

# Barcelona 2023



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<https://legacyeuropeantour.com/event/lms-barcelona/>  
<https://legacyeuropeantour.com/>

# INTRODUCING BARCELONA



Barcelona is the second largest city in Spain and one of the largest Mediterranean coastal cities.

It is best known for its world-class soccer team and the Basilica de la Sagrada Familia UNESCO site.

Barcelona is a fantastic city to visit at the start of the holiday season with a city illuminated with 4km of lights across the streets and squares.



# THE VENUE

## LA FARGA CENTRE

GENERAL INFORMATION

REACHING THE VENUE



**December 8–10**

<https://legacyeuropeantour.com/event/lms-barcelona/>

# GENERAL INFORMATION

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LMS Barcelona will be held at

**LA FARGA CENTRE DE ACTIVITATS**

<https://www.lafargalhospitalet.com/>

C. Barcelona, 2 08901 L'Hospitalet de Llobregat

The congress hall and activities center are part of a larger complex which also includes a shopping mall

Google Maps:

<https://maps.app.goo.gl/hje8gk2ZYgFxa9vj7>

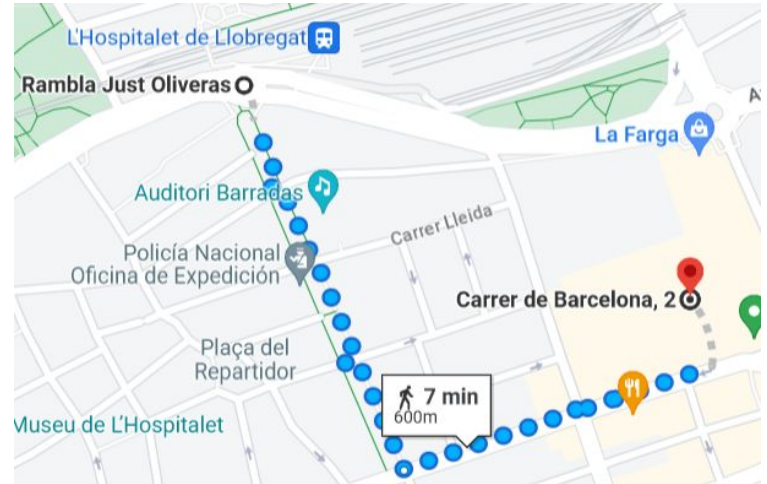


# REACHING THE VENUE

LMS Barcelona will be held in the Activities Center, Lower Level.

The most convenient way to reach the center is by Metro (L1 - Rambla Just Oliveras stop). You can also use the bus (lines L12-LH2) or the nearby Sant Josep train station.

The venue is approximately 30 minutes away from the El Prat airport using bus lines 46 and then either bus L10 or metro L1 (transition at Av Granvia - Hospital de Bellvitge). Taxis are 15-20 minutes and will generally cost around 18€



# THINGS TO KNOW



GENERAL INFORMATION



LANGUAGE



MONEY



WEATHER



ELECTRICITY AND PLUGS



OTHER INFORMATION





# GENERAL INFORMATION

Telephone country code: +34

Emergency numbers:

- Call (+34) 112 for **life threatening emergencies** and ask for the police, fire department or ambulance service. This is a EU-wide general emergency number.

Specific numbers are:

- (+34) 061 for **ambulance service**
- (+34) 93.290.30.00 for **police**
- (+34) 112 for **fire department**

Time zone during the event: Central European Time (CET), UTC+1

Time and date format: 24-hour clock (0:00 – 23:59), dd/mm/yy (or yyyy)



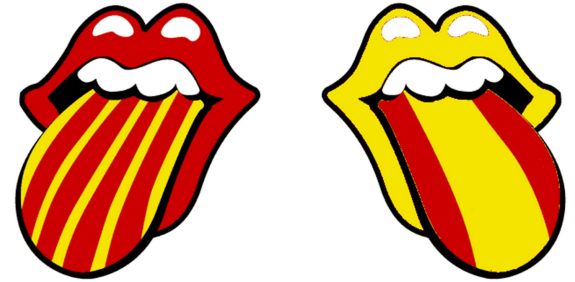
# LANGUAGE



There are two official languages in the city: Catalan and Castellano (commonly referred to simply as Spanish 🇪🇸).

