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BANCAL

HOTEL & SPA
LA GOMERA



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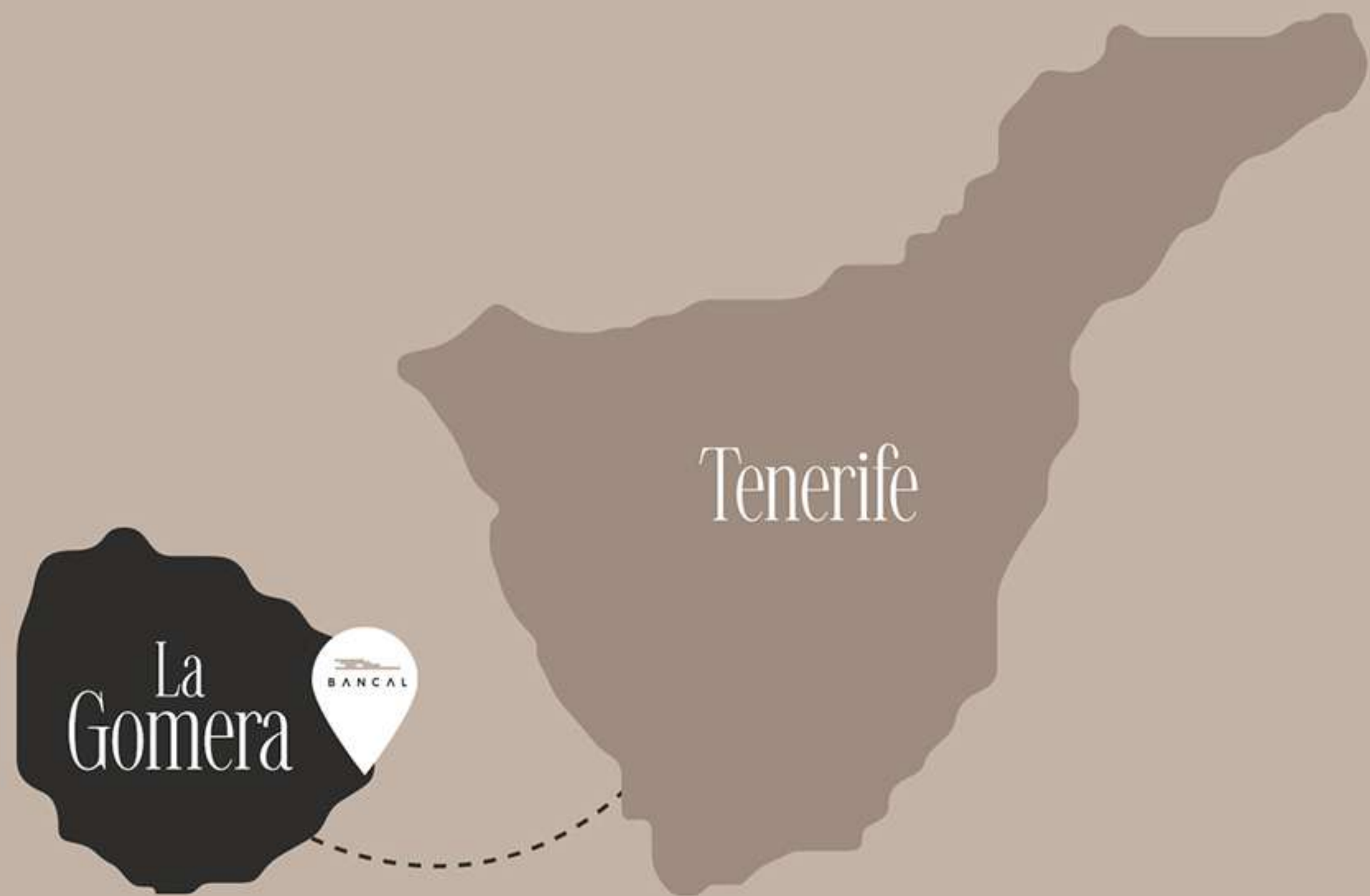
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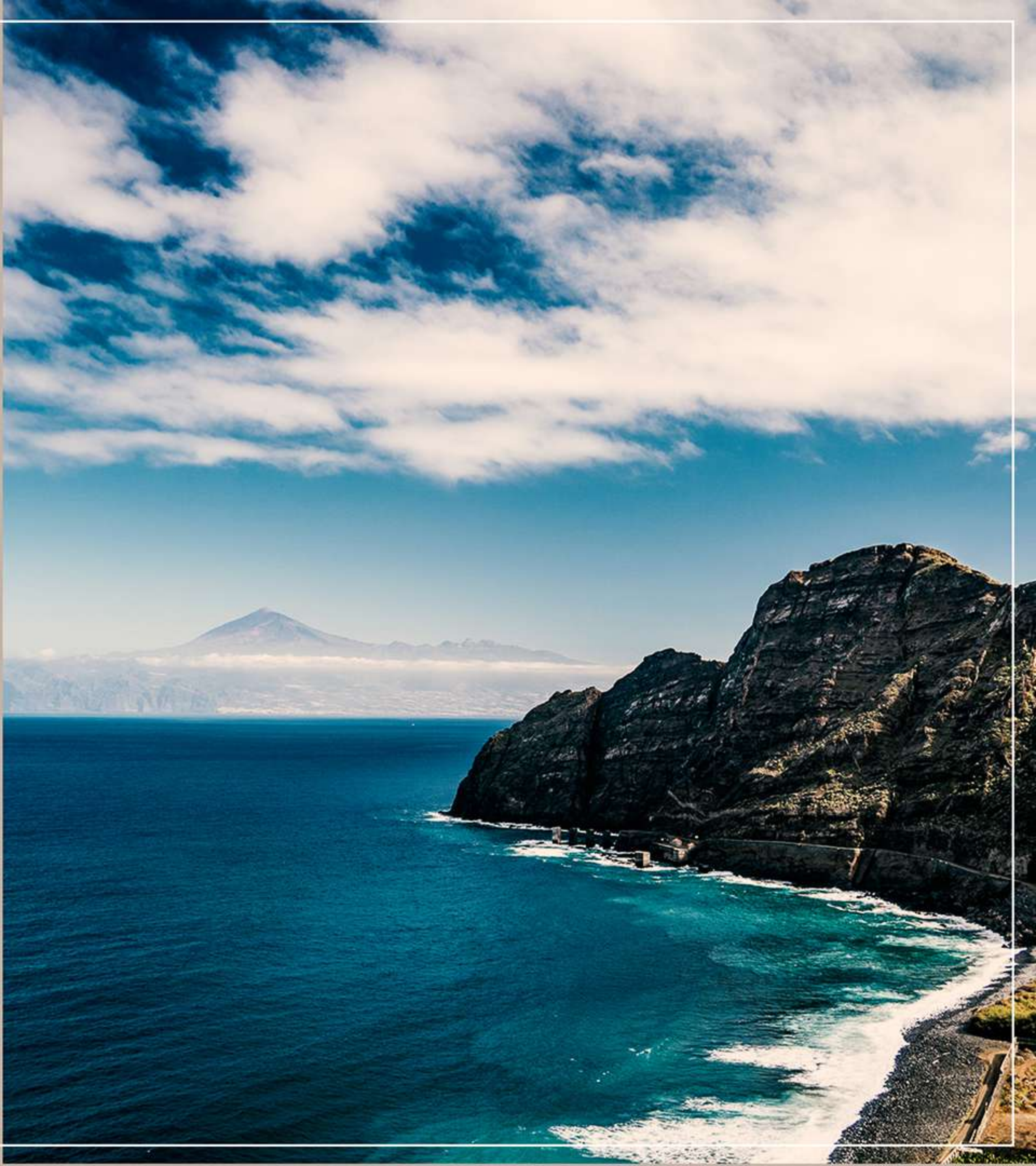
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La Gomera, the most enchanting of the Canary Islands, shaped by its Columbian heritage, the ancient laurel forest, the whistling language Silbo Gomero, and a landscape like no other.

