



## Our Top Tips in Barcelona

Here are some top tips from two Barcelona Fellows on the best places to eat, drink, and visit in Barcelona. Hope these recommendations help you make the most of your time in the city!

### **Inmaculada Ruz**

#### ***Restaurants:***

**[Grupo La Flauta](#)**: You will find a tapas restaurant that offer great value for money and are conveniently located near the Majestic hotel.

**[La Bodegueta](#)**: A classic in the city, established in 1942 and also very close to the Majestic hotel.

**Places to visit:** Be sure to visit Gaudí's iconic monuments, including the Sagrada Família, La Pedrera, and Casa Batlló. It's recommended to buy tickets in advance.

La Pedrera is right next to the hotel, and Casa Batlló is also worth a visit.

Don't miss the Church of Santa María del Mar and take some time to explore the charming Born district. The basilica is truly stunning. A walk to the Gothic area and visit the Cathedral.

### **Carmen Varela Álvarez**

As a Barcelona-based IAFL Fellow, I would be pleased to share a selection of local recommendations, optional services and cultural activities that may be of interest for delegates attending the Congress. I would also be happy to assist personally with reservations or informal plans during their stay in Barcelona.

## **Restaurants:**

(All centrally located and suitable for international guests and informal networking)

**Bambarol**: Carrer de Santaló, 21 – Sarrià-Sant Gervasi  
Catalán and creative cuisine in a very popular locally, ideal for business lunches or dinners.

**Maleducat**: Carrer de Manso, 54 – Eixample  
Creative Catalan and Mediterranean cuisine with a modern, informal approach. Small, lively and stylish, particularly suitable for small groups and relaxed networking dinners.

**Taberna Gallega de Marcos**: Carrer de Muntaner, 239 – Sarrià-Sant Gervasi  
Traditional Galician restaurant, renowned for high-quality seafood and classic Spanish dishes, offering an authentic and welcoming atmosphere.

## **After-dinner option**

Gin Palau (no website): Carrer de Muntaner, 256 – Sarrià-Sant Gervasi. Tel: +34 669 12 60 08 - A classic and elegant gin & tonic bar, ideal for relaxed conversations after dinner in a sophisticated yet informal setting. The bar offers an exceptional selection of more than 1,200 gins (including non-alcoholic options) and over 80 different tonics.

## **Beauty & personal care (English-speaking professionals)**

**Héctor Carvajal**: Passatge Marimon – Sarrià-Sant Gervasi  
High-end hair salon offering cutting, colour and styling; discreet and accustomed to international clients.

**Le manicure**: Passatge Marimon – next to Héctor Carvajal  
Manicure and hand-care studio with English-speaking staff, very convenient for delegates.

## **Optional social and cultural activities**

Carmen would be please to organise the following optional activities for small groups of fellows:

1. Spanish Gin & Tonic Experience  
A relaxed experience at Gin Palau, led by the bartender, focused on the Spanish gin & tonic tradition and designed purely as an informal networking activity.
2. Private Modernist Barcelona Walking Tour  
A guided walk through the main Modernist landmarks of Barcelona (Eixample area), led by a local professional guide.
3. Private visit to the ICAB Library and headquarters (Palau Casades) As President of the Family Law Section of the Ilustre Colegio de la Abogacía de Barcelona, I would be happy to offer a visit to the ICAB Library and its historic headquarters, the Palau Casades, a modernist building of significant legal and cultural interest. All activities would be designed for small groups and would require prior confirmation in order to manage availability and reservations.

Finally, should anyone be interested, I would be delighted to join them for a gin & tonic or dinner, recommend specific professionals, or assist personally with reservations or arrangements during their stay in Barcelona.

For Further information on What is Happening in Barcelona:

[Barcelona Guide: activities calendar, directories and courses | Barcelona City Council](#)

## Vegan Restaurant Options in Barcelona

*Recommended by Esther Susin*

### Vegan/plant-based in Barcelona (with a good gastronomic level)

- [Fronda Pasaje \(El Born\)](#): 100% plant-based proposal with tasting menus; very oriented to surprise.
- [Rasoterra \(Gòtic/Ajuntament\)](#): Vegan bistro with a fixed menu and focus on natural wines; excellent value for money for groups if they accept a closed menu.
- [Xavier Pellicer \(Eixample\)](#): Vegetable cuisine of the highest level; it has a vegan menu (and veggie/omnivorous options, in case the group is mixed).
- [Virens \(Eixample\)](#): "Gastrobotánica" with a tasting menu and the possibility of adapting to vegetarian/vegan diets.
- [Fat Veggies \(Example\)](#): Grilled vegetables with the option of tasting and vegan alternatives; a good choice if you want plant-based without excessive formality.
- [Sésamo \(Raval\)](#): Excellent "value" in tasting menu format (vegetarian with vegan options).
- [Gallo Santo \(Gràcia / Marina\)](#): Fun Veg-mex (cocktails, tacos) if you are looking for a more informal but 100% vegan night out.
- [Teresa Carles \(near Las Ramblas\)](#) excellent option

### Coffee break or vegan "something quick" (Poblenou)

- [Magma Bakery Lab \(Poblenou\)](#): Very successful vegan pastries and cafeteria; ideal for a high-level breakfast/snack.