Especially in the tourism sector, many employees speak English 🇬🇧. Younger people usually know some English as well.

Since Catalan has many similarities to other Latin languages, you can try your luck with French 🇫🇷, Portuguese 🇵🇹 or Italian 🇮🇹





# USEFUL PHRASES

Do you speak English?

Thank you

Please

You're welcome

Can you repeat?

What's your name?

Yes

No

Hello, How can I help you?

Is the tip included?

Excuse me

¿Habla usted Inglés?

**Gracias**

**Por favor**

**De nada**

**¿Puedes repetir?**

**¿Cómo te llamas?**

**Sí**

**No**

**¿Hola, cómo puedo ayudarte?**

**¿Está incluida la propina?**

**Desculpe**

# USEFUL PHRASES

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How much does it cost?

**¿Cuánto cuesta?**

I'm sorry

**Lo siento**

Can I get on the Internet?

**¿Puedo conectarme a Internet?**

I don't understand

**No entiendo**

I don't speak Spanish

**No hablo Español**

Can you help me?

**¿Puedes ayudarme?**

Where is the bathroom?

**¿Dónde está el baño?**

Can you speak slowly?

**¿Puedes hablar más lento?**

# NUMBERS

1 \ uno

2 \ dos

3 \ tres

4 \ cuatro

5 \ cinco

6 \ seis

7 \ siete

8 \ ocho

9 \ nueve

10 \ diez

100 \ ciento

1000 \ mil



# MONEY

Spain is part of the European Union, and the current currency is the **Euro (EUR - €)**. You can pay with credit cards almost everywhere.

You will find places to exchange at transportation hubs and with your hotel. Rates vary and often are better the further away from a major hub you are.





# WEATHER

December is a fine time of year to visit the Catalan capital.

With only three days of rain, and an average temperature of 15° C/59 F by day (and 9°C/48°F by night), December is a pleasant month to visit Barcelona, and many travellers will prefer this time of year to the oppressive heat and crowds of the city's annual summer meltdown.

Despite the winter season the city is usually sunny, and during the day you could easily find yourself stripping down to a T-shirt, whilst by night a half decent jacket should be enough to stave off the chills. No scarf required.



## Historic Average

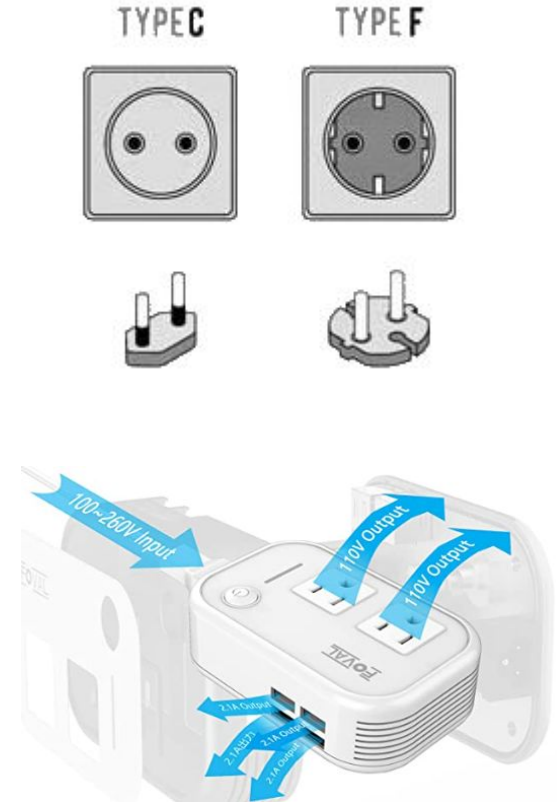
|    |   |           |
|----|---|-----------|
| 8  |  | 14° / 10° |
| 9  |  | 13° / 8°  |
| 10 |  | 15° / 7°  |
| 11 |  | 13° / 10° |
| 12 |  | 15° / 9°  |



# ELECTRICITY VOLTAGE AND PLUGS

In Spain the power plugs and sockets are of type F which works for both plugs C and E. The standard voltage is 230 V and the standard frequency is 50 Hz.

