



palmpictures

WELCOME TO BARCELONA

A TRAVEL GUIDE TO THE CITY

2023

DIRECTORY OF RECOMMENDED ACTIVITIES

Rest & Relax

Barcelona

Cocktails

Pre-dinner fun

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60€ per head

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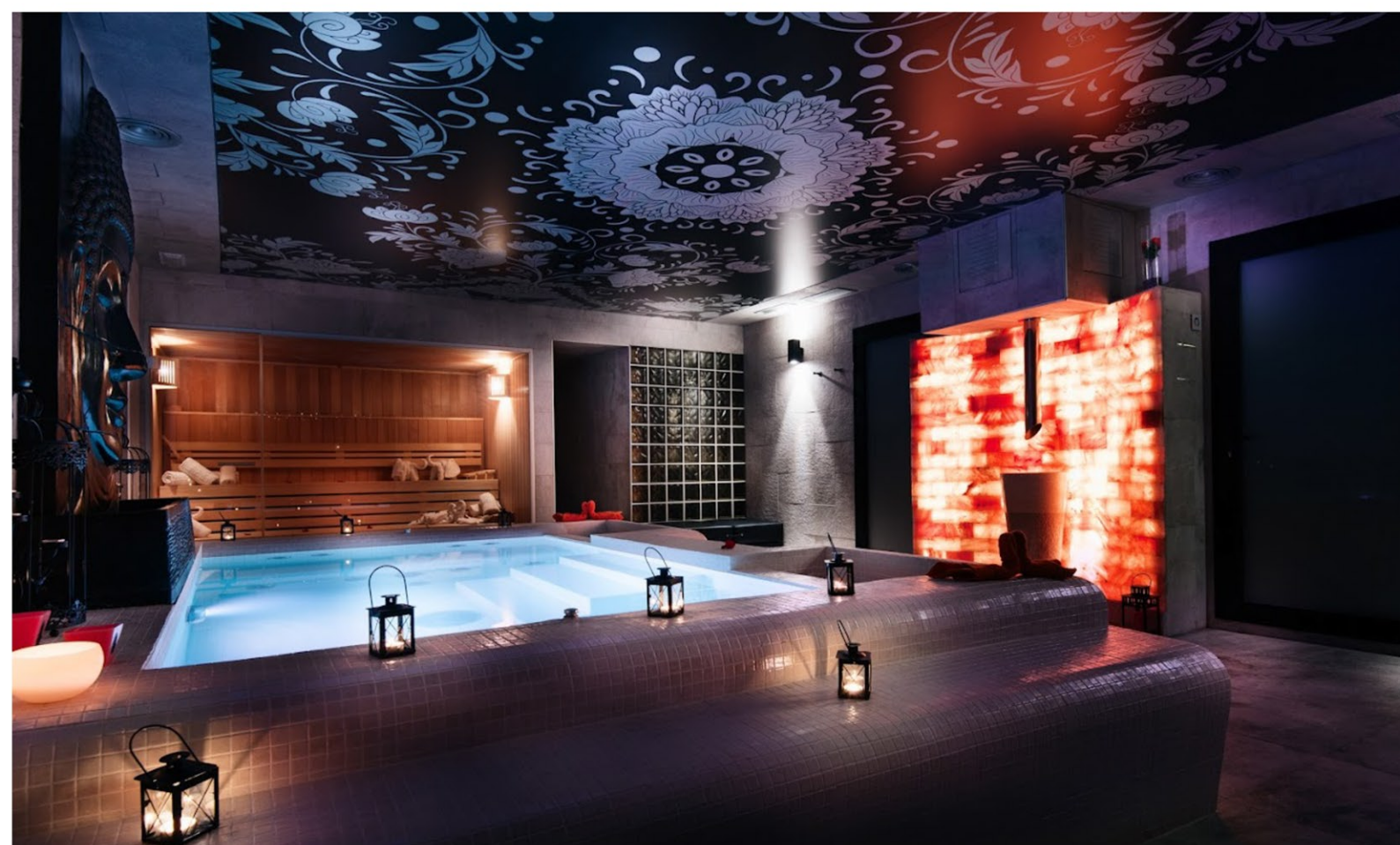


Rest & Relax



Aire Ancient Baths

- Ancient Baths - Water Journey through the different baths at your own pace (90 minutes): €65
- Ancient Relaxing Massage - Water Journey and massage using oils with hammam aroma (90' bath & 30' massage): €98
- More offers on website: <https://beaire.com>
- Located in the center of Barcelona
- t: +34 932 20 44 18
- **Advanced reservation required**



