

TRAVEL ADVICE

Andy Wright, managing director of Accessible Travel and Leisure, has a wealth of knowledge about travelling and knows firsthand about the problems many disabled people can face. Each issue Andy will provide us with advice on common problems of travel and will welcome questions from PosAbility readers.



To view Andy's Top Tips for air travel visit www.posabilitymagazine.co.uk.

WHERE CAN I GO THIS WINTER TO AVOID FREEZING TEMPERATURES AND DARK DAYS?

You may be just planning to go on your summer vacation, or have possibly only just returned, so to be now thinking about taking a holiday next winter may seem premature. However, given that predictions are already being made that the UK is anticipating record-breaking freezing temperatures this winter, this is the time to start planning ahead!

Unfortunately due to recent civil unrest and the political situation in many North African countries and the Middle East, the number of suitable holiday destinations that are both warm and safe, as well as being a short flight from the UK, are diminishing.

However a firm favourite that is still very popular with the British tourist, and is also able to offer a wide array of accessible accommodation, is the Canary Islands. With average temperatures around 20°C in the winter months, both Lanzarote and Tenerife provide a very pleasant climate, at affordable prices!

Tenerife's most popular resorts lie along its south coast and have been built around the needs of the holidaymaker, with due consideration given to wheelchair users and the less mobile traveller. This



includes close access from most hotels to the excellent clean beaches - many being wheelchair accessible - with a plethora of shops, bars, cafes, restaurants and nightlife all within easy walking distance. Many of the resorts on the south coast such as Las Americas, Los Cristianos and Adeje are joined by a wide miles-long and mostly flat boulevard.

As you might expect from such a popular tourist destination, Tenerife is brimming with special family attractions, including Loro Parque - a fantastic wildlife park - and daily excursions to view whales and dolphins playing in the coastal bays. The beautiful interior of the island and more rugged north coast are also a nature lover's dream.

Lanzarote's unique volcanic geography has literally thrown up some stunningly dramatic landscapes, including the volcanic field of Timanfaya National Park. Like Tenerife, most of the holiday accommodation is set right on the coast with good access to lovely sandy beaches and a wide range of local attractions and facilities. The island is popular with watersports enthusiasts, but offers a haven of peace and gentle sea breezes for those seeking a more relaxing holiday. As well as Canary specialities, Lanzarote also offers a truly international eating experience, with café and restaurant owners taking great delight in introducing you to their cuisine.

Both islands have a variety of accessible apartments and hotels, ranging from the purpose-built and wonderfully adapted Mar y Sol apart-hotel in Los Cristianos, Ten-



erife, renowned for its accessible swimming pool heated to 32°C, right up to opulent five-star properties, such as the Vincci La Plantacion in Coste Adeje, Tenerife or Princess Yaiza in Playa Blanca, Lanzarote.

Both islands provide wheelchair accessible transfers or excursions and medical and mobility equipment can also be rented. Flights to both Tenerife and Lanzarote are available from a variety of UK airports during the winter months.

For more information or to enquire and book your winter holiday to the Canary Islands this winter, please visit www.accessibletravel.co.uk or call 01452 729739. If you quote PSM001 at the time of booking, you will receive a 5% readers discount.