If your devices are made only for 100V and 127V (such as in the US, Canada and most South American countries) you **cannot use them** and you will need a **voltage converter**.





# OTHER INFORMATION

## **Shops in Barcelona**

Opening hours are usually from 9:00 - 13:00/14:00, 16:30 - 20:00/22:00. Most of the stores are only open in the morning on Saturdays. Department stores are open non-stop until 20:00/22:00, even on Saturdays.

Most shops are closed on Sundays and holidays. Little supermarkets that are smaller than 150 square metres don't have a limitation of the opening hours. You can go shopping in those little stores during the night, on Sundays and holidays too. On the four Sundays before Christmas all stores are open.

Many popular attractions are open on Monday including The Sagrada Familia

## **Tap Water**

Tap water is mostly safe to drink in Barcelona but depending on the specific area of the city it might have an unpleasant taste.

# ARRIVING TO THE CITY

BY PLANE

BY TRAIN AND BUS





# BY PLANE



Barcelona - El Prat Airport (BCN) is the second largest and busiest airport in Spain, and the sixth most busy in Europe. Located 15 km southeast of the city, it's served by most airlines, both traditional and low cost. The airport is extremely well connected to the city. You have several options to choose from:

- **Aerobus shuttle:** Takes about 35 mins, departs every 5 mins, costs 8.90€, connects to several metro stations. Take line A1 for Terminal 1 and A2 for Terminal 2
- **Metro:** Takes about 30 mins, departs every 30 mins, costs 5,15€, departs from both terminals. Be ready to change lines.
- **Train:** Takes about 30 mins, departs every 30 mins, costs 5,15€, only departs from Terminal 2 with a free shuttle from terminal 1. Only has two stops in the city: Estació Sants and Passeig de Gràcia

For more info, visit:

[https://www.barcelona.com/barcelona\\_city\\_guide/all\\_about/barcelona\\_airport\\_bcn/from\\_barcelona\\_airport\\_to\\_city\\_centre](https://www.barcelona.com/barcelona_city_guide/all_about/barcelona_airport_bcn/from_barcelona_airport_to_city_centre)



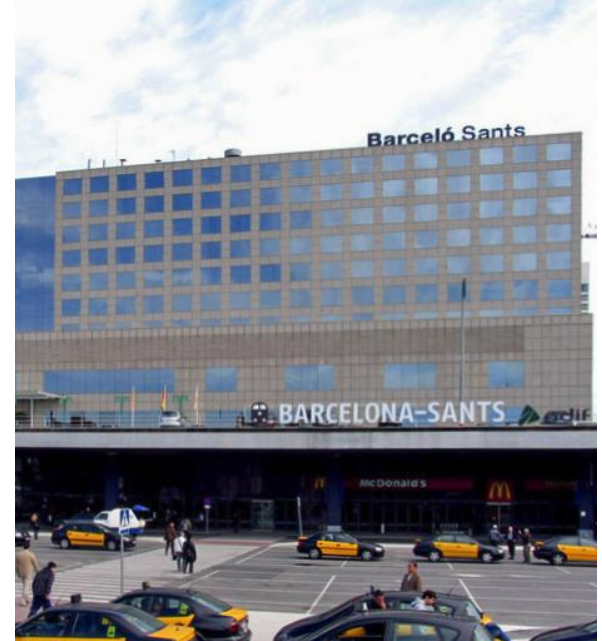
# BY TRAIN AND BUS

There are two main train stations in Barcelona (**Estació de Sants and Estació de França**) and two main bus stations (**Estació de Sants and Estació de Nord**).

However, nine times out of ten you'll want Barcelona Sants Train Station or Barcelona Nord Bus Station. Often services go to both bus or train stations, but usually, your travel time will be shorter from the main bus or train station. It's also possible you'll be able to leave from Passeig de Gràcia train station in the case of many local journeys, which is far more central than Sants.

