



BARCELONA

VEGAN GUIDE



BY CAITLIN GALER-UNTI

COPYRIGHT © 2017 BY CAITLIN GALER-UNTI

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

ISBN 978-0-9986555-3-6

THE VEGAN WORD

Suite 74, 272 Kensington High Street
London W8 6ND
United Kingdom

theveganword.com/guidebooks

ORDERING INFORMATION

Special discounts available for quantity purchases by corporations, charities, wholesalers, bookstores, educational institutions, others. For information please contact the publisher at the address above or by email: sales@theveganword.com.

IMAGES BY [Unsplash.com](https://www.unsplash.com), Caitlin Galer-Uni

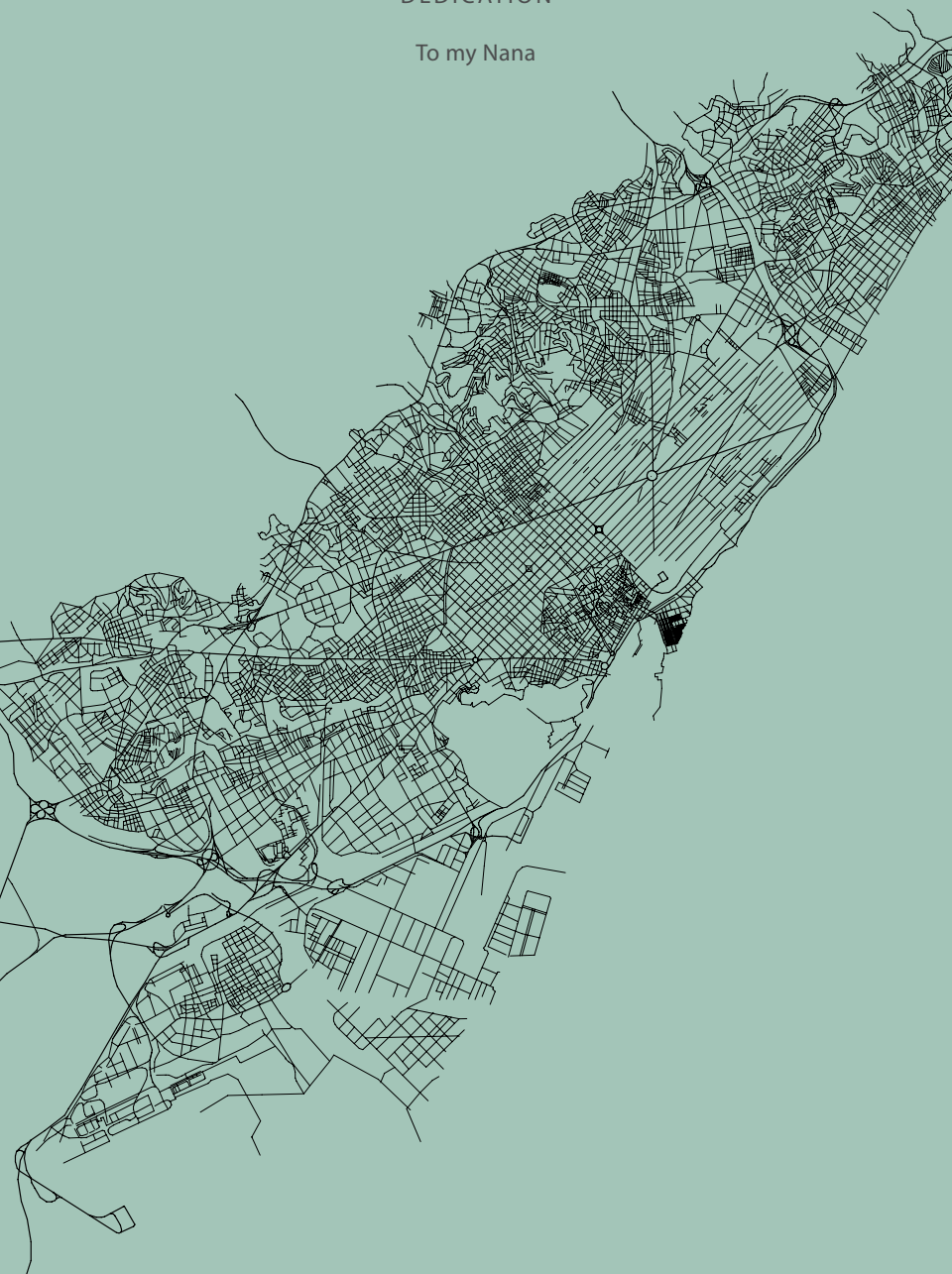
DESIGN [Robyn Anne Schaffner, behance.net/robyschaffner](https://behance.net/robyschaffner)

Although the author and publisher have tried to provide as up-to-date information as possible, they are not responsible for any injury, inconvenience, theft, loss, delays or spilled vegetable paella.