Just 50 minutes away from Tenerife, our partner **Armas Trasmediterránea** makes getting here effortless.



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NATURAL MAGIC

The natural essence of La Gomera comes alive in its landscapes: the lush laurel forests of Garajonay, endless hiking trails, dramatic viewpoints, wild beaches, and charming villages. A true paradise, recognized by **National Geographic** as one of Spain's most sustainable destinations in 2025.

Equally captivating is its cultural heritage, from Silbo Gomero—the UNESCO-listed whistling language—to traditional crafts and colorful festivities.

Authentic flavours such as almogrote, gofio and the island's traditional palm syrup, offer a genuine taste of La Gomera's identity.

BANCAL



HOTEL & SPA

LA GOMERA ****

La Gomera invites cyclists to discover the island at their own pace, with winding mountain roads, gentle coastal stretches, and thrilling climbs that turn every ride into an adventure.

Far from the crowds, its peaceful routes and year-round springlike climate make the island a unique destination where cycling becomes the perfect way to explore, connect with nature, and enjoy unforgettable views along the journey.

CYCLING DESTINATION

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A STEP CLOSER
TO *TRANQUILITY*

Slow life

Bancal Hotel & Spa reflects our commitment for La Gomera's traditions and natural beauty, as well as our commitment to sustainable tourism.

Nestled away from the crowds, it offers a peaceful retreat where guests can reconnect with nature, listen to the gentle sound of the ocean, and enjoy the serenity of gardens and native landscapes.

Thanks to its secluded location, it's perfect for stargazing, allowing guests to marvel at the night sky in complete tranquility, while every corner harmonizes with the island's heritage and environment.

ARCHITECTURE & SUSTAINABILITY

Bancal Hotel & Spa was created with a clear philosophy: to embrace sustainable practices, support the local community, and offer guests an authentic experience that reflects the island's natural beauty and traditions.

Sustainability is at the heart of our design, with architecture that blends seamlessly into the landscape, inspired by traditional terraced fields, built using local volcanic stone. It's also something we share with our guests, through activities at the hotel and the presence of native Canarian flora in every space.



Efficient use of resources

We are a **100% electric hotel**, powered in part by a solar plant that supplies up to **40% of our energy needs**. The rest comes from certified renewable sources. In addition, our water is re-used through a smart irrigation system.

Supporting the local economy

We work with seasonal products, a team composed of nearly 70% Gomeran residents, and partnerships with 52 local suppliers.

276 rooms



Every room offers a sense of harmony between modern design and nature, featuring an open-plan bathroom and a private terrace filled with natural light, overlooking the gardens, the ocean, or the island of Tenerife. Family rooms and adaptable options are also available.

When it comes to sustainable practices within the rooms, highlights include:

- Smart home technology for maximum comfort
- Bed linen and towels changed upon request
- 100% water re-use system
- Refillable dispensers
- Recycled paper

1.772m2 of infinity pools

You'll find **five swimming pools**: three for adults—including two stunning infinity pools—and two designed for children. Our pools blend seamlessly with the Atlantic, offering unparalleled views of the majestic, Teide volcano.






