

5-DAY TRAVEL GUIDE

BARCELONA

RECOMMENDATIONS AND TIPS
FOR YOUR STAY

DAY 1 - HISTORICAL CENTER & PASSEIG MARÍTIM

MORNING



PLAÇA CATALUNYA AND LAS RAMBLAS

Start your day at **Mercat de la Boqueria**, where you can enjoy breakfast surrounded by local colors and flavors. Then, walk to **Plaça Catalunya**, the heart of the city, where Barcelona's vibrant energy fills every corner.

From there, head to the **Palau de la Música Catalana**, a stunning example of Catalan modernism.

 **Palau de la Música Catalana: from €22**

TOUR THE GOTHIC QUARTER & EL BORN

Just a few steps away, the majestic **Barcelona Cathedral** awaits you. Climb to the rooftop and enjoy the view over the **Gothic Quarter**: wander its streets and discover the blend of history and modernity. Then head towards **El Born**, a vibrant neighborhood with the stunning Basilica of Santa Maria del Mar and its charming streets leading to the sea.



 **Visit Barcelona Cathedral: from €16**

AFTERNOON



DISCOVER BARCELONETA

Upon reaching the **Passeig Marítim of Barceloneta**, relax with a walk along the beach and feel the sea breeze. If you're in the mood, enjoy some tapas at one of the local beach bars. Continue along the Paseo Marítimo and you'll arrive at the vibrant **Maremagnum**, a mall, perfect for shopping or just grabbing a drink with views of the harbor.

CABLE CAR RIDE

Hop on the **port cable car** and enjoy panoramic views as you ascend towards **Montjuïc Mountain**. From the heights, you can take in the entire city and the Mediterranean in one sweeping glance. After exploring Montjuïc and its beautiful landscapes, descend back down to the harbor.

