


Puntos de Avituallamiento: Distribución de sólidos y líquidos / Refreshment Points: Solids & liquids

|                      |  Agua |  Isotónico |  Cola |  Agua con gas |  Red Bull |  Dulce guayabo y galletas |  Frutos secos |  Crema de cacao |  Chocolate |  Dátiles |  Orejones |  Pasta |  Pastillas Goma |  Papaya |  Plátano |  Fruta tempor. |  Sal gorda |  Café |  Te |  Bocadillo |  Caldo |  Gofio amasado |  Chocolate caliente |  Celíacos<br>Veganos |   |
|----------------------|--|---|--|--|--|--|--|--|---|---|--|---|--|--|---|---|---|--|--|---|---|---|--|---|---|
|                      | Water  | Isotonic  | Cola   | Soda   | Red Bull   | Sweet guava and biscuits   | Nuts   | Chocolate cream  | Chocolate   | Dates   | Dried apricots   | Pasta   | Gumdrop  | Papaya   | Banana  | Seasons fruits  | Coarse salt   | Coffee   | Tea  | Sandwich  | Chicken soup  | Gofio amasado   | Hot chocolate  | Celiacos<br>Veganos   |   |
| Adeje                | X  | X   |  |  |  |  | X  |  |   | X   | X  |   | X  | X  | X   | X   | X   |  |  |   |   |   |  |   |   |
| La Quinta            | X  | X   |  |  |  |  | X  |  |   | X   | X  |   | X  | X  | X   | X   | X   |  |  |   |   |   |  |   |   |
| Ifonche              | X  | X   |  |  |  |  | X  |  |   | X   | X  |   | X  | X  | X   | X   | X   |  |  |   |   |   |  |   |   |
| Albergue de Vilaflor | X  | X   | X  | X  |  | X  | X  | X  | X   | X   | X  |   | X  | X  | X   | X   | X   | X  | X  | X   |   | X   |  | X   |   |
| Madre del Agua       | X  |   |  |  |  |  |  |  |   |   |  |   |  | X  | X   | X   | X   |  |  |   |   |   |  |   |   |
| El Filo              | X  | X   | X  |  | X  | X  | X  | X  |   | X   | X  |   | X  | X  | X   | X   | X   |  |  |   |   |   |  | X   |   |
| Parador              | X  | X   | X  | X  | X  | X  | X  | X  | X   | X   | X  | X   | X  | X  | X   | X   | X   | X  | X  | X   | X   |   | X  | X   | X |
| Portillo Alto        | X  | X   | X  |  | X  | X  | X  | X  | X   | X   | X  | X   | X  | X  | X   | X   | X   | X  | X  | X   | X   |   | X  |   | X |
| La Rambleta          | X  | X   | X  |  | X  | X  | X  | X  | X   | X   | X  | X   | X  | X  | X   | X   | X   | X  | X  | X   | X   | X   | X  | X   | X |
| Los Picachos         | X  |   |  |  |  |  |  |  |   |   |  |   |  | X  | X   | X   | X   |  |  |   |   |   |  |   |   |
| Recibo Quemado       | X  | X   |  | X  |  |  | X  | X  |   | X   | X  |   | X  | X  | X   | X   | X   |  |  |   |   |   |  |   |   |
| Asomadero            | X  | X   | X  |  |  |  | X  | X  |   | X   | X  |   |  | X  | X   | X   | X   | X  | X  | X   |   |   |  |   |   |
| Tigaiga              | X  | X   | X  | X  |  | X  | X  | X  |   | X   | X  |   | X  | X  | X   | X   | X   |  |  |   |   |   | X  |   |   |
| Hotel Marítim        | X  |   |  |  |  |  |  |  |   |   |  |   |  |  |   |   |   |  |  |   |   |   |  |   |   |
| Meta                 | X  | X   |  |  |  |  |  |  |   |   |  | X   |  |  |   |   |   |  |  |   |   |   |  |   | X |



Líquido / Liquid



Fruta / Fruit



Bebidas calientes / Hot drinks



Sopa caliente / Hot soup



Comida Sólida / Solid Food