1850 Urban Spa

- Urban Spa Massage (30 minutes): €59
- Hot Stones (60 minutes): €99
- Balance Experience (120 minutes): €179
- More offers on website: <https://www.1850urbanspabarcelona.com>
- Located in the center of Barcelona
- t: +34 930 16 05 66
- **Advanced reservation required**



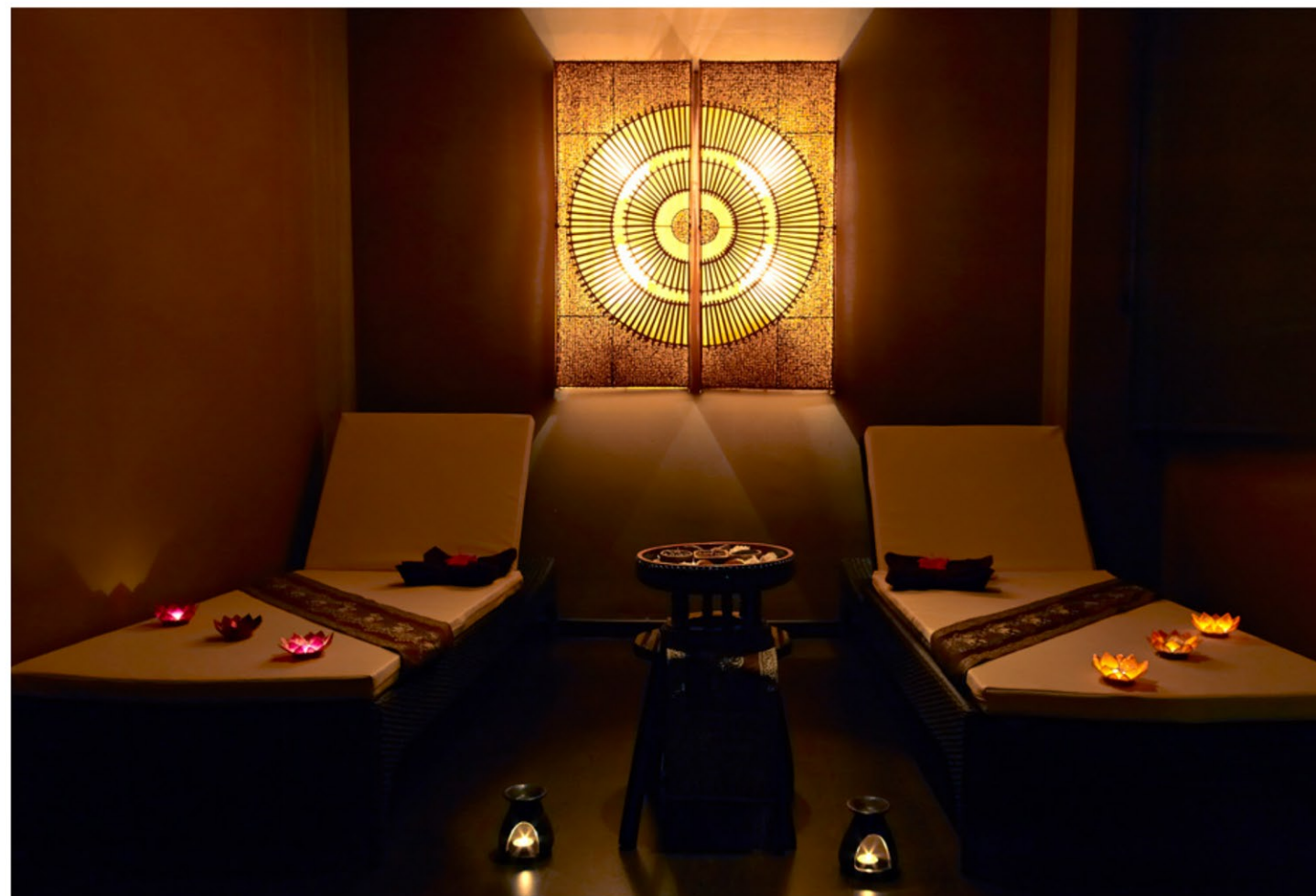
Rituels d'Orient Spa Hammam

- Basic ritual - Hammam Session + Eastern Body Scrub (90 minutes): €51
- Hammam Session - Traditional circuit of Turkish bath that prepares the body to receive the treatments of the establishment (45 minutes): €29
- More offers on website: www.rituelsdorient.com
- Located in the center of Barcelona
- t: +34 934 19 14 72
- **Advanced reservation required**



