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PROPOSAL:

Nbr: #14069BCN
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FOR:

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5
days



BARCELONA

Hi Jane!

Thank you for consulting with us for your next vacation to Barcelona. From the questionnaire you filled online, I've extracted the following:

- You have been in Barcelona before and you are active/sporty, curious, and like cultural and off-the-path activities as well as mingling with locals.
- You do speak a bit of Spanish, don't mind doing activities with other visitors and are willing to do short escapades out of the city.
- Your preferences include sightseeing in general and especially religious buildings, you also like walking tours, nightlife and affordable shopping, as well as cultural and historical sites/activities and performing arts.
- Park Güell, Sagrada Família, Casa Batlló, Born Centre Cultural, Poble Espanyol, Font Màgica, Castell de Montjuïc and Montserrat are a must for you.

With this information I have prepared the following **PROPOSAL** for you, which I believe will suit your taste.

Núria
Your personal travel planner

1 Fri - 18th Jul.

SANTA MARIA DEL MAR: The imposing basilica of Santa Maria del Mar in El Born, in the neighbourhood of La Ribera in Barcelona, was erected between 1329 and 1383. Santa Maria del Mar is also known as the "Cathedral of the Sea", and one of the most perfect examples of Gothic style architecture due to its harmonious proportions and the serenity of the ensemble. The importance acquired by the Ribera neighbourhood during the 13th century as a hub for merchants, fishermen and ship owners made the construction of this large church possible.

EL BORN CENTRE CULTURAL: This unique and exceptional place brings to light three centuries of the history of Catalonia. A full market until recently, its restoration uncovered the forgotten remains of a whole neighbourhood, a real gem where the city was besieged and later conquered by the Franco-Spanish troops in 1714. Its architecture, location and its many attractive surrounding settings, have turned it into a very visited spot both by locals and tourists alike.

PARC DE LA CIUTADELLA: There are a many different ways to discover this park, you can explore the history of the former military citadel, or simply enjoy the surroundings and take part in one of its many cultural events. Barcelona's public park par excellence will never let you down. It is filled to the brim with centennial vegetation and very rich species, the Parc de la Ciutadella contains a wide variety of elements that make it particularly valuable: the Barcelona Zoo, the Parliament, a school, a church, the Waterfall, the lake and the famous lady with the umbrella statue among many other.

WALKING TOUR BARRIS: Your journey having a snack in a historic barri calls "barri" in Catalan in the city to enjoy a delicious cup of "torrada amb formatge" (bread with cheese) - a traditional Catalan dish - freshly chosen - based snack, really popular in Catalonia and in some other parts of Spain, France and Portugal. As in centuries past, today Catalans eat with hot chocolate, so think that you can stand a little bit of heat, since you try the thick local version of hot chocolate, you might be hooked.

NIGHT WALKING TOUR: Dark legends of the city, medieval punishments and tortures, the Spanish Inquisition, all of this and a lot more on this night walking tour. Enter a world of tortures, public executions and executioners while discovering the darker side of Barcelona. This guided tour will take you on an intimate, sensorial walk around the old town where architecture converges with the phenomenon of the city and intertwined with history, art, sociology and culture in general. This is not a paranormal activity or a scary pranks type of route, it's a walking tour based on Barcelona's legends and actual historical facts.

We suggest..

Group travel is the ideal of this tour. The city has a lot to offer and you can enjoy it from its beginning in 878 up to the present day, which has been internationally recognized in World Heritage. It's a place that through letters and other documents, there you will enjoy an amazing chocolate offering of the same table where renowned writers and artists such as Pablo Picasso were all, among others.

2 Sat - 19th July.

MONTSERRAT: The Monastery of Montserrat is one of the most famous monasteries in the Catholic world, as well as a centre for pilgrims to see the Black Madonna. It is a spectacularly beautiful Benedictine monk mountain retreat about one hour North West from Barcelona by train. For many tourists a trip to Montserrat is the highlight of their visit. But Montserrat is much more, it's also a unique protected natural park that combines nature, culture and history and a perfect place for hiking in one of its many trails. Definitely a must-see place if you visit Catalonia.

FOUNTAIN MAGIC DE MONTSERRAT: Barcelona's biggest environmental fountain offers an spectacular evening display of music, water, acrobatics and lights. 2000 water jets pumping 2000 litres of water per second to heights of over 70 metres and a lighting system which generates over 30 kinds of effects and hues offer a unique opportunity to enjoy an impressive visual show with the most stunning backdrops in the city. It's truly a magical night. The Magic Fountain has become one of the city's most popular attractions.

