

BENVINGUTS a la ciutat més explosiva 1.from now on, ... unless it spoils the poetry;-) we will be referring to Barcelona as BCN ... & let us also be aware that we are not in Spain or in Spanish, but we are in Catalonia, we speak in £ATLALA 11... ... 'Es una llarga conteil to a long story, but locals will appreciate it if you know the spain Spanish, don't be surprised if you only only the spain Spanish, don't be surprised if you only

EVERYWHERE & ALL are FULL, All landline phones 93

THE PEOPLES LOVE OF ALCOHOL Margarita Blue than love of social ritual. The icals drink as much, even mon

but they do not get drunk (buh? but...they do not get drunk.. (huh?) or they do not drink to get drunk!... food, dreaming, talking, the news papers, company of friends who do the same, everybody does... starting daily with a sincere shot of brandy in the morning coffee.. ending late Thurs & Fri till o2.3o, Sat till 3! Set yourself up at the har. Get a table if iii want to eat. & you do want to eat in the evening/ night with 'la penúltima', = the final drink,..... press possessous unexes interest use, as operations, and president of pression of the control of 'ESCOLTI'= CHEERS !!

& WE DRINK

[5] Itaca good mood apart hoste <u>s</u> ITACA

PALACE Uarly 17.00-02
The Palace Bar Barcel ispined by travel & roll by developing in hiricate house. Mellow & un-hurried, elepful 'in the know' staff. Spacious ooms all w/ balcony. Comfortable urround & sociable situation. You can lively, atmospheric bar offering both rists & Incals an excentinnal enviror or coms all w/ balcony. Comfortable surround & sociable situation, You can choose also High standard, beautiful doubles or apartments for 3-6 people. On a quiet street at the Cathedral. 2 minutes from Picasso Museum

to go out... let the hair down a bit .

L3 - "Drassanes"

Vigatans 1

The Palace Bar

in the centre of all things.

Barcelona Fruit Express Hola'- Hi. 'es genial'- it's great. 'podrido'- rotten. 'bueno'- good. 'huele mal'- smelly 'basura'- junk. 'adiós'- good bye. t'estime- I love u. Thurs-Sat: close at 22.00 Fruit Express BCN

El Manolo skater punk Pre-dub bar
C. Lancaster 9
El Raval
Sunday to Thurs:
22.00-02.30 Fri & Sat: 22.00-03.00 Čaj Chai

we called "Antro". D.I's with a nood nere in BCN it seems that them i fails weet/ skater-loving nirls. Kung nere in BLN it seems that them locals have found a way to cope & manage to remain the highest consummates of Cocaine in Europe... & that is quite an achievement...... 'Algu per la cuál

un pot estar orgullos. Mañana mañana (Tomorrow x2) not simply an expression of.. but a way of life...Don't worry be happy !! 7 Casa & Pizza Paco pub-

o9.oo-o2.oo Friday till o3.oo

PIZZA

PACO CASA PACO

Buon Appetito enjoy your meal' C.de la Maquinista 52 La Barcelo Open: 13.00-16.00 & 20.00-24.00

be proud about.. Lets celebrate !!!

wls. hang out & enjoy, a tropical island.

**CRISIS NO CRISIS** 

elcoming, affordable & reliably good loking.! Fresh home made pasta n' nuchy pizza the traditional way. Fresh nom local markets & of course a election of crucial Italian ingredients.

TAPAS' = snacks ... is one IN rent the flat over the bar.

of the most famous Spanish words What does it all mean?.. there are rules exactly to these little plates of what would otherwise be known as Entrantes: Starters or Apertitives, Appelizers... If Decame much like Sushi, a hip way to dine. & like so, also here it is not the cheam end. like Sushi, a hip way to dine. & like so, also here it is not the cheap way to stat... here are a few ideas & tips... Tapas bars are notly as good as they have <u>ATMOSPHERE</u>, you will enjoy it better if you are standing up... & you have to drink lost of wine. & you must not be alone... Not always: will they be from the sea or even smell of fish if they are..! Most of the time you are better off not knowing what it is that you are eating. like Pulpitos: Baby Octopus, Pulpo: Octopus, Mejillones: Mussels, Sepia: Cuttlefish, Tellinas: cockles served in the shell (garlic sauce), Aceitunas:

Olives, Ahumados Smoked Fish, Albondigas Meatbalís, Almejas:
Small Clame, Boquerones: Anchories (usually in oil or vinegar),
Callames: Superiores: Anchories (usually in oil or vinegar),
Callames: Superiores: Anchories (usually in oil or vinegar),
Inis architectural styles can be enjoyed just by boseving the superiore enjoyed the superiore enjoyed to superior Bravas: Potato wedges in a spicy coating /sauce, Orejas de Cerdo: Pig's

The Kabul It's the one you s a gotta'-go for you skateboard

pool table Wifi lounging, beer spilling.. & free d inner... non-stop for Real !!

PLAÇA REIAL

one of the main favorite hang out's

& meeting points of the backpacker/ nomeless scenes.. Girls get wet both

GAUDI'S FIRST OFFICIAL WORK

for this city. Don't try sleep here, they come around every few hours

9.50 €, tapas platters, farmers portions !!

pub quiz, a round of the bizarre ... Lets talk food, concept & lifestyle.. go go.."

Many restaurants offer what is called a 'buffet lliure' you pay a set price & you can eat all you want. You waiters will come to the

delicious tapas, meats & pastas... pouring more & more drinks into the glasses, piling the food you on your plate.. when finally you can

NO MORE THANKS!

good is the Freeway buffet

Caj Chai
Open: Tues-Surv

cy a nice cuppa'..?!. A fresh friendl

Dio in!... ICE TEA sorbets in summer.

L4 - "Jaume I" or "Liceu"- the

ni hermana frondosos'= my leafy

sister.. "bario" el Born" hip

& mostly is a bit fancy..! A complex ancient maze of medieval pathways & secluded spots. Galleries &

the early evening after siesta

Laundromat self service style

Remove even the nastiest stickies in the rucksack. Simple auto-mat system....

shed fresh & dry clean! . Get that itchy sand out ya pants!...

nisseur Incal/ world BrewDon heer

menu, they have some really special ones. Tuesday live music, Wed @ 21 the

C/ Boria 17 (Cardees)

water-spray-the-sh\*t-out-of-it

\* CAL

Kahul

Since 1948 family restaurant bar 28-30, La Ribera
Mon-Fri: 08.00-22.00
Sat: 08.00-15.00
Granja La Catalana
... a nice place to enjoy a good feed! the

great 'point & nod' system... big display counters with all the TAPAS, sauces, reason it's so good is simple.. they do it od by themselves "bo fa bo".! By PI Catalunya- Urguinaona

and shakes... Outside in front of ne museum of course !!..

Grania 'La Catalana'

¿ ON ES EL CENTRE DE LA CIUTAT ?

-¿Where exactly is the center of the y? It is quite unclear.. everywhere you will go downtown there will be a million of other people...popular choice is that the city center is Plaça Catalunya. If you have come from el Gotic..you are now ready for a change of scene.. (& vice verso) be sure to have a sip of water (what? si sorry) from the fountain of Canaletes (so that you can find your way back here later)... the super 19th Century Passeig de Gracia & L Eixample

StaDemonia tattoo-plording de Sta Caterina

8 years at this address & an amazin Innue of team work, you can net

PATXOCA

Casa de menjars

Mercaders 28

Mon to Sat:
12.00-02.00

If Patxoca

nicy a nice ouppa....... a mean menuny coe, take some time to sti & enjoy gournet fond fea's select imported. Don't save in their Japanese. Arab & Indian pastries. volto letà s'assesi importetti uniti Aseri Intel diagnipie, Astrò Indiani pastrissi the house 'Caj' comes w/ a Ginger weet.) For every occision there is a stimulating hat infusion to experience, by m.l. LETA arbeits in summer. favourites.. same for wines (the house wine nn-16 nn. The street is car free & frn

SALVADOR DALI

This genius & the character of the man as a living legend. He built his own crazy museum! It is 1 hour up the coast from BCN. The town of Figueres, ... From there you can catch the bus to the birthplace of Dali & the beach town of Roses. The bus ride is ... inspiring... all together quite a trip! If you can afford the firm it is worth to start he F it is so then they are thinking of afford the time it is worth to stay the night or two. . . . IF u are short of time & don't care for Dali.... Then ... Go to Sitges, only half an hour away... it's a beach town gay boy paradise, maybe suits you better? . .