 **Round-trip Port Cable Car: from €20**



EVENING

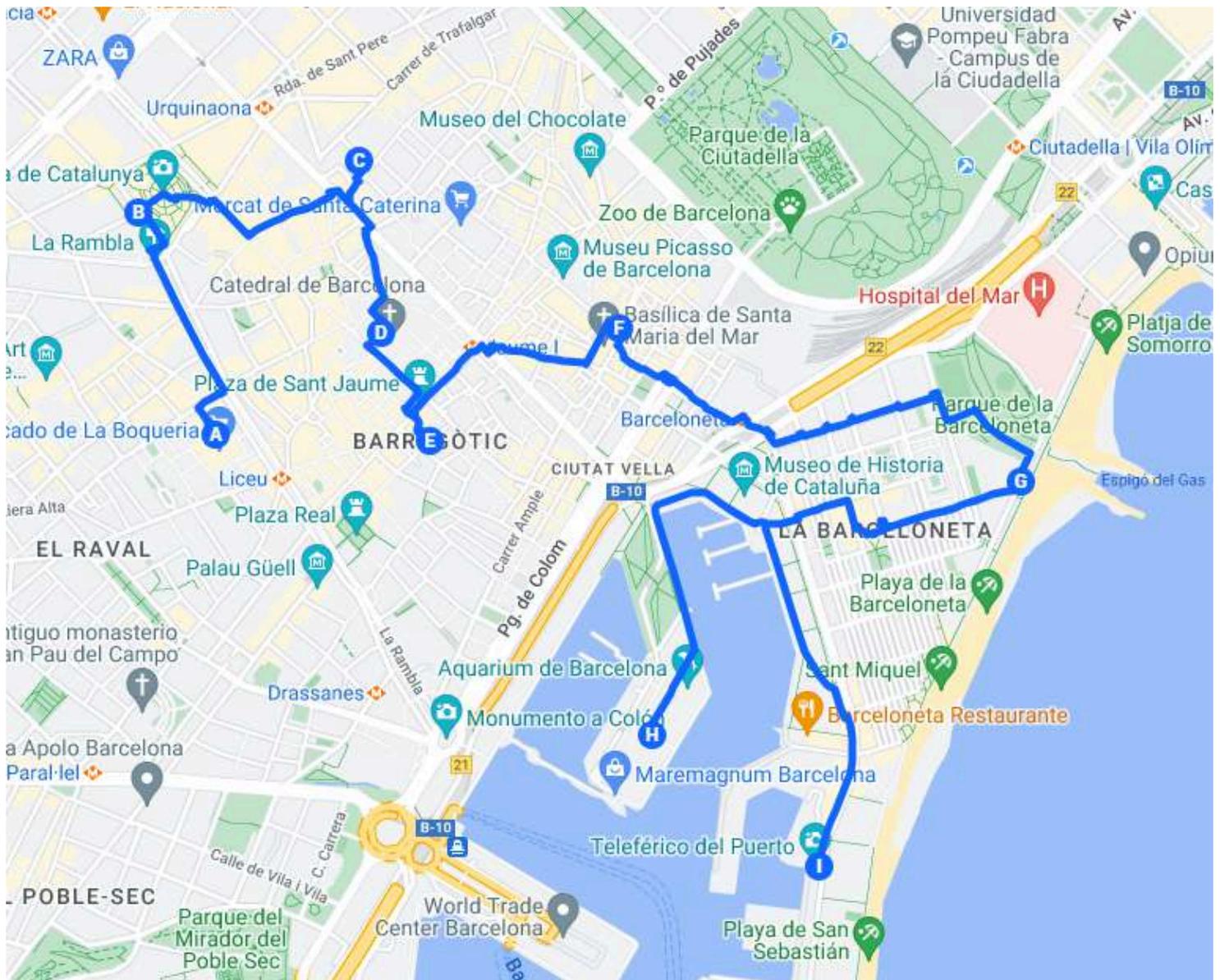


DINNER WITH SEA VIEWS

End your day with dinner at a seaside restaurant in the **Port of Barcelona**, savoring delicious food with views of the Mediterranean. Afterwards, if you're up for it, extend your evening with a drink or cocktail at one of the bars along the promenade, where you can relax and soak in the vibrant nightlife.

MAP FOR DAY 1

You can see your day's itinerary, starting at Mercat de la Boquería and ending at the Passeig Marítim.



- A** La Boquería
- B** Plaça Catalunya
- C** Palau de la Música
- D** Barcelona Cathedral
- E** Barrio Gótico
- F** El Born
- G** Passeig Marítim
- H** Maremagnum
- I** Port Cable Car

DAY 2 - GAUDÍ'S WONDERS AND SANT PAU

MORNING



PARK GÜELL

Start your day at **Park Güell**, one of Gaudí's most iconic works, where modernist architecture blends with nature. Wander through its gardens, climb to the viewpoint for spectacular views of the city, and admire the famous terrace with its mosaic benches. Be sure to buy your tickets in advance!



[Park Güell Tickets: from €13](#)

SANT PAU ART NOUVEAU SITE

Next, head to the **Sant Pau Art Nouveau Site**, another architectural gem in Barcelona. Wander through its pavilions full of history and enjoy the perfect blend of art and history that this impressive World Heritage Site offers.



[Sant Pau Art Nouveau Site Tickets: from €17](#)

AFTERNOON



THE SAGRADA FAMILIA

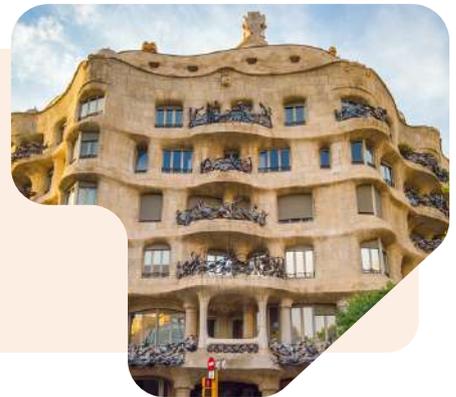
It's time to visit the most iconic monument in Barcelona: **the Sagrada Família**. Marvel at its spectacular facade and the interior filled with light and organic shapes that transport you to a unique world designed by Gaudí. Be sure to book your tickets in advance!



[Sagrada Família Tickets: from €33](#)

CASA BATLLÓ & CASA MILÀ

Next, explore **Casa Batlló**, another stunning modernist building by Gaudí located on Passeig de Gràcia. Its undulating forms and unique details will make you feel as though you're inside a work of art. Then, continue on to the nearby **Casa Milà**, known as La Pedrera. This building stands out for its wavy facade and innovative interior design. Head to the rooftop for unforgettable panoramic views.