We suggest.

The Magic Fountain is a spectacle in Barcelona with the spectacular Music, Acrobats, Light & Culture (M.A.L.C.) as a backdrop. The fountain gives a full-on spectacle when it's running. The water display is the result of music and acrobatics, and it's a great performance for a children's birthday. It's a real 'fun off' location.

3 Sun - 20th Jul.

POBLE ESPANYOL: The Poble Espanyol is an architectural open air museum in Montjuïc in Barcelona, just a few meters from the Magic Fountain. It was built for the 1929 Barcelona International Exhibition as the pavilion dedicated to art, and right from the start, it was conceived as a real 'village' in the heart of a city. This is why 117 buildings, streets and squares from different

architectural styles from all around Spain were reproduced to scale. It is one of the biggest attractions of the city because of a single set featuring about contemporary art, architecture, crafts and gastronomy in a peaceful environment.

CASTELL DE MONTSERRAT: An old military fortress with a long dark past closely linked to the city which now exhibits on a new stage. Starting on a heritage point 170 metres above the port, construction offering views of the mountains. Now a panoramic park, the memory of the fortress arrives in Barcelona as a symbol of expansion but also of the city's struggle during different periods in its history. The rehabilitation of the castle began in 2009 and will be implemented progressively in different stages to turn the building into an open fortress surrounded by gardens, a space for memory, history and culture.

MONTECICLI POINT: Built for the International Exhibition of 1929, the cable car rises 100m in the air through the Port Vell (old harbour) from to the Tower of San Sebastià in the Barceloneta beach to the viewpoint of Montcicli on the hill of Montjuïc. The ride offers a fine view over Barcelona. During the course of the Civil War the wires were removed and the towers were used for harbour defence. Currently the cable car continues to delight its passengers with its scenic views, during the 12 minutes that the journey lasts.

STROLLING LA BARCELONETA: A triangular spit of land that cuts into the sea boats in the old harbour (Port Vell), on one side, and sandy beaches on the other. The Barceloneta was once the home of fishermen, people associated with the fishing trade and the metal industry. The neighbourhood, with its narrow, rectilinear streets, was built to provide accommodation for the former inhabitants of La Ribera who had lost their homes due to the construction of the citadel. The houses were low-rise and small in scale so as not to obstruct views of the city. By the beaches and inside the neighbourhood, rows of eateries combine with the images of locals sitting in their chairs in the street and narrow balconies displaying clothes drying in the sun.

SWANBOAT CRUISE: Go sightseeing Barcelona in a different way and get the feeling of sailing on the water sea in a 12-metre-long luxury yacht for up to 10 passengers! We'll unfurl the sails as we leave the city behind us for a 20m tour that'll let you see and hear the sound of the waves in our little boats. You'll have a delightful ride. You'll be able to combine, take a dip, view the city and find the right wind direction. As we set back, you'll enjoy panoramic views of the city.

We suggest.

If you love sailing and the feeling of freedom while enjoying of the fabulous views of the city, this tour is made for you. Browse the shores of one of the most important Mediterranean cities in the world, will be a dream come true! For sure it will be a unique experience that you will remember forever.

4 Mon - 21st Jul.

PARK GÜELL: No work by Gaudí better encapsulates the complete and perfect harmony of nature and architecture than Barcelona's Park Güell. Initially designed as an English-style garden city - hence the name Park - it eventually became Barcelona's most visited public park. The park contains amazing stone structures, stunning fountains and fascinating buildings. There's also a magnificent water fountain in the shape of a dragon at the main entrance. A must for a first-time visitor to the city!

STROLLING GRÀCIA: Gràcia is a neighbourhood established in 1926 when a convent was built there. Nuestra Señora de Gracia (Our Lady of Grace). Gràcia was an independent municipality until it was annexed to Barcelona in 1977. Gràcia is not monumental, its uniqueness is based in the abundance of small town within a city. The sense that's a patch of the city where life goes at a slower pace, where one could even say that's a glimpse on how Barcelona was 100 years ago.

SAGRADA FAMILIA: A great building that has been under construction since 1882 (not a typing error!) and it's not expected to be completed for some time yet. Sagrada Família has become one of the most iconic landmarks of Barcelona. It was conceived by the genius mind of architect Antoni Gaudí. This church is the perfect synthesis of Gaudí's concept of architecture and the architectural genius devoted the final years of his life to building the masterpiece. Eighteen towers, four different facades, an impressive crypt were Gaudí's ideas and central nave with its gable, two the pillars and spectacular vaulting. A must!

