

ISSUE 8 - FREE

Breeze

making island life easy

Uncover Fuerteventura:
Through my lens from a different angle...

@paulacodoner



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Ali, Rob, Keith, Tara
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Well...

of all the magazines in all the islands, in all the world... you had to pick up Breeze... and we couldn't be happier!

Winter has felt long - far too long for us. We're all about the sun, the beach, flip-flops, and lazy days. But if winter has been good for anything, it's been giving us the time to put together the latest edition of Breeze

As always we have a mixed bag of treats for you as we try to keep it as informative and amusing as we possibly can, so, without further ado we present to you the latest edition!

Step inside the pages for a **Community** update by the Chief of Police in La Oliva. Dive into the many **Seawater Pools** dotted throughout the island, indulge yourself by eating out in '**El Farolito**', work off the calories as the '**Adventures of Alex**' gets us into belly dancing.

We feature '**Paladea**' the great food, sport & music festival in Villaverde coming up in May and we take a fond look at a well known '**Faces of Fuerteventura**' in Derek McCulloch.

In our continued strive to showcase talent, our cover photo and '**Through my Lens**' feature is with Paula Codoner who's use of colour in her work could make anyones face light up.

We also cover a little history slant with Aydan as he visits '**El Toston**' lighthouse, **Osteopathy** gets a delve into and encourages us all to look after ourselves more, **Coeliac restaurants** are featured, and we throw in some little **Empanadas** for good measure, and if you've not tried one before, you will by the time you finish reading.

As always, thank you for reading, thank you for sharing us, thanks for getting in touch and giving us ideas of what we can feature and thank you to our advertisers! All of you make this possible

So kick back, grab a drink and digest the latest edition,

It's good to see you again!

*Keith
& Ali*



breezemag.ftv@gmail.com



BreezeFuerteventura



Breeze Magazine Fuerteventura

ST NEWS

YOUR FUTURE IN FUERTEVENTURA



If you're planning on seeing out your days here, there might be something you've yet to think about. But worry not, Stronger Together has been doing the thinking for you ...

This issue, we shout a bit about the achievements of our care team. Sometimes we need to put modesty aside, and let it be known how really proud we are of what we achieve.

This is one of those moments! Run by the wonderful Karen, we have a team of girls who go above and beyond in the name of giving whatever level of care is needed. Here's something to think about...

When the prospect of spending your golden years here on the island is mentioned, what sort of images spring to mind?

Cocktails on the beach? Coffee

and cake with friends overlooking the sea? Friendly games of pádel or rounds of golf?

I mean, let's face it, they're probably the kind of things most of us might enjoy once retired.

But at the same time, the flip-side of getting older is something that needs to be considered. As we all know, things change with the passing of time. All of a sudden, everyday tasks become more challenging.

And in some cases, deteriorating health can leave us in situations where we can't manage on our own anymore.



Without the support network you may have had in your country of origin, you might find yourself in a bit of a pickle. Indeed, sadly, many people see no option other than packing up and going 'home'.

You're probably already aware that Stronger Together provides a home help service. Members with needs ranging from requiring a bit of assistance every now and again to being dependent on daily support are provided with trained, experienced care workers who deliver the scare needed. It's a service that is increasing in demand week on week.

Ah, but that must come with a cost' I hear you say.

Yes, your carer clearly has to be paid. And that, of course, can be a barrier in itself. For those without an adequate income or significant savings, finding the funds to cover care might be more than just a challenge.

So where does THAT leave you? If you're scratching your head, the following could be your ticket to peace of mind.

Mapfre Insurance Company has a policy to specifically address home help. The following is an example of how it works.

A 57 year-old woman without health issues could pay a monthly quota of €76.95. Should she have an accident, the policy will pay out up to €6000 to cover the cost of someone looking after her. In the case of her needing long-term care as a result of illness or an accident, she will receive €1000 each month for as long as is necessary.

And if she's fortunate enough to not need to use the policy, 50% of whatever she has paid will be reimbursed to a named beneficiary upon death.

What's more, as a member of Stronger Together, Mapfre will also give you €50 off any other policy you take out with them.

So your answer to 'where does that leave you?' could be a simple, emphatic 'here!'

So, what do I need to do?

It's simple!

Go and see our very own **Tara in the Corralejo office of Mapfre or drop her a WhatsApp on 649 20 68 78.**

She can help you with ANY type of insurance and even a savings policy.



Spanish Classes have a new home

Here's some more great news for you! Thanks to the team at Campanario we now have found a classroom for our Spanish classes!

Mari, our dedicated teacher is still offering those engaging classing on Tuesday and Thursday afternoons between 4pm and 8pm.

Depending on your level of Spanish will depend on which class will be suitable for you. So, are you interested?

Yes!!

Send **Mari a WhatsApp on +34 722 88 93 88** and tell her you are interested. She may give you a little test, just to check your level but don't be alarmed. It's just to make sure you have the best learning experience.

Classes will be running till the end of June and then we break for the summer. Everyone deserves a rest. Then we will be back in September, full steam ahead for the new school year.

So if you are interested for NOW or even for September, drop us a line at strongertogetherfuerteventura@gmail.com or send Mari a WhatsApp on +34 722 88 93 88

Charity Padel Tournament

This was the event of the year! The wonderful **Denise Murray** organised two pádel tournaments for Stronger Together in November 2024 and she raised a whopping **1981€** which is being used for care for members with cancer and life limiting diseases. They were incredible days with lots of padel, a BBQ and raffles to raise money.



The raffles were hugely supported by the local businesses in Fuerteventura, some of which even participated on the days.

It's people like Denise who by organising events like these, allow ST to continue with their work. Thank you Denise, your group of helpers and to everyone else who supported the tournaments. You are truly amazing!

Keep posted for future events!





Ask Monica

Would You Like to Become Self-Employed and Be Your Own Boss?

Here are a few key things you need to know about the legal requirements, along with a basic explanation of the essential steps involved:

Legal Requirements

First and foremost, you must have the right to live and work in Spain. Unfortunately, if your visa does not grant you permission to work, you cannot register as self-employed.

The essential requirements you need before getting started are: A Spanish bank account, Spanish phone number, NIE/TIE (Foreigners' Identification Number), Social Security number and a digital signature (firma digital). Once these basics are in place and you have decided on the nature of your business, you will need to register with the relevant authorities.

Registration with Authorities

1. Agencia Tributaria (Spanish Tax Office): You must register using form 036, providing details of your business activities, including the corresponding business codes (epígrafes). You will also need to provide additional information, such as the location of your business.
2. Social Security: You must inform Social Security of your business activity to ensure your contributions are correctly recorded.
3. Agencia Tributaria Canaria (Canarian Tax Office): Since the Canary Islands have a different tax system, you will need to register for IGIC (Canarian VAT). There are special tax schemes available for new businesses, so it is worth exploring your options.

Additional Permits

Depending on the type of business, you may require further permits from local authorities such as the Council, Cabildo, or the Tourism Department. Consulting a professional is advisable to determine exactly what additional permits may be necessary.

Taxes and Social Security Contributions

Below is a summary of the basic taxes and contributions you will be required to pay. Additional obligations may apply if you hire employees or rent commercial premises.

- Quarterly Tax Payments: If you calculate your taxable profits as income minus expenses, you will need to pay 20% of your profits to the Spanish Tax Office every quarter. This is an advance payment towards your annual tax return.
- Monthly Social Security Contributions:

As a self-employed worker (autónomo), you must pay a monthly fee to Social Security. If you have never been self-employed before, or if at least three years have passed since you were last registered, you may qualify for a reduced rate of €87 per month for the first year. This payment grants you access to Spain's public healthcare system, including GP and hospital services, as well as benefits such as sick leave and maternity/paternity cover.

Need Help Getting Started?

We can guide you through the entire registration process, ensuring you meet all legal requirements and get your business up and running smoothly. Send Stronger Together an email to make your appointment with Monica



StrongerTogetherFuerteventura@gmail.com



Derek Mac

If you're a fan of live music, a venue that you'll almost certainly visited is Rogues Gallery in Corralejo. Here, owner Derek 'Mac' McCulloch entertained the crowds for almost 20 years. Sadly, Fuerteventura lost Derek recently after a short battle with cancer. I had the honour of sitting with Derek's daughter Sharon and hearing more about her extraordinary father. As a tribute to Derek, it's our pleasure to share just some of his story with readers of Breeze.

Born on 29th September 1946 in Leigh, Derek spent his childhood in Oldham, Lancashire. Fittingly, the number one song that day was Bless You by The Ink Spots - a title that feels especially appropriate given how deeply music would shape Derek's life.

He was born to Lena and Duncan - his Scottish father, a strict RAF sergeant. From an early age, Derek seemed to have music in his soul, but his father was less than encouraging. In fact, he often told Derek that music would never get him anywhere. Fortunately, life proved otherwise. Derek's father lived long enough to shake his son's hand in pride, to celebrate his achievements, and to offer comfort through life's challenges. As an only child, Derek was deeply loved by both his parents.

Derek's father insisted he studied hard, get a good education and gain qualifications. He didn't disappoint his parents by passing 10 exams, quite a feat in those years, and on his father's insistence, Derek went to college to study, and he went on to become a draughtsman at the local brewery.

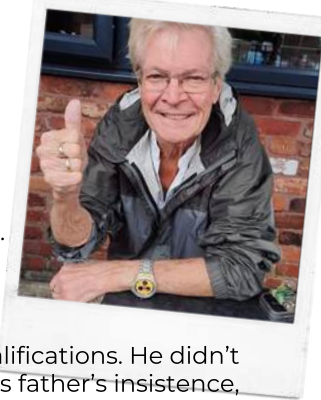
But Derek's life was music. It was always there in the background, even when he was being told to concentrate on something else. I was fascinated to learn that he taught himself to play guitar. He was left-handed, but he was told, as kids often were back then, to use his right hand. This enabled him to play both left- and right-handed. He also played the blues harmonica, but Derek loved all types of music, sticking to no particular genre. At the age of 15, whilst attending Hathershaw Technical High School, Derek started a band with his mates.

Derek was on lead guitar and was the vocalist, Ian Wrigley was on organ, Les Andrew was the drummer, and Stuart Adams played bass. These guys called themselves **'The Techniques'**, although over the years, and depending on where they played, they were sometimes known as **'Manchester Technique'** or even **'Technique'**, and from there they went on to live a life others only could dream of.

What started around 1963 as rehearsing and playing as a group of schoolmates, lead to gigging locally. This started small, but then moved on to working men's clubs at the weekends. As their popularity grew, they began playing the dance halls and cabaret clubs. One of the clubs the guys played was The Carlton Club, a great venue in Warrington, famous even then for hosting well-established bands as well as up-and-coming talent.