Spazio Wellness

- Exclusive massage - adapted to your needs and includes access to the thermal circuit (30 minutes): €48
- Therapeutic massage - to release tension and discomfort. Includes a thermal circuit (50 minutes): €72
- More offers on website: <https://www.hoteldiagonalzero.com>
- Located at the outskirts of Barcelona
- t: +34 935 07 80 00
- **Advanced reservation required**



Bangkok Healthy Spa

- Traditional Thai (60 minutes): €69
- Thai herbal heat (90 minutes): €109
- Head, back & shoulder (30 minutes): €39
- More offers on website: www.bangkokspa.es
- Located in the center of Barcelona
- t: +34 605 64 13 31
- **Advanced reservation required**



43 The Spa

- Relaxing massage and hydrotherapy (60 minutes): €140
- Hot stones massage and hydrotherapy (90 minutes): €215
- More offers on website: www.hotelartsbarcelona.com
- Located in the center of Barcelona
- t: +34 932 21 10 00
- **Advanced reservation required**

A close-up photograph of a bartender's hands garnishing a cocktail. The bartender is wearing a dark brown leather jacket and a white apron. One hand is holding a thin slice of yellow citrus fruit, likely a lemon or orange, and is about to place it on the rim of a glass filled with an amber-colored liquid. The other hand is resting on the wooden bar counter. In the background, several other glasses and bottles are visible on the bar, slightly out of focus. The lighting is warm and focused on the central action.

Cocktails



Bar Lobo

- Large glazed restaurant with Mediterranean cuisine and a charming terrace. Perfect for a noon beer.
- Price range: Cocktails for €9
- Website: <https://grupotragaluz.com>
- Located in Raval (Barcelona)
- t: +34 934 81 53 46
- **Advanced reservation recommended**



La Pepita

- Small graffiti decorates the walls of this unique place specialized in imaginative snacks and tapas.
- Price range: Cocktails for €6
- Website: <https://www.lapepitabcn.com>
- Located in Vila de Gràcia (Barcelona)
- t: +34 932 38 48 93
- **Advanced reservation recommended**



La Dolce Vitae

- A high-end gastronomy with privileged views over Barcelona.
- Price range: Cocktails for €10
- Website: <https://majestichotelgroup.com>
- Located in Eixample (Barcelona)
- t: +34 934 88 17 17
- **Advanced reservation recommended**



Biercab

- 30 craft beer taps in international cuisine bar with ceviche, wooden tables and designer ceilings.
- Price: €€
- Website: <https://biercab.com>
- Located in Eixample (Barcelona)
- t: +34 644 68 90 45



My Way

- Vintage-looking lounge bar inspired by the New York of the 50s. Enjoy tapas and cocktails while listening to great music.
- Price: Cocktails for €7
- Website: <https://restaurantemyway.com>
- Located in Barri Gòtic (Barcelona)
- t: +34 934 12 52 79



Balius Bar

- Luminous hydraulic floor with jazz nights, creative tapas and cocktail menu.
- Price: €€
- Website: <https://www.baliusbar.com>
- Located in Poblenou (Barcelona)
- t: +34 933 15 86 50



A Taste of Barcelona



ABaC

- 3*** Michelin stars award-winning restaurant by chef Jordi Cruz. Nominated by The Best Restaurant 2011 in Catalonia.
- Price: starts from €140
- Website: <https://abacbarcelona.com>
- Located in Sarrià-Sant Gervasi (Barcelona)
- t: +34 933 19 66 00
- **Advanced reservation recommended**



Moments

- Managed by chef Carme Rusalleda and her son Raül Balam. 2** Michelin stars restaurant inspired by Catalan culinary culture.
- Price: starts from €175
- Website: <https://www.mandarinoriental.com>
- Located in Passeig de Gràcia (Barcelona)
- t: +34 931 51 87 81
- **Advanced reservation recommended**



Alkimia

- 1* Michelin star restaurant that digs deep into the past, present and future of Catalan gastronomy by the hand of the chef Jordi Vilà.
- Price: starts from €184
- Website: <https://alkimia.cat>
- Located in Eixample (Barcelona)
- t: +34 932 07 61 15
- **Advanced reservation recommended**