DEDICATION

To my Nana



📍 Table of Contents

Introduction	06
Who's This Book For?	08
Before You Go	09
Packing List	10
A Free Gift	13
Fashion in Barcelona	12
Free Gift: Exclusive Discounts	13
CHAPTER 1: GETTING THE LAY OF THE LAND	14
Getting In	18
Getting Around	20
How to Download a Map for Free	24
Money	26
Safety	28
Calendar	30
Eating With the Seasons	33
Customs & Language	35
Where to Stay	37
Budget-Friendly	37
Mid-Range	38
Luxury	40
CHAPTER 2: THE BEST RESTAURANTS IN BARCELONA	42
Top 10 Vegan & Vegan-Friendly Restaurants	43
The Best Restaurants For...	59
Brunch/Breakfast	59
Gluten-Free	64
Raw	67
In a Pinch	70
CHAPTER 3: VEGAN EATS WHILE SIGHTSEEING	72
Sagrada Familia	73
Gothic Quarter	76
Barcelona Cathedral	79
Block of Discord and Casa Batllo	80
La Pedrera/Casa Mila	84
Palau de la Musica Catalana	87

Born	89
Basilica of Santa Maria del Mar	92
Picasso Museum	94
Parc de la Ciutadella	95
Camp Nou	97
Park Guell	98
Barceloneta Beach	99
Poblenou Beach	101
Palau Guell	102
Raval	104
Museu Nacional d'Art de Catalunya (MNAC)	105
Full Listing of all Vegetarian & Vegan Restaurants	106
Inexpensive Ways to Dine	109
Drinks	115
How to Pack Your Own Lunch or Picnic	123
Treats	130

CHAPTER 4: VEGAN ACTIVITIES 136

Shopping	137
Staying Healthy	139
Entertainment	141
Flamenco	142
Art	142
Cinema	142
Theatre	143
Concerts and Music Festivals	143
Day Trips	144
Sitges	144
Montserrat	145
Girona	147
Tarragona	148

CHAPTER 5: FIND VEGAN FOOD ANYWHERE 149

Where to Buy Food	150
Where to Buy Special Vegan Products	152
How to Order a Vegan Meal in Any Restaurant	155
Wrap Up	165
After Your Trip	167
Your Free Gift: Exclusive Discounts for Vegan Businesses in Barcelona	168
Thank You	170
Additional Resources	171

Introduction

Intricately carved Gothic facades juxtapose against sandy beaches, Mediterranean waters and perpetually azure skies in the bustling city of Barcelona.

As the capital of the semi-independent region of Catalunya, Spain, Barcelona welcomes millions of visitors every year who revel in the sun, surf, and laidback attitude of this old European city. The city's fame and popularity have risen so much in recent years that the number of annual tourists (more than 8 million) now exceeds the population of the city (1.6 million).

Barcelona's history stretches back 7,000 years. Remains dating from 5000 B.C. have been found under the El Raval neighbourhood. During the 1st century, Barcelona (or Barcino, as it was then known) was settled by Romans, who made it the capital of the region. Later, it was briefly ruled by Moorish forces, who were expelled in 801 by Louis the Pious, son of Charlemagne, after which it became part of the Crown of Aragon and later the Spanish crown. In the 20th century, the city played an important role in the opposition of dictator Francisco Franco. After Franco won the Spanish Civil War, Catalan Barcelona was punished and the use of the Catalan language restricted.

In recent times, Barcelona hosted the 1992 Olympics, leading to a period of building, regeneration and controversial gentrification. This in turn led to an enormous (and also at times contentious) boom in tourism. You can explore the story of Barcelona at Museu d'Història Barcelona (museuhistoria.bcn.cat/en), which tells the history of the city (€7 entry, free after 3pm on Sundays, closed Mondays).

The history of vegetarianism and veganism in Barcelona is inextricably linked with Barcelona's place in the Spanish Civil War. Prior to the Civil War, vegetarianism was often linked with the anarchist and feminist movements, and was a growing trend. However, after Franco won the Civil War, he brutally repressed anyone deemed "different" from the norm.



This meant, in practice, that only a handful of people continued to practice vegetarianism and few vegetarian and vegan options were available in restaurants. After Franco's death in 1975, society became more open; still, in 1994 an article in *Vegetarian Times* magazine estimated the number of vegetarians and vegans in Spain numbered in the hundreds. Now, that number is in the millions. In fact, Catalunya became the first region in Spain to ban bullfighting in 2010 (although this has recently been challenged in Spain's constitutional court).

While Spain remains a jamon (ham)-heavy country, with pig pieces seemingly scattered over most dishes, it's increasingly easy to be vegan in Barcelona. In 2016, the city declared itself #VegFriendly, promising to promote Meat-Free Mondays as well as support vegetarian and vegan groups. In recent years, a great many vegetarian and vegan restaurants and shops have sprung up across the capital city. Vegans are spoilt for choice. In Barcelona, you'll find a vegetarian and vegan pizzeria, vegan bakeries, multiple vegan supermarkets and a vegan shoe store.

Feast on vegetable paella at a sangria bar next to the beach, the best vegan chocolate croissants this side of Paris and vibrant fresh juices prepared to order. Indulge in salads and sandwiches bursting with the freshest, ripest vegetables, all naturally grown under the Spanish sun. Delight in the markets overflowing with row after row of bright red tomatoes, perfect pink strawberries and fragrant, heady basil – all grown in Spain and available at bargain prices.

Barcelona's vivid, colourful nature extends far beyond the beautiful mosaic tiles that adorn its buildings and streets; the bounty of nature is abundant here, from the juice bars to vegan cafes to the farmer's markets that grace each neighbourhood.

Ready to go? Vamos!

Who's This Book For?



