

Barcelona



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Front: Güell park
Back: Torre Glòries tower

INTRODUCTION

Discover why Barcelona is one of the world's most visited cities. Its cosmopolitan feel, its privileged location on the Mediterranean coast and its cultural attractions will make you want to come back again and again. If you want to discover a city that looks to the future, Barcelona awaits you.

The capital of Catalonia, it is the birthplace of major **avant-garde movements of the 20th century** and the epitome of the modernist city. Here you can see the foremost architectural treasures designed by Antoni Gaudí, like the Basilica of the Sagrada Família and Güell Park. It also has Roman remains and medieval neighbourhoods you can wander through and discover its history.

There are few places in the world where you will find such a variety of **cultural and leisure** attractions. And if you

are a nature lover, you will have plenty to choose from: lying on a secluded beach, climbing, skiing, discovering its natural reserves...

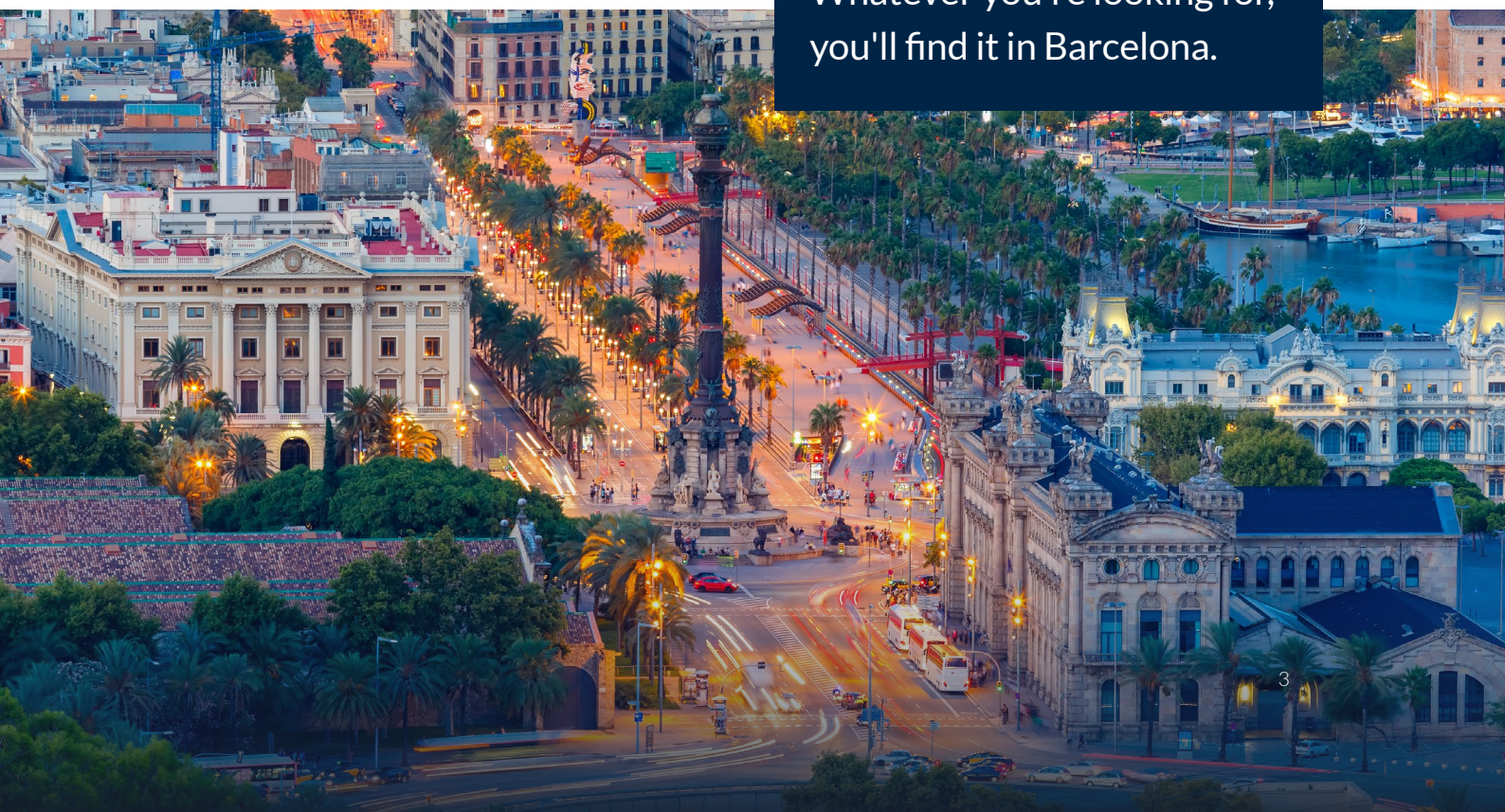
You can also enjoy unique gastronomy experiences in restaurants, city markets and small wineries in the area. To treat your taste buds you can try dishes like *escalivada* (smoky grilled vegetables), *calçotada* (char-grilled onions) and homemade desserts like crema catalana (a type of crême brûlée), along with its famous cava sparkling wines.