AUALA

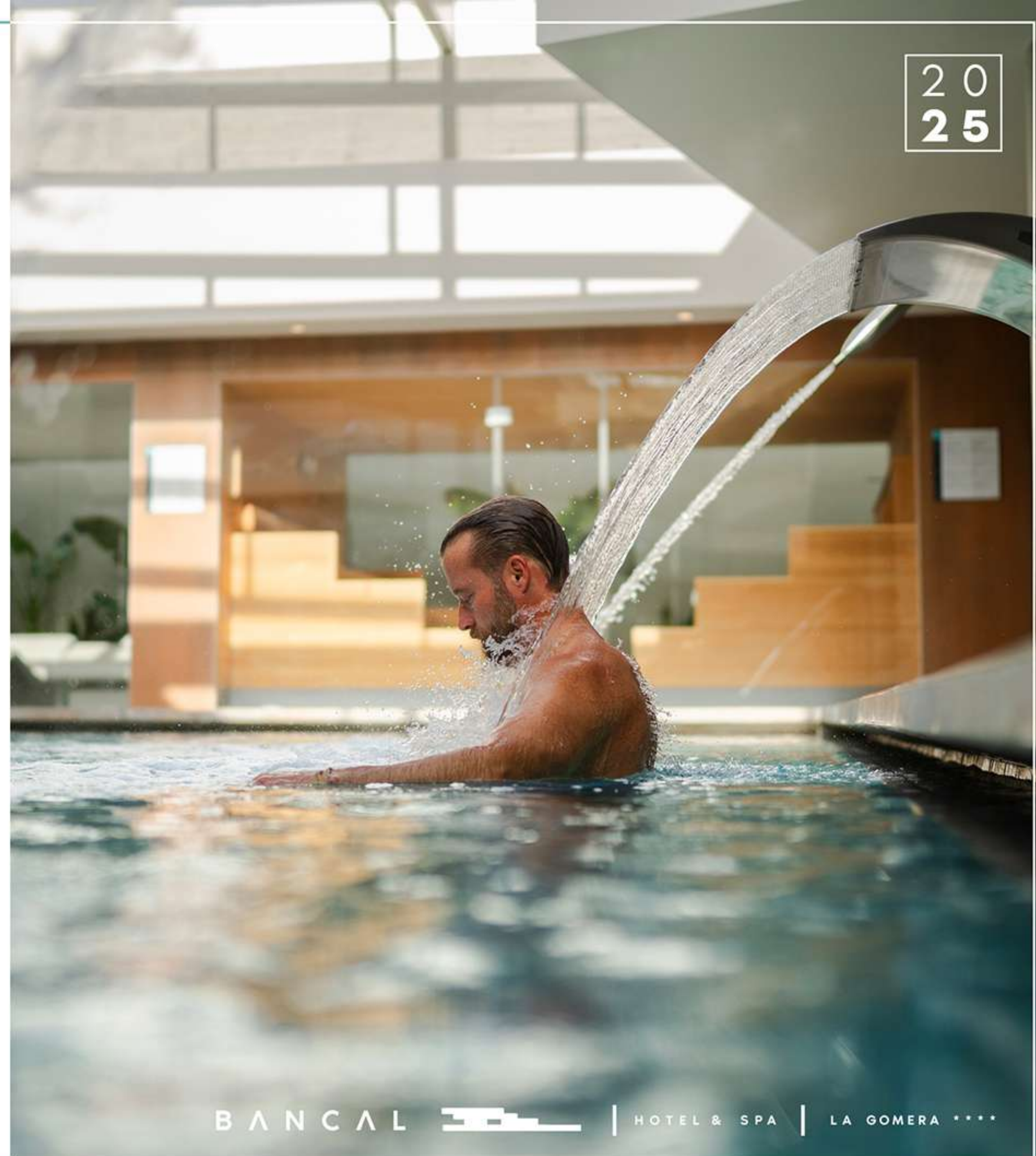
AUALA WELLNESS & SPA



Auala Wellness & Spa, designed in line with the hotel's sustainability policies and with meticulous care to every detail, offers a haven of seclusion and personal care that promotes the well-being and health of all our visitors, with services that also meet the needs of athletes.

3 key highlights

RITUALS	SPA	FIT
		
<p>+20 treatments (Environmentally friendly products)</p>	<p>8 stations</p>	<p>Open 24h (Not open to the public)</p>



GASTRONOMY

Discover the most authentic flavours of the Canary Islands through a careful selection of dishes, served across **9 distinct gastronomic points**—including restaurants and bars—each offering its own style, ambience, and culinary focus.