EVENING

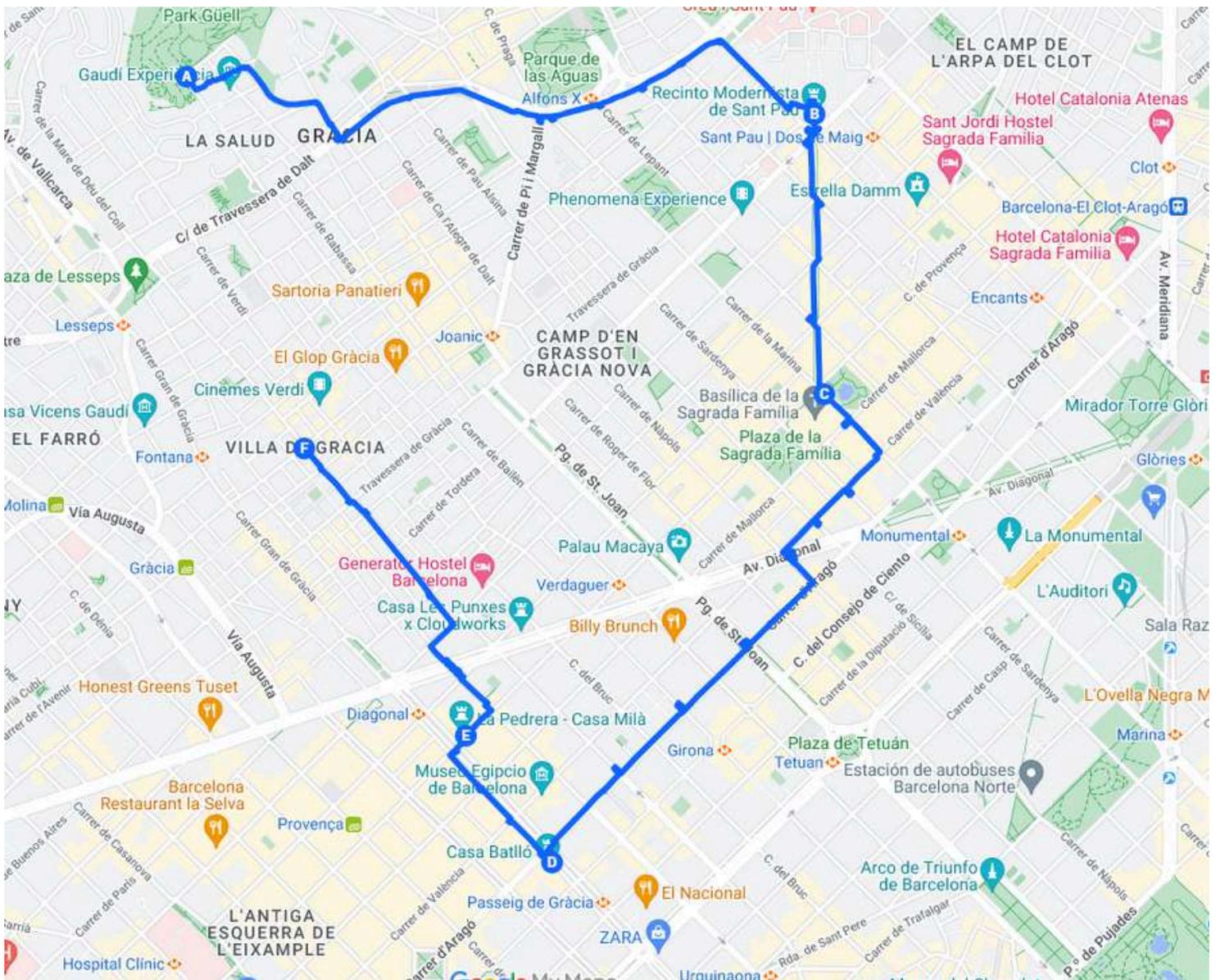


VILA DE GRÀCIA

End your day by exploring the charming **neighborhood of Gràcia**. Wander through its small squares, cafes, and local shops, where you can relax and enjoy the bohemian vibe of the area. It's the perfect spot for dining in one of its many delightful restaurants.

MAP FOR DAY 2

You can see your day's itinerary, starting at Park Güell and ending in the Gràcia district.



A Park Güell

B Sant Pau Art Nouveau Site

C The Sagrada Família

D Casa Batlló

E Casa Milà (La Pedrera)

F Villa de Gràcia

DAY 3 - GREEN SPACES AND CULTURE

MORNING



GREEN LUNG OF BARCELONA

Start your day at the beautiful **Parc de la Ciutadella**, a green oasis in the heart of Barcelona. Wander through its gardens and visit the stunning lake with its famous waterfall. From there, you can explore the **Parliament of Catalonia**, the **Zoo**, or the **Arc de Triomf**. The latter, built for the Universal Exposition of 1888, symbolizes the gateway to the city.

