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# WELCOME TO MADRID

A TRAVEL GUIDE TO THE CITY

2023

METROPOL

# DIRECTORY OF RECOMMENDED ACTIVITIES

## Rest & Relax

Madrid

## Cocktails

Pre-dinner fun

Post-dinner fun

## Arts & Culture

Art Galleries

Musems

Emblematic Buildings

## About Madrid

Madrid Facts

## A Taste of Madrid

Michelin Stars in Madrid

60€ per head

Don't miss

Off the beaten track

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**Rest & Relax**



## Los Nogales Spa & Wellness

- Relaxing Massage (25 minutes): €33
- Vichy Massage (-): €43
- Underwater Massage (20 minutes): €39
- More offers on website: <https://spalosnogales.es>
- Located in the center of Madrid
- t: +34 912 96 48 00
- **Advanced reservation required**

## The Organic Spa

- Special Massage (60 minutes): €85
- Uplifting Massage (60 minutes): €85
- Boy Detox (120 minutes): €175
- More offers on website: <https://theorganicspamadrid.com>
- Located in the center of Madrid
- t: +34 915 77 56 70
- **Advanced reservation required**

## Hammam Al Ándalus

- Water journey (90 minutes): €45
- Mimma30 - 30' massage + water journey: €75
- Mimma15 - 15' relaxing massage + water journey: €60
- More offers on website: <https://madrid.hammamandalus.com/>
- Located in the center of Madrid
- t: +34 914 29 90 20
- **Advanced reservation required**

A close-up photograph of a bartender's hands garnishing a cocktail. The bartender is wearing a brown leather apron over a white shirt. The cocktail is a reddish-orange liquid in a snifter glass, with a lemon twist being placed on the rim. The background shows a bar counter with various glassware and bottles. The word "Cocktails" is overlaid in white text in the center of the image.

# Cocktails



## Café Pepe Botella

- Classic of the neighborhood. A delight for moviegoers, lined with movie posters and frequented by directors and young actors
- Price range: Cocktails for €8
- Website: <https://www.cafepepebotella.net/>
- Located in Malasaña district
- t: +34 915 22 43 09



## Casa Camacho

- Small graffiti decorates the walls of this unique place specialized in imaginative snacks and tapas.
- Price range: Cocktails for €6
- Website: -
- Located in Malasaña district
- t: +34 915 31 35 98



## Delic

- Cakes, cocktails and international cuisine in a cafe with retro objects and unique showcase.
- Price range: Cocktails for €9
- Website: <https://delic.es>
- Located in Lavapiés district
- t: +34 913 64 54 50



## Marta, cariño!

- Dinners and music in a modern space with restaurant, disco, cocktail bar and terrace.
- Price: Cocktails from €10
- Website: <https://martacarino.com/>
- Located in Gran via
- t: +34 915 47 93 94



## Bar Cock

- Embellished columns and stained glass decorated with roosters in a refined 1921 English pub serving cocktails.
- Price: Cocktails from €9,50
- Website: <https://cargocollective.com/barcock>
- Located in Gran via
- t: +34 915 32 28 26



## Areia

- Gastrobar of exotic dishes and cocktails in chill out atmosphere with tatamis, cushions and summer beach sand.
- Price: Cocktails from €10
- Website: <https://www.areiachillout.com/>
- Located in Chueca district
- t: +34 913 10 03 07

A top-down view of a dining table with several white plates of food and hands holding glasses of wine and beer in a toast. The text "A Taste of Madrid" is overlaid in the center.

# A Taste of Madrid



## DiverXO

- A journey through the hedonistic, greedy and creative world of Dabiz Muñoz, avant-garde cuisine in which everything is possible.
- Price: starts from €300
- Website: <https://diverxo.com/en/home/>
- Located in Chamartín district
- t: +34 915 70 07 66
- **Advanced reservation recommended**



## Deessa

- Celebrated chef Quique Dacosta brings his unique culinary talent to Madrid at Deessa, a signature restaurant and chef Dacosta's first offering in the Spanish capital.
- Price: starts from €135
- Website: <https://www.mandarinoriental.com>
- Located near Parque del Retiro
- t: +34 917 01 68 20
- **Advanced reservation recommended**



## Ramón Freixa Madrid

- Elegance and fun in the restaurant of the international chef Ramón Freixa, holder of 2 Michelin stars and 3 Repsol suns. A gastronomic oasis.
- Price: starts from €95
- Website: <https://www.unicohotelmadrid.com>
- Located in Salamanca district
- t: +34 917 81 82 62
- **Advanced reservation recommended**