Estació Sants and Passeig de Gràcia are also directly connected to BCN El Prat

When booking, always check which station you need.



# GETTING AROUND BARCELONA

PUBLIC TRANSPORTATION

METRO



# PUBLIC TRANSPORTATION

Public transportation in Barcelona is efficient and affordable.

We recommend you download the TMB or Hola apps if you plan to use the metro or bus service in Barcelona, as it allows you to buy tickets and research routes. You can also purchase at ticket machines in the metro stations.

A typical metro fare is 2.40€.

The T-Casual card lets you make 10 trips for just 7.95€ (1 zone - which is likely all you need)





# TOURIST ATTRACTIONS

Sagrada Família

Parc Güell

Batllò House (Casa Batlló)

Camp Nou Stadium

Las Ramblas

Barri Gòtic (Gothic Quarter)

Mercat de Sant Josep de la Boqueria



# La Sagrada Familia

Started by Francisco de Paula del Villar in 1882, La Sagrada Família was entrusted to Antoni Gaudí with the task of continuing the construction work. After receiving a large anonymous donation, Gaudí decided to replace the original Neo-Gothic design with a more modern and innovative design, and worked on the church until his death. Still under construction (it was 70% done in 2019), the current official delivery date is 2026 (100 years after Antoni Gaudí's death). When completed, it will be the largest ecclesiastical building in the world. Nowadays the building is funded mainly by visitor's donations.

**Opening hours(Nov-Feb):Mon-Sat 9:00 to 18:00. Sun 10:30 to 18:00.**

**Tickets are 30 to 45€. Check out Barcelona city pass for a discount:**

<https://tinyurl.com/jrzcn9ra>



# Parc Güell

Parc Güell is the famous city park with its mosaics and salamanders, located in the Gràcia district of Barcelona and is certainly one of the most important attractions of the city, measuring 15 hectares and a UNESCO World Heritage Site. Important parts are the entrance with concierge and porter's house, the fence, the colonnade, the double staircase with salamander (also called Dragon) and the huge undulating bench adorned with mosaics.

A special attraction in Park Guell is the Casa Museu Gaudí, the house where Antoni Gaudí spent his last 20 years.

**Opening hours (winter): 9:30 to 18:30.**

**Tickets are about 15€. Check out Barcelona city pass for a discount:**

<https://tinyurl.com/jrzcn9ra>





# Batlò House (Casa Batllò)

Casa Batlló (officially Museo modernista de Antoni Gaudí) is one of the main attractions of Barcelona and was designed by the architect Antoni Gaudí in a modernist style. Between 1904 and 1906, Gaudí converted and renovated this house for Josep Batlló i Casanovas, a wealthy textile magnate.

Batlò House at the time consisted of eight houses, divided over four floors. The estimated current value of the colored masterpiece is around 70 million euros. The central theme of Batllò House is that of Saint George, the slayer of dragons, who played an important role in the history of Barcelona.

**Opening hours: 9:00 to 20:00 (last admission at 19:00).  
Tickets start from 30€**



# Camp Nou Stadium

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You can visit the Camp Nou stadium in Barcelona and the museum of one of the most successful football teams in the world, FC Barcelona. Even if you are not a big football fan, you will be amazed by the stadium tour.

You will see it all during this tour: the changing rooms, the players' tunnel, the press room, the commentator booths and of course the Camp Nou museum with all the great trophies of FC Barcelona.

**Opening hours:** Check the match schedule, otherwise only the museum will be open and the rest of the facilities will not be accessible.

**Tickets start from 28€**



# Las Ramblas

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Las Ramblas was once a dry riverbed, now it is the busiest boulevard in Barcelona.

The avenue of plane trees, flower stalls, street musicians and human statues stretches from Plaça de Catalunya (the main square of the city) to the port of Port Vell, with the Columbus Monument.

The avenue of the Ramblas, 1200 meters long, still exudes a nineteenth-century atmosphere, interspersed with many modern clubs and souvenir shops, and is always very crowded.