This book is for anyone who's heading to Spain and wants to take advantage of the beautiful, healthy and fresh plant-based food that is readily available in Barcelona. If you've ever been frustrated or worried about finding decent food on the road, this guidebook will assuage your fears. Whether you're vegan, vegetarian or a healthy eater, don't worry, you can find a huge variety of delicious food in Barcelona, and this book will show you how. We'll be focusing on finding vegan food, but you can easily adapt the advice to other dietary needs (e.g. vegetarian, gluten-free, etc.).

This book is also a great resource for expats who are moving to Barcelona for work, school or love.

Before You Go



Before you head off to Barcelona, what should you do?

TRAVEL CHECKLIST

Order vegan meal on the plane (use the international airline code VGML) when you book your ticket.

Check with airline 48 hours before and at airport check-in that your vegan meal is confirmed.

If your hotel serves breakfast, inform them that you're vegan and ask if they can provide some vegan basics, like non-dairy milk, fruit or vegan cereal (Do this two weeks or more before your trip).

Read this book and mark any restaurants or places you really want to visit. Plus circle or highlight the restaurants nearest your hotel (especially important if your hotel doesn't serve breakfast; you'll want to know where you can grab food in the morning!).

Pack your bag with some extra vegan goodies and snacks and vegan-friendly toiletries. See below for a packing list!

Packing List

When I was thirteen I wrote a diary entry titled “Generic Packing List.” Not exactly the most exciting diary I wrote in my teenage years, but it’s proven to be incredibly useful. All these years later, I use the exact same list from my old diary. Here’s my packing list, with a few vegan twists:

Underwear
Socks or tights
Pants (trousers) and/or skirts, dresses – lightweight if visiting during summer
Tops – short or long-sleeved, depending on whether you’re visiting in summer or winter
Layers, such as sweaters, if you’re visiting in spring or fall
Coat, gloves, hat, scarf (if going in the winter months, or if you’re planning to visit the mountains outside the city)
Swimsuit/trunks
Shoes – one pair comfortable for walking, one dress pair
Toothpaste (you can buy mini/carry-on sized tubes of Jason vegan toothpaste online or at health food shops)
Shampoo (buy small, airline-sized reusable bottles if you’re taking carry-on, or get solid vegan shampoo and soaps from Lush)
Conditioner
Floss
Toothbrush
Face soap
Body wash
Hair styling products
Phone
Phone charger
Laptop and charger (if needed)
E-reader/books/magazine
Snacks (for your carry-on bag): fruit and nut bars, nuts, dried fruit, easy-to-transport fruit and vegetables like apples, carrot sticks, grapes



A QUICK NOTE ON ELECTRONICS

Most laptops, tablets, e-readers and phones have no problem charging abroad and have built-in voltage converters. You'll just need a plug adapter for the country (you can pick these up at electronics stores or at the airport). However, kitchen appliances, hair dryers, curling irons and straighteners usually do NOT work abroad and may blow a fuse. Leave them at home!

If you want to blend in, go for a modest and casual look. Jeans, shorts, nice tops and skirts, paired with sandals and in muted colours (and without slogans on the shirts), tend to be favoured. However, Barcelona is a diverse and international city so there are no rules, and you'll see a wide variety of styles.

For shopping, go to Gracia or El Born for eco-friendly and bohemian shops, or El Raval for edgier clothes, punk shops and second-hand clothing stores. Passeig de Gracia in Eixample is host to a range of high-end, designer and luxury stores.

In the summer, weather can be very hot, so wear light colours and lightweight fabrics. If you do go for jeans, opt for a lighter

FASHION IN BARCELONA

Like locals, fashion in Barcelona is much more laidback than in other large cities like New York and London. While locals love dressing up to go out to dinner or to clubs and bars at night, daytime dress is fairly casual. However, those wearing beachwear and flip-flops tend to signal: "Here is a tourist!".

denim fabric rather than the heavier fabric usually used for jeans in the US, Canada and UK. In the spring and fall, make sure to have a long-sleeved top with you as the temperature can drop significantly at night. And in the winter, don't make the mistake of thinking it never gets cold in Barcelona – while the sun will likely still be shining throughout your trip, it does get chilly, occasionally even dropping below freezing. So, make sure you bring a winter coat and scarf! Locals tend to bring out their winter clothes and coat around the end of October and pack them away in March.



A Free Gift



A FREE GIFT: EXCLUSIVE DISCOUNTS

As our thanks to you for purchasing this guidebook, get exclusive discounts and coupons for your trip to Barcelona. The discount booklet contains coupons and offers for vegan-friendly restaurants and businesses around the city, exclusive to readers of The Vegan Word guidebooks. To get your free coupon book, please go to theveganword.com/barcelona-gift/ and enter your email to receive the coupon booklet in your email inbox.

Upgrade your Barcelona trip... For just \$19, purchase the add-on Premium upgrade to this book and receive:

Bonus chapter: travelling to Barcelona with non-vegans; where to find vegan food in non-vegan joints and how to please everyone!