## Los Montes de Galicia

- Upscale, innovative Galician-based cuisine in an elegant space with design motifs from the region.
- Website: <https://losmontesdegalicia.es/en/>
- Located in La Guindalera district
- t: +34 913 55 27 86
- **Advanced reservation recommended**



## La Gaditana Castellana

- Andalusian cuisine restaurant in Madrid. Wide assortment of seafood and rice dishes in the heart of the Salamanca district.
- Website: <https://tabernalagaditana.com/>
- Located in Castellana district
- t: +34 910 58 75 38
- **Advanced reservation recommended**



## Gastrovia 61

- Gastrovía 61 offers a relaxed and elegant atmosphere in which to enjoy Madrid's gastronomy at its highest expression.
- Website: <https://www.gastrovia61.com/>
- Located near Gran Vía
- t: +34 915 47 26 00
- **Advanced reservation recommended**



## Casa Lucio

- Rustic Spanish cuisine, including egg dishes & bull's tail stew, in a quaint spot opened in 1974.
- Price: starting from €20
- Website: <http://casalucio.es/en/>
- Located in La Latina district
- t: +34 913 65 32 52
- **Advanced reservation recommended**



## La Bola

- Traditional Spanish grub like cocido madrileño stew served in a charming, wood-paneled dining room.
- Price: around €20
- Website: <https://labola.es/>
- Located near Gran Via
- t: +34 915 47 69 30
- **Advanced reservation recommended**



## Morgana

- Modern takes on traditional Galician food offered in a warm, stylish environment.
- Price: around €20
- Website: <https://restaurantemorgana.es/>
- Located in Chueca district
- t: +34 915 93 09 17
- **Advanced reservation recommended**



## Massart

- Specialist gourmet pizzas, plus sharing platters & craft beer, in a strikingly designed space.
- Price range: starts from €10
- Website: <https://massart.pizza/>
- Located near Parque del Retiro
- t: +34 911 92 09 29
- **Advanced reservation recommended**



## Mu! El Placer de la Carne

- Compact Argentinian restaurant serving charcoal grills & steaks, plus a daily set menu.
- Price range: starts from €10
- Website: <http://mu-elplacerdelacarne.es/>
- Located near Gran Via
- t: +34 912 19 33 59
- **Advanced reservation recommended**



## Ástor

- A select and fun menu of avant-garde dishes and classic cocktails.
- Price range: starts from €10
- Website: <https://astor.es/en/astor-restaurant-madrid/>
- Located in La Latina district
- t: +34 910 39 80 00
- **Advanced reservation recommended**



## Ten con Ten

- Trendy cocktail restaurant serving popular Spanish cuisine and modern versions of tapas.
- Price range: €50
- Website: [www.restaurantetenconten.com/](http://www.restaurantetenconten.com/)
- Located in Serrano
- t: +34 915 75 92 54
- **Advanced reservation recommended**



## Raimunda

- Bohemian restaurant, surrounded by vegetation and with indoor and outdoor areas, which prepares Ibero-American dishes with its own winks.
- Price range: starts from €25
- Website: [grupolafabrica.es/restaurante](http://grupolafabrica.es/restaurante)
- Located in Palacio de Linares
- t: +34 910 88 72 47
- **Advanced reservation recommended**



## Vega

- Casual eatery in a compact space specializing in plant-based dishes & desserts, plus organic drinks.
- Price range: starts from €10
- Website: <http://luna.govega.es/>
- Located in Malasaña district
- t: +34 910 70 49 69
- **Advanced reservation recommended**



## La Hummuseria

- Cozy, bright venue for vegetarian Middle Eastern cuisine like shakshuka, salads & meze platters.
- Price range: starts from €10
- Website: <https://www.lahummuseria.es/>
- Located in Chueca district
- t: +34 910 22 62 40
- **Advanced reservation recommended**