Xiringuito Escribà

- Here you will find the perfect place to enjoy a large number of seafood dishes in a modern and intimate atmosphere where rice is the star ingredient.
- Website: <https://restaurantsescriba.com>
- Located in La Vila Olímpica (Barcelona)
- t: +34 932 21 07 29
- **Advanced reservation recommended**



Martínez

- Mediterranean seafood outlet since 1992, with sea views, an open kitchen & house paella.
- Website: <https://martinezbarcelona.com>
- Located in Poble Sec (Barcelona)
- t: +34 931 06 60 52
- **Advanced reservation recommended**



La Taverna del Clínic

- Galician seafood, traditional meat dishes & refined tasting menus in a contemporary setting.
- Website: <https://www.latavernadelclinic.com>
- Located in Eixample (Barcelona)
- t: +34 934 10 42 21
- **Advanced reservation recommended**



Boca Grande

- This restaurant, whose Mediterranean cuisine is under the orders of Xavier Tranque, stands out especially for its rice and fish dishes.
- Price: around €20
- Website: <https://bocagrande.cat>
- Located in Eixample (Barcelona)
- t: +34 934 67 51 49
- **Advanced reservation recommended**



Quimet & Quimet

- One of the most famous tapas restaurant in Barcelona.
- Price: around €20
- Website: <https://www.quimetquimet.com>
- Located in Poble Sec (Barcelona)
- t: +34 934 42 31 42
- **First come, first served.**



Cal Pep

- Sharing dishes is at the heart and soul of Cal Pep and it is what makes eating at the bar so special. Very good place to try tapas.
- Price: around €30
- Website: <https://www.calpep.com>
- Located in Barri Gòtic (Barcelona)
- t: +34 933 10 79 61
- **Advanced reservation recommended**



La Flauta

- A family restaurant with traditional cuisine, tapas and wines, to enjoy good appetizers in Barcelona.
- Price: around €20
- Website: <https://laflauta.es>
- Located in Eixample (Barcelona)
- t: +34 933 23 70 38
- **Advanced reservation recommended**



Cañete

- Classic dishes like seafood paella, duck cannelloni & clams in a polished setting, plus local wine.
- Price: around €20
- Website: <https://barcanete.com>
- Located in Raval (Barcelona)
- t: +34 932 70 34 58
- **Advanced reservation recommended**



Tapas 24

- Tapas restaurant opened by the Michelin-starred chef Carles Abellan.
- Price: around €30
- Website: -
- Located in Passeig de Gràcia (Barcelona)
- t: +34 934 88 09 77
- **Advanced reservation recommended**



El Nacional

- Grilled meats, Spanish seafood & tapas divided in 4 different areas you can choose from.
- Price range: starts from €15
- Website: <https://www.elnacionalbcn.com>
- Located in Eixample (Barcelona)
- t: +34 935 18 50 53
- **Advanced reservation recommended**



Indochine Ly Leap

- Elegantly plated Asian fusion in a plant-filled dining room with low tables & fish ponds.
- Price range: around €50
- Website: -
- Located in Eixample (Barcelona)
- t: +34 934 51 17 96
- **Advanced reservation recommended**



Parking Pizza

- Italian food in a very unique restaurant.
- Price range: around €10
- Website: <https://www.parkingpizza.com>
- Located in Eixample (Barcelona)
- t: +34 936 33 96 45
- **Advanced reservation recommended**



Teresa Carles

- One of the model Vegetarian Restaurants in Barcelona, it was opened in 1979 by the chef Teresa Carles.
- Price range: starts from €10
- Website: <https://www.teresacarles.com>
- Located in Raval (Barcelona)
- t: +34 933 17 18 29
- **Advanced reservation recommended**



Flax & Kale

- Creative salads & gluten-free desserts at a trendy restaurant with a roof terrace & spice garden.
- Price range: around €20
- Website: <https://flaxandkale.com>
- Located in Raval (Barcelona)
- t: +34 933 17 56 64
- **Advanced reservation recommended**

Experience The City





Camp Nou

- Having one of the best teams in the world in Barcelona brings huge pride to the city, and even more so when the starting 11 features Messi, arguably the greatest footballer of all time.
- Price per day from: €28
- More offers on website: www.fcbarcelona.com
- Located in Pedralbes (Barcelona)
- T: +34 902 18 99 00