From there they grew, touring the north west, then the rest of the UK. One of the standout venues they played was the famous Liverpool club 'The Cavern'. At one point, the boys even appeared on the same bill as the Beatles. They also played concerts across Europe with the likes of T-Rex, Pink Floyd, and The Four Tops. As the band's fame grew, so did the stories...

One such story tells of the time Derek was playing in Sheffield on the same night as Motown legends **'Four Tops'**. Derek somewhat cheekily decided to sing their hit 'I'll Be There', when who should pass the club and hear but the band themselves. The guys came in, gave Derek a round of applause, and lead singer Levi Stubbs bought him a pint of Guinness for having the nerve to sing their song.



Another the time he met Marc Bolan, lead singer of T Rex. Bolan, known for his hippy ways was sat cross-legged on the floor of a dressing room in a club. Derek often went on to tell the story of how he found him there, asking him quite bluntly 'why the f* don't you just sit on a chair?'

Derek was a charmer, and the term 'a ladies' man' was mentioned when describing his youth. And if you knew him, you'd know he had the good looks to back it up. He met and settled down with Janet, who went on to become his wife. Their first daughter, Michelle, came along in 1968, and daughter number two, Sharon, followed in 1973. In the early 70s, Derek decided to leave the band and do his own thing musically, as well as follow a new career path: artist management.

Along with another old mate, Stuart Littlewood, he initially based himself in the Lion Hotel (another legendary venue in Warrington) from where they built up a business managing famous artists such as Mud, Sweet, Showaddywaddy, The Dooleys, and Cy Tucker & The Friars.

Around 1979, Derek added another string to his bow when he purchased a nightclub from his old mate Bill Medland, who was in the business. Bill was very influential throughout Derek's life. He booked Derek and the band in the early years and went on to become one of his best mates, showing him the ropes in the business. The nightclub was the famous Carlton Club in Warrington, where Derek first entered when he played there aged 17 with the Techniques. The continued love affair with the Carlton was to last another 20 years. This was the family business and home to some legendary funk nights, Sunday soul sessions, and disco nights that brought in punters from all over the country.

The club was well-known for the big names who played there: Wilson Pickett, Eric Clapton, Three Degrees, Edwin Starr, The Supremes. The list goes on, and as the north continued to be a great platform for talent, the Carlton hosted Rick Astley singing 'Never gonna give you up' for the first time. Heather Small & M People played there. Chis Evans was a 'tarzan'o'gram there, with Derek telling him he had a voice for radio... I guess we have Derek to blame for that one.



As well as the club, Derek was involved in various pubs and bars. There was the 'Wine Lodge,' another great venue, and an iconic record shop called 'Hott Waxx', which he opened with another good mate, Kev Edwards, in May 1989. This was around the time the Manchester music scene was blowing up, and the shop went on to become the largest independent record store outside of London.

Kev said "I will always be grateful to Derek. We partnered in Hott Waxx, and he let me do my own thing DJ'ing at the Carlton on the Sunday Soul nights, which lasted 12 years. He never questioned the music policy once. He loved it. He was a brilliant guy. You could trust him, he was very funny, and he was also an outstanding musician and vocalist. I couldn't have had a better mate and partner".

Throughout all of this, Derek kept gigging, often at the middle bar of the Lion Hotel in Warrington. People still talk very highly of this venue and the great nights there with Derek playing either on his own or with other bands he formed, a couple of them rather fittingly called '**Last Orders**' and '**Strapped for Cash**'.

As I was looking online to find out more about Derek, I couldn't help but notice the LOVE being shown for him by the patrons of the Carlton Club, the staff, the artists, and the DJs. And this is not because he has passed. These are comments that have been posted over the years talking about what a gentleman, great entertainer and raconteur he was. Posts on the Carlton Club's Facebook page announcing his passing had hundreds singing his praises. I think my favourite line is 'Derek, YOU made Warrington the place to be'.

As time passed, Derek and Janet grew apart. Sharon had moved here to Fuerteventura in 1996, and three years later, Derek, excited at the thought of his first grandchild, Nati, being born, decided to also make the move to the island. He asked his partner at the time to move over with him.

Janet also followed Sharon to the island, bringing her second husband with her. And so at the age of 54, Derek's new life started in Fuerteventura...



The plan was retirement. Days were to be spent watching the mighty Manchester United, who Derek had quite rightly followed his entire life. But then he'd do a little gig here, or a little session there. He ended up playing in Corralejo, El Cotillo and Caleta. Soon, the call of having a venue again came knocking on Derek's door.

And so, in December 2005, Derek took the keys to '**Rogues**' where he entertained everyone that passed through the doors for the next 19 years. He sang, cracked jokes and told stories. The bar, as you all know, was famous for its live music. Saturday nights were a particularly hot ticket, with the bar filling up as soon as Derek started to set up.

Derek always loved when friends from home popped in to say hello on holiday, which was a regular occurrence. They'd come for the music, to catch up and to reminisce about the good old days in Warrington. He will be sorely missed by many folk, not just for his infamous lock-ins (when you'd be expected to help with the tables and chairs at the end of the night!), but also for the measures.

Derek was diagnosed in May this year, and he deteriorated very quickly. His family are grateful that his humour never left him, and that he remained upbeat until the end. Derek lived on his own terms and had an extraordinary life. He chose to die the same way. Derek sadly left us on the 21st September 2024, quietly and peacefully at home in Corralejo.

A celebration of his life was held in Rogues on 29th September 2024 on what would have been Derek's 78th birthday. Many of his friends, family and local musicians drank, sang and toasted his extraordinary and extremely well-lived life.

Moving forward, the owners of the building that 'Rogues' sits within are looking to call time on the bar, which could mean the end of Derek's bar after almost 20 years of being a firm foundation in Corralejo's entertainment scene and local community. While discussions are ongoing, Sharon is confident that an amicable solution can be found to allow Rogues to stay in its established home.

In the meantime everyone who wishes to pop in and toast Derek and share some memories are always welcome. Rogues has live music on 6 days per week, be it afternoon sessions 4-6 or in the evenings 9 -11. Check their facebook page for regular updates and details @theroguesgallery.

Gone but never forgotten. Cheers Derek, and thanks for all you did!



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A Castle in El Cotillo



The story of El Tostón

We would like to introduce **Aydan**, our new historical correspondent. The son of English parents who have lived on the island for over 30 years, he's Fuerteventura born and bred.

Aydan, please tell our readers when your love of history started. Which period of history interests you in particular?

I've been passionate about history since I was a child when my grandad used to tell me these fascinating stories about the war and about how different everything was back when he was a child growing up in the 1930s. I also used to be a massive fan of the show *Horrible Histories* when I was 9-10 years old. That had a lot to do with it. Since I was about 12, it has been perfectly clear to me that I wanted to dedicate myself to history and to sharing it in that same entertaining and engaging way.

At the end of my degree in Salamanca, I chose to specialise in modern history, which broadly covers the period from the French Revolution (1789) to the fall of the Soviet Union (1991).

You have various social media channels that may be of interest to our readers. What are they, and what exactly are they about?

I've been sharing history content on YouTube for quite a while now, but I've recently started creating content on Instagram and TikTok as well! I wanted to reach young audiences through this popular reel format, which feels a bit more accessible now than YouTube. I make content in both English and Spanish through **@historyaydan** (on both Instagram and TikTok), and you can also find me on YouTube under **"Actual History with Aydan Woodward"** and **"ZebcastHistoria"**.

So, Aydan, please tell us about El Toston, our castle of El Cotillo...

If you've ever been to the picturesque seaside town of El Cotillo, you're probably familiar with a little tower or fortress dominating the dramatic cliffs of the west coast. This small circular structure, which I'm sure has sparked the curiosity of many of El Cotillo's visitors, residents and tourists alike, is arguably one of the most important symbols of Fuerteventura's post-conquest history. It serves as a representation of centuries-old Spanish imperial authority and of the defence of Fuerteventura from pirate attacks and naval invasions.

This is the Castle of El Tostón, and although it may not be the stereotypical image of a castle, it is an important piece of the island's heritage and is protected by Spanish law as a cultural interest landmark, or 'Bien de Interés Cultural'.

It was built in the 1740s under the direction of the Flemish-born military engineer Claudio de L'Isle. The reason it was built is closely related to the lack of protection afforded by the Spanish Crown that Fuerteventura had endured during the first few years of colonial rule. Unlike Gran Canaria and Tenerife (the two economic and political hubs of these islands), Fuerteventura didn't have any proper fortifications before the 1700s. Although it's been said that the island's conqueror, Jean de Béthencourt (who the town of Betancuria is named after), set up a castle somewhere on the island called Rico Roque, it's been lost to time, without a single stone of it remaining. And that's very sad.



Even its exact location remains a mystery. Without a reliable fortress, Fuerteventura was left practically defenceless for centuries. This was extremely dangerous in the event of a French or British invasion, and the island had already endured a devastating Berber pirate attack in the 1590s which ended with the loss of so much of the island's oldest pieces of colonial heritage.

To better defend against future attacks - particularly after a failed British corsair raid on El Cuchillete in the south - the Captain General of the Canary Islands, Andrés Bonito Pignatelli, commissioned the construction of a coastal fortress around 1740. The task was given to military engineer Claudio de L'Isle, who was charged with protecting the island's northwest. Interestingly, L'Isle also designed the similar tower at Caleta de Fuste, built around the same time. I had the privilege of registering Pignatelli's portrait during my internship at the History Museum of La Laguna in Tenerife — a rewarding personal connection to this fascinating piece of history.

Therefore, in 1741, the Castle of El Tostón was built! This little tower is very much Majorero, as its walls were built using local El Cotillo stone. It has a round base, two floors, and its beautifully crafted front steps lead up to a small drawbridge with iron chains. The interior could house up to twelve soldiers with their supplies and ammunition, and the structure even has an accessible roof with one of the best ocean views in all of Fuerteventura. This would have been used by the troops to look out for enemy ships. As you climb up to the top, you could maybe imagine yourself as one of those 1700s soldiers watching vigilantly over the wavy western coastline.



One question you might be asking yourselves is... why El Tostón? Where does this name come from? Well, that was the original name of El Cotillo! This town was known as El Tostón for most of its history, only having its name changed to El Cotillo in the last century.

This was possibly done to make it more appealing to tourists. It's likely that the original name may have come from the toasty colour of the rocky landscape.



After a long period of renovation, the Ayuntamiento of La Oliva recently opened the Castle of El Tostón as a visitors' centre! With a small model of the tower inside, period uniforms on display, and panels with historical and touristic information, it's definitely a must-see if you're ever in the mood for exploring a bit of the island's history!. We sat down with **David Fajardo, the Councillor for Tourism** to find out more.



