

FIRST-TIMER'S GUIDE TO

Barcelona



EAT. EXPLORE. EXPERIENCE.

Like a Local



TOP SIGHTS



LOCAL FOOD



NEIGHBORHOODS



TIPS & ITINERARIES

Your
ESSENTIAL
TRAVEL
COMPANION



WELCOME TO

Barcelona

A CITY OF CULTURE, FLAVOR
AND ENDLESS DISCOVERY.



QUICK FACTS



CURRENCY
Euro (€)



LANGUAGES
Spanish, Catalan
(English widely spoken)



TIME ZONE
Central European
Time (CET)



ELECTRICAL PLUG
Type C & F
230V



TIPPING
Not mandatory.
5–10% for great
service is appreciated.

Hola & Welcome!

Barcelona is one of Europe's most exciting cities—where medieval streets meet modern architecture, beaches meet mountains, and food, art, music, and culture come together unlike anywhere else.

This guide is designed to help you experience the very best of Barcelona—like a local. Inside, you'll find everything you need to know to plan your trip, navigate the city, eat well, stay safe, and make unforgettable memories.

Let's get started!

“
*Barcelona
is not just a city
you visit,
it's a city
you feel.*



TOP SIGHTS



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TIPS & ITINERARIES

Let the adventure begin!



Getting Around & Where to Stay

MOVE EASILY. STAY SMART. EXPERIENCE MORE.

GETTING AROUND

Barcelona is easy to navigate with many convenient options.



WALKING

The best way to discover hidden gems.



METRO

Fast, reliable and connects the entire city.



BUS & TRAM

Great for scenic routes.



BICING

Public bike share system used by locals.



TAXI, CABIFY, BOLT

Readily available.



USEFUL APPS

Google Maps, TMB App, Cabify, Bolt.

BEST TIME TO VISIT



SPRING (MAR-MAY)

Pleasant weather, blooming city, fewer crowds.



SUMMER (JUN-AUG)

Beach season, festivals, vibrant energy – and busy!



AUTUMN (SEP-OCT)

Warm days, great sea temps, ideal for exploring.



WINTER (NOV-FEB)

Quiet, lower prices, and still mild compared to most European cities.



NEIGHBORHOODS

Each with its own vibe



GOthic QUARTER

Historic heart of the city. Narrow streets, stunning architecture, tapas bars and hidden squares.



EL BORN

Trendy and artistic. Boutique shops, cocktail bars and cultural hotspots.



EIXAMPLE

Wide boulevards, modernist masterpieces, and luxury shopping.



BARCELONETA

Beach life, seafood restaurants and sunset strolls by the sea.



GRÀCIA

Bohemian and local. Independent cafés, plazas, and a relaxed village feel.



POBLENOU

Creative, modern and innovative. Great restaurants, beaches and a digital hub.



Did you know?

Barcelona has more than 4.5 km of beaches, over 300 days of sunshine a year and 9 UNESCO World Heritage Sites.



“

The best way to fall in love with Barcelona is to get lost in it.



TOP SIGHTS



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TIPS & ITINERARIES

Explore. Taste. Live it.





See It. Taste It.

Don't miss the best of Barcelona. ♥



MUST-SEE ATTRACTIONS



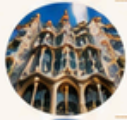
SAGRADA FAMÍLIA

Gaudi's masterpiece and Barcelona's iconic symbol.



PARK GÜELL

Colorful views, unique architecture, pure Gaudí.



CASA BATLLÓ

A fairytale house with a dragon's back.



CASA MILÀ (LA PEDRERA)

Gaudi's stone wave in the heart of Eixample.



GOTHIC CATHEDRAL & GOTHIC QUARTER

Step back in time in the city's oldest neighborhood.



PALAU DE LA MÚSICA CATALANA

A UNESCO-listed concert hall like no other.



MONTJUÏC

Incredible views, museums and historic sites.



ARC DE TRIOMF

The perfect gateway to Parc de la Ciutadella.



PARC DE LA CIUTADELLA

Green oasis in the city. Great for a relaxing break.



LA RAMBLA (VISIT ONCE!)

Famous promenade—experience it, then explore beyond it.



FOOD YOU HAVE TO TRY



PAELLA



PATATAS BRAVAS



CROQUETAS



PAN CON TOMATE



JAMÓN IBÉRICO



BOMBAS



CALÇOTS (SEASONAL)



CREMA CATALANA



CHURROS CON CHOCOLATE

DRINKS TO SAVOR



SANGRIA



CAVA



VERMUT



TINTO DE VERANO



LOCAL CRAFT BEERS



LOCAL MARKETS



LA BOQUERIA

The most famous market. Go early to avoid the crowds!