Moog dance & concert club MOOG

Apart from the obvious reasons why to go there, the Museum of Contemporary Art : MACBA'

ELL RAVAL bario', is the Receive the State of Contemporary Art : MACBA'

Receive the Museum of Contemporary Art : MACBA'

Receive the MacBa'

ELL RAVAL bario', is the Receive the MacBa'

ELL RAVAL bario', is the Receive the MacBa'

Recei everyone around here behaves like they own the place. They have they're own language dialects going Much of it Arabic mix w American.. Take a walk Rambla & Carrer de Joaquín Costa (F3/4) by the end of this trip you will have got the idea! It's hip to be in here, but you better watch your step, the Raval is very fast & the people are still hungry...!. There is so much you can do in these blocks, many people never leave!

B) MAR

SOUND

unded by all night/day life... I

kitchens to boil up with the other travelers

L2, L3 - "Paral.lel"

a few glasses of wine.. go make

happy & In the evening we go hom

that sounds very sweet in Catalan..

rippy... Wonderful seating under clouds a trees. They offgr all... from a simple

nany tanàs style fillers along with carte

Saiaus... Pull lifeais.vegaii & vege.
'Inside' Greco /Roman orgy lounge surprisingly big.. Until it gets full up, hip music, nice crowd, let's agree that day or nite.. in or out... It's a special place!

BARRIOS' EL GOTIC & LA RIBERA

neighborhoods, 'una copa, un café'= a drink, a coffee, Gotico is the Old town, foundations from the Roman Empire... Look what

La Castanya Gourmet burger

\*Mon-Thurs & Sunday: 13.00-16.00 / 19.00-24.00

Simple wholesome foods from the Dari

the quality, atmosphere & portions this place is almost too cheap! Easy order system, eat, drink be satisfied.

caNa or cafe -breakfast, daily specials

... How can T foract? .

Argot Vintage-2nd hand
Argot Argot Anny dothing
Anny dothing
Hospital 107
from Noon till 21.00

It is an organized chass... little shop w/ RACKS of variety in that BCN street blook... & here u have all freedom to checkn'try, all that you want... You can spend an hour discovering... sweaters, jackets, shoes from the 60's, 70's, 80's new trendy t shirts Cool & a Mesón David tapes ber resto
Carretas 63
(+34) 934 415 934
everyday from 12.00 to 01:00 arkets at the TOP Rambla del Rava Too of Rambla del Raval

SIESTAS/ lunch break take place every day from around 12.30 till around 15.00.. Only the foolish tourists this time, so do as Catalans do & Dom una mica. Ho necesites'= get som beauty sleep...you really need it!!

Blow the sand off your toes. Most wan assic Chipotle pumped with the hot OVISO George Prince

George Orwell

Daily09-30-03-00

www.barnawood.com

the infamous Plar of all Habaneros, pretty wild...Homema TACOS, Nachos Mix'n'Dip, Guacamole romance on the lovely Harbour terrace variety & much for vege/ vegen. What more, tequila, beer &. deals for groups L4- "Ciutadella-Villa Olímpica"

THE 'CAN OF BEER MAN' comes around every-time you ru out of beer.. but watch out! Don eally seem so but drinking in th

Goyinda Hine Krishna yegetaria Plaza Villa de Madrio Daily: 13.00-16. & 20.oo-23. Sunday & Monday night clos

Set lunch Monday - Friday. 3 course v dessert for 10,50€! buffet salad b option 'pile a plate', house breads. Tas ndian/ international specials & dishes resh & delicious. if you can finish it a ou are powerful... Nice lay out, warm tually good to meet other diners. Twi ally they come & net fed! L1 & L3 - "Plaça Catalunya"

ing about 'el fútbol' = footbal

If u are into the game then you another 99 999 people can fit in the Nou Camp stadium Sundays a game... Metro L3 Collbland

changing times\*
t's all the rage.. beautiful bun's on a nance meat & ven fri Tapady TAPAS & cocktails all he Catalan Pyrenees (organic on TAPAS € October and injuly YEAHI

C. Princesa 29

Sun-Thur. 12.00-0.00

Fri-Sat: 12.00-03.00

Tapadu BCN mb, pork, chicken & all meats dishe cial tastes guaranteed for vegan etarian diners . NO shortage borate tapas & salads. big room wi thers... ?puede que?- May we?