# Barri Gòtic - Gothic Quarter

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The Barri Gòtic is the center of the old city ('Ciutat Vella') of Barcelona.

The name means Gothic Quarter in Catalan and is a (tourist) area not to be missed during your trip to Barcelona; it's located between La Rambla and Via Laietana, and between the port of Barcelona and the Ronda de Sant Pere.

The Barri Gòtic is a labyrinth of small streets leading to Barcelona's famous squares and is the oldest part of the city and as a result ancient buildings have been preserved, sometimes dating back to before the Middle Ages (and even Roman times). At the time of Augustus this place was chosen to found a new colony.



# Mercat de Sant Josep de la Boqueria

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The "La Boqueria" market is the largest and most famous food market in Spain and is frequently visited by locals and tourists. The name derives from the ancient Catalan translation which would mean "place where goat meat is sold". From the Ramblas you can easily reach the colorful and fragrant food market; it is located in the middle of the Ramblas, at the Liceu metro stop.

Tip: Don't shop right away at the first stall you come across. The prices around the entrance and the central aisle are higher than those of the more advanced stalls.

**Opening hours: Mon to Sat 08:00 to 20:30**



# SPECIAL EVENTS IN THE WEEKEND OF THE LMS

Christmas time in Barcelona

Picasso Celebration  
1973-2023



# Christmas time in Barcelona

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## **Christmas Markets:**

The largest Christmas market is *Fira de Santa Llúcia* near the Barcelona Cathedral, celebrated in Barcelona since 1786, open 10 to 21.

Another popular market is *Fira de Nadal de la Sagrada Família*, right in front of Gaudi's famous church with 120 stands from 10 to 21.

## **Els llums de Sant Pau.**

The fabulous modernist Hospital Sant Pau buildings, designed by Lluís Domènech i Montaner, are clad from top to toe in Christmas illuminations and light displays from November 21 to January 14, transforming it into a "Christmas garden."

From dusk at 17:30 to 21:30 visitors can walk along a 1.5 km illuminated fairy-tale scenario with millions of light points, Christmas light beams and Christmas scenes



# Christmas time in Barcelona

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## **Port Vell Fair:**

Barcelona's newest Christmas market, the Port Vell Fair can be found at the Moll de la Fusta (at the foot of the Christopher Columbus Statue), and typically features the city's biggest Christmas tree, lit-up with LED lights, a Ferris Wheel and a floating nativity scene. (hours: 11-22)

## **Christmas Lights by Bus:**

15€ for Adults

A unique 90-minute experience during which you can enjoy the Christmas lights and decorations on the city streets. Don't miss Passeig de Gràcia, the Sagrada Família basilica and its Christmas Market, the Glòries Tower, Sant Antoni market and many other fascinating sights!

<https://www.barcelonabusturistic.cat/en/barcelona-christmas-tour>

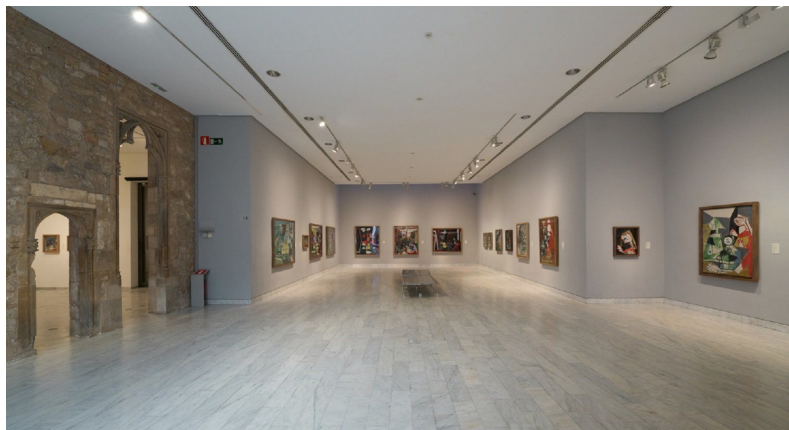


# Picasso Celebration 1973-2023

Museu Picasso, C/ de Montcada, 15-23

2023 commemorates the 50th anniversary of **Picasso's** death and 60 years since the Museu Picasso in Barcelona opened. The city is joining in the official worldwide celebrations with a **series of cultural events** that everyone can take part in. These include a packed calendar of exhibitions, conferences and a wide variety of activities.

