

Cistercian Monastery of Teror

The monastery was founded in the beginning of the 17th century. It was founded by a group of monks who came from Sevilla in Spain in 1592. The Monastery was first situated in Las Palmas and in 1888 it moved to Teror.

Cistercians life is based on very strict rules and closed community. It follows the Benedictines traditions. It is divided into men and women parts. The Teror Monastery belongs to women part.

The most important part of the monks' lives is study, meditation and also manual work.

In the Monastery various products are available, such as pastry, cheese and other food.