Back end of Placa Reial avour & visual ... you will want to try : national atmos", a lot of local peo Teranga Senegal Sangria 1 Ltr. 9.85 euros... you can

Jaume L4 PABLO PICASSO

1908-1909 now has a whole area dedicated to himself in el Born, Montcada 15-23, open 10.00 till 20.00.(H4) It's a labyrinth. Amazing spaces & places in the want to see 'the 'paintings, then you will need money. (or someone else's credit card/ a beautiful sponsor VAMOS A LA PLAYA! = Take it to the beach.... 'El Barri de l'Ostia'= MONTJUIC (A3-E5)

BARCELONETA, is still, despite all the new tourism, a place overlooking the city from the south-west home of many of the locals, the feeling it gives & the impression it will make on you. Here you can see Sefforas hanging the bed sheets on the lines over the streets & many little "los nillos y nillas" boys & girls, who has no El Xiringo sectod local specialities resto "El Xiringo"

Tues-Fri: 12.00-16.00, 20. cialising in TASTY rice PAELLA & ical Mediterranean séa-foods & sides th they own Catalan twists.. cuisin ulture.. They have very fine hous ines & the hest of Cava's ! BCN is full of opportunist thieves, so 'No et posis molt romantic'= L4 - "Barceloneta By the beach lon't get too enchanted,.... Watch our stuff at all times or else it will

the most important ingredient? is the ambiance, the way your do' them!... here they will look after your every need in a time of first the way to pour. Absenta Bar weekend till o3.am

a space where essential elements fuse
estipulate the senses. Art- is all. Musik- is fun & friendly fashion.. they love to pour The space where essential elements hase sessing a space where essential elements have set up / live. & Absinthe- is the mystic blue drink of creative's & lunatics... that's the house special w/ the ritual sacrifice of wife sugar on spoon... transports you of leaves to seat the special week. he Sannria & exude the mond of warr L2-L3 Paral-el / exit Ronda Sant Pau

> RECLAIM THE STREETS! THE coolest, most pop & sure sexies

Oviso bar cafe terrace bistre yeans .. is by SKATEBOARD or better yet, street I ongboards. Grab a boa

'IRON 'COJONES'..... street's up!

Los Angelitos codadis-bar T & T rood music... dance on the table, as u like. specially on the late end, party time... Mediterranean sea breeze. Let's eniny

> near beach experience , te esperamos L4 - "Barceloneta"

LA RAMBLA this is THE street you have heard about... & Tot és veritat'= it's all true. ormally a canal basin (F5) Long since t at all hours of the day & night i earch of a wide world of things. It is bsolutely busy always... You can

catch any manner of offers. Just catch any manner of offers. Just up to your own tastes now & how much money you packin. Here is a lot of talent around. the market of I a Bonueria a picinkers & nick. of La Boqueria a picnickers & pick-pockets delight... beautiful fruits & vege stalls & you meat heads, go for the jamon'= hams. 'NO HOOF, NO GOOD!' or any sausage. straight from the butcher or very pubs. for those of you who shop & many histms & food windows, tasting retro & this ain't no free clothes association.. The best of the shops are to be found on the RIERA BAIXA (F4) But DON'T SHOW UP AROUND
HERE NAKED... unless you got
a big bulging purse!.. & make NOT.!!. 'No hi ha sure not to get that felt on the way.

escapatoria'= there is no escape ! Steel Donkey no two Bike Tours & Hemp Museum Barcelona Hene Museum Gallery Barrioux Astronau (28th Oct-31st Ma Till 22.oo in Sun

end & amazingly versatile plant species any God & Nature given products for elligent planet advancement... the lant - part of everyday life for ever &

Stadiums. Wonderful parks invite to spend the day rather quieter with great views & greenery. Rid the dizzy cable car up there from the Port Vell (G6) goes every few minutes from 10.30-17.45. You can get back down till 22.00, round trip costs  $9\epsilon$ , there are a few different Ariel routes to do & u can hop-on hop-off (at the stops, that !-).... Bring your camera! & in summer, you can go watch huge movies shown outdoors for free at the Stadium. Watch while taking a