POBLE ESPANYOL

Continue your journey to **Poble Espanyol**, a fascinating open-air museum that recreates the architectural and cultural diversity of Spain. Here, you can explore replicas of iconic buildings, enjoy artisan workshops, and taste typical Spanish cuisine in a unique setting.



[Visit Poble Espanyol: from €15](#)

AFTERNOON



ABOVE THE MOUNTAIN

Head to the **Estadi Olímpic Lluís Companys** and relive the magic of the 1992 Olympic Games. From here, you can take the cable car up to **Montjuïc Castle**, where you'll enjoy spectacular panoramic views of the city and harbor. This iconic castle hosts interesting exhibitions and has a rich military history.

AN AFTERNOON OF PANORAMIC VIEWS

After visiting the castle, head to **Montjuïc's Magic Fountain**. Due to the city's water-saving measures, the fountain isn't always in operation, but if you're lucky enough to find it running, check the showtimes and enjoy its dazzling light display. From there, admire the **Venetian Towers** at **Plaza España**, and end your day at the **Arenas de Barcelona**, a shopping center in a former bullring with a stunning **rooftop terrace**.



EVENING

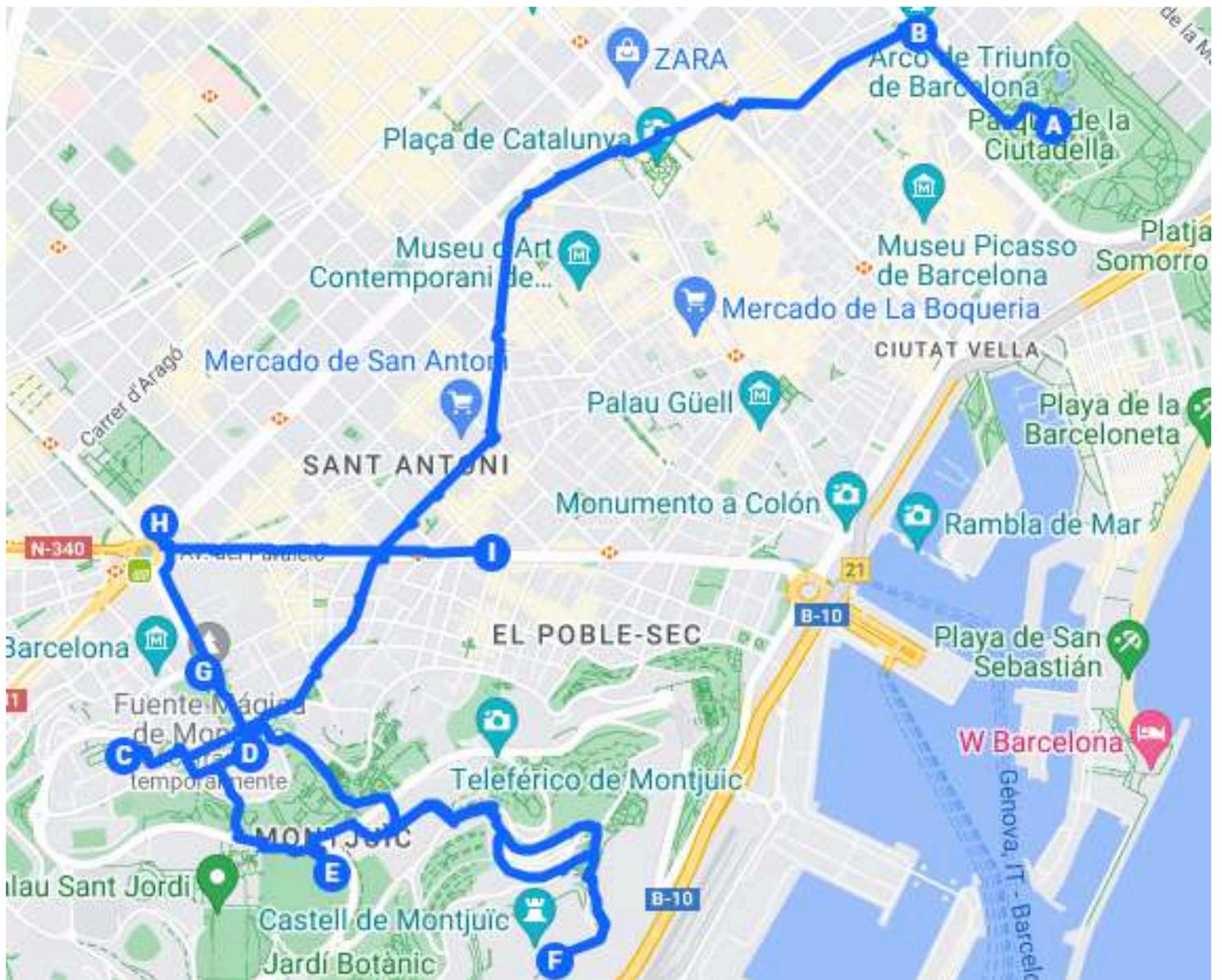


CUISINE AND ATMOSPHERE

End your day exploring the vibrant neighborhood of **Poble Sec**, filled with tapas bars and charming restaurants perfect for a relaxed dinner. Visit **Carrer Blai**, famous for its tapas and pintxos, or head to **Paral·lel** for theaters and entertainment venues. Barcelona's nightlife is sure to captivate you!

MAP FOR DAY 3

You can see your day's itinerary, starting at Parc de la Ciutadella and ending at Paral·lel.



- A** Parc de la Ciutadella
- B** Arc de Triomf
- C** Poble Espanyol
- D** MNAC
- E** Estadi Lluís Companys
- F** Montjuïc Castle