MAGICAL NIGHT AT CASA BATLLÓ: Casa Batlló was another great building conceived in early 1900s by Antoni Gaudí. More than a building is a myth of the art, with more than 5000 m² (>50000 sq ft.), including the facade to Passeig de Gràcia



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We're not travel agents, we won't book your hotels or your planes, nor the tickets to the different attractions. We won't shove you either in a crowded bus and take you around in endless pre-canned boring tours. We will instead give you all the information that better suits your tastes and expectations and let you roam free at your own path and leisure. Because that's what we do, we are **travel planners**, we listen to what you have to tell us and design an itinerary around your preferences. We take care of gathering the what, when and how and pass that information to you so you can focus on enjoying your precious time in our little country. And we do all that letting you be in control all the time, so you can tune up the itinerary as you go along. That's how we understand travelling: *give me the right data, I'll do the rest!* So don't hesitate, if you want to know Barcelona and Catalonia the Mediterranean way, contact us at sunandlife.eu, your travel planners.

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and the back side facing the courtyard. Hanging out the exceptional Art Nouveau façade, reflecting a calm sea, hides a world of surprises and refined architectural details. La Casa Batlló, another work of Modernism architecture, will seduce you with its extreme design and the great repertory of visual solutions offered. During the hot summer nights, it offers a sublime venue in which you can enjoy delicious cocktails while experiencing art and live music with only the moon as your witness.

We suggest.

Don't miss a water tower striking like the moon in the sky. The water tower is a symbol of the city when the sun is a silver disc, when you could see the tower in a glass or two. Barcelona is a great place to see the tower.

was classified by UNESCO in 1997 as a World Heritage site. The Palau ('palace') can be visited on guided tours, but one can also attend one of the variety of concerts offered throughout the year, from symphonic and chamber performances to jazz and cançó (a song style used by the old troubadours) and other genres.

We suggest.

The Palau de la Música Catalana is a historic building, an icon of Modernism, and offers a magical experience so that visitors fall in love instantly. From the hands of experienced guides, you will discover the wonders of this architectural gem; you'll immerse yourself in a world full of details and references to nature, characteristic of modernist architecture. A must-see in the list of top 10 things to do in Barcelona.



Treat yourself!

Barcelona is known as a foodie paradise, take the opportunity and book one of the many world recognised and awarded restaurants of the city, such as Tickets by Ferran Adrià. Or check www.timeout.cat and www.bcn-restaurantes.com –the unofficial bibles used by locals for eating out- to discover amazing eateries to cater all sorts of budgets and tastes. Local dishes, that is Catalan cuisine, is a must.

5 Tue - 22nd Jul.

MONESTER DE PEDRALNES: This powerful monastery in the north of the city is considered to be one of the finest examples of Catalan Gothic architecture and allows to see the artistic legacy preserved by the community of nuns from the Order of Saint Clare throughout the centuries and to find out about the way they lived. The monastery was founded by King James I of Aragon for his wife Elisenda de Montcada in 1208. It housed a community of four Clares, mostly members of noble families. Today, it offers a new glimpse on religious life during the Middle Ages.

ORIENTAL BATHS: Located in the heart of the popular Born area, a mix of Arabic baths and amazing massage, soothing and incredibly relaxing. This is an excellent couples activity or perfect for a rainy day if you want to feel warm. The Arabic baths are made up of several pools, some hot, some cold and then the extremes being piping hot and ice cold. You're given an hour in the baths and then if you book the massage as well, there's a small room to the side where one you can enjoy a 20 minute or hour long massage.

PALAU DE LA MÚSICA CATALANA: Concert hall built in 1908 after an exuberant design by the Catalan architect Lluís Domènech i Montaner. It has a spectacular interior decorated with stained glass, statues and mosaics and it's one of the most emblematic buildings of Art Nouveau (Modernism). It



Interior of the basilica of La Sagrada Família in Barcelona

Did you know that...



- Barcelona, capital of Catalonia and home to 1.8 million inhabitants, ranks as the 4th preferred destination in Europe and 10th in the world.
- Catalonia's long history offers a rich variety of activities and sites to visit, some of which are part of the UNESCO World Heritage program.
- In Catalonia, there are beaches and coves, mountain ranges and high peaks, wetlands, lush forests, historical sites and picturesque coastal towns all within 3 or 4 hours from Barcelona.