Why did you decide to renovate El Tostón after so much time?

El Tostón was closed in 2018. It needed a large investment to bring it up to standard, and there was no money. We applied to Europe for funds to help us, and along with the Cabildo we successfully opened as a BIC (site of cultural interest) in November 2024.

When is El Tostón open to the public, and is there an entrance fee?

It's open Monday to Sunday from 10am till 4pm, and there's an entrance fee of 1.50€. If you're a resident, it's only 1€, so it's well worth a visit!

What other historical sites in Fuerteventura do you have plans to open to the public?

The municipality of La Oliva is bringing history to life with La Ruta del Agua, a new tourist route highlighting the island's deep connection to water. As part of the ECO-TUR program, the project is restoring the historic Veneno and Redondo water cisterns, transforming them into an interpretation centre where visitors can explore how water shaped Fuerteventura's traditions, landscapes, and survival strategies.

With nearly €95,000 in funding from the Town Hall and European funds, the project goes beyond restoration - it's about storytelling. The route includes wells, fountains, and irrigation sites, with brochures and maps already available. The next steps focus on signage and promotion, with the centre set to open in summer 2025 - just in time for your next visit!



www.visitcanaryislands.org/toston-castle



@historyaydan

@Actual History with Aydan Woodward



Community

With the busy summer season about to start, it was a great time to sit down with Jorge Flejitas, La Oliva Chief of Local Police, to find out some of the ways his team helps to keep La Oliva safe.

Can you give us an overview of how security has improved in the past few months?

We are very pleased to have added eight Policía Local officers to our numbers, which has given us an increased presence and visibility on the streets. It has also allowed us to have two patrols to cover the La Oliva area, when before there had been only one.

The increased staffing naturally means we have also improved our effectiveness, shortening the reaction times to situations reported to us.

So with the additional staff, how many Policía Local are now in the team in La Oliva?

Previously we had 31, but we now stand at 39. Not only that, but we are already in the process of increasing this to 49 officers in June.

For 2026, we are in negotiations to increase this by a further 10 more members of staff, which would be an ideal number for an area the size of La Oliva, given that the population has increased by 17000 in the past few years. ***It's an important investment in the security of La Oliva, its residents and visitors that the mayor, Isaí Blanco, and his council have made.***

You also work very closely with other law enforcements to keep the public safe. Can you tell us more?

As well as ourselves policing the areas in La Oliva, the Guardia Civil provides support and assistance. We work very closely with them, sharing and coordinating information. They, of course, do this not only for La Oliva, but the whole of Fuerteventura.

The Guardia Civil has a unit that assists us on weekends, and over and above this we have a Special Police Unit that assists us all weekend, Friday through to Sunday to deal with the increased number of people in the tourist areas. This then increases our number of patrols from two to three in these busier periods.

We've also noticed out and around in La Oliva that two of your newest recruits have four legs instead of two...

Yes, we now have our Canine Unit, and 'Kata' and 'Niko' are our new additions to the growing team. They are both German Shepherds, about 15 months of age and close to completing their rigorous training process in Tenerife.

Initial training is a minimum of six months, but can be as long as two years depending on the requirement of the dog. As part of the training, they have already started working.

This is the first time La Oliva has had dogs as part of the force (police dogs were only introduced into the Policía Local in Spain relatively recently in 1996 in Torremolinos).



And Kata & Niko, do they live here in the Policia Local?

Both Kata and Niko are looked after as any 'normal' dog would be: they each have their owner who is responsible for them, and they live as a normal dog would in the family home. The difference, however, is that when they are called to work, the police dog collar goes on and Kata and Niko know it's time to work. You can visibly see the difference in their behaviour and attitude. It's incredible!.



On call 24 hours as required, the dogs provide a visible sense of safety and security to the public. They also alert their handlers to potentially dangerous situations and, if required, can bring down a suspect.

It is through their sense of smell, however, where the dogs really demonstrate their worth. One of the things they're trained to do is detect up to 16 types of narcotics.

As a result of the dogs being used, in the first two months of 2025 as many arrests for drug offences have been made as were made in the whole of 2024.

We are averaging around six arrests per week as a direct result of having the Canine Unit in force.

Although belonging to La Oliva, like the cross-organisational relationships I mentioned before, we work very closely with our counterparts island-wide, in particular with the airport and ports.

This sounds fascinating. Are there any plans to increase the numbers in the Canine Unit?

We do actually have plans to incorporate a third dog into the team, and this one would be specifically trained in dealing with larger crowds, meaning it could be used at the many carnivals, festivals and similar events that we have throughout the year.

Something that is evident in and around La Oliva is the increased presence of cameras...

Like the Canine Unit, simply by being seen, cameras provide an extra sense of safety and security to the public. Across La Oliva, and predominantly in the busier area of Corralejo, we have a total of 68 street cameras in operation.

These are generally focused on areas of high footfall and activity. Additionally, we have 10 more cameras that specifically focus on vehicle registration, so these assist in looking for cars reported missing or stolen.

The cameras are controlled here in the Policía Local station and allow us to have a good overview of what is happening on the streets before there is an opportunity for a crime to be committed. And, of course, when a crime is committed, the camera footage can then be used as evidence for a prosecution.

Having the cameras on the streets and controlled centrally here allows us to have more officers on the street policing La Oliva.

An interesting fact is that ***approximately 60% of all detentions are thanks to the use of these street cameras.***

Which leads on nicely to asking how the Policía Local is using drones in the fight against crime?

We have two drones that we have now in operation. One small one, and one that's larger. These are particularly useful when we need to have a good aerial overview of what is happening. During carnival, for example, the drones allow us to see and control a much larger area, moving along with the event as it moves from area to area. This gives much more coverage than a fixed street camera or officer on foot could. This allows us to then send officers in the direction of any potential problem.

We currently have 14 members of staff trained to use the drones, with more in the pipeline. The drones can be launched in under a minute.

The image and video is displayed on the control, and this is operated by trained members of staff who can be based anywhere within a 15km radius of the drone. To give you an idea of the capabilities of the drones, it's possible to zoom into a vehicle and follow it effectively from a distance of 3km.



With the use of drones on the rise, what rules do people need to be following when using theirs?

As long as the drone has a camera, the drone must be registered, and the owner has to be registered as an operator, be licensed and be insured. This is governed in Spain by 'AESA' (State Agency for Air Security). There are numerous laws and requirements, with a really important one being that you are not allowed to fly in the protected areas of the dunes, which is where most people want to fly them. For the 'casual' drone user, be very careful, as falling foul of these regulations can result in very hefty fines.

For a tourist looking to bring their drone over on holiday, the advice would probably be to leave the drone at home.

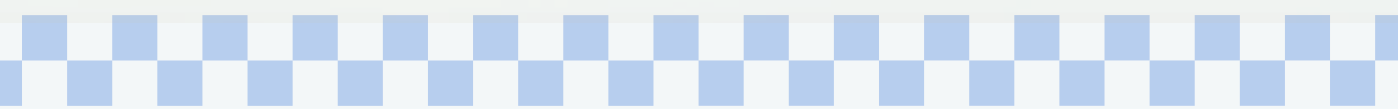
Can you tell us a little more about the new 'Co-ordination Control Centre' that has now opened here in the Policía Local?

Although this is not a new concept, the control centre itself is new and sees us working alongside the other emergency services, particularly during large scale events such as carnivals and concerts in La Oliva.

Centrally, representatives from the Policía Local, the Fire Service and the Guardia Civil can control an event and work closely together to ensure it runs as smoothly as possible. Whenever any action is required from any of the emergency services, it is activated quickly and effectively.

Drones deployed for the event provide feedback via a live stream to the centre, ensuring we have maximum coverage of these events. They then can deploy the relevant resources to where they're needed in the quickest possible way.

The centre was opened in March and was utilised for the first time during the busy carnival season.



Sadly, a common problem on the island is people's property being occupied by squatters. What can be done to reduce the chance of this happening?

Firstly, everyone should have an alarm on their property. This way, if your property has been entered illegally, you are made aware of the situation immediately.

Secondly, you must contact the authorities on 1-1-2, explaining the details. The earlier that you can report that your property has been entered illegally the better. This is important.

A great source of security are your neighbours, if you look out for each other and report any suspicious behaviour to the police.

Neighbours can also keep an eye on your property if they know you are not around. This sense of community can eliminate a lot of crime, and we cannot stress enough that the collaboration of the citizens of La Oliva is fundamental to reducing crime.

For matters less serious or non-criminal, such as vandalism or graffiti, we also have the council's 'Green Line' through which you can report things that do not necessarily require police attention but that will be tackled by the council.

Green Line (Línea Verde) can be downloaded to your phone as an app from your app store. It can all be done in English, and you can send the information and a pin to the location, as well as add a photo of the incident.



It is through this initiative that, in the past six months alone, 86 abandoned cars have been taken off the roads of La Oliva.



This not only improves the image of La Oliva but also frees up much needed parking spaces.



Is there anything that you would like to leave Breeze readers with?

For any matter that requires any of the emergency services, your first call should always be 1-1-2.

Explain clearly what the emergency is, and the control team will decide on the best course of action.

This service is, of course, available 24 hours per day, 365 days per year. We are in the Canary Islands, so the call will naturally be in Spanish. However, if the caller does not speak Spanish, do not worry, an interpreter for the call is always available.

Thank you so much for your time Jorge and for giving us a great overview.

A Safe Space for Women: The Rise of Women's Circles

In a world that often feels increasingly disconnected, the simple act of gathering in a circle can be a profound and transformative experience. One woman in Fuerteventura is on a mission to bring women together and create a space for vulnerability, empowerment, and sisterhood.

Salla Vedder, the visionary behind these monthly women's circles, speaks passionately about her journey and the inspiration behind this movement. Having built a successful yoga business and community, she found herself suddenly alone after letting go of her studio space. The isolation that followed, coupled with the challenges of motherhood, led her to search for something new: a way to reconnect with others and foster deeper connections among women.

What is a Women's Circle?

A Women's Circle is a gathering where women of all ages and backgrounds come together in a safe, supportive environment. Each month, the circle explores a different theme, with structured activities designed to encourage reflection, sharing, and connection. The next event, taking place on Sunday 27th April at 6pm in Corralejo, will focus on **"Healing the Sister Wound - Building trust in Women's Circles"**



The format is simple yet impactful. It begins with meditation to centre energies and set intentions. Participants then engage in a guided sharing session where they answer thought-provoking questions in a judgment-free space. A core principle of the circle is that feedback is not given. Instead, women acknowledge and hold space for each other with silent support. Following the sharing, movement and dance help to release emotions and transition into a closing ritual of visualisation and intention-setting.