- G** Montjuïc's Magic Fountain
- H** Arenas de Barcelona
- I** Paral·lel

DAY 4 - SO MUCH MORE TO EXPLORE

MORNING



PANORAMIC VIEWS FROM THE BUNKERS

Start your day early by heading up to the **Bunkers del Carmel**, an impressive viewpoint offering panoramic views of Barcelona. Built in 1937 during the Spanish Civil War as an anti-aircraft refuge, they now stand as a symbol of resilience. Arrive first thing in the morning to avoid the crowds and soak in the peaceful atmosphere.

THROUGH THE LABYRINTH OF HORTA

After exploring the Bunkers, continue your journey at the **Laberint d'Horta**, a historic park full of charm. Wander through its green maze, stroll through its elegant gardens, and immerse yourself in the tranquility of this natural setting. It's the perfect spot to relax and escape the hustle and bustle of the city.



AFTERNOON



THRILLS FROM THE HEIGHTS

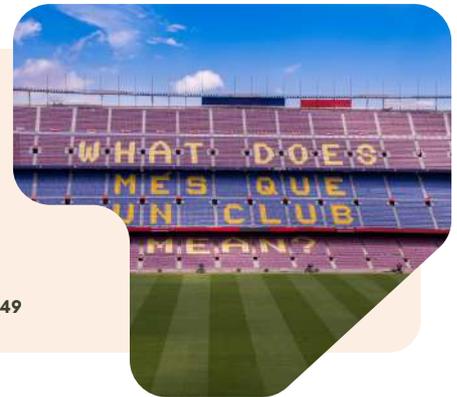
Continue your journey by heading up to **Tibidabo**, the highest mountain in Barcelona. Here, you can visit one of Europe's oldest amusement parks, featuring classic rides and breathtaking panoramic views. Don't miss the Sacred Heart Basilica, where you'll get a unique perspective of the city and the Mediterranean coastline.

 [Tibidabo Amusement Park Ticket: from €35](#)

FOOTBALL PASSION AT THE MUSEUM

Continue your day with a tour of **FC Barcelona**, a must-visit for football fans. Dive into the club's history and trophies, relive its most memorable moments, and soak in the atmosphere of this iconic stadium. To make the most of your visit, we recommend purchasing tickets in advance and arriving before 7:00 PM, as the museum closes at 8:00 PM. It's a unique experience you won't want to miss!

 [Visit the FC Barcelona Museum: from €49](#)



