



More action, more energy, more Spring

Autumn at **Spring Hotels** is a season full of sport, physical activity and positive energy.

Today we're going to tell you everything you need to know to make your holiday in Tenerife as energetic as possible 🌊

Enjoy a 5% discount on your stay during these sporting events.
Use the code MOTION.



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We start in October on our surfboards with Lucía Martín, who returns to Tenerife and Hotel Bittácora with the 4th edition of the Women's Surf Retreat. From 1 to 5 October, a small group of surfing enthusiasts will have the opportunity to share their knowledge out on the waves and other on-shore activities.



In November, you can make the most of the warm Canarian waters and complete The Blue Challenge 🏊‍♀️ swimming crossing, a challenge for athletes and enthusiasts who want to enjoy a unique environment while on holiday in paradise.

David Meca, Érika Villadecija and Laura Castro will be joining us for the second edition.

And before the end of the year, there is an unmissable event for lovers of professional surfing and the great waves of Las Américas' 'Spanish left'. Spring Surfest Las Américas Pro will begin on 22 November with the Open, Junior, Euromaster and Eurokids categories.

The event is complemented by activities, concerts and a firm commitment to sustainability.



Spring in Motion renews its sponsorship of the Club Baloncesto Canarias basketball team for another season.



Arona Volley and Spring reach agreement to make Spring the main sponsor.



The commitment to local sport is rounded off with a collaboration with Chijefe, the Canarian wrestling club.

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For a complete sporting experience, enjoy a stay at Spring Hotels.

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