

7-DAY PREMIUM GUIDE

BARCELONA

Spain, Europe

Gaudi's genius, Mediterranean beaches & Catalan culture

Day-by-Day Itinerary

Top Hotels

Best Restaurants

Insider Tips

Welcome to Barcelona

Barcelona is one of Europe's most dynamic cities — a place where world-class architecture, vibrant street life, and a laid-back Mediterranean beach culture collide in the most satisfying way. Antoni Gaudi's extraordinary buildings — the Sagrada Familia, Park Guell, Casa Batllo — are unlike anything else in the world. Add the Gothic Quarter's medieval streets, the Boqueria market, tapas culture, and a thriving nightlife scene, and you have a city that never gets old.

BEST TIME TO VISIT April–June & Sept–Oct	TYPICAL BUDGET \$130–\$200/day (mid-range)
COUNTRY Spain, Europe	GUIDE LENGTH 7 Days

7-Day Overview

- 1 Arrive & Gothic Quarter
- 2 Gaudi Day — Sagrada & Park Guell
- 3 Eixample & Modernisme
- 4 Barceloneta & Waterfront
- 5 Montjuic & Cultural Day
- 6 Day Trip: Montserrat or Sitges
- 7 El Raval & Departure

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Days 1 & 2

DAY 1

Arrive & Gothic Quarter

- Fly into Barcelona El Prat (BCN)
- Gothic Quarter (Barri Gotic) exploration
- Barcelona Cathedral & courtyard geese
- Placa Reial & Els Quatre Gats
- Tapas dinner in El Born neighborhood

TIP:

The Gothic Quarter is best explored without a map — allow yourself to get ple

DAY 2

Gaudi Day — Sagrada & Park Guell

- Sagrada Familia (book 2 weeks+ ahead)
- Explore interior and towers
- Park Guell (timed ticket required)
- Gracia neighborhood lunch
- Casa Vicens (Gaudi's first house)

TIP:

Book both Sagrada Familia and Park Guell tickets weeks ahead — both have strict capaci

Days 3 & 4

DAY 3

Eixample & Modernisme

- Casa Batllo or Casa Mila (La Pedrera) — morning visit
- Passeig de Gracia boulevard walk
- Block of Discord architecture
- Palau de la Musica Catalana (book a tour)
- El Born cocktail bar evening

TIP:

Casa Batllo's rooftop dragon-spine terrace is one of the most extraordinary arc

DAY 4

Barceloneta & Waterfront

- Barceloneta beach morning
- Barceloneta seafood lunch
- Port Olimpic & Frank Gehry's Fish sculpture
- La Barceloneta neighborhood walk
- Sunset at Bunkers del Carmel (Civil War bunkers)

TIP:

Bunkers del Carmel offers the best 360-degree panorama of Barcelona — arrive before su

Days 5, 6 & 7

DAY 5

Montjuic & Cultural Day

- Montjuic Castle (cable car up)
- Joan Miro Foundation
- Pavillon Mies van der Rohe
- MNAC (Catalan art museum)
- Magic Fountain light show (evenings Thu-Sat)

TIP:

The Miro Foundation has the best collection of I

DAY 6

Day Trip: Montserrat or Sitges

- Option A: Montserrat mountain monastery (1h train)
- Option B: Sitges beach town (40min train)..
- Montserrat: hike to Sant Joan chapel views
- Sitges: art nouveau buildings & beaches...
- Return Barcelona for farewell dinner in Gra

TIP:

Montserrat is most magical at opening time (9a

DAY 7

El Raval & Departure

- MACBA contemporary art museum
- CCCB cultural centre
- La Boqueria market final visit
- Lunch in El Raval
- Transfer to BCN airport (40 min from centre)...

TIP:

El Raval has transformed into Barcelona's arts district — le

Where to Stay in Barcelona

Hotel Arts Barcelona

★★★★★

Barceloneta **\$500–\$900/night**
Ritz-Carlton's Barcelona property. 44-floor tower with beach access and infinity pool.

Mandarin Oriental Barcelona

★★★★★

Passeig de Gracia **\$600–\$1,100/night**
Sleek luxury on Barcelona's finest boulevard, close to the Modernisme architecture.

Hotel Neri

★★★★

Gothic Quarter **\$250–\$400/night**
Boutique hotel in a medieval palazzo in the heart of the Gothic Quarter. Stunning rooftop.

Praktik Rambla

★★★

Les Ramblas **\$120–\$180/night**
Design-focused 3-star on La Rambla. Great value with stylish rooms and a lovely terrace.

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Where to Eat in Barcelona

Bar del Pla, El Born Modern Catalan Tapas	Must order: Croquetes de jamon & patatas bravas with aioli
La Cova Fumada, Barceloneta Seafood Classic (cash only)	Must order: Bomba (invented here) & fresh seafood
Restaurant 7 Portes Barcelona Institution since 1836	Must order: Paella catalana & suquet de peix (fish stew)
El Xampanyet, El Born Cava Bar	Must order: House cava & anchovies with pan con tomate
Bodega Sipan, Gracia Natural Wine Bar	Must order: Small plates, natural wines, local crowd
Bar Brutal, El Born Wine Bar & Tapas	Must order: Seasonal vegetables & excellent natural wine list
La Mar Salada, Barceloneta Upscale Seafood	Must order: Fideuada (noodle paella) & arroz negro

Tips & Logistics

Getting There:	BCN airport is 40min from centre via Aerobus or 30min via L9 metro (change required).
Getting Around:	Metro is excellent. T-Casual 10-trip card is the best value for getting around the city.
Hola BCN Card:	2-5 day unlimited transport card — good value if you're moving around neighborhoods daily.
Pickpockets:	Las Ramblas and Gothic Quarter are pickpocket hotspots. Use a money belt or front pocket.
Nightlife:	Barcelona nightlife starts late — dinner at 9pm, bars from 11pm, clubs from 1am.
Language:	Catalan and Spanish are both official. Locals appreciate attempts at either — English is fine too.
Beaches:	Barceloneta gets crowded in summer. Take the metro to Badalona or Ocata for quieter beaches.

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