If your thing is **shopping**, Barcelona is the place for you. Leading exclusive stores, as well as more bohemian businesses and charming markets, await you.

In short, this is a vibrant city that enjoys an exceptional climate all year round.

▼ PLAÇA PORTAL DE LA PAU

Whatever you're looking for,
you'll find it in Barcelona.





DISCOVER BARCELONA, MAIN AREAS

▲ PALAU DE LA MÚSICA CATALANA AUDITORIUM

Explore Barcelona's neighbourhoods and discover a unique city. Soak up the culture in the La Rambla and Poblenuou districts, travel back to the past in the Gothic Quarter, or visit Montjuïc Mountain to enjoy the best views.

EL BORN

Wander around El Born, in the Ribera neighbourhood, a medieval neighbourhood that today is full of fashion shops, bars and entertainment venues. This old neighbourhood of artisans has become one of the most up-to-date and lively areas in the city in recent years. It also boasts some of the most important buildings in Barcelona: from **Santa María del Mar Basilica** to the spectacular, modernist concert hall, **Palau de la Música Catalana**, UNESCO World Heritage Site.

GRÀCIA AND L'EIXAMPLE

If you love shopping, you can visit the stores in the “**Quadrat d'Or**” (the Golden Square) taking in the **Passeig de Gràcia** and **La Rambla**, the most famous streets in Vila de Gràcia and Dreta de l'Eixample. The Gràcia neighbourhood is packed with cosy bars and restaurants with a bohemian atmosphere, offering a great variety of food. It is home to an important Romani community from which the cheerful Catalan rumba style of music emerged. In Gràcia you will find **Güell Park**, a modernist mas-

terpiece designed by the brilliant Gaudí, who also designed another of Gràcia's architectural treasures, **Casa Batlló**.

Right next to the l'Eixample neighbourhood you find another must-see stop: the **Sant Pau Art Nouveau Site**, a former hospital which is now a UNESCO World Heritage Site.

GOTHIC QUARTER

In the centre of Barcelona, this is one of the city's most beautiful and lively neighbourhoods. It is full of restaurants, terraces and alternative shops. Its narrow streets and squares will carry you to Barcelona's medieval past. In **Plaça del Rei** you can see part of the ancient Roman wall, **Palau Reial Major** and **Museu d'Història de Barcelona**. Near-

by, you will find **Barcelona Cathedral** and **Santa Maria de Pi Basilica**, both of which are Gothic-style constructions.

On Thursdays you can buy antiques and collector's items at the **Gothic Market**, in the cathedral's square. If you are looking for eye-catching alternative shops, **Ciutat Vella**, in the historic quarter, is the place for you.

EL RAVAL

El Raval, formerly known as a red light district, is now a modern multicultural neighbourhood full of trendy bars and venues. Its streets are full of markets, interior design and *vintage* clothing shops, art galleries... The **Raval open-air market**, held on weekends, offers innovative ideas from urban designers.

▼ GOTHIC QUARTER





BARCELONA

▲ PLAÇA D'ESPANYA



▲ PALAU NACIONAL DE MONTJUÏC

MONTJUÏC

You will find the best views of the city from Montjuïc, a neighbourhood located on a hill rising to 173 metres. From the magnificent **Montjuïc Castle** you can enjoy a full panoramic view of Barcelona. Nearby is another place not to be missed: the **Poble Espanyol Museum**. This open-air museum will surprise you with its 117 full-scale buildings, forming a complete Spanish village. Your visit should include the **Jardí Botànic**, which covers 14 hectares with more than 4000 species from all of the world's Mediterranean climate regions.

PLAÇA D'ESPANYA

At the foot of Montjuïc you will find the **Plaça d'Espanya**, the confluence of some of Barcelona's most vibrant streets, such as **Paral·lel** and **Gran Vía**. Close by is **Parc Joan Miro**. There you can enjoy a relaxing stroll and take a look at the *Woman and Bird Sculpture*,

which is one of the masterpieces of genius Joan Miró. Barcelona has an abundance of galleries, many of which are in this area, taking in all styles, both from young innovators and established artists. You can also visit the **Museu Nacional d'Art de Catalunya**, which has one of the world's best collections of Romanesque art.