SANTA CATERINA

Stunning architecture and fresh local produce.



SANT ANTONI

A favorite among locals. Great for authentic finds.

Subheading



SAFETY TIPS

- Watch for pickpockets, especially in crowded areas.
- Keep your belongings secure.
- Avoid leaving phones on tables at cafés.
- Use official taxis or trusted apps (Cabify, Bolt).
- Emergency Number: 112

112



BARCELONA TAP WATER MESSAGE

Some visitors report temporary stomach discomfort after drinking Barcelona's tap water.

The tap water and water fountains are treated and safe to drink, but its different mineral content and taste may affect people who are unused to it.

If you have a sensitive stomach or dislike the taste, choose filtered or bottled water instead.



WALK MORE

Best way to explore!



BOOK AHEAD

For top attractions and experiences.



STAY HYDRATED

Fountains are all around the city.



SLOW DOWN

Enjoy long meals, late nights.

Enjoy your trip! ♥

Experience More 

Beyond the Guidebook

UNFORGETTABLE EXPERIENCES
THAT CONNECT YOU TO THE **REAL** BARCELONA.



EXPERIENCES WORTH BOOKING



COOK LIKE A LOCAL

Join a traditional paella cooking class and learn Spain's most iconic dish from expert chefs.



TAPAS & SANGRIA WORKSHOP

Create, taste and enjoy classic tapas paired with handmade sangria or local craft beers.



MARKET TO TABLE

Explore La Boqueria Market with a local guide and discover the freshest ingredients and stories behind them.



FLAMENCO SHOW

Feel the passion of Spain with an authentic flamenco performance in an intimate venue.



SAIL INTO SUNSET

Enjoy breathtaking views of the city from the sea with a sunset sailing cruise.



WINE & CAVA TASTING

Savor the best of Catalan wines and cavas with a local sommelier.



SUNSET SPOTS YOU'LL LOVE



BUNKERS DEL CARMEL

Panoramic city views and unforgettable sunsets.



MONTJUÏC

Stunning views and beautiful gardens.



BARCELONETA BEACH

Relax by the sea and watch the sky transform.



W HOTEL AREA

Chic vibes and the perfect coastal sunset.



LOCAL TIP

Some of the best moments in Barcelona happen when you get lost on purpose. 

DAY TRIPS IDEAS



MONTSERRAT

Stunning mountain views and a spiritual escape just outside the city.



SITGES

Charming seaside town with beaches, cafés and a vibrant vibe.



GIRONA

Medieval streets, rich history and incredible food scene.



COSTA BRAVA

Crystal-clear waters, hidden coves and picturesque villages.



TARRAGONA

Roman history, stunning architecture and beautiful Mediterranean views.

LOCAL ETIQUETTE



DINNER STARTS LATE

Dinner is usually between 8:30 – 10:00 PM.



LUNCH IS A MOMENT

Lunch is typically 1:30 – 3:30 PM.



MIDDAY BREAK

Many small shops close for a break in the afternoon.



A FEW LOCAL WORDS GO A LONG WAY!

USEFUL PHRASES

Hola Hello

Gràcies Thank you (Catalan)

Bon dia Good morning

Si us plau Please

Perdona Excuse me

Salut! Cheers!



FINAL TIPS



BOOK IN ADVANCE

For major attractions and popular experiences.



STAY HYDRATED

Carry a reusable bottle. There are public fountains everywhere!



WEAR COMFY SHOES

You'll walk more than you think!



EXPLORE BEYOND THE TOURIST STREETS

Some of the best spots are hidden.



SLOW DOWN

Enjoy long meals, local conversations and the Mediterranean pace.

Barcelona is yours to experience. 



Share Your Memories!

Tag #BarcelonaMoments and inspire other travelers.



Gràcies! 

Thank you for choosing Barcelona. We hope your trip is unforgettable.





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Gràcies! 

Thank you for choosing Barcelona. We hope your trip is unforgettable.



Make it Yours ♡



Live Like a Local

TIPS, CULTURE & LOCAL SECRETS TO HELP YOU EXPERIENCE THE **REAL** BARCELONA.

A LOCAL'S REMINDER

Take your time,
be curious, say hello,
and enjoy the little
moments. That's where
the magic happens.



LOCAL ETIQUETTE



Dinner is late.
Restaurants fill up after
8:30 PM — 10:00 PM.



Lunch is a moment.
Typically between
1:30 PM — 3:30 PM.



Siesta time.
Many smaller shops close
for a break in the afternoon.



Learn a few words.
Locals appreciate the effort
more than perfect pronunciation!

STAY SAFE



Watch for pickpockets,
especially in crowded areas
and on public transport.