Parc d'Atraccions Tibidabo

- A traditional amusement park in the top of Barcelona. This is a great opportunity to have some fun near the city. It's the first amusement park in the whole country, though it has plenty of variety in its installations.
- Prices per day from: €10,50
- More offers on website: www.tibidabo.cat
- Located in Sarrià-Sant Gervasi (Barcelona)
- T: +34 932 11 79 42



Font Màgica de Montjuïc

- A light, music and water show at the Montjuïc fountain, that brings out childlike wonder in us all. It's also one of the last remaining attractions made for the 1929 International Exposition.
- Prices: Free
- Website: <https://www.barcelona.cat>
- Located near Plaza España (Barcelona)



Umbracle

- An impressive display where the iron architecture and the nature meet. On the occasion of the 1888 International Exposition in Barcelona, it was used as a large party space. Nowadays, it stands as both a symbol of its opulent past and a present-day conservatory, where plant species from nearly two dozen countries flourish under the arches.
- Located in Parc de la Ciutadella



Barcelona Beaches

- One of the top attractions in Barcelona is its weather, and with more than 300 days of sunny skies a year, one of the favourite things to do is take advantage of the city's 4.5 kilometres of coastline with a dip in the Mediterranean.
- Located in Barcelona

Experience Near the City





Montserrat

- Montserrat is a beautiful sanctuary of Benedictine monks on the mountain. Not only the Montserrat Monastery is of religious importance but the natural beauty surrounding the monastery is simply amazing.
- Website: <https://www.montserratvisita.com>
- Located 60km away from Barcelona



Sitges

- Sitges is a coastal city in Catalonia, southwest of Barcelona, surrounded by the mountainous natural park of Garraf. It is known for its Mediterranean beaches and its promenade lined with large mansions.
- Located 40km away from Barcelona



Cadaqués

- Cadaqués is for many people the most beautiful town in Catalonia. The impeccable white of its buildings, together with its union in the sea, make its picture a postcard landscape. It was Dalí's favorite town, which was inspired by its streets and ports to create many of his famous works.
- Located 170km away from Barcelona



Arts & Culture



Senda

- Contemporary Art
- Website: <https://galeriasenda.com/en/>
- Located in Barri Gòtic



Sala Parés

- Temporary Art Exhibitions
- Website: <https://salapares.com/en/>
- Located in Barri Gòtic



Joan Prats

- Contemporary Art Exhibitions
- Website: <https://www.galeriajoanprats.com/es/>
- Located in Eixample



MACBA

- Museum of Contemporary Art of Barcelona
- General ticket: €10,80
- Website: <https://www.macba.cat>
- Located in Raval (Barcelona)



MNAC

- National Museum of Art
- General ticket: €12
- Website: <https://www.museunacional.cat>
- Located near Plaza España (Barcelona)



Museu del Modernisme

- Museum of Modernism of Barcelona
- General ticket: €12
- Website: -
- Located in Eixample (Barcelona)



Casa Batlló

- Located in the center of Barcelona, it is one of Antoni Gaudí's most recognized and admired works and is a clear example of its creator's unlimited imagination.
- General ticket: from €29
- Website: <https://www.casabatllo.es/en/>
- Located in Passeig de Gràcia (Barcelona)



Sagrada Família

- The Expiatory Temple of the Sagrada Família is the final construction in Gaudí's career, a unique place in Barcelona that will become the highest Basilica in the world once work has been completed. A Gaudí masterpiece that has been under construction for over one century.
- General ticket: from €26
- Website: <https://sagradafamilia.org/en/home>
- Located in Palma



Park Güell

- The most amazing park in the city, full of symbolism. One of the biggest works from Gaudí, where you can walk around and connect with the nature or admire the wonderful piece of art that it is.
- General ticket: €10
- Website: <https://parkguell.barcelona/en>
- Located in Gràcia (Barcelona)



La Pedrera-Casa Milà

- Known as La Pedrera (stone quarry) because it resembles an open quarry in appearance, the building was the home of the Milà family. Is Antoni Gaudí's most iconic work of civic architecture due to both its constructional and functional innovations.
- General ticket: from €25
- Website: <https://www.lapedrera.com>
- Located in Passeig de Gràcia (Barcelona)



Casa Vicens

- Casa Vicens is the first masterpiece of Antoni Gaudí and sowed the seeds of later works. Built between 1883 and 1885 as a summer house for the Vicens family, here he showcased his unparalleled talent.
- General ticket: from €16
- Website: <https://casavicens.org>
- Located in Gràcia



Barri Gòtic

- The Jewish quarter in Barcelona has one of the most stunning atmospheres in the city. Wandering through the streets of this neighbourhood you'll no doubt gain a better appreciation for Barcelona's history. A visit to MUHBA El Call can enhance the experience as well: you can see artefacts such as ritual lamps and gravestones, and Barcelona's synagogue, one of the oldest in Europe.