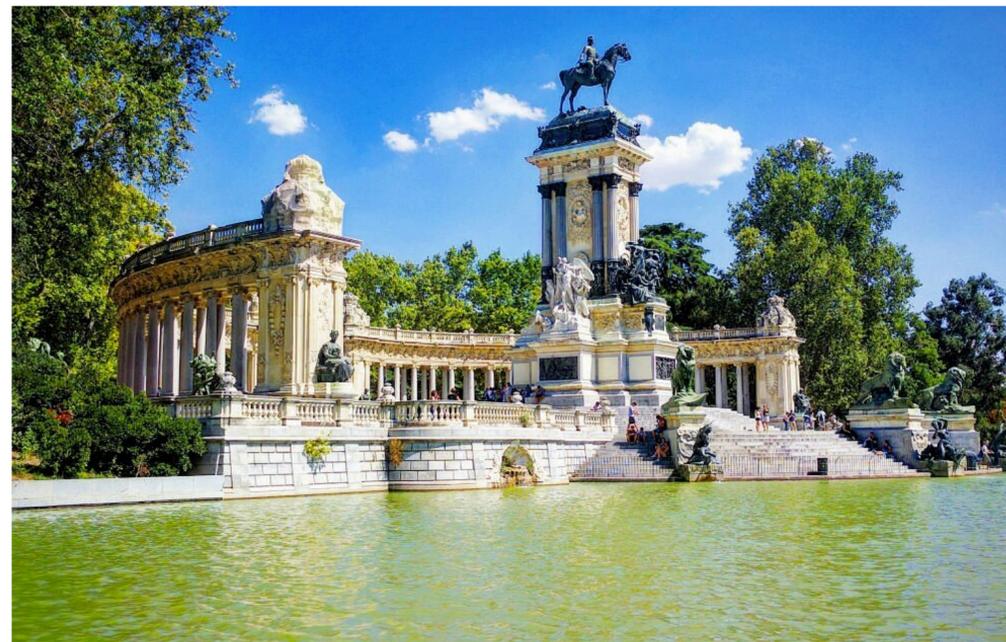
An aerial photograph of a city park during autumn. The park is filled with trees showing vibrant yellow and orange foliage. In the center, there is a large, irregularly shaped lake with a light greenish water color. Several small boats are scattered across the lake. On the left side of the lake, there is a large, ornate, white stone structure with a central tower and classical architectural details. In the foreground, there is a circular plaza with a central fountain. The fountain has a tiered base and a central water spout. The plaza is surrounded by a paved walkway where many people are walking. In the background, a dense urban cityscape with various buildings and apartment blocks is visible under a clear sky.

**Experience The City**



## Santiago Bernabéu

- Get some tickets to see the Real Madrid play a match or just enjoy the visit to the stadium.
- Price per day from: €18
- More offers on website: <https://www.realmadrid.com/en/santiago-bernabeu-stadium>
- Located in Chamartín district
- T: +34 913 98 43 00



## El Retiro

- In El Retiro park there are hundreds of places to visit and activities to enjoy: puppet shows, musicians, hand readers, fortune tellers and seers are some of the usual distractions.
- Price per day: Free
- Website: <https://www.esmadrid.com/en/tourist-information/parque-del-retiro>
- Located in the center of Madrid



## Parque Warner

- Parque Warner Madrid is one of the most avant-garde parks in all of Europe. It is divided into five thematic areas set in film scenarios produced by Warner Bros and DC comics, and various areas of the United States such as Hollywood, California or New York.
- Prices: from €29,90
- Website: <https://www.parquewarner.com/en>
- Located 34km away from Madrid



## Cerro del Tío Pío

- The park of the Cerro del Tío Pío has a particularity that makes it unique and it is that from its seven hills you have one of the most beautiful views of the city making it an impressive viewpoint.
- Located in Numancia district



## Templo de Debod

- The Temple of Debod is one of the great treasures that Madrid hides, it was a gift from Egypt to Spain for helping to save the temples of Nubia.
- Located near Palacio Real



## Malasaña

- Malasaña is one of the historic neighbourhoods of Madrid that brings together the city's most modern and underground neighbours. It is associated with the Movida Madrileña.
- Located in the center of Madrid



## Museo de Sorolla

- Former studio house of the painter Joaquín Sorolla (1863-1923) that houses traditional paintings by the painter.
- Located in Madrid



## Sala La Riviera

- Mythical concert hall and nightclub, with a lot of space, several bars and a terrace.
- Located in Madrid Rio

A wide-angle photograph of a grand neoclassical building, likely a university or government building, featuring a prominent portico with columns and a central statue on a pedestal. The sky is filled with dramatic, colorful clouds, suggesting a sunset or sunrise. The text "Arts & Culture" is overlaid in large white letters across the center of the image.