LA RAMBLA

A must on a visit to Barcelona, **La Rambla** will surprise you. This is a street teeming with life and colour, with a central pedestrian promenade where you can stroll amongst kiosks, flower stalls and shops of all kinds. The walk of a little more than a kilometre along this street starts at **Plaça de Catalunya**, one of the key spots in the city, adorned with sculptures by major Catalan artists. On the road running alongside Las Ramblas stands the **Gran Teatre del Liceu Theatre**, one of the most im-

portant opera houses in the world, and **La Boquería**, Barcelona's most famous and colourful market. At the end of the walk, next to the port, you will find the **Columbus Monument**, which offers a panoramic view of Barcelona from a height of 60 metres.

BASILICA OF THE SAGRADA FAMILIA

Each year, millions of people from all over the world visit the Basilica of the **Sagrada Família**, Barcelona's main symbol. Around this building, the most important of those designed by **Antoni Gaudí**, you will find many restaurants and shops where you can buy some *souvenirs*. The rest of the neighbourhood is made up of quiet residential streets that are not usually visited by tourists and which contrast with the hustle and bustle around the basilica. This is a perfect place to relax and take a break on

your trip. You will not find many fashion *boutiques*, but you will find *delicatessens* and confectioner's shops to delight you on your walk. You can visit its market and order some dishes in its tapas bars.

LES CORTS AND PEDRALBES

In this quiet, stylish and lively neighbourhood you will find FC Barcelona's legendary stadium: the **Camp Nou**. There are guided tours taking in the museum, the trophy area and the pitch. You will feel like a star when you go down the players' tunnel and step onto the pitch. After, you can enjoy a drink while sitting on any of the terraces in the area's squares, or wander through the stately gardens of the **Palau Reial de Pedralbes Palace** or Cervantes Park, which is filled with roses and which becomes a sensory spectacle for the eyes and nose in spring.

▼ GRAN TEATRE DEL LICEU THEATRE



▼ BASILICA OF THE SAGRADA FAMILIA





BARCELONA

CULTURE

▲ INTERIOR OF THE NATIONAL ART MUSEUM OF CATALONIA (MNAC)

Barcelona has breathtaking cultural offerings. You will find all kinds of options at various prices to suit every budget.

MUSEUMS

Barcelona has many large and small museums for you to discover.

Museu Nacional d'Art de Catalunya: here you can see works by great artists such as El Greco, Zurbarán, Velázquez, Fortuny, Gaudí, Casas, Torres-García, Julio González, Picasso and Dalí.

Museu d'Art Contemporani de Barcelona: at the MACBA you can discover the main movements of the second half of the 20th century and admire the works of contemporary artists, such as Antoni Tàpies, Paul Klee, Francesc Torres and Zush.

Fundació Joan Miró: come and see the most complete collection of Joan Miró's work, with more than 14,000 pieces covering all facets of this surrealist artist.

Museu Picasso: in this museum you can enjoy the most comprehensive collection of Pablo Picasso's work and discover his close ties to Barcelona.

MOCO Museum Barcelona: an innovative space for modern art and technology lovers, with works by international artists such as Murakami, Warhol, Basquiat, Keith Haring and Damien Hirst.

Museu del Disseny: focusing on the object and design arts, its collections include the works from the Decorative Arts Museum, the Ceramics Museum, the Textile and Clothing Museum and Barcelona's Graphic Arts Office.



▲ CAIXAFORUM

You will also find a highly varied range of museums such as the Archaeological Museum of Catalonia, the Maritime Museum and the Museu d'Història de Barcelona.

EXHIBITION CENTRES

Barcelona also offers interesting exhibitions, workshops and activities in its cultural centres.

Casa Milà - 'La Pedrera': this curved, undulating building (a modernist gem designed by Antoni Gaudí and UNESCO World Heritage), will take your breath away. The main floor houses a temporary exhibitions space.

CaixaForum: have fun in one of Spain's most prestigious cultural centres. It offers a wide range of temporary exhibitions, conferences and educational activities for the whole family.



▲ INTERIOR OF THE MUSEU NACIONAL D'ART DE CATALUNYA (MNAC)



▲ LA PEDRERA

TASTING BARCELONA

Get ready to taste dishes you will not forget.

Barcelona is a gastronomic paradise, with food ranging from traditional to avant-garde. A feast of sensations awaits you.

You can enjoy **traditional Catalan cuisine**, a clear example of the Mediterranean diet, in its classic restaurants and typical taverns. Wherever you go you

will be offered the simple but delicious *pa amb tomàquet*, tomato rubbed on toasted bread, with salt and olive oil. If you are lucky enough to visit Barcelona when they are in season (from November to April), ask for **calçots**, which are grilled spring onions accompanied by Romesco sauce. They are rather messy so you should wear a bib to eat them. Wash it all down with good wine from Catalonia, or the region's most famous drink: **cava**. And for dessert, the classic **crema catalana** (a type of crème brûlée).