Downloadable Google map: exclusive Google map with all the vegan and veggie restaurants, shops, bakeries and more from the book, plus instructions on how to view it on your phone or tablet

Second extra bonus chapter: traditional vegan recipes from Barcelona to get you in the mood for your trip... or to cook at your holiday rental in Barcelona, using fresh, seasonal produce

Order the Premium upgrade here for \$19:
theveganword.com/vegan-barcelona-guide-upgrade

CHAPTER 1

Getting the Lay of the Land

14





TIME

Barcelona is on Central European Time, meaning its time is in line with Paris, Rome and Berlin, and one hour ahead of London. It's six hours ahead of New York and nine hours ahead of California.

Barcelona, capital of Catalunya, is on the northeast coast of Spain, approximate ninety miles from the French border. Catalunya (Cataluña in Spanish or Catalonia in English) is an autonomous community of Spain. There is a strong independence movement in the region as many of its citizens wish to break away from Spain. Consequently, you will see many Catalan flags throughout the city. Occupants fly the Catalan flag out their window or on their balcony to indicate their support for independence. *(Please note that throughout this book we have endeavoured to spell place names in the Catalan way, with English translations in parentheses where appropriate.)*

The city of Barcelona is bounded to the east by the Mediterranean sea and to the west by the Collserola mountains. The most ancient part of the city is Ciutat Vella, which contains the neighbourhoods of Barri Gotic (Gothic Quarter), El Raval, Barceloneta and El Born (also called Sant Pere, Santa Caterina i La Ribera). These are likely the areas you'll spend most of your time exploring.

The Barri Gotic (Gothic Quarter), the oldest part of the Barcelona, is located in the very centre of the city, stretching from the transport hub of Placa Catalunya to the

seafront, bounded to the west by Las Ramblas and the east by Via Laietana. Las Ramblas is a well-known pedestrian street. There you'll find a huge cache of street performers, vendors and souvenir shops. Watch out for pickpockets on the Ramblas, and in fact throughout the Barri Gotic and Via Laietana.

To the west of Las Ramblas and the Gothic Quarter is El Raval, traditionally a slightly rundown area populated by recent immigrants. However, the neighbourhood has been gentrified in recent years, and is now home to a vibrant street art scene, secondhand and alternative clothing shops and a number of juice bars and vegan cafes.

To the east of Via Laietana and the Gothic Quarter lies El Born, a trendy area that juts up against the Parc de la Ciutadella, Barcelona's most famed and beautiful city park. Full of trendy, boutique shops, El Born is a shopping lover's paradise.

Barceloneta, Barcelona's busiest beach neighbourhood, is south of El Born, on a peninsula of reclaimed land jutting out into the sea. Originally built to house the poor and local fishermen, Barceloneta is now heavily populated with expats, tourists and natives who want to live close to both the beach and the city and get the best of both worlds. During the height of summer, the sandy beach at Barceloneta is so crammed full of bodies soaking up the sun that you'll likely have to line your towel up next to someone else's. If you love a buzzing atmosphere, Barceloneta is the place for you. If you crave a calmer beach, take the train up the coast (or rent a bike and ride it up the coast – try Rent a Bike for options from €6; barcelonarentabike.com) to any of the surrounding beachfront towns. The whole coastline is teeming with people during the summer, but you'll still find a bit more quiet away from Barceloneta.

THE OTHER AREAS IN BARCELONA YOU MIGHT EXPLORE ARE:

Sant Antoni, a hipster heaven east of El Raval

Poble Sec, a tapas and bar-filled stretch of streets at the base of Montjuic (Barcelona's biggest hill overlooking the sea, where you'll also find Montjuic Castle, former Olympic sites and museums)

Eixample, a posh area with streets laid out in a grid pattern and beautiful, upscale buildings



Gracia, a bohemian and close-knit neighbourhood (formerly a village that was absorbed into the city a hundred years ago), full of eco-friendly shops and a wealth of vegan options (go here for the food and eco shopping alone)

You can easily orient yourself in Barcelona if you locate the direction of the sea, which lies to the east of the city. The main thoroughfares of the city are:

Via Laietana cuts through the heart of the city, separating the Gothic Quarter and El Born

Gran Via de les Corts Catalanes (sometimes called Gran Via) separates the old part of town (Ciutat Vella) with its narrow, medieval alleyways from the 'new' part of the city (Eixample), built in a grid system in 19th and 20th centuries

Avinguda Diagonal (often just called Diagonal): cuts diagonally, of course, across the entire city. Around Diagonal metro it marks the boundary between Eixample to the south and Gracia to the north.

In terms of major churches, you'll find Barcelona Cathedral, a gothic masterpiece, in the heart of the Gothic Quarter and Santa Maria del Mar, built in the 14th century, in El Born. La Sagrada Familia, Gaudi's masterpiece under construction since 1882 and one of Barcelona's most famous landmarks, is in Gracia. As you travel around the city, you might catch glimpses of La Sagrada Familia and use it to orient yourself, but the other two churches are mostly obscured by surrounding buildings.

Getting In

Most visitors to Barcelona arrive at the Barcelona El Prat airport, which is located around 7.5 miles (12 km) outside the city centre. It's easy to get into the city from El Prat; you can take the new metro line, a train, the airport shuttle bus or a taxi. The recently constructed L9 Sud metro connects the city to the airport.

However, to use the L9 Sud metro you must buy a special ticket. You cannot use a normal metro ticket. Instead you must purchase a "billete aeroport", which costs €4.50 for a single ticket. There are stops at both terminals 1 and 2; follow the signs. The L9 Sud does not pass through Barcelona's major transport hubs, so you'll likely need to change lines along your route. Therefore, taking the bus can be a better option in terms of time.