EVENING

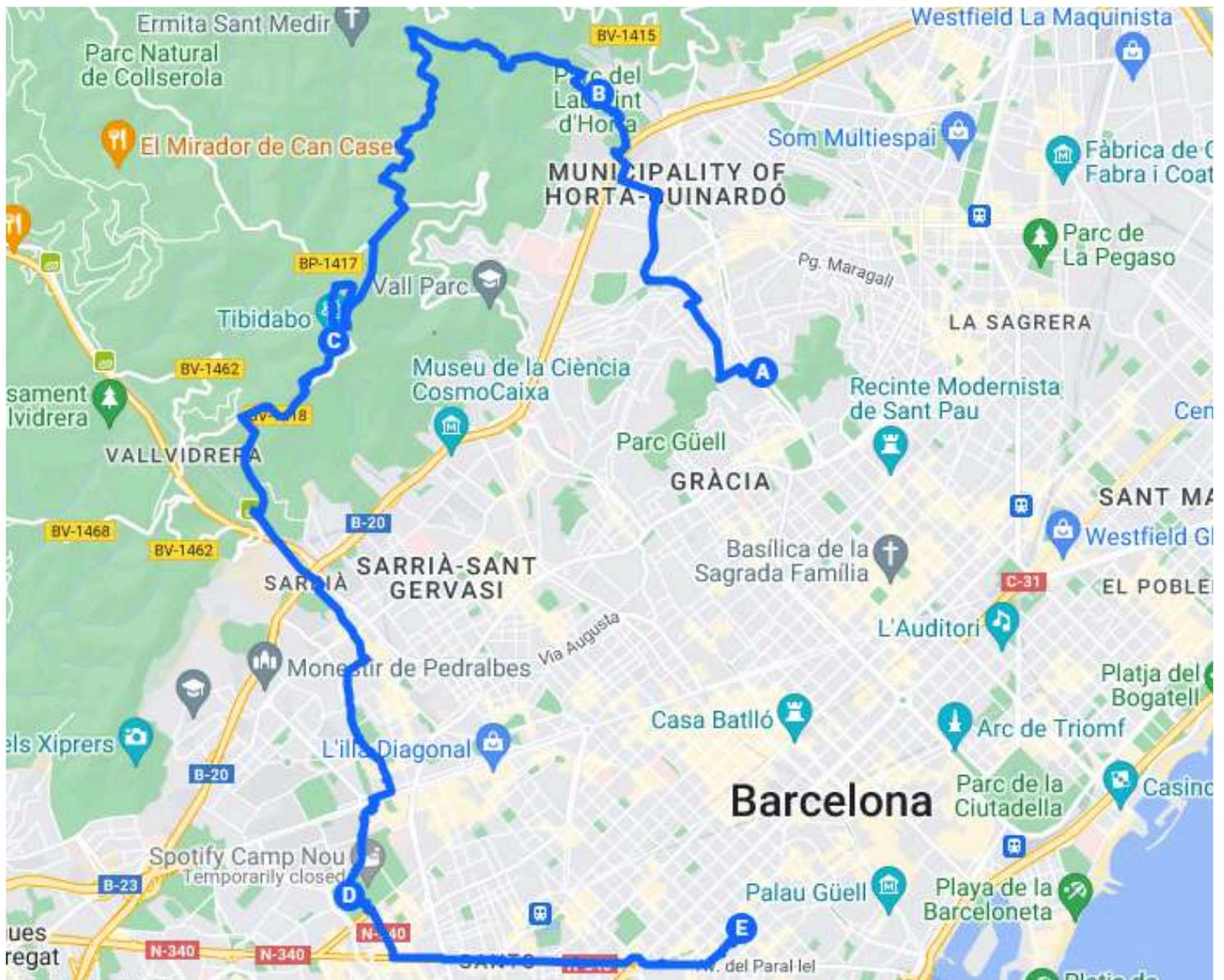


EXPLORING SANT ANTONI

End your day in the vibrant **Sant Antoni** neighborhood. Known for its tapas bars and modern restaurants, it's the perfect spot for a relaxed and authentic dinner. We recommend trying one of the local bodegas or enjoying a meal at one of its trendy gastro bars, where you can savor the best of Catalan cuisine in a cozy, lively atmosphere. A fantastic way to wrap up your day in Barcelona!

MAP FOR DAY 4

You can see your day's itinerary, starting at the Bunkers del Carmel and ending in Sant Antoni.



- A** Bunkers del Carmel
- B** Laberint d'Horta
- C** Tibidabo

- D** FC Barcelona Museum
- E** Sant Antoni

DAY 5 - DAY TRIPS NEAR BARCELONA



MONTSERRAT MOUNTAIN

Montserrat is a spectacular mountain located about 50 km northwest of Barcelona, renowned for its unique rock formations and its Benedictine monastery. It's a spiritual and natural haven, perfect for nature and culture enthusiasts. Visit the Basilica and see the image of the Virgin of Montserrat, the "Moreneta."



Visit + Transportation from Barcelona: €44.30

COSTA BRAVA

The Costa Brava stretches from Blanes to the French border and is famous for its beaches, coves, and fishing villages. Perfect for nature and culture lovers, highlights include Cala Sa Tuna, Platja d'Aro, Tossa de Mar, and Cadaqués, where you can enjoy snorkeling, kayaking, and local cuisine, especially fresh seafood.

You can get there by car, train, or bus.