▼ SANTA CATERINA MARKET





In Barcelona you will also find **avant-garde cuisine**. Some of the best chefs in Spain and the world are from here, like **Ferran Adrià**, **Carme Ruscalleda**, **Ramón Freixa** and **Joan Roca**, many of them distinguished with Michelin stars. In the centre of the city you will find all kinds of places to eat international, creative or fusion cuisine.

If you like *delicatessens*, you will love the **city markets**, many of which have now been converted into **gourmet** spaces. Mix with the local people, have a glass of cava with oysters and listen to live music in the most famous of these markets: **La Boquería**, on La Rambla. Another place with a feast for your senses is **Santa Caterina Market**, with its exquisite spots and spaces offering fusion cuisine. The Gràcia District has **La Llibertat Market**: enter a labyrinth of aromas in a modernist building.



BARCELONA

FOR EVERY SEASON

The mildness of the Mediterranean climate means any time is good to visit Barcelona, but each season suggests something unique. Take note:



▲ CASTELLERS (HUMAN TOWERS)

SUMMER

When the warmth arrives, Barcelona offers all the festivities, leisure and culture you can imagine, in addition to the beach. Enjoy a new experience every day.

At the end of summer, at the biggest festivity in Barcelona, **La Mercè**, the city is full of parades, dances, fireworks and the best gastronomy in the region. You can see the popular **correfocs**, where people disguised as

devils and imaginary beings dance amongst fireworks, and **castells**, human towers many levels high (UNESCO Intangible Cultural Heritage). If you like dancing, you will have a great time at the **Barcelona Beach Festival**. It has the best electronic music, with two stages facing the sea and two gigantic dance floors. Or enjoy something different: the **Grec Festival**, an international competition combining music, theatre, dance and the circus.

AUTUMN

The mild temperatures in autumn allow you to enjoy all kinds of options.

If you are a fan of fantasy and horror films, you can enjoy the most anticipated new releases in this genre very near Barcelona at **Sitges International Cinema Fantàstic de Catalunya Festival**.

The best of autumn in Barcelona is to be found in the little pleasures. Small pleasures like *panellets*, typical sweets for All Saints' Day on 1 November, made with almond dough and sugar and covered with nuts.

WINTER

During the coldest months of the year, which are not that cold in Barcelona, you can go shopping, visit museums or enjoy a spa day.

If your thing is active tourism, Barcelona's surrounding areas offer many possibilities in this season. Ski at magnificent resorts like **Port del Comte** (in the Catalan Pre-Pyrenees Mountains), **La Molina**, in Girona, and **Baqueira Beret**, in the Arán Valley (Lleida).

Try **ice diving**: an experience combining altitude, ice and diving, which you can try in places like **Port Ainé**, in Lleida. To merge with nature, put on some **snowshoes** and go on a guided tour in the Catalan Pyrenees: the views are spectacular.



SPRING

On 23 April, the city celebrates the festivity of **Sant Jordi**, Catalonia's patron saint's day. In Catalonia, World Book Day is an especially literary and romantic festivity. On this day, it is traditional to buy a book or a rose as a gift.

Spring is also a season of music festivals, such as **Primavera Sound**, with the best national and international groups, and **Sónar**, which combines music, creativity and technology.

❶ *For more information on Barcelona's schedule of events see:*

www.barcelonaturisme.com/wv3/es/page/39/agenda.html

BEACHES

The warm Mediterranean awaits you.
Lie on the beach, get active with water
sports, enjoy the best local cuisine...
or better still: do it all!

Barcelona has very central urban beaches where you can relax, enjoy great beach bars and take long strolls, with all the services of the city nearby. One of the most famous and popular is **Barceloneta Beach**, in Barcelona's old fishing neighbourhood, which is full of restaurants and bars with great food. Nearby you will find seaside destinations like **Sant Miquel** and **Sant Sebastià**, both with sports clubs, and **Somorrostro**, a favourite amongst young people with volleyball nets and children's play areas.

If you are looking for something quieter and with a family atmosphere, the Olympic Port area gives you more options. There you have beaches like **Bogatell**, **Mar Bella** (with nudist area), **Nova Mar Bella** and **Llevant**.

You can also enjoy the sea in Barcelona in a different way at the **Fórum swimming area**: this is a saltwater pool in the open sea, without sand and with less people than the beaches, where you can swim surrounded by state-of-the-art facilities.

FIVE IDEAS FOR FAMILY FUN

Travelling with children? Barcelona and its surrounding areas offer you many possibilities for the family. Here are a few options:

PORTAVENTURA WORLD

Bring out the child in you. Have fun at the amusement park (PortAventura Park), the water park (Caribe Aquatic Park) and the theme park (Ferrari Land). It is in Tarragona, about 100 km from Barcelona.