18

The airport shuttle bus is called the Aerobus and offers quick, direct service to Barcelona's major transport hubs. The bus is air-conditioned and has wifi onboard. Buses leave both terminals every 5 minutes or so and take 35 minutes to reach the city centre. The bus stops at Placa Catalunya, Placa Espanya, Placa Universitat and Gran Via-Urgell. Tickets are €5.90 for a single or €10.20 for a return. Trains to Sants Estacio or Passeig de Gracia leave every 30 minutes and run to Terminal 2. Tickets are €3.00 and journey time is approximately 20 minutes.

For those on a very tight budget, purchase a T10 metro card at the airport, take the train to Passeig de Gracia and then transfer the metro at Passieg de Gracia and carry on to your next station using the T10 card (this will bring down the cost of your journey from the airport to under €1.00).

Taxis can be found at the taxi rank outside either terminal and the journey will cost approximately €35. You must join the queue and wait your turn for the taxi; you can't just hail one. A member of airport staff will direct the queue and tell you which taxi to take. The minimum fare is €20, which means even if your hotel is near the airport you will be charged €20. Always make sure the



taxi meter is running when you enter the cab. Barcelona taxis are black and yellow. Do not get in an unmarked car.

Most visitors arriving by train will arrive at Sants station, the terminus for most long-distance and high-speed trains. Some trains arrive at Placa Catalunya, Placa Espanya, Passeig de Gracia or Estacio de Franca. From here you can get the metro or a taxi to your final destination. Sants is a major transport hub and well-connected. You can consult the Tourist Information desk in the centre of Sants station (behind the 'Venta Anticipada Larga Distancia' ticket booths) if you have any questions. From Sants, you can get the metro lines L3 or L5 or any number of city buses. There's also a car hire booth, Europcar, and a taxi rank where you can pick up a taxi.

More and more tourists are visiting Barcelona by cruise ship; Barcelona's cruise port is now the fourth largest in the world. After disembarking at the cruise port, you can take the T3 Portbus, a shuttle bus, to the bottom of Las Ramblas. The nearest metro is Drassanes, at the base of the Ramblas. You can also walk from the cruise port to Ciutat Vella, but expect a bit of a hike. It will take you around half an hour to get from terminal A, B, C or D to the edge of the Gothic Quarter and an hour to get to Placa Catalunya. Bear in mind there's little shelter from the sun along the walking route from the terminal to the Gothic Quarter. You can also get a taxi from the cruise port to your final destination.

Getting Around



It's easy to find your way around Barcelona. The main parts of the city that most visitors want to explore, in particular Ciutat Vella, are close together and walkable. It's pleasant walking around the city, exploring the gothic alleyways and enjoying the sunshine. Some of the smaller alleyways and streets don't have traffic lights, so look both ways and take care when crossing the street. Larger intersections tend to have traffic lights, including lights for pedestrians.

You can find maps of the city (including metro stops) at most major hotels, the airport, some large train stations and tourist information centres (which are located at Placa Catalunya, on the Ramblas near Liceu station and in the Gothic Quarter at Placa Sant Jaume). Once you get a city map, I recommend you mark some vegetarian and vegan restaurants on it in pen or pencil, so that you can always see what restaurants are nearby if you get peckish.

You can also download a map to your phone prior to visiting Barcelona. To find out how to download a map that you can use offline (even if your phone can't connect to 4G/3G while abroad), see the next section. Note that throughout the book, we've given approximate distances and walking times; to calculate the approximate walking times we've used Google maps, but actual time may vary depending on your walking speed.

If you do not want to or cannot walk, have limited mobility or are going a long distance, the city has plenty of options. The metro is convenient, inexpensive and quick. Ninety percent of the metro stations have wheelchair access (list of the 15 stations that aren't yet wheelchair adapte: <http://bit.ly/2yjoDQJ>). The trains are air-conditioned (although stations are not), providing a welcome respite from the heat during the summer. You can find metro maps at all metro stations. Single tickets are €2.15 but the most cost-effective option is to buy a T-10 ticket. These cost €9.95 and entitle you to 10 journeys. The T-10 cards can be shared between people so if you and a travel companion are only going to take 5 journeys, you can share one card between you. You can also buy an "Hola!BCN" card, which entitles you to 5 days of unlimited journeys for €30.50 (€6.10 per day), but this is only cost effective if you plan to take more than 6 journeys per day. Otherwise, a T-10 is cheaper. The metro runs from 5am to midnight Monday to Thursday, Sunday and public holidays, 5am to 2am Friday and all night on Saturdays and certain festivals, including New Year's Eve and Gracia Festival.

Buses in Barcelona are plentiful, but do not run as frequently as the metro; you can wait up to 45 minutes for certain buses (especially when they are running behind, which happens a lot during busy times of day and festivals). The bus system can also be confusing to those not acquainted with the city. You can use your T-10 card on the bus as well as metro.