Shopping





Maremagnum Barcelona

- A shopping center located on the pier of the Old Port of Barcelona. It focuses its commercial offer on fashion stores and accessories of major national and international brands and in catering.
- Website: <https://maremagnum.klepierre.es>
- Located in Barcelona's Pier
- t: +34 932 25 81 00



Passeig de Gràcia

- One of the main avenues of Barcelona and one of the most famous avenues in Catalonia, due to its tourist importance, commercial areas, businesses and a great showcase of outstanding works of modernist architecture.
- Located in the Center of Barcelona



Arenas de Barcelona

- Commercial, leisure and cultural center opened in 2011 and located in the remodeled building of the old bullring of Las Arenas in the central Plaza España of Barcelona. On its upper floor, it provides a unique panoramic view of the most beautiful at night in Barcelona.
- Website: <https://www.arenasdebarcelona.com>
- Located in Plaza España (Barcelona)
- t: +34 932 89 02 44



Mercat dels Encants

- The Mercat dels Encants is one of the oldest markets in Europe, and a few years ago it was moved to a new building in the same area, so it maintained the spirit of outdoor sales. The products for sale are of all kinds: antiques and collectibles, jewelry, used and old clothes...
- Website: <https://encantsbarcelona.com>
- Located in Glòries (Barcelona)
- t: +34 932 45 22 99



Mercat de la Boqueria

- Located on one side of the Rambla, this famous market perfectly captures the essence of Barcelona. Dedicated to gastronomy, you can find some of the best products in the region, as well as other groceries imported from other countries.
- Website: <http://www.boqueria.barcelona>
- Located in La Rambla (Barcelona)
- t: +34 934 13 23 03



Palo Alto Market

- New market for Barcelona, wanderer, cool and sophisticated, based on the concept of the popular street market, but developed in a format tailored to a city that has stood out worldwide for its creativity.
- Website: <https://palomarketfest.com>
- Located in Poblenou (Barcelona)
- t: +34 931 59 66 70