A Vision for Community

Salla's dream is clear: to see 20 women gathering each month, forming lasting friendships and strengthening the bonds of sisterhood. These circles are more than just meetings. They are a sanctuary where women can feel seen, heard, and understood without competition or comparison.

"One of the biggest wounds among women is comparison," Salla shares. "I recognised it in myself - the tendency to compare, to feel envious, to see other women as competition. But I don't want to live that way. I want to appreciate and support other women instead. That's what these circles are about."

Stepping into Visibility

After years of focusing on her business, Salla is now heading in another direction, ready to share her vision and bring more women into the fold. While she has been hesitant to market herself, she understands the importance of reaching out.

"I need to allow people to see me again," she says. "I want women to know this space exists, that they are welcome here, and that they don't have to go through life feeling they don't belong."



Women's circles have existed for thousands of years, dating back to ancient civilisations where women would gather in sacred spaces for rituals, storytelling, and communal support.

These gatherings were often tied to lunar cycles, fertility rites, and spiritual traditions in cultures such as those of indigenous tribes, Celtic communities, and Ancient Greece.

In modern times, women's circles have experienced a revival as a means of fostering empowerment, connection, and healing.

"No sister is left behind" - Sistership Circle

In Women Gathering you'll...

- **SHARE** your thoughts, dreams and feelings with women who reflect your courage and vulnerability
- **RECEIVE** support in an area where you feel stuck or keep stumbling in life, where you are holding yourself back or hiding your true words or feelings
- **CONNECT** to your body, voice, truth, clarity and inner power
- Come together to be part of a community - to give, reconnect and receive
- Focus on **YOURSELF** (finally!) and ways you can take better care of yourself in every area and role in your life
- Reflect with **GRATITUDE** on who you are and who you are becoming, and what you have built around you
- Allow yourself to plug in to the source of unlimited innermost connection & **GUIDANCE**





Salla's energy is truly uplifting. Even within the comfort of her safe space, I could immediately sense the potential impact of spending time with her. We spoke with some of the women in her community who spoke highly of the environment she is creating.

"Being part of the circle is incredibly enriching. It provides an opportunity to share personal experiences, learn from others, and truly engage with the community. It's a safe and inspiring space that fosters personal growth. We are one, and that feeling alone is deeply empowering," said Maike from Germany.

All sessions are conducted in English, which may seem surprising given that we are in Spain. However, Salla works with women from all over the world, and, like it or not, English remains the common international language. But here in Fuerteventura, it works. This island is incredibly international, and many women from different countries often find themselves feeling isolated in a foreign land.

"I wanted to create a space where women don't have to feel alone - where they can connect with others going through the same experience. Being from Finland, I know how hard it can be to be far from friends and family. But not anymore!"

"In my experience, the women gatherings are a very powerful tool of connection between women from all backgrounds and ages where you learn to express your feelings without being judged. You (re)connect with your inner self. Salla is incredibly gifted, guides from her heart and soul, creates a safe space and makes everyone feel seen, heard and accepted as they are."

Sarah - Germany



For those interested in experiencing a Women's Circle firsthand, the list of gatherings is on page 19. Gatherings will be held in Corralejo (as well as virtually every month). The event is donation-based, with a suggested contribution of 20 euros.

Salla's journey is a testament to the power of vulnerability and the beauty of human connection. Through these circles, she is creating something truly special: a space where women can support, uplift, and empower one another. As she envisions a future where these gatherings flourish, one thing is certain... no woman needs to feel alone when sisterhood is just a circle away.



+34 673 843 982



www.inbodhiyoga.com/fuerteventura



@inbodhiyogafuerteventura

@sallavedder

The Seawater Pools of Fuerteventura

My First Impression of the Island

Two and a half years ago, I arrived in Fuerteventura for the first time. I had seen pictures of its long sandy beaches and blue waters, but my first thought when I landed wasn't about the beaches. I was struck by how empty and dry it looked - a landscape of dust, rocks, and barely any greenery. It felt like landing on another planet. No wonder some Star Wars scenes were filmed here.

At first, I wasn't sure if I liked it. The heat was dry, the wind was strong, and everything felt unfamiliar. Still, I was here for a holiday, and I decided to give the island a chance.

Discovering the Hidden Beauty

I began exploring beyond the main beaches. They were stunning - golden sand and turquoise sea - but I wanted to understand why so many people loved Fuerteventura. I hired a car and drove along the coast, stopping at different spots.

That's when I started to see the island's real magic: hidden natural wonders, especially the seawater pools tucked away along the coast. Often only accessible during low tide and down rough tracks, these pools are peaceful, crystal-clear, and feel like your own private paradise.

The Natural Pools of Fuerteventura

The first pool I found was at **Playa de la Mujer**. It's a bit of a trek over rocky terrain, but well worth it. Protected by natural rock formations, the water inside is calm and still - like a giant natural bathtub.

Then I found **Playa de los Charcos**, near El Cotillo. This spot has several pools, some deep enough to dive into, others shallow and perfect for relaxing. Sometimes I was the only one there, floating peacefully under the open sky.

One of my favourites is near **Agua Verde** on the west coast. Volcanic rocks surround pools of bright blue water, contrasting dramatically with the crashing waves nearby. Another gem is the **Piscinas Naturales de Ajuy** - small but deep and perfect for snorkelling.



For something more accessible, there's a "piscina natural" between Caleta de Fuste and Nuevo Horizonte. It's ideal early in the morning when the tide is low and crowds are few. Altogether, Fuerteventura has 18 registered natural pool areas - each one unique and worth the effort to discover.



A Place of Peace and Connection

Floating in these pools, far from crowds and beach bars, I felt deeply connected to nature. The sound of the waves, the wind, the sky above - it was all I needed. What started as a trip to a dry, barren island became a journey of discovery.

Fuerteventura slowly revealed its secrets: quiet beauty, wild landscapes, and magical seawater pools. If you come here, don't just stay on the main beaches. Explore the coastline, follow dirt roads, and chase the tides - you might just find your own hidden paradise.



The Magic of the Tides

These pools are shaped by the tides. At high tide, they vanish under the waves; at low tide, they become peaceful lagoons. Checking the tide schedule is essential - I use www.Tideschart.com to plan my visits for low tide and sunny weather.

As the tide moves in and out, it brings fresh seawater, small fish, and marine life into the pools. You'll often spot crabs or colourful sea urchins nestled among the rocks.



And wherever you go, respect the island: take only memories, and leave everything as you found it.

 www.Tideschart.com

 [@FuerteVidorra](https://www.instagram.com/FuerteVidorra)



By Ed x

FUERTEVENTURA THROUGH MY LENS

with Paula Codoner

In this issue, we introduce a photographer with a unique perspective: one who captures nature in its raw, unfiltered beauty. With a deep passion for flowers, she believes that some of the most stunning images come from unexpected moments, when things don't go as planned or the focus takes an unusual turn. We're thrilled to showcase a selection of her incredible work, inviting you to see nature through her lens. Introducing Paula Codoner



Hi, Paula! Tell us a little about yourself.

I was born in Valencia, and I moved to Fuerteventura 18 months ago. I have been working as a photographer and art director.

How did you start with photography?

I have always been interested in photography and visual arts. After studying a degree in Product Design, and a Master's in Graphic Design and Art Photography, I continued my studies in Ikebana and Floral Design at the London Flower School.

I am a creative director and analogue photographer specialising in product and portraiture. In my personal work, I also explore the ephemerality of nature by playing with colours, textures and movement.

I have worked for brands such as Issey Miyake, Kate Spade NY, Adolfo Dominguez and Dropbox, and my photographs have been exhibited at the World Trade Center (NY) and Alzueta Gallery (Barcelona). My work has been featured in publications such as It's Nice That, Kinfolk Magazine or Vogue Spain.



Your work seems to step outside the bounds of 'normal' photography. What drives you to push the boundaries?

I don't think there is one photograph that is more 'normal' than another. I think we all have a unique perspective and can contribute a different way of seeing things.

Can you describe your creative process when starting a new project? Do you have a set routine, or does it evolve organically?

In my personal projects I love to experiment and photograph flowers or any subject spontaneously and without a plan. I like playing in the moment with distortion tools like crystals or lenses, with movement, colours and shapes.

In professional work, whether it be portraits (family, couples or fashion) or product photography, I work with clear ideas (a moodboard with sketches, reference photos, locations, props...) and everything necessary so that the client knows what photographs I am going to take before the session and that we are on the same page.

How do you balance a client's brief with your creative drive?

In professional projects, creativity is at the service of the client, starting from their specific needs. Ideas are worked on to achieve what is desired in each case. There are projects that are more similar to my personal style, and others that differ more.



Do you think it's possible to draw inspiration from other art forms such as music, film and painting when developing a project?

Yes, all disciplines are related. The more culture, the more experience. And therefore we see more creativity. Creativity is a giant collage that is built with different artistic disciplines, and they are all connected.

Are there any specific cultural, social or philosophical ideas that have shaped your approach?

Photographing for pure hedonism is my aim. There is no reason to photograph flowers other than to enjoy it. The goal is not to produce, it is not the result, it is not criticism. It is the fun in the creative process.

It means being present. It is meditation and it is play.

It is summarized in these phrases:
 "Perhaps I write for no one. Perhaps for the same person children are writing for, when they scratch their names in the snow." - Margaret Atwood

"21st century society is no longer a disciplinary society, but a performance society." - Byung-Chul Han



What role do spontaneity and risk-taking play in your process? Are there times when you consciously embrace the unknown?

What excites me most about photography is the game and the randomness. That's why I love moving or out-of-focus photos. Through spontaneity and what you don't control (even mistakes), you can be surprised by a result. You may get an unimaginable final photo, and bring to light things that can't initially be seen with the naked eyes.

The most fun projects are the ones you don't plan. You just experiment without any goal in mind and ask questions as you go along.

How do you want your work to influence society, other than selling your clients' goods and services?

During the pandemic, several people wrote to me thanking me because my photos conveyed peace and joy to them, and I thought it was very nice that my photos could have that effect.

What does success mean to you as an artist?

Having fun with the creative process, and taking photos without any utilitarian purpose other than my own enjoyment. If I have had a good time on a session, regardless of the result, it has been a successful day.



How do you deal with moments of creative block?

The best thing is not to have pressure. That can be either external, such as a demanding client, money, a fast delivery date; or internal, such as fear of making mistakes, seeking perfectionism, fear of criticism... Also, on the one hand, enrich yourself with culture. And on the other, try new things every day: experiment with cooking, with sports, writing, music... And, above all, enjoy the creative process. See it as a game.

If you were to describe your photography to someone who'd never seen it, how would you explain it in one sentence?