Taxis in Barcelona are black and yellow, and you can hail them in the street or go to a taxi rank. You can also use an app such as MyTaxi, which runs frequent promotions. All taxis have lights on top of them; a green light means the cab is vacant and you can hail it, while a yellow light means the cab is already taken by a customer. All official taxis have meters and these should be turned on when you get in the car. At taxi ranks, you're expected to wait in line and always take the taxi at the front of the line. If you're using an app, you can call a taxi to

your location using the GPS feature on your phone. Generally speaking, taxis are reliable and won't over-charge you as they have taxi meters. However, some unscrupulous taxi drivers may take a longer route to charge you more. Barcelona even has its share of eco taxis, which you can specifically request on the MyTaxi app. Or, you can call Eco Taxi Barcelona on 932 783 000 and request a cab. Their taxis are hybrid cars and they offer free wifi. Calculate the approximate cost of a journey at <http://bit.ly/2gemSOy> (only available in Catalan), although bear in mind prices will depend on traffic conditions.

If you're going outside Barcelona, you might take a train or long-distance bus. Most leave from Sants Estacio, Passieg de Gracia, Placa Catalunya or Estacio de Franca.

Barcelona has a public hire bicycle service, but it is only open to residents (you need to present a residence card in order to obtain a bicycle card). Tourists can rent a bicycle from any of the number of bike rental shops around the city. There are a growing number of bicycle lanes, but if you're not comfortable riding in traffic you might wish to avoid riding the bike around the city as traffic can be heavy. You can easily rent a bike and ride it along the beach or up the coast, for a mostly traffic-free experience (apart from the occasional stretch of coastline not serviced by beachfront walkways). It's a beautiful and peaceful journey, and if you get tired, you can stop off for a drink at a chiringuito, or beachfront bar, along the coast, or for a spot of sunbathing. There are also places near Barceloneta beach that rent out rollerblades, if you want to zip along the beachfront using another mode of transport. If you want to explore the city by Segway, Barcelona Segway Tour, near Parc de la Ciutadella, offers tours of the city by Segway.

If you're considering renting a car, you can find rental companies at the airport or major train stations. In Spain, residents drive on the right. You'll find that like most countries in Europe, the majority of cars have manual transmissions. Those that can only drive an automatic will end up paying a premium for an automatic. Bear in mind that streets in Barcelona can be very narrow, many are one-way and of course streets signs are in Catalan. Parking can be difficult to find and expensive in the city centre.

Spain has one of the highest rates of traffic accidents in Europe; however, Barcelona doesn't tend to have that many collisions.



Still, you should drive carefully and be particularly cautious of motorbikes (motos), which often weave their way in and out of traffic to save time. This can be dangerous and scary for drivers unaccustomed (especially as the motos often seem to appear out of nowhere!) and there are often collisions between cars and motos.

Driving can be tricky for those not accustomed to local traffic laws; therefore, you'll likely be better off using public transport which is efficient, inexpensive and fast – not to mention more eco-friendly!

How to Download a Map for Free

In an era of smartphones, it can be difficult to navigate a city without the use of GPS. For some of us, paper maps just don't seem to cut it anymore. If you're one of us who is unable to traverse a town without following GPS, here's how you can download a map before your trip if you're headed somewhere you won't have internet access.

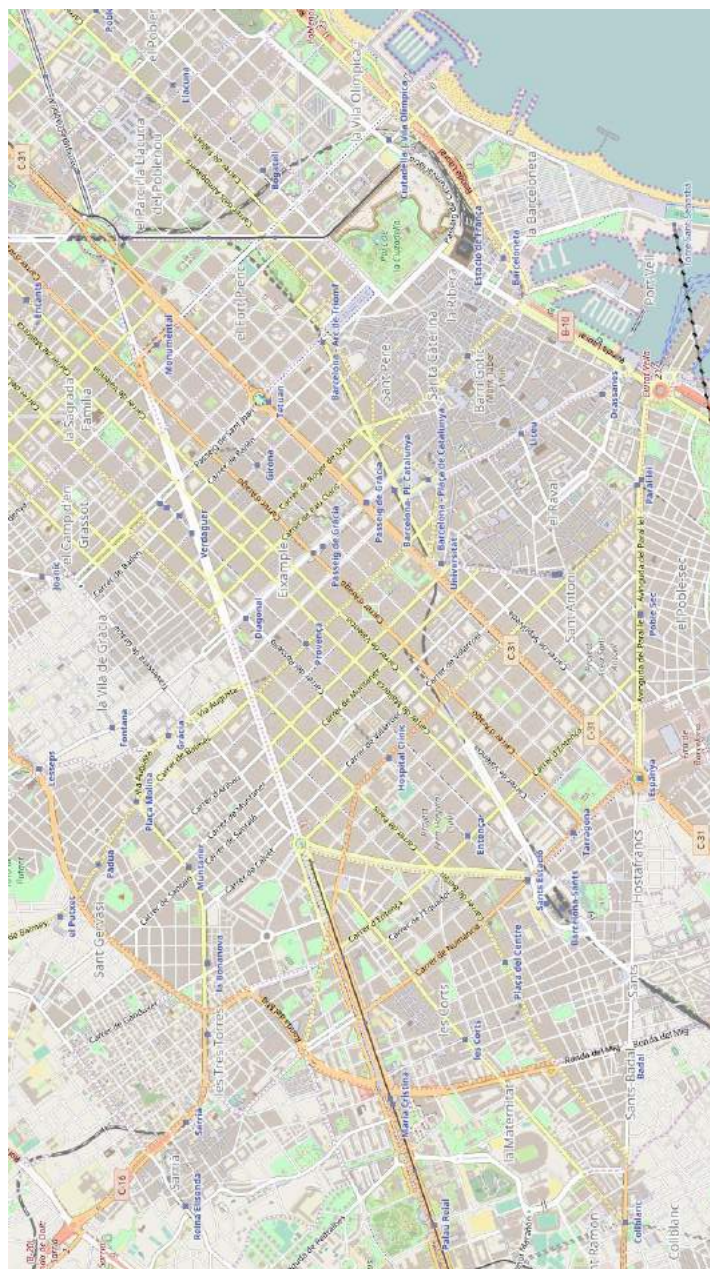
Exorbitant fees are often collected when using the internet abroad and it can quickly become unaffordable to use the internet on your phone (apart from wifi, for which your phone carrier won't charge). If you're not sure what your carrier charges for internet abroad, check their 'roaming fees' before your trip. Make sure you turn off roaming if you want to avoid fees; here are instructions on how to do so: ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/using-your-mobile-abroad.

