

# EN PIÉ FUNDACIÓN

## APRIL NEWSLETTER



The Foundation En Pié hopes all our wonderful Tenerife Property Guide readers had an enjoyable Easter!

Firstly we would like to thank everybody who has visited the 'Drop in Point' Charity shop this month and for all the donations we have received. We are always happy to accept donations of clothes/household items/furniture and anything else you can think of!

We are delighted to announce a wonderful nature and healthy-living themed fair that we are holding on May 7th right outside the charity shop. The event will include 38 stalls with an incredible array of natural, ecological and local products. We will also have musicians

from the island coming to entertain us with live music including 'alternative' flamenco.

The 'Feria Vital' is on from 12 noon until 1am in the morning and is in the Poligono de Guimar, exit 30 on TF-1 motorway, just



beside the fotonda Cafe. Entry FREE and everyone is welcome. It is going to be a fun and educational family day out, full of wonderful products that

are truly beneficial for our health and environment.

Whilst on the theme of upcoming events, it would be rude not to mention our 2nd Sponsored Downhill Cycling Challenge from El Tinde to Los Gigantes on the 4th June.

This is a thrilling and beautiful (mostly) downhill ride through picturesque villages and banana plantations, followed by one of our infamous port parties. So start getting your sponsors in and get your cycling pants ready for a fun day out in aid of those suffering from severe mental health problems and disadvantaged children here in Tenerife. We are thrilled to be joined by our fellow charity, Helping Hands, on this next event.

Please contact Lisa

Allard on 636 271 853 or Liz Montague 661 274 281 for more information and sponsorship forms.

According to government statistics, one in four people will suffer from a mental health condition this year - this is why it is so important to talk about it and challenge the negative stereotypes. Social integration and dispelling the stigma attached to mental health problems is a small part of what we do. We know first hand how difficult and confusing it can be if you, or one of your loved ones, is suffering from such a problem, which is why we want to offer our support for anybody who needs to talk or seeks some advice.

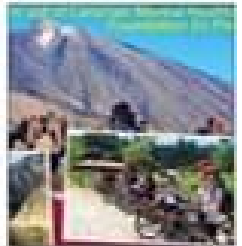
We can also help set up

appointments with trusted psychiatrists on the island and explain the process. We can be reached on [fundacion@enpie.org](mailto:fundacion@enpie.org), calling Lisa on 636 271 853 or by visiting us at the 'Drop in Point' Charity Shop.

We had a very successful 6th Talk the Walk on Sunday 20th March around floche, a very pretty walk where lots of new friends were made. Afterwards we were all invited for



roast pork with apples, baked potatoes and salad beautifully prepared by Lynne Scaife. Our thanks to the Penny Farthing Pub in Los Cristianos and the



musicians that entertained us there.

Our next Talk the Walk is on the 24th April with Andy Walker, which will take place in the Valley of Guimar and the Pyramids of Guimar. Please see poster for full details.

Last, but not least, we are looking for a sponsor for our weekly radio programme 'Lunaticos' on El Dia Radio. We use this platform to talk about mental health issues and can also include a small advert during our time slot. If interested please do not hesitate to contact us!

Thank you and hope to see you all soon!

**PIRÁMIDES DE GUIMAR**

[www.piramidesguimar.com](http://www.piramidesguimar.com)

TENERIFE  
**GUIDED WALKS**  
with Andy Tenerife Walker

In association with **enPié** fundación

Sunday, 24th April, 2016

A visit to the **Pirámides de Guimar** after our short barranco walk.

The Pyramids of Guimar refer to six rectangular pyramid shaped, terraced structures, built from lava stone without the use of mortar. They are located in the district of Chasna, part of the town of Guimar. The structures have been dated to the 18th century.

The site is over 14,000m<sup>2</sup> in size and the museum holds one of the largest collections of photographs of step pyramids in the world and gives information regarding the archaeological excavations that took place within the pyramids themselves. There is also an exhibition and an auditorium with a documentary which describes possible human migrations in ancient times and the amazing similarities between the cultures of both sides of the Atlantic, such as Mexico, Peru, Mesoamerica and Egypt. There is also an 'Exposition Room' which charts some of the world's migration with replicas of hollow wood and reed vessels.

Outside there are nature trails which span 25,000m<sup>2</sup> which include the Botanical Route which offers a journey through the gardens, to see many of our native plants. All plants have plaques with their scientific and common names, and the most representative species are complemented with specific information panels. There is also a Peace Garden which holds more than 70 poisonous plant species from around the world. The information panels explain the myths and legends about poison and gives an introduction to the medicinal uses of some species.

The Expository Products Route concentrates on the main products which have been exported from the Canary Islands since the time of the Spanish conquest, such as sugar, wine, coffee, tobacco and bananas.

The Culture Route offers information on many aspects of the culture, history and ethnology of the Canary Islands since the Spanish Conquest. The visitors' route charts the volcanic history of the archipelago, showing the geologic formation of the Canary Islands over millions of years, as well as the volcanic activity in historic times. It also showcases the most common rocks and volcanic materials of Tenerife, and reveals how the geology affects the climate of the islands.

There is also a Leisure area, cafeteria and a souvenir shop with many books on the ethnology and culture of the Canary Islands. There are also local products for sale including hand crafted ceramics typical of the islands.

### The 7th "Talk the Walk" to discover Tenerife's Great Outdoors

Carrying on the existing theme to raise money and awareness for En Pié, the Canarian Mental Health Charity and to bring together the Canarian and ex-pat communities to, hopefully, get each other speaking a little of the other one's language.

This is a nice, easy, short walk near Guimar, through a steep, dramatic gorge with its diverse botanical vegetation and Guanche history, and afterwards, we will be visiting the Pyramids of Guimar to discover a little more about the history of the island. Set in 64,000m<sup>2</sup> of land, there is a museum, exhibition, souvenir shop

and cafeteria and there are gardens which hold many species of flowers and plants endemic to the island.

En Pié have kindly secured us a discounted rate of €2 for entrance to the Pyramids.

**Date and time -**  
Sunday, 24th April, 2016, leaving 10am prompt!

**Meeting point -**  
Apolo Centre Los Cristianos

**Walk Distance -**  
6-10 kilometres (depending upon what you wish to do)

**Walk duration -**  
2-3 hours, (bring a snack for mid-day)

**Difficulty -** Easy

**Price per person -** €2

**Pyramids of Guimar -**  
1-2 hours

**To book - contact**  
[andy@tenerife-guided-walks.com](mailto:andy@tenerife-guided-walks.com),  
+34 616 892909

**Drivers/transport -**  
please note we need more drivers as the number of people we can take will depend upon the cars/trucks available.