Diputacio 16
Daily 13.00-16.00
& 20.00-23.00
Sunday closer
Tel: 93 454 86 13

dish, nice-price, authentic Mide

ast plant eating place, portions

ou will be full for the day .

e-bikerent electro bikes energy UP

there"?? ..face them slopes w/ sor

Jaume L4

**CAPOEIRA** 

learn some moves pretty fast.. you can master it in your lifetime.. you

lon't get to enchanted,... Watch
our stuff at all times or else it will
e gone. Some say they even lost
where 'veryingin't here...
most just gave it away...:)
drinking in during the evening which
places they promote & give out Amaltea restaurant veget passes. Usually then is free entry & or even w/ a drink.. but without the invite you may be refused entry at to pay entry price to go in!!

> La Heladeria Mexicana ico cream parlour- Mexican treats

your face .. & it's not all night time & sunning it on the block, some onen space Cream- sorbets !!! SPY MAP SPECIAL-Pay 2 tasty scoops & get 3 !! .. & they

sweet 'torta' with a few hits of the way to get around town.. or just, ge

St Carles Deli delide

deli take away foods Open 10:3o till 15:3o & fr Y MAP SPECIAL- pick-nick basket wit

courses, organic fruit with a drink ,95€ local products @ kmZero, Artisan ods, taste a WoW factor... w/ a sty

Alternative Creative
Youth Hostel travellers

L1 & L3 - "Plaça Catalunya" Pefinitely one of the friendliest most with love'. Don't miss it I Sweet place to hang with the other travellers... L4 - "Jaume I" or "Liceu"

COOKING
CASSES
SIOKE
PARTIES
SPANISH
SOS THE BEST FUN ON THE MAPI

has apres, i crea algu nou'= learr how it is done, then force yoursel to ignore all what you have learnt & after create it new, from the heart!

Transport:

use the same tickets... I trip cost you 1.40€, 8 trips = 8€ & a day cost you 5€ The easiest way to & from Airport is the Al bus @ the Plaça Catalunya/Passeig de Gracia, or own side = 1.

orn custom built cool

down! Moments from the nort

¿ PERQUE ESTAR DE PEU SI POTS ESTAR SENTAT. PERQUE ESTAR SENTAT SI ET POTS ESTIRAR?

 Why stand when you could sit & QUEUING-UP you will have to do when going out, & or try to get n somewhere.. Tip is when there

The' Authentic pub.. wood'n'brass big fry up's & specials..cut chips, catch wd aets, laud & sticky... Live music those favorite hits. You are invited to "go a bit mad" . . . enjoy the buzz.. L5, L2 - "Sagrada Familia"

views that can be enjoyed from UP in the hills around BCN.? "how do we get UF SUNDAY AT NOON crowds of 

all age groups gather in front of National Dance 'I A SARDANA' then more 'Olde style' street dancing happening same time by ST ANTONI (E3)... later maybe you want to get over to PARC CIUTADELLA (J4) enjoy the evening w/ some specific e way to circulate in the city. You attractions, waterfall, statues, rocks & greenery... What better place to have the Zoo in!. a hive practiced & played all around BCN.. still quite an curious thing of activity & talent. All the people are pick-nicking & drums, bongos boom booms of every kind echo throughout the day. The in 'the West... a mysterious ritual acrobatic dance?... a deadly hand to hand combat martial art .... w/ trance mantra chanting & the tuning, the pulsing of strange with people of all ages, dogs, toys, musical instrument's... try it there if, you think, it's a good time to join in.. you can juggling, jamming, Capoeira, acrobats & having fun.

Bike rent
See the
City by bilasti Stoke Bar backpacker pub & Every day 9.30am-8ni

drums are played to honor its

Explore Barcelona & move around the Thours: 12e: 24 hours: 15e: 2 day 5-11 nours: 12e; 24 nours; 13e; 2 days 25e; extra day; 7e; 1 week; 55e. Child seats, 'maps', locks & helmets for free Central locations good service... Te discount when u show Spy Map! Ask also about Barcelona Ciclotour, the

guided bicycle tour ever day from Plaça Cataluny CicloTo

..."I-know, nothing, m-a-from-Barcelona

up to the EnD

City Spy Mapping