However, you can easily download a map to your phone to use even when you're not connected to the internet. And the great thing is that GPS will still work even if you have your roaming turned off! So, you'll still be able to use a map on your phone without incurring huge fees.

Here's how to [download a map to your Android](#): bit.ly/2o4IOMs.

Here's how to [download to an iPhone or iPad](#): bit.ly/2ofYX2M.

Note: If you are traveling to Barcelona with a phone contract from another EU country, you don't have to worry about roaming fees. As of June 2017, roaming fees were abolished within the EU.



Money



The currency in Barcelona is the Euro. You can look up the current exchange rate at xe.com or simply by Googling “USD to EUR” (US dollars to Euros), “GBP to EUR” (Great British pounds to Euros) or your currency to “EUR.”

You may be able to exchange money at a bank before leaving your home country. It can be very useful to have some cash with you upon arrival to pay bus or taxi fares from the train

station or airport. However, it's advisable not to carry much money on you in Barcelona due to the pickpocketing problem. So limit the amount of Euros you bring to Barcelona.

The Barcelona airport has a currency exchange counter, so you can exchange your currency for Euros upon arrival (unless you have a very early or late flight, in which case the currency exchange may be closed).

Other options are to bring traveller's cheques or to take money out at cash points (ATMs). Traveller's cheques can be a secure option since you need to sign for them and you can easily cancel them if they're stolen. Bear in mind you can only exchange them at banks, so you'll be limited to banks' opening hours, which are generally Monday to Friday 8:00 or 8:30am to 1:30 to 2:00pm. A few banks are open Saturday mornings but not all. If you opt to withdraw money from cash points (ATMs), check with your bank beforehand about any terms and inform them you'll be in Spain as some banks may block your card if they see a foreign transaction in order to protect against fraud. Cash points are plentiful throughout the city. Your bank will likely charge you to withdraw Euros, but this method is still most likely to be at a similar or better rate than using an exchange service. It's best to check fee schedules with your bank before you leave. Some banks offer a fixed fee for each withdrawal while others charge a percentage. If your bank charges a set amount every time you visit a cash point, you'd be better off withdrawing larger amounts less frequently (just make sure you're not carrying around too much money and you're carrying it securely, in case of the aforementioned pickpockets).

Most large hotels, restaurants and supermarkets accept credit cards. Visa and Mastercard are the most commonly accepted cards. Some smaller establishments may not accept cards and American Express is less likely to be accepted. If you're planning on using your credit card in Barcelona, be sure to inform your card provider before you travel, or else they may block your card when they see foreign transactions (to prevent fraud). If you're using an American card, some smaller places may be unable to accept your card as most European cards use chip and PIN while US cards are based on a signature rather than PIN (with some older cards not having a chip). However, large establishments frequented by tourists should be able to take your card.

Safety

Whilst Barcelona is thankfully free from most violent crime, there is an enormous pickpocketing problem, with many calling it the “pickpocket capital of Europe.” Keep an eye and a hand on your wallet and your phone, and you’ll be fine. Never store any valuables in a back pocket or backpack, and don’t place handbags or backpacks on the ground while eating. Keep them on your lap or at the very least, loop the strap over your arm or leg. Take care especially in the areas most frequented by tourists: Las Ramblas, Barri Gotic, El Born and Barceloneta.



Beachgoers should never leave their bags or valuables unattended while swimming. When on the beach, avoid purchasing mixed drinks from the men who roam the beaches offering beer and cocktails. You should never purchase an open drink from an unregulated source. If you purchase from them, only buy sealed drinks in cans or bottles and make sure the seal is unbroken. There are plenty of bars on the beachfront, along with small shops selling canned and bottled drinks, and you can buy beverages there.

Barcelona is generally a safe city, but you should still follow basic safety precautions. You can explore by foot during the day, but avoid walking by yourself at night. In particular, keep away from the winding, narrow and often deserted alleyways of the older parts of the city at night. On Fridays the metro runs until 2am and on Saturdays it offers 24-hour service. Other nights of the week, there are night buses available, but these do not run as frequently as during the day and some lines are closed. If you are out late at night, you can get a regulated taxi home (or download the smartphone app MyTaxi to call a yellow cab anywhere). If you're drunk, get a taxi home. Pickpockets and phone snatchers tend to target vulnerable and drunk tourists.