I do flower portraits with minimalist compositions and cheerful colours that convey serenity and joy, whilst experimenting with blur and movement to provide a poetic aesthetic.

Where can we see more of your beautiful work? Can people buy your prints?

Yes of course! You can see the full collection on my webpage and follow my pages on Instagram.



@paulacodoner



@paula-codoner.com

@goldenhour_photofuerteventura



Made in Fuerte

This is our favourite section of the magazine! We search the island to find people who have built their businesses from the ground up, and we love sharing their stories so you can discover them too. Introducing... Esteban and Hernán!

Nuestro Estilo - Empanadas y más.



For this issue, we've discovered something a little different! Meet Esteban and Hernán, two friends from Argentina who have made Fuerteventura their home. We follow their journey in the empanada (pasty) business. From humble bar snacks to a thriving brand. As you'll see from the photos, these two are full of charm and share a great friendship. As Hernán prefers to stay behind the scenes, crafting delicious food in the kitchen, we caught up with Esteban to hear their story.



It all started with a simple night out. My partner and friend, Hernán, and I frequently visited an old bar that doesn't exist any more, where the drinks were great, but there was never anything to eat. Hernán, a talented cook, would make empanadas just for the two of us to enjoy while drinking.

One day, he decided to share them with the girls who worked at the bar, and they loved them. Since they had nothing to offer their customers in terms of food, they asked if he could make some to sell. What began as a hobby soon turned into a small business, and Hernán started charging a modest price for his empanadas. This was during the pandemic, a time when both of us found ourselves with more free time than usual.



Since I had more business knowledge and connections with bars, I suggested expanding our reach beyond just one location. We started offering our empanadas to other bars owned by friends and acquaintances. The demand grew unexpectedly, and once the pandemic restrictions eased, we found ourselves receiving frequent orders. Eventually, we transitioned from supplying bars to offering deliveries, and the business took off faster than we ever anticipated.

However, there came a time when sales slowed down. Friends who had initially supported us bought less, and some bars reduced their orders. Managing both our full-time jobs and the increasing workload of the business became overwhelming. We knew we had to make a decision: either invest in marketing and expansion or stop altogether. We chose the former. With a bit of advertising, homemade flyers, and word-of-mouth promotion, our business began to grow once again.



Our big break came when we found a location in Corralejo. The space had been used as a pizzeria various times, and we had tried to inquire about it multiple times. Finally, one day, the owner agreed to transfer it to us. We scraped together our savings, struck a deal, and within two months, we had transformed the space into our own empanada shop. On October 30, 2023, we officially opened our doors.

Corralejo quickly became a hub for us. We serve a mix of locals, tourists, and passersby. Tourists, once they found us, would often return daily during their stay. Locals, appreciating the affordability and quality of our empanadas, became regulars. From our Corralejo base, we also began supplying empanadas to several bars, and we now work with around six or seven establishments.

As the business continued to grow, we saw an opportunity in Lajares. We had a strong customer base there, but after an unfortunate incident with one particular client, we decided to establish our own presence instead of relying on third parties. By December, we opened our second location in Lajares.

Our business revolves around two core products: empanadas and Argentine-style pizza. While Italian pizza is well-known worldwide, Argentine pizza is different, featuring a richer mozzarella with more fat, oil, and generous toppings.

Esteban, for those of us who don't know, what is an empanada?

An empanada is a stuffed pastry. It consists of a thin dough folded over a savoury or sweet filling that's sealed and cooked until golden. Similar to a Cornish pasty, empanadas are typically smaller and have a wider variety of fillings. They also resemble calzones, though with flakier dough, and samosas, which are often crispier and spicier. The beauty of them is that you can really fill them with anything!





When we first started making empanadas, we focused on the basics: ham and cheese, vegetable, and meat. However, once we opened our physical locations, we realised we needed more variety. We began experimenting with flavours inspired by local cuisine. One of our first creations was a pork empanada based on a traditional dish from a nearby bar, Alpende. We also introduced a cheeseburger empanada, which quickly became a best-seller.

Today, our most popular flavours include the "VACIO" (minced meat cooked for five hours with mozzarella and chimichurri), the classic meat empanada, and the cheeseburger empanada. We continuously innovate, combining flavors from Argentina, Spain and beyond to create unique offerings.

One of our distinguishing features is that we stamp the name of each empanada onto the dough. This idea came from Barcelona, where I saw similar concepts in specialty shops. We are proud to be the first on the island to introduce this approach, and it has since been adopted by other businesses. Seeing our influence on the market is gratifying, as it shows that our innovations are making an impact.

Now, we aim to expand our brand even further. We want to open another location next year and continue growing our partnerships with bars. Our ultimate goal is to bring our unique style of empanadas to even more people, blending flavours from different cultures and making delicious, high-quality food accessible to everyone.

For any business reading this article who would like to sell your empanadas, what do they need?

Ideally, a refrigerated display and a small oven or grill would be perfect. But if that's not possible, simply having some fridge space will do! Just get in touch, and we'll be happy to advise. It would be incredible to see our empanadas in bars all over the island! What began as a casual snack alongside drinks has grown into a thriving business - and this is only the beginning. So why not be a part of it?

So why not pay the boys a visit in either Corralejo or Lajares? And don't forget to follow their exploits on social media..



@nuestro.estilo.empanadas



@Nuestro Estilo Empanadas



Spotlight On

SPORT + food + music =



Nestled in the picturesque village of Villaverde, the Paladea festival has become a staple in the event calendar of La Oliva, seamlessly blending gastronomy, sports, and live music. Since its beginning in 2018, Paladea has grown enormously, drawing locals and tourists alike to experience the rich tapestry of Canarian culture.



Scheduled from Wednesday 7th May to Sunday 11th, it'll offer a range of activities that cater to all five senses. With an extended run of 5 days (its longest to date!) and a lineup of renowned chefs, sports competitions, and a great musical atmosphere, it's going to be its best year yet!

The festival's slogan "**Products from our land that are meant to be eaten**", encapsulates its mission to showcase local produce, with a huge emphasis on Okm food, an initiative driven by its passion to source food locally from the island whenever possible.

One of the highlights is the convergence of renowned chefs from not just the Canary Islands, but beyond. In previous editions, chefs like Fernando "Caco" Agrasar from 'As Garzas' in A Coruña, a Michelin-starred establishment, have graced the event with their presence.



Their participation not only elevates the festival's prestige but also offers attendees a chance to witness culinary maestros at work. The audience can expect innovative takes on traditional Canarian dishes. Attendees can immerse themselves in interactive sessions such as show cookings and masterclasses.



For the full line-up of chefs and the schedule, be sure to take a look at the website and the social media channels where the line-up is being teased in the run up to the festival.

The heart of Paladea lies in its tapas fair. Thousands of tapas are served every day by some of the island's most popular restaurants, and from just a few euros, visitors can embark on a culinary journey, sampling a diverse array of tapas crafted by local restaurateurs - no less than 22 this year. That's its biggest line-up yet.

'El Invernadero', 'Casa Cecilia', 'La Pulperia', 'Oúm', 'The Secret Garden', 'La Bodega de Jandia', 'Olivo Curso', are just some of the names showcasing.



The tapas showcase not only delights the palate but also underscores the commitment to promoting its culinary artisans. The festival will feature its "Tapas Challenge," where visitors can vote for their favourite tapa. And back by popular demand, there's wine, rum and beer tasting (although not all together!) This gives you the chance to sample some local suppliers' offerings as you are taught a little about each drink and its particular taste.



For those looking more at the sport angle that Paladea offers, this year's 3 main events allow just under 1000 participants.

Most popular is the '**Mountain Biking**' where cyclists can participate in a race that offers both challenges and breathtaking views as it covers over 50km. This year sees a maximum of 400 participants. Do remember that you must register to take part. Deadline is 5th May and all the details are on the website.

Those who prefer covering the rugged landscapes on foot might find that the '**Trail Running**' is for them. This provides an exhilarating experience covering the varied terrains the island is famed for. Runners are treated to panoramic views of Fuerteventura's unique landscape over a 10km trail.

Numbers are capped at 300, and registration is on a first come first serve basis.

Finally the '**Hiking Route**' allows participants to explore the island's volcanic landscapes between Lajares and Villaverde over a 10km distance.

These expeditions cater to all fitness levels, ensuring everyone can partake in the sporty side of Paladea. Hiking numbers are capped at 200. Details of this, as for all of the events and line-up for Paladea, can be found on their website.

The minimum age to participate in any of the three categories is 15 years old

With all the sport, eating and drinking, it seems only right to let your hair down and enjoy the live entertainment that will accompany the entire festival.

Music is an integral component of Paladea, enhancing the festival's vibrant atmosphere. Over the years, Paladea has hosted an eclectic mix of artists, bands, singers, dancers & DJs, ensuring that attendees are entertained throughout the event and long into the evening.

From local homegrown talents to international performers, the musical line-up caters to diverse tastes and gets livelier as the evening goes on. Even more so on the weekend.

To keep up to speed with who will be playing, follow the socials which are updated regularly as the line-ups are confirmed.

Paladea is committed to nurturing the next generation's appetite for gastronomy and the festival's 'Kids' program offers children hands-on workshops, introducing them to the culinary arts and the importance of local produce.

New in 2025, "Young Chefs Academy" will allow children to compete in a junior cooking contest, judged by professional chefs.

Paladea attracts around 10,000 visitors annually with a nice mix of locals and tourists. You can make your way there by car, taxi or take a direct bus from Puerto del Rosario or Corralejo. Definitely not to be missed!





In a holiday resort, it's all too easy to find somewhere to eat where you don't have to venture more than stumbling distance from your hotel or villa.

But as is often the case, nearest doesn't necessarily mean nice, and it really does pay sometimes to get away from the main areas and find something a little more hidden. El Farolito can be found on the last street behind the centro de salud in Corralejo, (Calle Francisco Navarro Artilles), tucked well away from the main tourist areas. But it's certainly well worth visiting.

This restaurant has always proved popular with locals since opening back in October 2023, and it's now starting to appear on the radar of visitors to Corralejo, especially those coming back and looking for something 'new'. I caught up with the owner, Marcos, to find out more about **'El Farolito'**



What made you choose the name 'El Farolito'?

It means 'the little lighthouse', and the island has five lighthouses. The closest one is 'El Tostón' in El Cotillo. Furthermore, in the daytime the restaurant is just flooded with natural light, so it seemed a very apt name.



Marcos, why choose Fuerteventura to open the restaurant?

I am from Uruguay. My brother initially arrived on the island before me, and he was telling me how much he had fallen in love with it, so I had to come and see for myself if I too would be as taken by it as he was. And I was, so I followed him six months later.

