

## Activities

Las Cucharas in Costa Teguse is not &lsquo;only&rsquo; a terrific windsurf spot but also an outstanding tourist resort offering all type of services and many activities for you and your partner or family.

You find restaurants, bars, shopping centers, supermarkets, banks, etc. and many companies offering all kind of activities.

The Windsurf Paradise Center is happy to advice other activities, as we work closely together with specialized companies providing trekkings or mountainbiking and diving .

We rent surf boards and organize trips and an experienced instructor explains you the first steps on a surfboard.

Last but not least Spanish people like to party. So if you are not too tired from windsurfing, dive into the lively nightlife of Arrecife, the capital, just 10 km from Costa Teguse. But don&rsquo;t book a morning course next day&hellip;