Every dish is a reflection of the island's culinary heritage, crafted with fresh ingredients to provide a unique gastronomic experience rich in tradition and quality.

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5 BARS



AGUA GUISADA

TEAS & COOKIES

Located in the lobby, this cosy spot offers a special menu of traditional aguas guisadas (herbal infusions) once prepared by Gomeran grandmothers as a warm gesture of welcome to anyone arriving to their home, along with local pastries. It's the hotel's first meeting point where the island's heritage blends seamlessly with modern comfort.



With views of Teide and surrounded by native vegetation, this terrace offers a unique experience with a varied cocktail menu. Its natural and cosy interior creates an intimate atmosphere, perfect for sharing relaxed moments with friends. Evenings come alive with live music including romantic, latin-dance, and English-language songs, as well as piano, saxophone, and live guitar performances, complemented by interactive games.



TÁMARA

SNACK BAR

Located next to the pool, this bar offers ice creams, smoothies, slushies and a variety of snacks. It's the ideal place for light lunches and refreshing breaks. A relaxing spot to spend the day at ease with family or friends.



MARAIRE
POOL BAR & RESTAURANT

The bar of this restaurant offers a wide selection of refreshing drinks, from piña colodas and other tropical cocktails to crisp wines, perfect for enjoying a relaxed day by the pool. Its casual and welcoming atmosphere makes it an ideal spot to unwind and savor the flavours of La Gomera.



GURO

SHOW BAR

Vibrant nightlife space with live entertainment and exclusive cocktails. Guests can immerse themselves in dazzling performances for all audiences, including entertainment options for children, creating unforgettable evenings filled with energy, excitement, and wonder.



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4 RESTAURANTS

Our breakfasts and dinners create a unique culinary experience with **7 hot and cold food stations**, a pastry corner, and live cooking such as preparing pizzas. Some recipes are inspired by Canarian tradition, while others are crafted in-house. We also feature dishes made with locally sourced ingredients to support the island's producers.



MARAIRE
POOL BAR & RESTAURANT

For a pleasant culinary experience, our restaurant serves up a delicious mix of authentic Gomeran recipes and the most appealing international dishes. Enjoy a variety of flavours in a spectacular setting right on the seafront.



EL PATIO

RESTAURANTE

Inspired by the concept of an “edible garden,” this restaurant highlights dishes made with a wide variety of fresh produce from the garden. It brings together modern cuisine and the traditional Canarian guachinches, offering local tapas, paired with wines from La Gomera, in a casual setting with stunning views typical of our hotel.



Larrife

RESTAURANTE

Rising 92 metres above sea level on a cliff, Larrife Restaurant is open to the public and offers sweeping views of Tenerife. More than just a dining spot, it enriches the island's culinary landscape by blending heritage with contemporary techniques. Its menu, crafted with locally sourced ingredients, captures the spirit of Canarian cuisine, while each dish reflects creativity and respect for the island's produce, all in an exceptionally natural setting.



Unique Features



Our hotel holds the **Cycling Friendly Bronze** certification, ensuring services and facilities tailored to cycling enthusiasts.

Guests can enjoy e-bike rentals and a fully equipped Bike Point, featuring secure storage, a washing station, and a workshop to meet every need during their stay. We also offer dedicated routes starting right from the hotel, making **Bancal Hotel & Spa** the perfect base to explore La Gomera on two wheels, with maximum comfort, safety, and an unforgettable experience.





Our hotel holds the Starlight 2025 Certification.

Guests can take part in stargazing activities organized by our entertainment team and use the equipment available to observe the stars, turning their stay into a memorable experience under exceptionally clear skies.

Your stay will be more than just a getaway, it will be an adventure under one of the purest night skies in the world.

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Where excellence meets recognition



Cycling Friendly Certification



Starlight Certification



Best Renovation of a Property with Over 100 Rooms 2024

CONDÉ NAST

Nominated for Best Getaway Hotel



Recommended Establishment 2025



Traveler Review Awards 2025



BANCAL

HOTEL & SPA
LA GOMERA

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