

Disabled Holidays - Tenerife

“Chillout in the Sun!”



*“Chillout in the Sun! - Rising stars
who will transform your holidays”
The Times*



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Heathfield House
303 Tarring Road
Worthing BN11 5JG
Tel: 01903 507600
Established 2002



“The hotel was perfect for wheelchair users...the nurses were great...and an on-site doctor...everything was excellent” Mike, Worthing

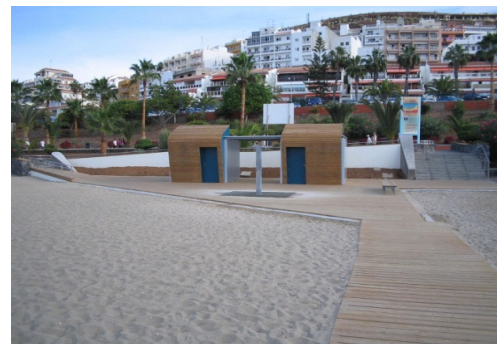
Mar Y Sol



The Mar Y Sol hotel is a fully equipped 3* Aparthotel purpose built for maximum accessibility and comfort and is situated in Los Cristianos in the South of Tenerife about 20 minutes from the Reina Sofia airport.

The hotel provides a 5 day a week free shuttle service to the beach using accessible buses, and provides all transfers to and from the airport (included in price.)

Los Cristianos (along with Florida) has the highest number of wheelchair tourists in the world and the beach has accessible sunbathe areas, showers and changing rooms. Spanish Red Cross workers supervise the use of amphibian chairs all the way to the water. Accessible toilets are nearby and the promenade extends 8 kilometres along the coast.



The hotel features 208 accessible studios and apartments as well as 2 swimming pools, one heated to 32 degrees (90 F) all year with a hoist, easy to use steps and handrails. With over 20 years experience in welcoming disabled and able bodied guests the Mar Y Sol provides a safe, relaxing and caring environment in which to enjoy your holiday.

“Everything was taken care of, including a personal greeting with private transfer at Tenerife airport....with a fully adapted bathroom, lifts and ramps, the hotel was “home” for the holiday” Moira, Sompting

The Teralava Complementary Therapy Centre provides an extensive range of treatments including, massage, (choose from honey or warm oil massage) Lava Stone massage, Reflexology, Reiki, Colour Therapy, Healing, Tai-Chi and Tibetan Singing Bowl Meditations. An extensive range of other treatments is also available. Please tell us what treatments you would like and we will prepare a package with all costs included in your Holiday Price.



There are 3 types of accommodation

Apartment

With bedroom, twin beds, night stand, accessible wardrobe wheel-in kitchenette, electric range cooker, spacious fridge, 2 person sofa-bed, armchair, sofa, dining table, chairs, safe (small extra charge), TV telephone. Bathroom with wheel-in shower (some with bath) All doors are oversized for comfort. Balcony or terrace. Maximum 4 guests.

Studio

With sleeping area with 2 person sofa-bed, armchair and sofa. Wheel-in kitchenette, electric range cooker, spacious fridge, 2 person sofa-bed, armchair, sofa, dining table, chairs, safe (small extra charge), TV telephone. Bathroom with wheel-in shower. All doors are oversized for comfort. Balcony or terrace. Maximum 2 guests.

Superior Apartment (non-smoking)

Similar to the regular apartments but newly constructed and larger. There are no baths available.) All doors are oversized for comfort. Balcony or terrace. Maximum 4 guests.



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Hotel Features include:

- Accessible apartments and studios
- Beach shuttle service
- 2 swimming pools with neck-showers, whirlpools, water cascades and hoists
- Jacuzzis and massage showers
- Poolside smoking and non-smoking areas
- Poolside restaurant, plants and palmtrees creating an exotic tropical atmosphere
- Lifeguard 8 hours each day
- Sun-beds 50cm high for comfort
- Large Restaurant, Pool bar, varied cuisine, vegetarian/special menus on request
- All accommodation and hotels accessible
- Complementary Therapy and Fitness Centre
- TVs and Safes (small deposit)
- Chairs/toilet seats free of charge (choose model on booking)
- Care Services-qualified, accredited nurse-managed team
- 24 Hour Emergency Service
- Nursing Aid rental service
- Accessible Airport Transfers
- Accessible Beach Transfers
- Water-sports-in house Diving School
- Mini supermarket
- 5 day per week Entertainer, night shows
- Water Gymnastics free
- Accessible Excursions available at extra cost

Prices are based on 2 people sharing a Standard Apartment, half-board included. Please ask for our prices for other Accommodation options. We welcome single guests, couples and groups. Full board available.

All holidays can be tailored to your individual requirements. Contact us for a quote.
www.chilloutinthesun.com chilloutevents@btinternet.com [Tel: 01903 507600](tel:01903507600)