# Arts & Culture



## Marlborough Madrid

- Temporary Art Exhibitions
- Website: <https://galeriamarlborough.com/>
- Located in the center of Madrid



## Helga de Alvear

- Contemporary Art
- Website: <https://helgadealvear.com/en/>
- Located near Museo Reina Sofía



## Heinrich Ehrhardt

- Contemporary Art
- Website: <https://ehrhardsflores.com/en/>
- Located in Chueca



## Museo del Prado

- One of the most important museums in the world and the first in European painting.
- General ticket: €15
- Website: <https://www.museodelprado.es/en>
- Located near Parque del Retiro



## Museo Reina Sofía

- Another sprawling museum for Spanish 20th-century art collection with works by Gris, Dali, Picasso & Miro.
- General ticket: €12
- Website: <https://www.museoreinasofia.es/en>
- Located near Parque del Retiro



## Museu Thyssen

- Museum housing collection of 13th-20th-century European masterpieces, from Renaissance to Pop Art.
- General ticket: €13
- Website: <https://www.museothyssen.org/en>
- Located near Parque del Retiro



## Matadero Madrid

- Former slaughterhouse that houses a contemporary art center with exhibitions, performances and cinema.
- Website: <https://www.mataderomadrid.org/en>
- Located in Chopera district



## Circulo Bellas Artes

- One of the multidisciplinary centers is the most innovative in Europe. It develops activities that range from plastic arts to literature through science, philosophy, cinema or performing arts.
- Website: <https://www.circulobellasartes.com/about-us/>
- Located near Parque del Retiro



## Teatro Real

- Shaped like a compressed oval, the interior of the city's opera house is breathtakingly ornate compared with its sombre façade, and one of the most technologically advanced in Europe. There is also a screen above the stage showing Spanish subtitles for non-Spanish operas.
- Website: <https://www.teatroreal.es/en>
- Located near Palacio Real

# Shopping





## El Rastro

- El Rastro is a flea market with more than 400 years of history where you can find both everyday objects and curious ancient artefacts, all wrapped in a lively atmosphere every Sunday.
- Website: <https://rastromadrid.com/>
- Located in Lavapiés district



## ABC Serrano

- Fashion shops, restaurants and a supermarket in a modern enclosure with a historic Neomudéjar facade. This is one of the most exclusive shopping centers in the city.
- Website: <https://www.abc-serrano.com/>
- Located in Castellana district
- T: +34 915 77 50 31



## El Corte Inglés

- The main chain of shopping centres in the country. It has products of great quality and variety. You can find all kinds of brands. There are more than 15 establishments of this chain in Madrid, so you will surely have one nearby, where you will find everything you need.
- Website: <https://www.elcorteingles.es>
- Located in Salamanca district
- t: +34 914 32 54 90



# About Madrid

The etymology of Madrid's name is shrouded in myth. The earliest recorded name of the town is 'Magerit', from the Arabic meaning 'place of water', and this is the most likely explanation for how the city got its name.