Keep your belongings secure.
Don't leave phones or bags
on tables.



Wear backpacks on your
front in busy areas.



Avoid carrying large
amounts of cash.



Emergency number: 112
(works anywhere in Europe)

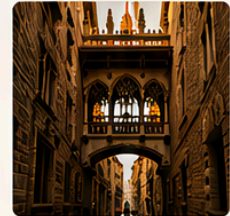


3-DAY ITINERARY

THE PERFECT FIRST TASTE

DAY 1 History & Flavors

- Gothic Quarter
- La Boqueria Market
- Barcelona Cathedral
- Tapas dinner
- Sunset at Barceloneta Beach



DAY 2 Gaudi & Modernist Icons

- Sagrada Família
- Passeig de Gràcia
- Casa Batlló
- Lunch in Eixample
- Park Güell



DAY 3 Culture & Views

- El Born & Picasso Museum
- Parc de la Ciutadella
- Montjuïc (views & castles)
- Flamenco show or evening by the beach



SHOPPING



Passeig de Gràcia
Luxury & designer brands



Portal de l'Àngel
Popular high street shopping



El Born
Independent boutiques



Gràcia
Vintage & unique finds

Support local. Take something
meaningful home. ♡

ROOFTOPS & VIEWS



Hotel 1898
Colonial charm with pool
and city views



The Barcelona EDITION
Stylish rooftop, panoramic
perspectives



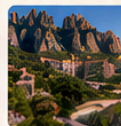
Grand Hotel Central
Infinity pool over the
Gothic Quarter



Bunkers del Carmel
The ultimate free view
— best at sunset!

Arrive early, bring water,
and enjoy the view. ♡

DAY TRIPS WORTH THE JOURNEY



MONTSERRAT

Spiritual, stunning,
unforgettable.



SITGES

Charming seaside
town, just 35 min
by train.



GIRONA

Medieval streets
and colorful
riverside views.



COSTA BRAVA

Crystal-clear waters
and hidden coves.



TARRAGONA

Roman ruins and
Mediterranean
history.

Easy to reach. Hard to forget. ♡

BEFORE YOU GO

- ✓ Book major attractions in advance.
- ✓ Carry a reusable water bottle — there are many public fountains.
- ✓ Wear comfortable shoes — you'll walk a lot!
- ✓ Explore beyond the tourist streets.
- ✓ Slow down, enjoy long meals, and embrace the local pace.



Have an incredible trip! ♡

Barcelona is more
than a destination.
It's a feeling. ♡

Share Your Barcelona

Tag #BarcelonaMoments
and inspire others!



SNAP



SHARE



INSPIRE



CONNECT

Gràcies! ♡

Ready for the tastiest
part of your trip? ♥

DON'T JUST VISIT BARCELONA—TASTE IT!

You've explored the must-sees.

Now it's time to create your

most delicious memory.

Why travelers love
Gastronomic Arts Barcelona ♥



LOCAL MARKET VISIT

Discover fresh
ingredients and
local secrets.



SANGRIA & TAPAS FUN

Learn, sip and
taste traditional
Spanish flavors.



HANDS-ON PAELLA

Cook Spain's most
iconic dish with
expert chefs.



EAT, TOAST & CELEBRATE

Sit together, enjoy
your meal and
make new friends.



MEMORIES TO TAKE HOME

Great vibes,
photos and recipes
you'll never forget.

LOVED BY THOUSANDS. HERE'S WHAT THEY SAY:

“ ★★★★★

The highlight of our trip!
So much fun, the food
was amazing and the
chefs were incredible.

— Sarah, USA ♥

“ ★★★★★

Best paella I've ever
made (and eaten!).
A must-do in Barcelona!

— Marco, Italy ♥

“ ★★★★★

Perfect mix of culture,
laughs, drinks and
delicious food.
10/10 experience!

— Anna, Australia ♥

Don't leave Barcelona
without cooking like a local! ✨

- ✓ Perfect for couples, friends, families & solo travelers
- ✓ Fun, relaxed and suitable for everyone
- ✓ Vegetarian & dietary options available
- ✓ Central location — easy to find, easy to love

BOOK NOW &
GET A TASTE OF

Barcelona ♥



YOUR TABLE IS
WAITING! ☀

Great stories start
around the table.
Let's make yours
unforgettable. ♥

Cook. Sip. Laugh. Feast. Repeat.



#1
PAELLA
COOKING CLASS
IN BARCELONA ♥

The
**GAB
LAB** | Gastronomic
Arts
Barcelona



*New friends
from around the world* ♥



*You cook it.
You eat it. You love it.* ♥



*Real ingredients.
Real Barcelona.* ♥