This was in 2006, and I have called it home ever since. I worked in many restaurants in this time, and then decided that I would like to bring my own passion and open my own restaurant. And so I opened 'El Farolito' almost two years ago.



What type of clients do you find come to the restaurant?

We are lucky in the sense that we appeal to such a broad range of customers. We have lots of space here in the restaurant, and during the lunchtimes, as the room is so bright, airy and fresh, we find that groups of friends and family like to dine here as there is room to enjoy yourselves in a nice, pleasant, sunny environment.

As you can see today, we have a surf school in. The instructors like to eat with their clients, and they know that they can comfortably eat as a large group. Today there are 16 of them, and know they have space to enjoy the experience.



...and in the evening?

When the sun has set, the lights are dimmed, chill music is playing, the restaurant takes on a much more cozy and intimate vibe. This lends itself more to couples and groups of friends.

We have taken a lot of care to ensure the atmosphere is just right in 'El Farolito'. The music is chosen by us, and the lighting is right for the atmosphere. This, we hope, helps complement the food.

Tell us more about the food. What can we come to expect in *El Farolito*?

So, our menu isn't too big. we like to concentrate and focus on what we do best. Our starter selection is just nine dishes. My suggestion would be to choose the fried cheese with the strawberry jam sauce made in-house from fresh strawberries. Yes, this takes more time to make, but this is what gives the sauce its flavour.

Actually, all of our sauces and dishes are made in-house. You could try some homemade croquettes (either Serrano ham or chicken) or sizzling garlic prawns with a little garlic bread to dip into the oil. How about some provolone cheese? These can, of course, be shared between the table.

Regarding the main courses, what would you say is the most popular choice?

The 'Black Angus' entrecote is definitely the most popular choice of all nationalities as it is well-known for its intense flavour, juiciness and tender texture.

A Scottish breed of cattle, the Black Angus is also popular in South America, and in particular Uruguay. It's known for its naturally abundant marbling, which results in its tender, flavourful beef. Entrecote is the cut of meat which you find in the lower part of the beef rib. It is high quality and known for its flavour, and we can serve either on its own or with a side sauce. It can be accompanied by Canarian potatoes, salad or chips.

Sounds delicious Marcos. What else gets everyone's tastebuds going?

The slow-cooked pork ribs are another great choice and ideal for sharing. If you are perhaps a little more traditional, we have chicken either oven-baked or grilled.

'Milanesas, another popular dish in Uruguay, tends to go down well here with our choice of meat or chicken. Lasagne is on the menu, either meat or veggie (both homemade of course), and then we have a selection of spaghettis and salads which can either be a main dish or shared.

We are confident that there is something to suit everyone.

... and just like that, we tucked into everything above. The entrecote, the ribs, Milanesas, lasagne, salad... It was all delicious. For a bigger restaurant, there is still a small, warm intimate feeling to it, and it wouldn't be fair to not mention the great service we received. Click on the QR code below to see the restaurant's menu, location, opening times and, of course, prices. You'll be pleasantly surprised that it's not as expensive as you might imagine.

Do take time to wander off the usual beaten tracks and find out what is hidden. You won't be disappointed.



What's new?

We love to get out and about in Fuerteventura and see what's new. We ended up in La Capellanía, which we formally knew as Tamaragua, to see what developments are being made there. Money is being invested in the commercial area, and new businesses are popping up everywhere. We met up with Miguel Fariña for a coffee.

Hi Miguel. Tell us a little about yourself. Where are you from, and what's your story on the island?

Fuerteventura is home for me. I've been coming here since I was just two years old. My grandparents moved to the island in 1976 and bought a property that became known locally as Los Prape. In 2012, my wife, Yaiza García, and I transformed that place into Surfing Colors Hotel in Corralejo. It's still going strong today and has welcomed over 50,000 guests so far.

You've recently opened a laundry in La Capellanía. Why there? And why do you think it will work in that area?

A few years ago, we bought a unit in the Tamaragua shopping centre, where we opened Bloomfit Studio. La Capellanía is home to around 8,000 residents, plus plenty of tourists who stay in local villas, so it made sense to expand our services here. A laundry was clearly something the area needed.

Now, just behind Bloomfit, we've launched La Casa de la Colada, a modern self-service laundry. There's dedicated parking for customers, and you can wash and dry up to 42 kg of clothes or bed linen in just one hour. It's ideal for cleaning companies, homeowners, or families doing a full household wash.



What makes this laundry different to others?

First of all, it's super easy to use. We've combined great access with top-level technology. We have developed our own La Casa de la Colada App, through which you can check machine availability in real time. You can even see how much time is left if one is occupied, meaning you can pop over the road to grab a coffee or to the nearby supermarket knowing when you need to return.

You can pay by credit card, PayPal, Bizum or coins (as long as you bring the exact amount).

We use the best detergents, softeners and oxygen cleaners on the market. It's probably the most high-tech laundry on the island, but the prices are affordable to everyone.



Is the shopping centre being renovated now? What are the plans? Is there more life there?

Yes! This is part of a larger effort to bring life back to Tamaragua's commercial centre, which has been quiet for years.

Bloomfit is doing really well, offering a variety of activities for both adults and children. Remember, for example, that in the last issue of Breeze we saw Alex enjoying Bungee Dance and Bungee Fit. There are plenty of fun clubs and courses to keep your kids entertained, especially during school holidays.

With Bloomfit, La Casa de la Colada, and more local initiatives that are opening soon in the commercial centre, we're creating a space full of useful services for both locals and visitors. We're bringing the centre back to life, and it will be stronger than ever!

So, if you would like to find out more, pass by the unit in La Capellanía or scan the QR code. Happy washing!







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Your Financial Advisor



An introduction to **KAREN BLAIR**

Karen is an experienced financial planning expert. Her extensive experience over almost 20 years has equipped her with an in-depth knowledge of the unique challenges of, and opportunities in, financial planning for international expats.

Her strength lies in creating holistic financial plans tailored to the individual's needs and goals. Excelling in areas such as succession planning, overseas pension transfers & investments and savings strategies, she works meticulously to ensure that her clients' wants and needs are fulfilled.

Karen's commitment is evident in her thorough approach to each phase of her financial planning strategies.



Complimentary consultations

Karen will be visiting Fuerteventura on the 12th and 13th of May for face to face consultations.

These are complimentary, so you can find out if her service is right for you.

These can either be in the office with Karen, or if you would prefer, in your own home.

Total transparency will be given on presenting any solution to you before your agreement to proceed. There are **NO** hidden fees.

To book your appointment couldn't be simpler; either call or email Karen direct on



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karen@prestige-wm.com

Alternatively you can email us on  **strongertogetherfuerteventura@gmail.com**

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Contact Karen to book your appointment NOW!

Let's wiggle - Belly dancing with Alex!



Hello, hello, and welcome back to Adventures with Alex! That's me!

This time, my wonderful Breeze colleagues decided they didn't actually want to see me injure myself - just make a complete fool of myself! And for this, I was more than happy to wear whatever outfit they wanted and throw myself wholeheartedly into the adventure.

Belly dancing!

I can't express how much I've always wanted to try this, but as someone with zero rhythm and zero control over their own body movements (not to mention not having a shred of coordination), I truly believed this was never going to be an option for me.

Hooray for Breeze! I finally got to experience this wonderful dance, and what a fabulous time I had doing it.



I've watched belly dancing over the years in different places and have always admired the movement and beauty of the dance. I'm also a huge fan of anything that jingles and sparkles, so this truly is the dance for me! And the costumes are simply wonderful.

Along with my curious, trusting friend Caron and our photographer Ali (who managed to escape this adventure so she could laugh her head off at me attempting to move to music), we made our way to **Akasha Academy**, located on Calle El Chinchorro in Corralejo. There we met the wonderful Tatiana, who's a lively, vivacious, petite lady with curls to die for. She welcomed Caron and me with open arms and told us to go find something to wear.

Sparkly, glittery, jingly things? Yay!

As the class started to fill up, I found myself in my happy place. I was certainly slightly terrified of making a complete idiot of myself, but I was also definitely happy!

Everyone was incredibly friendly. The group was diverse with women of all ages, shapes, and sizes. But they all had one thing in common: lots of smiles and welcoming vibes.

The class began with gentle stretching. Or at least they found it gentle! I could immediately feel parts of me stretching that probably hadn't been stretched in years, if ever. Then Tatiana guided us through some basic moves. Honestly, I had no idea what was going on, but it was so much fun! Wiggling away, I desperately hoped my brain would send the right message to the right body part at the right moment. But of course it didn't. I really don't want to see the photos, but I had an amazing time.



Caron, on the other hand, seemed to pick it up instantly, with her little body wriggling around beautifully. We both loved the little kick! Tatiana gently tried to guide me in pointing my toes and lifting my hips, but I truly think I may be a hopeless case. She reassured me that with more time and another visit, my body would start to know what to do and eventually move in the right direction. (Oh, how I loved her optimism!)

After practising the set dance moves, Tatiana asked everyone to rehearse their choreography for an upcoming show. She generously invited us to join in, and I could see just how much effort goes into perfecting the routines. The ladies were so kind, encouraging us to dance with them, but Caron and I quietly slipped out to watch instead.

What a beautiful performance! The dancers moved together with such grace and joy. It was clear how much they loved it, and I so wished I could have been a part of it. I'm really hoping to do more in the future. They performed at carnival this March, and I've always dreamed of being part of a carnival group. Maybe, just maybe, I'll get involved next year!

The class ended with a lovely cool-down, followed by a beautiful moment of togetherness. It was such a warm, friendly atmosphere. The women were all deeply engaged in their routines, and I could easily imagine making some wonderful friends here. And getting to wear sparkles every week? It doesn't get much better than that!

"Not to mention, you can definitely tell how toned and fit you'd become if you did this regularly - fun, sparkles, and fitness all in one. How can an exercise class have it all? Tee hee!"



About Akasha Academy:

Akasha Academy opened its doors in Corralejo in May 2023 as a non-profit association dedicated to promoting dance, yoga, and holistic therapies. The teachers are all qualified professionals in their respective dance disciplines, volunteering their time and expertise. Anyone can join their classes, including children, and members of the association contribute a fee that grants them access to all activities and cultural initiatives.

It's such a lovely group of people that brings something a little different to our beautiful island. Oh, the amazing things Fuerteventura has to offer. You just have to look beneath the surface to find them!

And just so you know, later that night, Caron and I were chatting on the phone while making dinner. As we stirred our pots and chopped our vegetables, we were also shimmying around our kitchens - little leg flicks and hip thrusts - definitely having caught the belly dancing bug!

To book your classes head over to...



@Akasha Academy



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Alex & Caron



Spotlight On

Looking after your body!