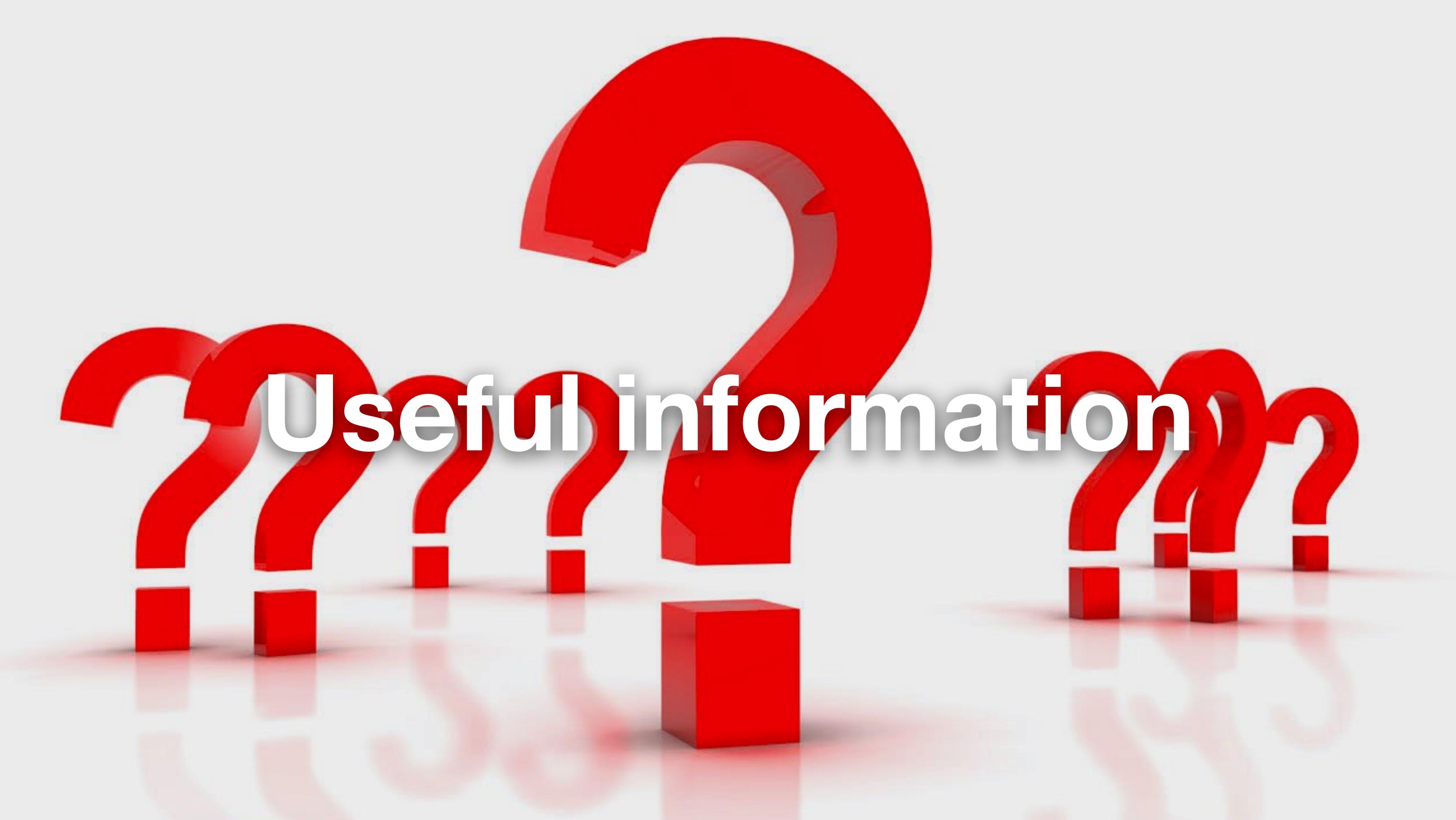


You might have heard 'all roads lead to Rome', but it seems in Spain all roads lead from Madrid. If you visit the Puerta del Sol you'll see a small sign in the square showing Kilometer 0 with the 6 main roads branching off from Madrid.

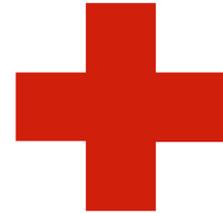
Madrid has the oldest restaurant in the world according to the Guinness book of records, the Sobrino de Botín restaurant was founded in 1725 and is still running today. You can find it serving typical Madrid cuisine at Calle Cuchilleros, 17, 28005 Madrid.



Madrid 14 million years ago presented a very different landscape from today. An almost desert savanna extended through the center of the peninsula in the middle Miocene, with a very arid tropical climate and up to 10 months of drought.



**Useful information**

**HOSPITALS****Hospital General Gregorio Marañón**

Located in Dr. Esquerdo, 46 28007 Madrid

T: +34 915 86 80 00

**Hospital Fundación Jimenez Díaz**

Located in Av. de los Reyes Católicos, 2, 28040 Madrid

T: +34 915 50 48 00

**TELEPHONE SERVICES**

Emergency - **112**

Police - **091** or **092**

Ambulance - **061**

Fireman - **080**

**Madrid** Information and Tourism department: **+34 915 787 810**

Airport number Madrid: +34 913 21 10 00

**NOTES FOR TELEPHONE SERVICES**

The Spanish prefix is “+34” / “0034”

The 807 and the 902 telephone numbers have extra cost

## PUBLIC TRANSPORT

### Bus

Price: 1,50€

Schedule: From 6:00h to 23:30h (thereafter are Nightbuses = Búhos)

**Free Bus:** number 001 and 002

### Metro

Price: 1,50€

Schedule: From 6:00h to 1:30h

**Bus + Metro** (10 trip ticket = 12,20€)



\*\* You can find more information on <https://www.crtm.es>

## OTHER TRANSPORT

### Taxi Service Madrid

Taxi: +34 915 29 82 10

Aprox. Price: 1,30€ x Km

Extra Charges: 2,50€ x Initial Fare

*Maximum speeds:*

Motorways/highways: 120kph

Local roads: 100-90kph

City: 50kph