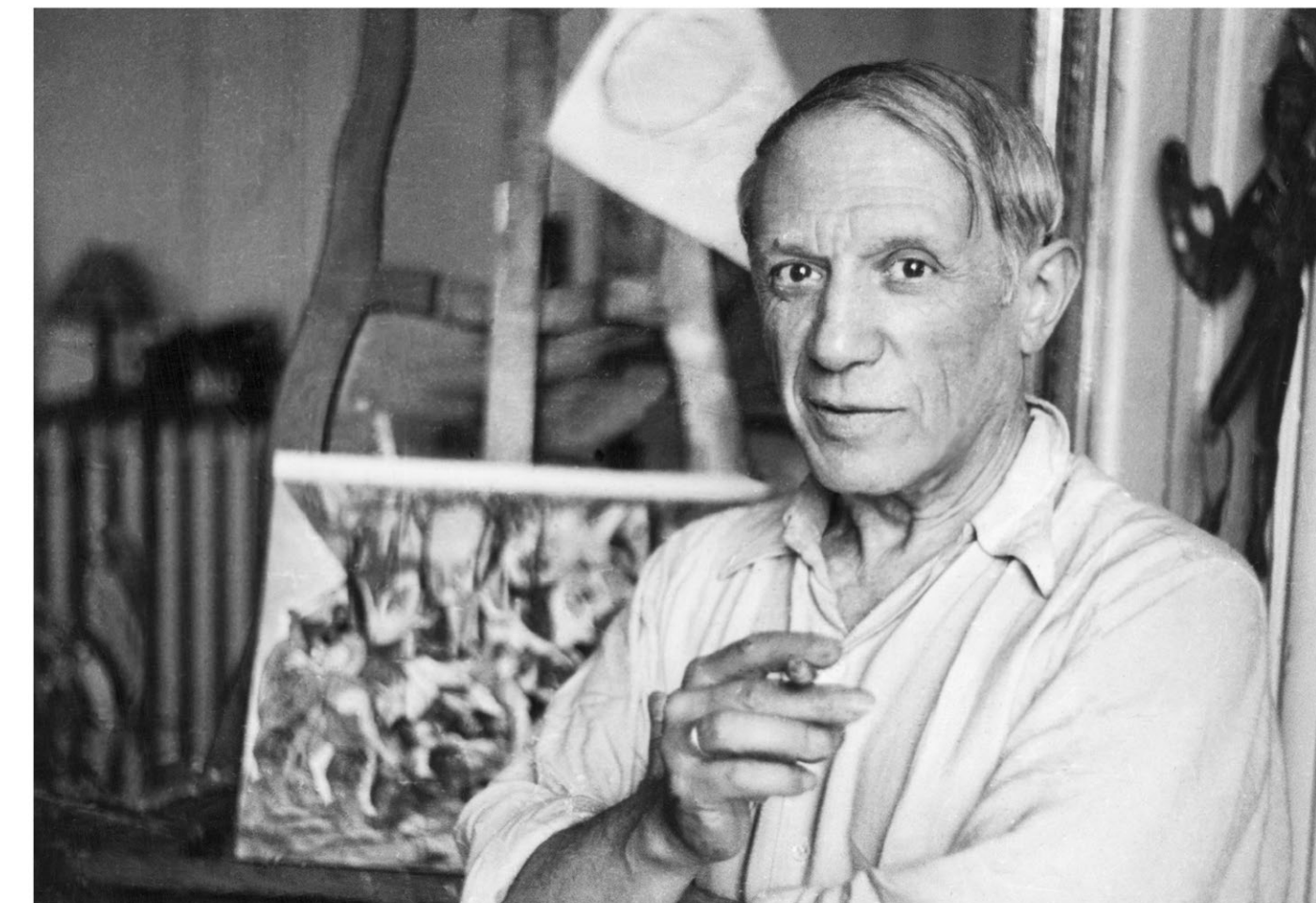
About Barcelona

Barcelona covers an area of 101.4 km² and has a population of 1.602 million aprox. which makes it the largest city on the Mediterranean Sea, and the second largest in Spain, after Madrid.



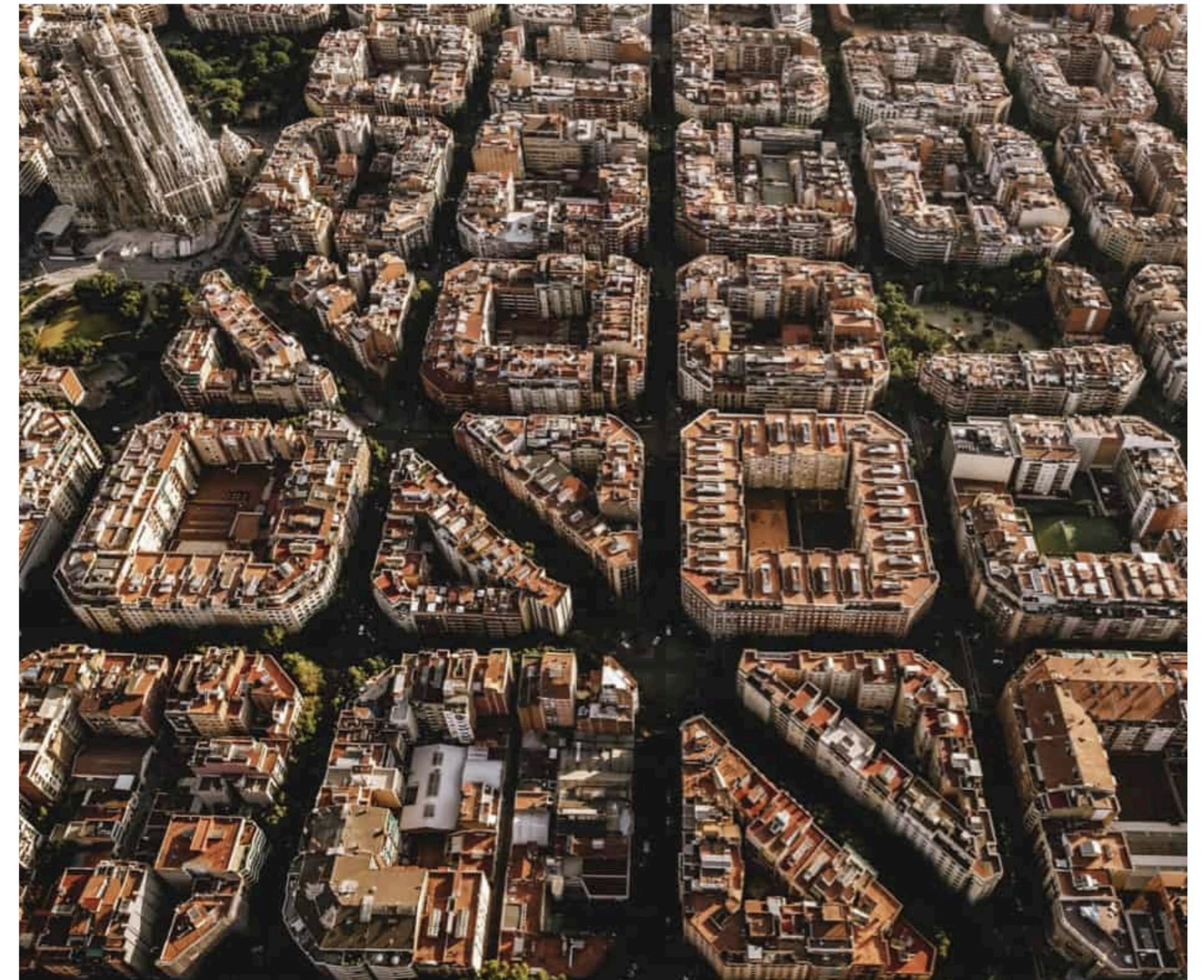
Every year, on 23rd April, Barcelona celebrates the patron saint of Catalonia with roses and books. Also known as El Día de los Amantes (Lovers' Day), La Diada de Sant Jordi (Saint George's Day), which coincides with the death of both Cervantes and Shakespeare, inspired UNESCO to create the World Book and Copyright Day in 1995.