More info: <https://celebracionpicasso.es/calendario>



# WHAT NOT TO MISS IN THE CITY

Shopping in Barcelona

Food and Restaurants

Barcelona by Night



# Shopping in Barcelona

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The Paseo de Gràcia is one of the most iconic boulevards in Barcelona. Here you can find the biggest concentration of the most exclusive fashion and accessory shops in Barcelona: national and international brands that will delight lovers of the finest haute couture and prêt-à-porter.

The area around Plaza de Catalunya, in the heart of Barcelona, is another principal shopping hubs. There is a department store and a large range of electronic goods outlets right on the square itself. Don't miss the chance to wander up Portal de l'Àngel, here you can find the big-name fashion chains with something for everyone.

La Rambla is the most famous street in Barcelona. It is one of the city's main tourist hubs and a good place to shop for souvenirs. Also along La Rambla at 91 there is the iconic market La Boquería, which is also a good place to stock up on typical local products, like local nuts or a bottle of olive oil.



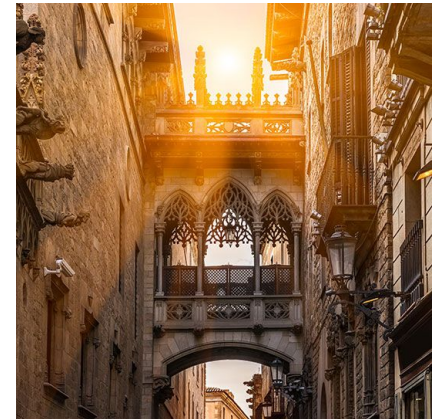
# Shopping in Barcelona

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The area of the Raval district offers a great range of alternative shops. On Calle Tallers you can find ethnic and Goth style clothes, often handmade, as well as music shops. A few metres along, Calle Riera Baixa is a must-stop for lovers of vintage fashion and decoration.

The Gothic Quarter, with El Born, is the oldest part of Barcelona. This is the best place to find Barcelona's traditional shops, selling antiques, books, handmade artisan clothing, hats, cutlery and all types of one-off shops.

El Born is another of the oldest parts of Barcelona. The traditional shopping area of El Born has opened up to shops selling fashion, accessories and gifts, with some of the most prominent and up-market labels, but with a slightly boho, vintage feel about them, far from the luxury stores on Paseo de Gràcia. In the north part of El Born, close to Ensanche, you can find some shops specialising in comics and manga comics.



# Food and Restaurants - Crema Catalana



If you're sweet-toothed, do not miss this satisfying dessert. Almost identical to France's crème brûlée, crema Catalana consists of an egg and milk-based custard with a toasted sugar top. The pleasure of cracking through the crunchy caramelized topping is almost as gratifying as the first exquisite mouthful. Don't share a portion of crema Catalana. Always order one per person.

**Where to find:**

Restaurant L'Olivé, C. de Balmes, 47

<https://restaurantlolive.com/ca/el-restaurant/>

# Food and Restaurants - Paella

It's impossible to talk about Barcelona food and not mention paella. Though the fragrant rice-based dish isn't native of Barcelona, but comes from Valencia, to the south, it is a staple on the city's menus. Fragrant with paprika and saffron, and made in a large flat pan with rice, peas, stock, garlic, tomatoes, and sherry or white wine, paella is a must-try dish in Spain.

One of the best ways to enjoy paella in Barcelona is topped with seafood, including juicy shrimp, meaty squid, a delicious scattering of mussels, and slices of lemon. Try a paella cooking class to learn the secrets of making your own when you get back home.