TARRAGONA & SITGES

A visit to Tarragona and Sitges offers an unforgettable experience of history, culture, and natural beauty. Tarragona is known for its Roman heritage, with ruins like the amphitheater and a charming old town. Sitges, famous for its beaches and vibrant nightlife, is perfect for enjoying the sun and having fun.

Tarragona: 1 h 20 min from Barcelona | Sitges: 45 min from Barcelona

GIRONA & FIGUERES

These cities are ideal destinations for experiencing a blend of historic beauty and surrealist art. In Girona, you can explore cobbled streets, the cathedral, and the old Jewish quarter. In Figueres, the Dalí Theatre-Museum, designed by the artist himself, showcases a fascinating collection of his works.

Girona: 1 h 20 min de Barcelona | Figueres: 1 h 40 min de Barcelona



PENEDÈS WINE REGION

The Penedès wine region in Catalonia is renowned for its wineries. Just 45 minutes from Barcelona, it offers scenic views of green valleys and hills. Visit one of its wineries and learn from local producers about wine and cava. Enjoy tastings of organic wines and cavas, paired with cheeses and Iberian ham.



Private Wine Tour and Tasting: from €250

TOP 10 ACTIVITIES IN BARCELONA



1.

Picasso Museum

Visit the collection of the renowned Málaga-born painter and his connection to Barcelona



2.

FC Barcelona Museum

This museum commemorates the triumphs and players who have been part of the club's history



3.

Tablao Flamenco

Experience the passion of flamenco at one of Barcelona's most prestigious tablaos



4.

Poble Espanyol

Explore Spain in one place. With typical architecture, artisan workshops, and a rich cultural offering



5.

Laberint d'Horta

Explore Barcelona's oldest garden and discover beautiful fountains and statues. Will you find the exit? **Tickets at the entrance**



6.

Torre Glòries Viewpoint

Climb up to 125m and enjoy breathtaking views of the city. Discover Barcelona like never before! **Tickets at the entrance**



7.

MNAC

Explore over 1000 years of Catalan art, where you can admire paintings from the Middle Ages to the 20th century



8.

White Rabbit Museum

Discover Barcelona's culture through immersive art in this fun and unique museum



20% off with the code **APARTMENTBARCELONA**



9.

Wax Museum

Meet over 200 nationally and internationally recognized wax figures and enjoy seeing your favorite characters



10.

Botanical Garden

Located in Montjuïc, this green oasis offers a peaceful space to relax and explore the diverse Mediterranean flora. **Tickets at the entrance**

RECOMMENDED RESTAURANTS



Gallo Santo 15% off with code AB15

€

Carrer de la Marina, 212

A vibrant and colorful restaurant, specializing in authentic 100% vegan Mexican food. Known for its tacos and margaritas.

Vapiano 15% off when you show your AB reservation

€

Gran Via de les Corts Catalanes, 630

It offers a variety of pastas, pizzas, and salads in a casual and contemporary setting. Perfect for a meal with high-quality ingredients.



Parking Pizza

€

Passeig de Sant Joan, 56

A restaurant famous for its delicious handcrafted pizzas cooked in a wood-fired oven. It offers a modern and relaxed atmosphere.

Kibuka

€

Carrer de Goya, 9

A popular restaurant known for its excellent sushi and Japanese dishes in a casual and cozy atmosphere. Perfect for a relaxed meal or dinner.



Telefèric Restaurant

€

Plaça del Dr. Letamendi, 27

A restaurant specializing in tapas, pinchos, and traditional Spanish dishes with a modern and unique twist.

Bar La Plata

€

Carrer de la Mercè, 28

A traditional bar known for its "peskadito frito" and homemade vermouth. It offers an authentic experience in a classic, cozy atmosphere.



El Nacional

€€

Passeig de Gràcia, 24 Bis

A unique gastronomic space featuring several restaurants, offering a wide variety of Mediterranean dishes.

Teresa Carles

€€

Carrer de Jovellanos, 2

A traditional restaurant offering a wide variety of healthy and creative dishes, known for its fresh ingredients and balanced recipes.



We love it!



Vegan



Vegetarian

Bodega Sepúlveda ★

Carrer de Sepúlveda, 173

Known for its traditional Catalan dishes and family-friendly atmosphere. Ideal for enjoying an authentic meal in a historic setting.

€€



Vinitus

Carrer del Consell de Cent, 333

Mediterranean-style restaurant, known for its wide variety of tapas and traditional dishes. Perfect for sharing.

€€

Paco Meralgo ★

Carrer de Muntaner, 171

High-quality tapas restaurant, offering a wide selection of tapas and dishes in an elegant and contemporary setting.

