

## When Summer Turns To Winter - Lanzarote

The dark nights of November through to March can be a really miserable time if you live in a country where winters are cold, the days are short and the nights are long, and often people can't wait until the spring when the weather is better and there's a few sunny days.

There's even a recognised medical condition known to many as SAD - Seasonal Affective Disorder - where the lack of sunshine in winter time can have profound effects on people's well being and state of mind.

And it's particularly prevalent in northern European countries such as Britain, Sweden, Norway and Denmark where the winters can be long, dark affairs, and special lights can be bought for the home that is supposed to replicate the sunshine seen in the summer and lift the moods of those with SAD.

But happily for Europeans with SAD who have a bit of money and a week or two to spare a good natural answer is possible - sunshine while taking a holiday in Lanzarote, one of the Spanish Canary islands renowned for her holidays industry.

Due to the location of the Canary Islands, a winter holiday is just as desirable as one taken in the summer. Water temperatures reach about 75 degrees Fahrenheit during the summer months and 63 degrees Fahrenheit during the winter - not bad when all around at home is freezing!

The island is well known with tourists for her volcanic origin. But because Lanzarote is volcanic it doesn't mean that all the favourite tourist activities so prevalent in other parts of Spain aren't possible - Lanzarote is good for golf for example.

The best course on Lanzarote is Golf Costa Tegui. The 18 hole golf course designed by John Harris and built in 1978 challenges beginners as well as expert golfers. The course is located at the base of an inactive volcano and surrounded by all natural flora.

Lanzarote offers holiday guests a relaxed atmosphere, and often an 'olde worlde' experience - the common use of camels to transport goods for example, but then the island does have a desert like climate of course, and the weather is such a big plus for the island.

All the amenities of the island can be enjoyed whether visiting for a week or two, and just as much on [cheap Lanzarote holidays](#) if you're prepared to do some research first.

It is full time home to more than a hundred thousand residents, and has her own international airport with direct flights from many regional airports in Northern Europe, including her main markets of the UK and Germany. Lanzarote relies on tourism as well as agriculture to maintain her economy, and the fact that it is able to offer winter as well as summer holidays is a real bonus for the island's tourism businesses.

A lot of holidays sold are for the resort of Costa Tegui. Costa Tegui is the smallest of the three large resorts on Lanzarote. It is about 6 miles northeast of the capital city Arrecife. The entire resort is built on former lava fields and salt pans. The resort consists of several apartment blocks, bungalows and villas. Primary attractions are the golf course, a marina, commercial shops and entertainment.

But often for a winter holiday a villa holiday can be affordable, and many people who have visited Lanzarote in the past and had a look around the island prefer the Playa Blanca area. Playa Blanca was once a small fishing port. In recent years it has developed into the second largest town in Lanzarote. Playa Blanca is very popular with families due to its size and family friendly beaches. Two more beaches were recently added to Playa Blanca to help make up for the lack of space on the main central beach. Along the nicely manicured streets are a good choice of shops, restaurants and clubs.

So if you want the summer for a little while longer - visit Lanzarote.

## About the Author

A regularly updated [Lanzarote blog](#) is online as part of yourlanzarote.net

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