TIBIDABO AMUSEMENT PARK

Jump on the Giradabo, a 20 metre wide Ferris wheel, and enjoy one of the best views of Barcelona from this famous park in an exceptional natural setting: Tibidabo Mountain. This is just one of the many attractions and shows in the park, which includes some real gems from its history of over a hundred years, such as the Tibidabo Aeroplane and the Robot Museum.

THE AQUARIUM

Stroll amongst sharks and discover the sea fauna of the Mediterranean in one of the largest aquariums in Europe. Your ticket also gives you admission to the permanent exhibitions, such as Planeta Aqua and ¡Explora!, where kids can discover the marine world using their senses.



BARCELONA ZOO

Gorillas, reptiles, dolphins... At Barcelona Zoo, with around 2,000 animals and a wide range of services, you can have a great day out with your family.

MUSIC MUSEUM

A perfect way to bring children closer to music. One of the most fun spaces is the interactive room, where kids are free to play the instruments and create their own melody.

LAS GOLONDRINAS BOAT TOURS

To get to know Barcelona in a different way, from the sea, take a trip on a Golondrina boat. Tour the port in a traditional boat or go a little further and see the coastline from a modern catamaran.

THE HIDDEN CITY

CIUTADELLA PARK



Barcelona is a vibrant city full of treasures and secrets. Quaint parks, museums and wonderful viewpoints. If you have time to see more, we recommend these places:

PARKS AND GARDENS

Wander around the city's parks and gardens and enjoy their magic. Enjoy a boat ride on the pond and see the great ornamental water cascade in **Ciutadella Park**. Lose yourself in the **Laberint d'Horta maze garden**, the oldest park in the city. If you reach the centre of the maze you will see the statue of Eros. Camouflaged on Montjuïc Hill is **Joan Maragall Gardens**, one of the prettiest gardens in Barcelona. If you want to take a close look at Mediterranean flora, **Jardí Botànic de Barcelona** has examples of almost every Mediterranean plant species as well as activities for children.

SECRET MUSEUMS

Strange, fun and marvellous. Here are Barcelona's 'other' museums. Do you like history? Discover the treasures of Tutankhamun in the **Museu Egipci de Barcelona** or travel back in time to 19th century Barcelona at the **Born Centre de Cultura i Memòria** (Centre for Culture and Memory).

If you fancy something sweet, try the **Museu de la Xocolata**. There, besides eating your ticket (which is made of chocolate!), you can discover the history of this delicacy and stroll amongst sweet sculptures.

Have fun like a child at the **CosmoCaixa Science Museum**, with its interactive spaces.

Fashion lovers should not miss the **DHUB-Museu del Disseny**, which features the collection of the former Textile and Clothing Museum, made up of dresses, jewellery and accessories, some of them over 1,500 years old.

MONUMENTS

If you like to wander and explore in a city and its streets, Barcelona offers you some real treasures. Start on Calle Paradís, in the heart of the Gothic Quarter, which preserves the most important vestiges of the ancient Roman city of *Barcino*: four **columns from the Roman Temple of Augustus**. Also from this period are the **Roman Baths of Sant Boi de Llobregat**, one of the most complete and best preserved in Catalonia.

Other buildings revealing Barcelona's history include **Sant Felip Neri Church**. When visiting, notice its baroque façade: you can see remnants of shrapnel from bombing that took place during the Spanish Civil War. Another of the city's secrets is the **Parthenon Masriera**, a peculiar neoclassical temple in the city centre.

Your next stop has maintained all the charm of a fishing neighbourhood: **Plaça Prim**, in the Poblenou district, is one of the few places in Barcelona where you can still see the typical low houses of fishermen.

▼ LABERINT D'HORTA PARK





BARCELONA'S ROOFTOPS

Look over Barcelona from its viewpoints for an unforgettable experience. Enjoy nature, the quiet, silence... and its sunsets. You will feel like you are in a postcard.

If you want to see a unique sunset, try the **Turó de la Rovira Viewpoint**, in the Carmel neighbourhood. From there you get a 360-degree panoramic view of the city. This space, which was recently refurbished, preserves the remains of an anti-aircraft battery from the Spanish Civil War.

Montjuïc Hill has several very beautiful viewpoints that you can reach by cable car. **Alcalde Viewpoint** opens like a balcony over the city and its port. Take a walk through its gardens and relax by the pond, which has a waterfall. Have a glass of wine while enjoying the views from the terraces near the **Jardines de Miramar Viewpoint**. Or head for the lesser-known **Migdia Viewpoint**, and enjoy fantastic views of the city while breathing in the aroma of the lush pine trees surrounding it.

ENJOY BARCELONA'S NIGHTLIFE

Barcelona is a city that never sleeps. Enjoy a drink with views of the Mediterranean in **Port Vell**, with its spacious terraces and bars just a few steps from the sea. Try the **Gothic Quarter**, with its streets full of designer restaurants, cocktail lounges and traditional bars. It also has the city's best known *jazz* venues and classic *indie* music haunts. Or have a night out in the Gràcia neighbourhood, full of multicultural bars and a

bohemian feel. The left side of the **Eixample** neighbourhood is where most of the LGBTQI+ spots are concentrated.