This issue we delve into the world of osteopathy and the importance of keeping your body in-line and functioning. We met with Johanna Kal, an osteopath working in the north of Fuerteventura. Hi Johanna. What's your story?

My name is Johanna. I was born and raised in Holland, where I spent the first 35 years of my life. Like many, I followed the traditional path - attending school and going through the motions of what was expected - but I never truly enjoyed studying. Instead, I dreamed of adventure and of seeing the world beyond the confines of my small Dutch town. My first attempt at pursuing this dream was applying to work as an au pair in the United States, but fate had other plans. Instead, I ended up - by way of Saint Martin, a Dutch and French island - in Aruba, in the Caribbean, where I spent a couple of years working and exploring new opportunities."

Eventually, I returned to Holland, and although I started building a career in marketing and public relations, my passion for adventure never dulled. I thrived in the corporate world, but my interest in holistic wellness began to grow. I studied various beauty and massage techniques in my spare time, though I never fully pursued them as a career in Holland. Still, my desire for something more persisted.

One day, my husband and I made a life-changing decision. We wanted something different. Something entirely new. So, we packed up and moved with our boat (we were living on a wooden cutter). We prepared it for our trip to Spain, where we opened a Dutch bar and restaurant on the beach. For five years, we lived what seemed like the dream: running a bar in paradise. But the reality of it was far more challenging than we imagined. We worked seven days a week, from morning to night, managing everything from the kitchen to customer service. We even sold our boat as we did not have any time to maintain it. There were licences, regulations, and the unpredictability of the restaurant industry to deal with. But through it all, we learned valuable lessons in resilience and perseverance. I loved it, worked a lot and learned even more. I never regretted any of it, but never again!!

Yet, as adventurous as we were, the next step in our journey took a surprising turn. Longing for the sea, we bought a boat and set out to start a charter business. But once again, reality hit hard. Navigating the complex world of maritime licences and regulations proved to be a daunting challenge. After two years of hard work and frustration, we sold the boat, marking the end of our business venture and a change in our personal lives.



Life, as it tends to do, threw yet another curveball. I began working at a beauty clinic, finally putting my earlier studies in wellness and beauty to use. I specialised in facials, massage, and artificial nails. Eventually, when my mentor retired, I took over the clinic. But just as my business began to flourish, the economic shift in 2002, with the introduction of the euro, hit hard. My predominantly German clientele became more cautious with their spending, and my business struggled.

Adapting once again, I found work as a tour guide, leading island excursions. Afterwards, I worked in retail, selling natural fibre clothing, before landing a role at the reception of a medical clinic. But life had yet another surprise in store for me. In 2004, I was in a car accident that resulted in a severe whiplash injury. While nothing was visibly broken, I was left with chronic pain, headaches, arrhythmias and even depression. Traditional treatments failed, and it wasn't until I was referred to an osteopath that I finally found relief.

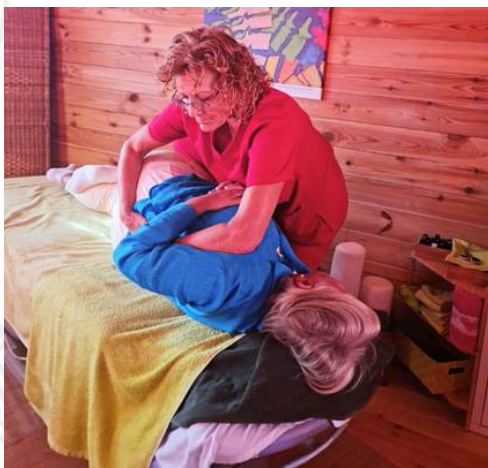
"Osteopathy is so much more than spinal adjustments. It's about identifying the underlying causes of pain and imbalances in the body, then using various techniques to restore harmony"

The turning point was clear: I wanted to pursue osteopathy. It wasn't a straightforward decision, but a combination of curiosity, personal experience, and encouragement from those around me, led me down this path. Despite my reservations about the commitment required for a five-year program, I took the plunge. A mentor of mine reassured me that "everything you need to know, you will learn". And that was all I needed to hear.

The program was intense. Every month, I traveled to Gran Canaria for ten days, and as the group size shrank, the tutor decided he wouldn't continue, and the students had to travel to Valencia! To support myself, I changed to the night shift at the private medical clinic, which gave me the flexibility to study day and night. Those trips were not always easy. Flights were more expensive, and I often had long layovers. But I was determined.

Finally, after five years of dedication, I graduated. I remember my first day as an osteopath. I was nervous yet excited at the same time. Through a friend, I was offered my first sessions at Azulfit in Villaverde, and my practice began. I still practice there to this day. Bit by bit my profession took over the regular job.

But the road wasn't without its challenges. Osteopathy is not officially recognised in Spain as a "medical profession", unlike in some countries where osteopaths are considered "doctors". In Spain, it falls into the realm of alternative therapy, meaning I had to be very aware of the do's and don'ts and to navigate complex regulations. But my belief in the practice kept me going, and I focused on helping my clients understand how osteopathy could improve their well-being.



Osteopathy combines manual therapy, physical therapy, and massage, and I discovered that it can be deeply transformative for the body. Combine other therapies like acupuncture and the results can be outstanding.

Reflecting on my path, I see how each experience has shaped me. From marketing and restaurant management to running a beauty parlour, and then finding my calling in osteopathy, every step has been valuable. Life has been full of unexpected twists, but each one has led me here, helping others heal and find balance through osteopathy. As my practice grew, so did my need for space. During the pandemic, I built a wooden cabin that now serves as my serene treatment room. This decision gave me more privacy and a peaceful environment for my clients. Osteopathy's growing demand has fueled my continued success, and I'm excited to see where it goes.

One of the most memorable cases was treating a young boy with scoliosis. His parents wanted to avoid the traditional treatment of rigid corsets, which often weaken muscles. Instead, we worked together for three years, strengthening his body naturally. Today, he leads a normal life without the need for external support.

Another notable case involved two athletes in wheelchairs - one paralysed in a car accident, the other in a skiing injury. Both were determined to continue training, and osteopathy helped them manage their pain and improve their strength. I've also treated elderly clients, tailoring treatments to their specific needs. Personally, I visit my own osteopath regularly for maintenance. I always aim to help my clients understand why things happen in their bodies so they can take an active role in maintaining and improving their health.

Today, we have a much deeper understanding of how many different factors contribute to our well-being. Sometimes, we even need to look back across generations to understand how tension builds up in the body - and how symptoms are the body's way of ringing the alarm bell. I feel incredibly fulfilled seeing the positive changes in my clients. I'm grateful to count locals, residents from across the island, returning tourists, and new clients among those I treat.

Osteopathy has a bright future, as more people seek holistic, natural alternatives to conventional medicine. I remain committed to expanding my knowledge and refining my techniques, supporting my clients in healing and living healthier, more vibrant lives. Every day, I'm reminded of the incredible ability our bodies have to heal themselves when given the right care and attention.

My next area of growth is Quantum Healing, which works on our energy fields. I've completed my training and am currently offering sessions on an individual basis, with plans to expand into small group sessions later this year.

Ultimately, my journey has been one of reinvention, driven by a deep belief in holistic healing. Life doesn't always go according to plan, but sometimes the unexpected path leads to the most rewarding destinations. I'm truly happy to be able to spend my days doing what I love.



Johanna on +34 644 42 53 45



jmkterapias@gmail.com.



Spotlight On

Living with Coeliac

*Sin
gluten*

Hi, my name is Linda. I'm from Cornwall, UK, and I first fell in love with Fuerteventura 30 years ago. Twenty years ago, I made it my second home. But when I was diagnosed with coeliac disease a decade ago, I thought eating out in a country where I barely spoke the language would be impossible.

I couldn't have been more wrong.

Fuerteventura is one of the easiest places to manage a gluten-free diet, whether dining out or shopping in supermarkets. If you're visiting and need to follow a strict gluten-free diet, let me share some insights to make your experience stress-free.



Understanding Coeliac Disease



Coeliac disease is a long-term autoimmune condition that affects the small intestine. Those with the disease cannot tolerate gluten, a protein found in wheat, rye, oats, and barley. Symptoms vary but often include digestive issues, extreme fatigue, brain fog, and even skin conditions. The only effective treatment is a lifelong, strict gluten-free diet, which helps heal the intestinal lining and reduces the risk of complications such as intestinal lymphoma.

When eating out, look for the Crossed Grain symbol, a globally recognised certification for gluten-free products and restaurants. Some establishments are 100% gluten-free, while others can adapt dishes and have dedicated prep areas and separate fryers to prevent cross-contamination. However, if you have coeliac disease, you know the golden rule - always check ahead. A quick phone call or chat with the staff can make all the difference.

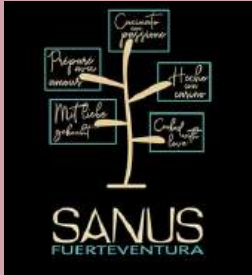
Disclaimer: While many restaurants on this list can cater to gluten-free needs, they may not be 100% gluten-free. Always check for cross-contamination risks before dining.



My Top Gluten-Free Restaurants in Fuerteventura

Sanus (Corralejo) – 100% Gluten-Free

A completely gluten-free restaurant catering to various dietary needs, including vegan, vegetarian, and diabetic diets. They also serve gluten-free beer—just ask for Freedom.



Casa Manolo (Corralejo)

With coeliac family members, the staff at this restaurant understand gluten-free dining. Their menu is extensive, and their homemade gluten-free cheesecake is a must-try!

Restaurant La Puntilla Casa Menso (Morro Jable)

A great fresh fish restaurant recommended for coeliacs. They are attentive to gluten-free needs, offering delicious gluten-free bread and cold beer.

Restaurant La Mamma (Corralejo)

An Argentinian steakhouse that happily adapts dishes. I always enjoy a cheese starter followed by a perfectly cooked steak with vegetables. (Not a dedicated gluten-free kitchen - check for cross-contamination.)



Fogalera (Corralejo)

Overlooking the sea, this Italian-inspired restaurant offers gluten-free pasta with custom-made sauces and fresh seafood options. (Not a dedicated gluten-free kitchen. Always check before ordering.)

Panda Wok Chinese Buffet (Corralejo)

A recent discovery! The staff were incredibly helpful, ensuring I had safe options like fresh sushi and grilled fish with vegetables. (Shared kitchen. Check for cross-contamination.)

Santa Maria Coffee Shop (Betancuria)

A hidden tropical paradise where they made me a delicious gluten-free chorizo tortilla - homemade and full of flavor. (Not a dedicated gluten-free kitchen - confirm safety before ordering.)

Aguayre (El Cotillo)

A small but helpful gluten-free menu, with staff willing to adapt dishes to suit dietary needs. (Not a dedicated gluten-free kitchen. Always verify cross-contamination risks.)