## **Where to find:**

**Meson Barceloneta, Pg. de Joan de Borbó, 10**

<https://tinyurl.com/yv7e8nd9>



# Food and Restaurants - Patatas bravas



If you're wondering what to eat in Barcelona, this potato-based tapas dish is a crowd-pleaser, consisting of twice-fried potato cubes served with a spicy *bravas* tomato-based sauce and a garlicky, lemony aioli. The best patatas bravas are soft and fluffy in the center and crispy on the edges, topped with a scattering of sea salt and rosemary.

A generous helping of flavorful *bravas*, combining tomatoes, sherry vinegar, onion, garlic, chilis, paprika, and fresh herbs, adds to the intensity of this umami-packed dish, with the aioli served on the side.

**Where** Meson Barceloneta, **Pg.** to de Joan de **find:** Borbó  
<https://tinyurl.com/yv7e8nd9>

# Food and Restaurants - Tortilla de patatas

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If you're craving comfort food, hunt down a tortilla de patatas, also known as a Spanish omelet or Spanish tortilla outside of Spanish-speaking regions. This satisfying, uncomplicated dish is made with eggs, potatoes, and typically onion, olive oil, and sometimes a scattering of fresh flat-leaf parsley for garnish. Eat a slice of tortilla de patatas hot or cold, as part of tapas or on its own.

## Where to find:

El Xampanyet, Carrer de Montcada, 22 (perfect for tapas!)

<https://tinyurl.com/43sje4mm>





# Food and Restaurants - Jamón ibérico

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A satisfying platter of salty ruby-red Iberian ham, served in wafer-thin slithers and often eaten with slices of Manchego cheese, Jamon Iberico is a world-renowned delicacy and a must-try Barcelona food.

**Where to find:**

**Reserva Iberica, Aribau, 212 or Rambla de Catalunya, 61**

**<https://reservaiberica.com/>**

# Barcelona by Night - Flamenco Shows

— — —  
Migrant workers from the south of Spain brought their rich tradition of flamenco with them to Barcelona, and today the city is full of great *tablaos* where you can catch a show.

If you've been craving a slice of real Spanish culture then these passionate, foot-stomping, hand-clapping spectacles are well worth seeing. Most of the major venues stage several concerts a night, usually with a dinner option, or you can just opt for the show with a complimentary drink.



# Barcelona by Night - Tapas Tour

There are a few different food tour companies operating in Barcelona, but for quality of experience and customer service we suggest Devour Tours.

Their Tapas, Taverns & History tour is an atmospheric exploration of Barcelona's layered past and culinary scene combined. After enjoying an *aperitif* and cured meats and cheeses at a tavern that opened in 1927, you'll take a short history tour (50 mins), before making a casual tapas stop and then enjoy a more formal sit-down tapas experience.

By the end you'll have sampled some of the city's most iconic dishes and got familiar with the Gothic District.

The tour departs Mon to Sat and lasts 4 hours, and costs €109 per person.

**To book:** <https://devourtours.com/tours/barcelona-tapas-taverns-history-tour/>



# Barcelona by Night - Live Music at Casa Batllo

— — —  
Another chance to visit one of Gaudi's mind-boggling mansions at nighttime. Your evening begins at 20:00 with an audio-guided tour of the building and then continues at 21:00 with a live concert on the rooftop.

The bands change every night, but typically you'll be listening to some soft refrains of pop-influenced jazz, blues or flamenco as you enjoy the cool Barcelona evening air. The tickets start at 69€ per person, and include a free glass of sparkling Cava.

## To book:

<https://www.casabatllo.es/en/online-tickets/visit-magic-nights/>



# Barcelona by Night - Nightlife tour

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The perfect choice for anyone with only one night to experience everything the local nightlife has to offer, this decadent tour takes you to some of the Barcelona's most iconic hangouts, whilst introducing you to a bunch of other like-minded party people.

Starting off with a welcome drink and mingling in **Belushi's Bar**, you are soon whisked off to **Slow Cocktail Bar**, where you'll enjoy magnificent mixed drinks and live music as the evening begins to heat up. Next you drop by a suave pre-club lounge for a final bevy, before being ushered into the folds of the world-famous **Opium nightclub**, in VIP style. Here you can party until dawn with the city's glitterati, either on the dancefloor or on their beach terrace overlooking the Mediterranean.