When it's time for dinner, you'll also find Barcelona to be very cosmopolitan. The city's offer of restaurants is immense. Try the local specialities or surprise your palate with flavours from other continents.



TOURS AND WALKS IN THE CITY

Roman Barcelona, medieval Barcelona, Gaudí's Barcelona... Which interests you most? Try getting to know the city in depth with one of the themed tours we recommend.

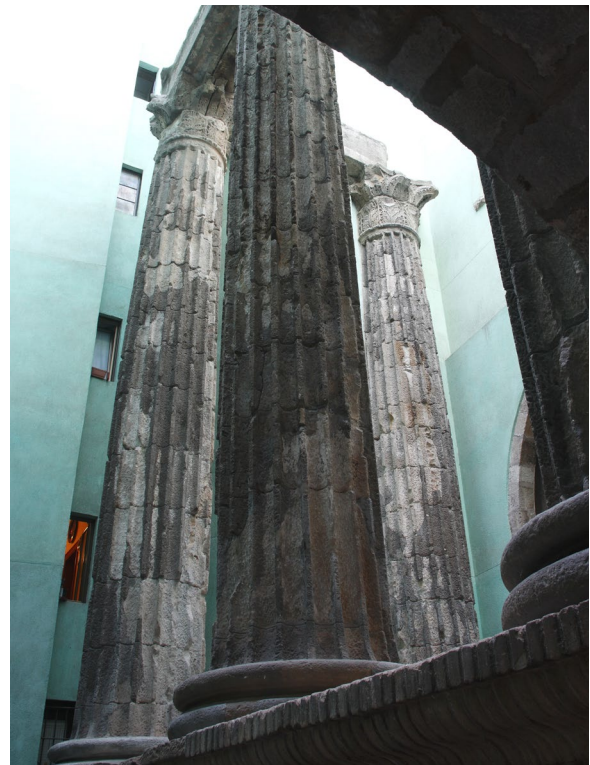
ROMAN TOUR

Travel back in time to the ancient Roman city of 'Barcino', visiting places like the city's wall, entrance gate and defensive towers. In **Plaça de la Vila de Madrid** you can see 70 tombs of the ancient necropolis and, located inside a small medieval courtyard on the street Carrer Paradís, you will find the four stunning columns of **Augustus Temple**.

MEDIEVAL TOUR

Stroll by the remains of medieval Barcelona, spread all over the **Ciutat Vella** neighbourhood. One of the most interesting places is **Plaça del Rei Square**, where you can see **Palau de Lloctinent Palace** and the imposing **Palau Reial Major Palace**. While there, you could visit the churches in the area. The most notable ones are the Gothic **Santa Maria del Pi Basilica**, **Santa Maria del Mar**

Basilica and the Romanesque **Sant Pere de les Puelles Monastery**.



▲ AUGUSTUS TEMPLE

MODERNIST TOUR

You will find the biggest concentrations of modernist buildings in the city in the Eixample and Gràcia neighbourhoods. On this tour you can admire buildings with impressive facades like **Casa Terradas**, known as Casa de Les Punxes (House of Pointed Peaks) because of its pointed towers, and the so-called 'Apple of Discord' (a play on words: the Spanish, word for 'apple' also means 'city block'), recalling disputes amongst the three architects who designed the **Casa Batlló**, **Casa Amatller** and **Casa Lleó i Morera** buildings.

GAUDÍ TOUR

Antoni Gaudí is synonymous with Barcelona, where you can find several of

his buildings declared World Heritage. On this tour you will get to know his most representative works, like the Basilica of the **Sagrada Família**: a universal symbol of the city. The most eye-catching feature of this basilica is its pointed towers. You can climb to the top of some of them to see Barcelona from high up. In the centre of the Eixample district, on the Passeig de Gràcia thoroughfare you will be surprised by **Casa Milà**, also known as 'La Pedrera', a building in which everything undulates, and **Casa Batlló**, with its very original, colourful façade. A stroll around **Guëll Park** will let you understand the interplay between nature and architecture in Gaudí's work.

▼ CASA BATLLÓ



MIRÓ TOUR

Joan Miró, born in Barcelona, left the city a great legacy. On La Rambla you will walk on the **Pla de l'Os**, a mosaic by this surrealist artist inaugurated in 1976. You can also see the **Dona i ocell** sculpture at the Parc Joan Miró; and if you fly to Barcelona, you are welcomed to the city by the **large ceramic mosaic at Terminal B**, which Gaudí created in collaboration with the ceramics artist Llorenç Artigas. At the **Miró Foundation** you can discover all his works and how they developed.