Supermarkets & Gluten-Free Shopping

Surprisingly, shopping for gluten-free food in Fuerteventura is easier than in the UK. Products are clearly labelled, and supermarkets offer a great selection of sauces, breaded meats, and fish. Cooking at home has never been simpler!

Final Tips for Coeliacs in Fuerteventura

Always ask about gluten-free options. "¿Tiene opciones sin gluten?" (Do you have gluten-free options?)

Check for the Crossed Grain symbol for guaranteed safety.

Plan ahead. Call or message restaurants to confirm their gluten-free offerings.

Look for "sin gluten" in supermarkets. Labelling is clear, making shopping hassle-free.

Don't be afraid to try new places! Many restaurants are happy to accommodate us.

Coeliac disease doesn't have to hold you back. Fuerteventura is a paradise, not just for its landscapes but for its incredible gluten-free dining options.

Enjoy your travels, eat well, and embrace the adventure!

Linda



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WHERE CORRALEJO GOES TO PARTY

Rustic Land - What am I allowed to build?

After receiving the advert from the Cabildo about illegal builds on rustic land, we thought it important that we try and find out a bit more information. We spoke to Nereida Calero, who is the councillor responsible for territorial planning, to see what we could find out.

Hi Nereida. Thank you for talking to us. Our first question is: What can one actually build on rural land (suelo rústico)?

In Fuerteventura, rural land, known as suelo rústico, includes areas that are protected for their natural, cultural, or agricultural value. This means that many rural zones are off-limits for regular construction because they play a key role in preserving the environment, supporting farming and livestock, or maintaining the island's heritage and landscapes.



However, not all rural land is treated the same. The law divides rural land into different categories depending on its characteristics and purpose. These include:

Environmentally protected areas, such as natural parks, coastlines, or areas with cultural or scenic value.

Economically protected areas, like farmland, forests, or zones with water or mining resources.

Rural settlement areas, where some forms of rural housing or agricultural buildings may be allowed.

Land reserved for infrastructure, such as roads or public utilities.

Common rural land, which is the only type without special protections and that has fewer restrictions.

Each category comes with its own rules, and, in all cases, a municipal licence is required before building. Local councils are responsible for managing land use in their area, so any plans to build or install anything on rural land must be approved by the relevant town hall (Ayuntamiento). What's allowed depends entirely on the type of land and its permitted uses under local planning regulations.

Is there a percentage of the land you can build on for a house?

Yes, but this percentage depends on the category or type of land. It's not the same as building on urban land, where you can often use nearly all the plot, as it is building on other types of land, where only a percentage of the surface area can be built on.

This buildable area is defined in the general urban development plans, prepared by the municipalities, as each municipality best understands its specific local needs. If there are no such plans, the minimum plot size is 10,000 m², which corresponds to the minimum cultivation unit on rural land.



Is it the same across the whole island?

No. Urban planning responsibilities depend on each municipality and their general urban development plan (or subsidiary regulations in some towns). This is the planning tool that sets the rules on what can and can't be done on each type of land.

Is it true that if you build with wood, containers, or kits (like from Amazon), or something mobile, you don't need permission?

No. Under **no circumstances** can you set up **containers or wooden houses** without **prior authorisation** from the appropriate authority.

You are only allowed to install fixed or mobile housing units on rural land where residential use is permitted. That is, if you are allowed to build a regular concrete house there, you may also install a wooden house or similar, but with variations depending on each municipality (form, colour, etc.).

This is why it is so important that people visit the **technical offices** to check before doing anything.

The **cabildo and local councils** are concerned about the increasing number of illegal container homes and other unauthorised structures (used as homes, warehouses, etc.).

Some of these are even listed online as holiday rentals, despite not meeting the **minimum conditions of health and habitability** required for other residents.

These types of setups have a **major environmental and visual impact**, which we **cannot allow on such a sensitive island**.

Who do you need to ask for permission and/or licences?

It is essential that people go to the town hall in the municipality where they intend to carry out the construction or installation. They should ask for an appointment with the technical office in order to get advice and make the necessary inquiries before requesting a permit or licence.

Another option is to submit a written request for a viability report or urban planning certificate. You can also submit the required documentation for the corresponding licence or prior communication

More than **500 illegal builds** have already been reported on rural land...



The land is rural for a reason.
Let's protect what makes Fuerteventura unique.

Fuerteventura
Bonita
por naturaleza



Given the housing crisis, will the situation and process change?

Yes. Since 2024, a housing emergency was declared to promote or encourage the construction of public or private housing.

The Canary Islands Housing Institute (ICAVI) has received administrative authorisation to build several public housing projects, which will significantly improve housing availability.

In Puerto del Rosario, ICAVI plans to develop around 99 social housing units (for rent) in the coming years. In La Oliva, the town council has approved the construction of 77 social housing apartments (for rent) by ICAVI in Corralejo, along with 48 homes in the Panorama Tres Islas development. This is also for rental to residents who meet certain requirements.

We know the situation is difficult due to the lack of housing and high demand, but as mentioned, this does not justify letting the island become covered in containers and illegal dwellings on land meant for other purposes, or with characteristics that make such construction unfeasible.



Anything else important to add?

The landscape is part of our identity, and we are all responsible for preserving that identity that makes us unique.

Randomly scattering structures around the island without control creates a false sense of freedom. People think they can just do whatever they want, anywhere. **There are rules for a reason.**

Thanks, Nereida!



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Exploring Wellness



By Lulu X

Paula's Parafarmacy Neroli: A Blend of Knowledge and Care

Paula's Parafarmacia Neroli stands out as a haven for those seeking health products and expert advice. Unlike a traditional pharmacy, a parafarmacia offers a range of natural and over-the-counter remedies, beauty and wellness products, and holistic supplements. Paula's deep understanding of alternative medicine ensures that customers receive personalised guidance on their health needs. Whether it's herbal solutions, dietary supplements, or skincare products, Paula's shop provides high-quality options tailored to individual needs. Her passion for helping others shines through in her attentive and knowledgeable service.

Paula, originally from Argentina, has lived in Fuerteventura for over 22 years and considers the island her home. She has created a space where people not only come for products but also for advice, comfort, and even just to be heard. Her background as a nursing assistant has instilled in her a deep commitment to caring for others, and she has channelled that passion into her parafarmacia.

The parafarmacia also collaborates with naturopaths and nutritionists from northern Fuerteventura to offer a more comprehensive service. These professionals often recommend specific products that help with various health conditions, ensuring that Paula's shop remains well-stocked with carefully selected natural solutions. With an increasing focus on organic and ecological products, the parafarmacia is expanding its offerings to meet the growing demand for holistic wellness.

This month we sent Lulu off to investigate the world of natural medicines and therapies. She ended up in the heart of Fuerteventura where she found two dedicated women making a difference in the wellness and alternative-health sector. Paula, the owner of a unique parafarmacia, and Susana, a skilled therapist, are both committed to enhancing the well-being of the community through their specialised services..



Susana's Holistic Therapies: Healing Through Alternative Methods



Complementing Paula's parafarmacia is Susana's approach to holistic health. As a therapist specialising in alternative treatments, Susana offers various therapies designed to promote balance and healing. Originally from Mallorca, Susana has lived in Fuerteventura for 16 years and has built a strong reputation for her expertise in holistic wellness. She focuses on alternative therapies that address the body's needs from multiple angles, working in synergy with the parafarmacia's range of herbal and natural health solutions.

Susana offers a broad range of techniques, including acupuncture, reflexology, muscular therapy and many Chinese-influenced treatments. She also provides aesthetic treatments that go beyond beauty, focusing on well-being and self-acceptance.

Her therapies work at a cellular level, helping the body function optimally while simultaneously offering aesthetic benefits such as lifting the gluteus, reducing volume, and minimising expression lines.

Clients often notice improvements not only in their health conditions but also in their physical appearance as a result of these holistic treatments.



Susana works with clients facing a variety of health issues, including chronic conditions like myasthenia gravis and fibromyalgia, as well as stress-related ailments such as insomnia and digestive issues. She recognises that many physical symptoms are linked to deeper emotional or stress-related causes, and she tailors her treatments to address these root issues. Through chiromassage, reflexology and other techniques, she can identify and alleviate hidden imbalances, providing clients with lasting relief and improved overall health.



A typical session with Susana lasts between one and two hours, depending on the client's specific needs. Additionally, she dedicates extra time to consultation and discussion, ensuring a thorough and personalised approach to treatment. Prices vary based on the type of therapy required. For example, a lifting facial treatment or a chiromassage may cost a little more as these treatments require additional care.

Susana emphasises that each client's needs are unique, and her treatments are adapted accordingly.

A Synergy of Health and Wellness



Together, Paula and Susana are creating a unique wellness ecosystem in Fuerteventura. Their businesses complement each other, offering the community a well-rounded approach to health that combines natural remedies with therapeutic treatments. They work from the inside out, using supplements and cellular-level treatments while also addressing external well-being through massage and holistic therapies. Their philosophy is based on synergy, ensuring that each client receives the best possible care that's tailored to their specific needs.

Their location in Lajares is ideal, as the town embraces natural and holistic lifestyles. With a growing population and increasing interest in alternative medicine, Paula and Susana's services are more relevant than ever. The area also attracts visitors from various parts of the island, including Corralejo, Puerto, El Coto, and even as far away as Morro Jable. The weekly Saturday market in Lajares further boosts local interest, bringing in people who seek high-quality, locally-sourced products.


Many clients remark on the special energy within Susana's therapy space. The environment is designed to be a place of healing, where people not only receive treatments but also find comfort in being heard. Both Paula and Susana recognise the deep connection between emotional and physical well-being, and they strive to create a space where clients can express themselves freely and find the support they need.

For those in Fuerteventura looking for natural health solutions and therapeutic treatments, Paula's parafarmacia and Susana's holistic therapies provide trusted, high-quality services. Their dedication to well-being ensures that locals and visitors alike can explore new ways to maintain and improve their health in a natural, holistic manner.

Schedule an appointment to experience the full range of treatments, or simply drop by and immerse yourself in the wellness atmosphere.



Paula & Susana

 **Enquires +34 636 12 98 81**

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 **For an apt +34 697 49 58 35**



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Robert Nelson

Alison Brophy, Keith Donnelly

Tara Brophy

Lorena Pérez

Alex Moreham, Ed Simpson, Lulu Pilates, Aydan Woodward

Paula Codoner

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CALLE DEL MUELLE DE PESCADORES,
19, 35650 EL COTILLO

RESERVACIONES

P: +34 651 76 00 91

EMAIL: MIRADORSUNSET24@GMAIL.COM



MIRADORSUNSET



MIRADOR SUNSET