€€



Carmina

Carrer de l'Argenteria, 37

A restaurant that blends Italian tradition and modernity in its Mediterranean dishes, focusing on fresh, seasonal ingredients.

€€

Maná 75 ★

Passeig de Joan de Borbó, 101

A restaurant located in Barceloneta, specializing in paellas and rice dishes. It offers a relaxed, modern atmosphere with an open kitchen.

€€€



Los Caracoles ★

Carrer dels Escudellers, 14

A historic restaurant in the heart of the Gothic Quarter, known for its traditional dishes such as snails, roast chicken, and paella.

€€€

7 Portes

Passeig d'Isabel II, 14

A historic restaurant known for its traditional Catalan dishes. Classic and elegant atmosphere, perfect for an authentic meal.

€€€



Ikibana

Avinguda del Paral·lel, 148

A restaurant that blends Japanese and Brazilian cuisine, offering creative and exotic dishes in a modern, sophisticated setting.

€€€

Botafumeiro

Carrer Gran de Gràcia, 81

One of Barcelona's most prestigious seafood restaurants, known for its freshness and quality. Perfect for an elegant and sophisticated meal.

€€€€



We love it!



Vegan



Vegetarian

COCKTAILS AND ROOFTOP BARS

El Paradiso ★

Worlds Best Bars

Carrer de Rera Palau, 4

A speakeasy hidden behind a fridge in a pastrami shop, known for its innovative cocktails and exclusive atmosphere.

Cocktails from €12.

Sips ★

Worlds Best Bars

Carrer de Muntaner, 108

A modern and stylish bar known for its high-quality mixology.

Cocktails from €14.

Orient Express

Carrer del Comte d'Urgell, 115

A train-inspired bar offering a menu of classic and creative cocktails.

Cocktails from €10.

Ayre Hotel Rosellón Terrace

Carrer del Rosselló, 390

Stunning views of the Sagrada Familia, offering a variety of cocktails and tapas.

Cocktails from €12.

Majestic Hotel Rooftop

Passeig de Gràcia, 68

Rooftop bar with panoramic views of Barcelona.

Cocktails from €15.

83,3 Hotel Royal

Passeig de Gràcia, 84

Panoramic views, offering a relaxed experience with a wide selection of cocktails and snacks.

Cocktails from €15.



★ We love it!

NIGHTCLUBS

Pacha Barcelona

Passeig Marítim de la Barceloneta, 38

Tickets from €20

Razzmatazz

Carrer dels Almogàvers, 122

Tickets from €10

Sutton

Carrer de Tuset, 13

Tickets from €20

La Terrazza

Av. de Francesc Ferrer i Guàrdia, 13

Tickets from €15

Bling Bling

Carrer de Tuset, 8-10

Tickets from €20

Opium Barcelona

Passeig Marítim de la Barceloneta, 34

Tickets from €20

TIPS FOR YOUR STAY

To make the most of your stay, we've prepared some tips to help you get around the city with ease:



To reach your accommodation or our office from El Prat Airport, you have several transportation options: [Aerobús](#), metro, train, or taxi. For more information, you can check this blog on [how to get around Barcelona](#). If you prefer to [book a private transfer service](#), make sure to reserve in advance!



For your convenience, you can leave your luggage in the [Stasher](#) lockers, available throughout the city for just €5/day, or use the luggage pick-up and delivery service by [LUGGIT](#). Enjoy Barcelona without any worries!



Regarding public transport tickets, there are many options available. It's best to learn about all the types of transport tickets and choose the one that suits your needs best. Another great option is the [Hola Barcelona Travel Card](#), which you can purchase for 2 to 5 days. With this card, you'll enjoy unlimited travel on trains, metro, trams...



You can also take an unforgettable tour with the [Barcelona Bus Turístic](#). This hop-on hop-off bus takes you around the city's most iconic monuments and includes: audio guide, on-board staff, and panoramic views!



If you're traveling by car, keep in mind that the center of Barcelona can be crowded, and parking can be difficult to find. We recommend booking a parking spot in advance through [Parclick](#). Use the code PARCLICKAB for an additional 5% discount!



To save time at the Sagrada Família or Park Güell, we recommend buying the [Barcelona City Pass](#), a card that includes transport tickets and priority access to attractions so you can skip the lines.



Barcelona is a large city, and as such, there can be some petty thefts, so we recommend always staying alert to your belongings and keeping them in sight, especially when using public transport or in crowded areas.

We hope you enjoy your Barcelona guide and look forward to welcoming you very soon!