PICASSO TOUR

Barcelona is key to understand Picasso's life. You can see a significant part of his work here at the **Museu Picasso de**

Barcelona, ranging from a collection from his youth to paintings from his blue period and the famous 'Las Meninas' series, plus a valuable collection of his ceramics.

"UNEXPECTED" BARCELONA

You can also explore the city off the beaten track by taking one of the theme routes available. You can stroll through **Montjuïc park**, and enjoy its cultural offerings, viewing points and Olympic legacy; or visit **Distrito 22@**, epicentre of innovation in Barcelona, with modern buildings and old factories re-purposed into cultural and creative spaces.



WHAT CAN YOU VISIT NEAR BARCELONA?

If you have enough time and you have already got a taste of the best of Barcelona, it's time to get to know other destinations near the city.

CITIES AND PLACES OF INTEREST

Discover the surroundings of Barcelona. A few kilometres away you can visit interesting places, such as **Girona**. Medieval towns, great places for diving, fishing villages and 200 kilometres of beaches and coves await you in this province in Catalonia.

In **Figueres** (Province of Girona) you will find the surrealist **Dalí Theatre-Museum** and the biggest 18th century fortress in Europe: **Sant Ferran Castle**. Also not to be missed are the waterfalls at the **source of the Llobregat River**, in the town of Castell de n'Hug. It is delightful to see the water gushing to form beautiful waterfalls.



▲ SANTA MARIA DE MONTSERRAT ABBEY

Montserrat is Catalonia's most emblematic mountain and the site of what is also its most symbolic monastery. The basilica, which is visited by more than two million people a year, houses 'La Moreneta', a figure of the dark-skinned virgin that is the patron saint of Catalonia.

Just over 20 minutes from Barcelona you will find **Sitges**, a stunningly beautiful town and an LGBTQI+ paradise. Stroll along its beaches and streets, which inspired a generation of Catalan artists from the late 19th century.



▲ SITGES PRIDE PARADE
SITGES

NATURE

Sea and mountain. Nature in all its variety awaits you in Barcelona. The city and its surroundings offer countless places to enjoy the outdoors and disconnect from the stress of everyday life.

Glide down high mountain ski slopes while enjoying the Mediterranean climate: sun, mild temperatures, exceptional light... The nearby ski resorts of the **High Pyrenees Nature Reserve**, in Lleida, make it easy for you. If you like hiking, this is the place for you: put on your mountain boots and get ready to visit dreamy spots on the **El Quinto Lago route**.

Also try, if you dare, activities like rafting on the Noguera Pallaresa River and canyoning down the Barranco del Inferno in **Boumort National Game Reserve** or get a mountain bike and head for the **Pallars Sobirà region**, where you can enjoy all sorts of water and mountain adventure sports.

Another more relaxed option is to go up **Vall de Núria**, in Girona, riding its fabulous cogwheel train, and enjoy the snow and incredible views at 2,000 metres above sea level.

A few hours away from the city of Barcelona you will also find protected areas to be enjoyed all year round. One of the most famous of these is **Aigüestortes i Estany de Sant Maurici National Park**, in Lleida. There you will find lakes, rushing streams, waterfalls, rugged peaks and lush forests. This national park, together with **Marismas del Ampurdán Nature Reserve** (Province of Girona) and **Delta del Ebro Nature Reserve** (Province of Tarragona), are fantastic places for birdwatching.

Cadí-Moixeró Nature Reserve, straddling the provinces of Barcelona, Girona and Lleida, is an ideal place to visit on foot, horseback or bicycle. Another great beauty spot is the **La Garrotxa Volcanic Area Nature Reserve** (Province of Girona): visit it and marvel at one of the best examples of a volcanic landscape in Spain.

ALGÜESTORTES NATIONAL PARK



HOW TO GET THERE

Barcelona has modern air, land and sea infrastructure. Here are all the options available to you, so you can decide which means of transport is best for you.



AVE

The high-speed train, the AVE, is a fast and convenient option. It has national and international routes. There are various passes and discount cards available, such as the **Renfe Spain Pass**, for 4, 6, 8 or 10 journeys, valid on all AVE high-speed trains. There are also other long- and medium-distance trains to cities not covered by the AVE service.

AIRPORT

Josep Tarradellas Barcelona-El Prat Airport is only 15 kilometres away from the city, and it offers commuter (rodalies) train links to Sants Station, which run every 30 minutes, and the Aerobús to Plaça de Catalunya every 10 minutes approximately. Metro line 9 Sud also connects to the airport.

CAR

There are several car hire agencies you can use if you wish travel to Barcelona. You can **book online** and a car will be waiting for you at your destination. Plan a route to suit you.

HOW TO GET AROUND IN BARCELONA

Barcelona has a great public transport service. To make things easier for you, the main tourist spots are very well connected.