Pablo Picasso, the famous Spanish artist responsible for introducing Cubism to the world, spent his formative years in Barcelona and studied at its School of Fine Arts. There is a Picasso museum in the Born neighbourhood of Barcelona which has over 4,000 of his works on display.



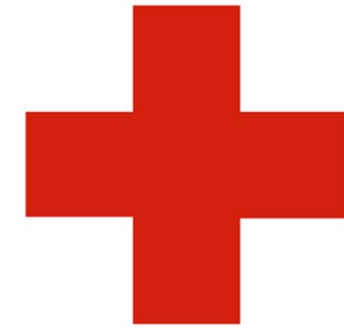
Fun Facts

- 1. Barcelona is the only city in the world awarded a Royal Gold Medal for architecture by Royal Institute of British Architects.**
- 2. The famous Basilica of the Sagrada Familia has taken longer to complete than the Egyptian Pyramids.**
- 3. Barcelona is home to the largest football stadium in Europe.**
- 4. There are over 20 Michelin starred restaurants in Barcelona.**





Useful information

HOSPITALS**Hospital Clínico Barcelona**

Located in C. de Villarroel, 170, 08036 Barcelona

T: +34 932 275 400

Hospital Universitario Sagrado Corazón

Located in C. de Viladomat, 288, 08029 Barcelona

T: +34 933 221 111

**TELEPHONE SERVICES**

Emergency - **112**

Police - **091** or **092**

Ambulance - **061**

Fireman - **080**

Barcelona Information and Tourism department: **+34 932 388 091**

National telephone Information: **11828**

International telephone Information: **11825**

Airport number Barcelona: +34 913 21 10 00

NOTES FOR TELEPHONE SERVICES

The Spanish prefix is “+34” / “0034”

The 807 and the 902 telephone numbers have extra cost

PUBLIC TRANSPORT

Bus

Price: 2,40€

Schedule: From 5:00h to 24:00h (thereafter are Nightbuses)

Metro

Price: 2,40€

Schedule: Mon. To Thurs. From 5:00h to 24:00h
Weekends All night long



** You can find more information on <https://www.tmb.cat/es/home>

OTHER TRANSPORT

Taxi Service Barcelona

Taxi: +34 933 033 033

Aprox. Price: 1,23€ x Km

Extra Charges: 2,55€ x Initial Fare

Maximum speeds:

Motorways/highways: 120kph

Local roads: 100-90kph

City: 50kph

