:

Restaurants

- **La Trastienda de Chago**
(Gáldar) - Traditional Canarian cuisine.
- **Restaurante La Costa**
(Gáldar)) - Seafood specialties.
- **3. Casa Macorina**
(Gáldar)) - Canarian cuisine.

Healthy Eating:

- **Organic Market & Food**
(Las Palmas) - Organic and healthy food.
- **Natural Burger**
(Las Palmas) - Healthy and vegetarian burgers.



Supermarkets

- **Spar**
(Gáldar)
- **Hiperdino**
(Gáldar)



TOURIST ATTRACTIONS



Gran Canaria is more than a surfing destination; it is an island full of life and culture. Here are some places you should not miss:

- **Dunas de Maspalomas**
An impressive desert landscape by the sea.
- **Roque Nublo**
A natural icon of the island.
- **Pueblo de Teror**
A charming village with colonial architecture.
- **Puerto de Mogán**
Known as the "Little Venice."
- **Cueva Pintada de Gáldar**
A fascinating museum and archaeological park.
- **Jardín Botánico Canario Viera y Clavijo**
A paradise for nature lovers.

ACTIVITIES FOR ATHLETES

Besides competing in the waves, Gran Canaria offers many opportunities to stay active:

- **Training Routes:**
Running: Parque de San Telmo (Las Palmas), Paseo de Las Canteras.
Cycling: Ruta del Norte (Gáldar - Agaete), Carretera de La Aldea.
Swimming: Playa de Las Canteras, Piscina Municipal de Gáldar.
- **Sports Facilities:**
Centro Deportivo Gáldar - Gym and swimming pool.
Polideportivo Juan Vega Mateos - Sports courts and tracks.

CULTURE AND ENTERTAINMENT

In October, Gran Canaria comes alive with a variety of cultural and entertainment events:

- **Festival de Teatro, Música y Danza (Las Palmas)**
- **Mercado de Artesanía y Cultura (Teror)**
- **Museo y Parque Arqueológico Cueva Pintada (Gáldar)**
- **Museo Casa de Colón (Las Palmas)**

HEALTH AND EMERGENCY INFORMATION



Hospitals and Clinics

- Hospital Doctor Négrin (Las Palmas)
- Centro de Salud de Gáldar



Pharmacies

- Several located in Gáldar and surrounding areas. Check the pharmacy locator for more details.

Emergency Numbers:

112 General emergencies.

061 Health emergencies.

USEFUL TIPS

- **Local Rules and Etiquette:**
Respect local rules and follow the authorities' instructions.
- **Language and Useful Phrases:**
Spanish is the official language. Some useful phrases:
Hola = Hello / Gracias = Thank you / ¿Dónde está...? = Where is...?
- **Currency and Payment Methods:**
The currency is the Euro (€). Credit and debit cards are widely accepted.

Gran Canaria is not just the stage for the Gran Canaria Frontón King; it is a destination where the spirit of competition and natural beauty come together to offer a unique experience. We hope you enjoy your stay in Gran Canaria and have an excellent performance at the Gran Canaria Frontón King. Good luck and have fun!

GUIA TURÍSTICA ATLETAS



- **EL FRONTÓN (Event Area)**
- **ALOJAMIENTOS / ACCOMMODATION**
- **PARKING AREA**



- **EL FRONTÓN (Event Area)**
- **ACCESS ROAD**
- **PARKING AREA**