The **metro** connects the most popular areas and central areas of Barcelona. There is also an extensive **city bus** network and, for your nights out, there is the Night Bus (Nitbus). The ideal way to get to towns near Barcelona is on the **Cercanías (suburban)** or **FGC** local railway network. **Trams** run in the metropolitan area.

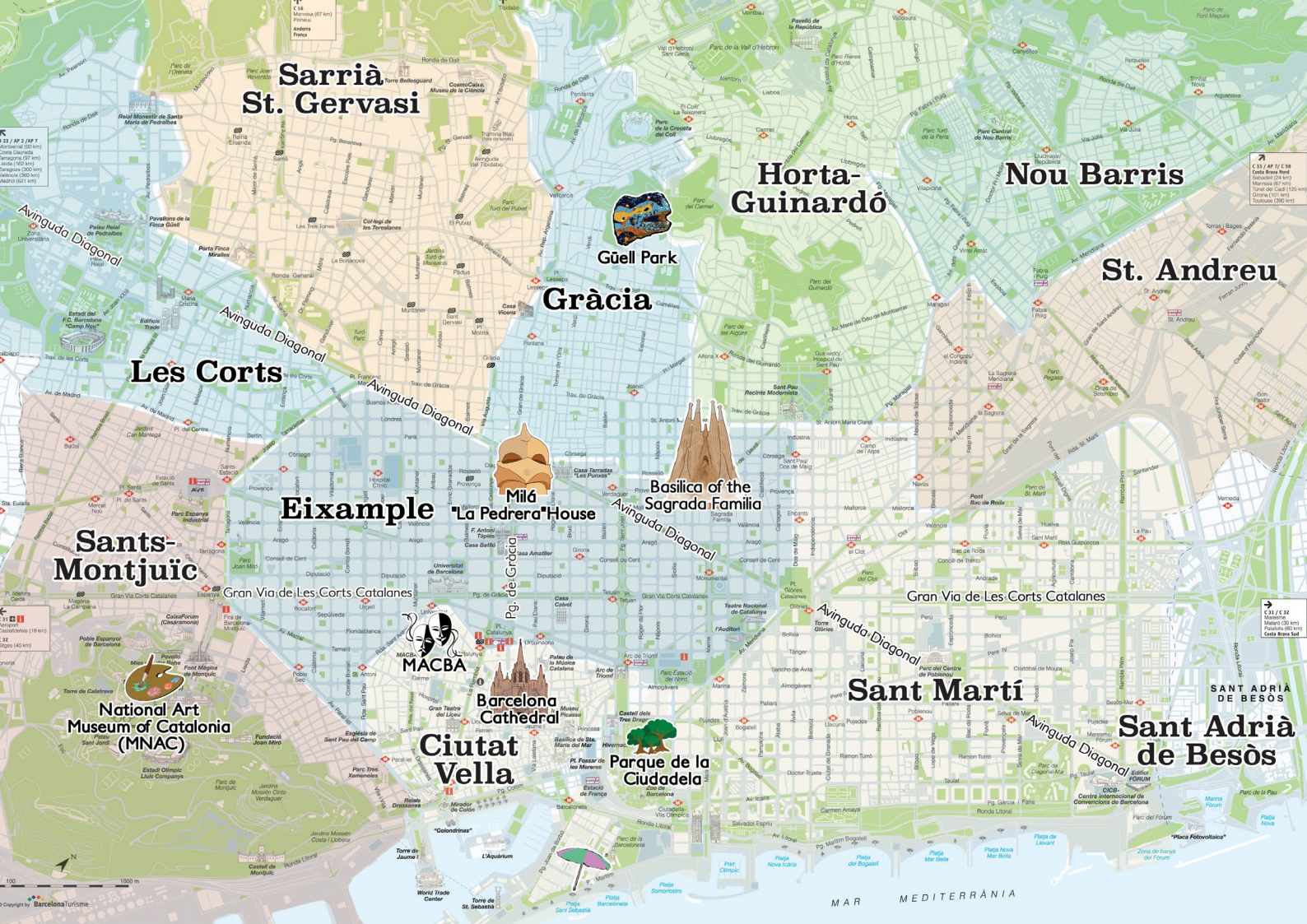
Barcelona is perfect for **cycling**. All over the city you will be able to find establishments to rent bicycles at very affordable prices. Another convenient option is to take a **taxi**, which in Barcelona are yellow and black, or ride on the **Tourist Bus**. To get around as you please you can hire an electric **car** or **motorbike**.



CATALAN, A CO-OFFICIAL LANGUAGE

Catalonia has its own language: Catalan. Most people who live in Barcelona speak Catalan and Spanish, which is also an official language.





MORE INFORMATION:

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www.visitbarcelona.com
tickets.visitbarcelona.com

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