El Raval has a reputation as a seedy area, but the neighbourhood has rapidly gentrified in recent years and is safe to explore during the day. At night, you'll likely be fine, but it's always a good idea to take care, especially as the area still has reports of drug dealing.

If you do run into any problems, your embassy can help. It's always good to note the address and details of your embassy.

US EMBASSY IN BARCELONA
(CONSULADO GENERAL DE EE.UU)
Passeig de la Reina Elisada de Montcada, 23
Phone: +34 932 80 22 27
Website: barcelona.usconsulate.gov/

UK EMBASSY IN BARCELONA
(EL CONSULADO BRITANICO)
Avinguda Diagonal, 477
Phone: +34 933 66 62 00
Website: gov.uk/government/world/organisations/british-consulate-general-barcelona

Calendar

Barcelona is a coastal Mediterranean city and, therefore, has hot, dry summers and cool, wet winters during which the temperature rarely drops below freezing. During spring, temperatures begin to rise but nights are still cold. Early summer brings longer and warmer days although the ocean is not quite warm enough for swimming and at night the temperature can still drop. Midsummer is hot, with average temperatures of 28 C/83 F. Autumn brings cooler temperatures, although in September and even part of October, the sea is still warm enough for swimming. The end of autumn usually has a few rainy days as it starts to get colder and locals bring out their winter coats.

December – February: Winter

March – April: Spring

May – June: Early summer

July – August: Midsummer

September – November: Autumn

FESTIVALS AND BANK HOLIDAYS (MANY SHOPS ARE CLOSED):

January 1st: New Year's Day

January 6th: Epiphany (Three Kings Day)

Good Friday, Easter Monday, Whit Monday (50 days after Easter)

June 23rd-24th: Sant Joan's festival

August 15th: Assumption Day

August: Gracia Festival

September 11th: National Day of Catalunya

End of September: La Merce Festival

October 12th: Columbus Day

November 1st: All Saints Day

December 6th: Constitution Day

December 8th: Immaculate Conception Day

December 25th: Christmas Day

December 26th: Boxing Day / St. Stephen's Day

Most businesses close for all or part of August, a month in which many Barcelona natives take a family vacation. Many businesses also close for all or part of the Christmas period, which in Barcelona stretches from Christmas to the Epiphany. It is popular for businesses to close for the days around the Epiphany because families gather to celebrate during this holiday period.

WHAT CAN YOU EXPECT AT SOME OF BARCELONA'S FESTIVALS?

Epiphany: In Spain, the Epiphany or “Three Kings’ Day” as it is nicknamed by the locals, surpasses Christmas as the most important holiday for families and children. Many children receive their main Christmas presents on Three Kings’ Day (rather than Christmas Day). People all over the country travel to return home to their families, making it one of the busiest periods for travel within the country. Businesses close and families come together to celebrate. The day before the Epiphany, Barcelona holds a Three Kings’ parade, which is beloved by kids.

Sant Joan Festival: The festival of Sant Joan (St John), sometimes known locally as *Nit de Foc* (Night of Fire) is one of Barcelona’s craziest parties. It’s held on the 23rd of June, the Summer Solstice, the shortest night of the year. In the days leading up to the festival, you’ll see fireworks shops popping up all over the city. The night of the festival, you can’t miss it – locals (young and old alike) set off fireworks in the street. The most intense (and dangerous) part of the celebrations occurs at the beach, where lots of fireworks are set off, fires are lit and the all-night revelry takes place. Unfortunately, the combination of alcohol and fireworks is not always a happy one, and rumour has it this is the busiest night of the year for emergency wards in hospitals. The traditional food of Sant Joan is coca (coque) bread which has a distinct anise flavour, is either savoury or sweet and can come with a variety of toppings such as fruit or nuts. In the past, Patisserie Besneta, a vegan bakery in Gracia, has created vegan coca.

Gracia Festival: Throughout the summer, every neighborhood in Barcelona has its own festival, but the biggest of all is the Festa Major de Gracia. A former village that was absorbed into the city, Gracia retains a strong community spirit. The festival takes

place over the course of a week, and each street decorates for the festival, with a competition over which street can create the best decoration. People who are residents of each street make the decorations which are usually constructed with donated and recycled goods, like reused cans and bottles. It's unbelievable what Gracia locals can create out of seemingly nothing. You might see fantastic creations like life-size giraffes made out of recycled bottles or giant 25-foot papier mache Eiffel Towers. In addition to the decoration competition, each street hosts a variety of low-cost or free activities such as dance classes, crafts classes for children and outdoor gigs. Every night there's live music and drinking and dancing in the streets. You can buy drinks from bars set up on the streets or bring your own.

National Day of Catalunya: As you can imagine, this holiday is a big day for those who favour independence. Expect to see people with the Catalan flag painted across their face, people wrapped in the Catalan flag, a huge parade and a great deal of Catalan pride.

La Merce Festival: The biggest of Barcelona's street festivals, La Merce draws the festivals of the summer (which are primarily neighbourhood festivals) to a close with a huge, city-wide festival. La Merce runs over the course of several days, but only one of these is a public holiday. There is, of course, plenty of partying, drinking and dancing in the streets, plus huge outdoor concerts and fireworks (the official fireworks show takes place at Placa Espanya). There are also traditional Catalan celebrations including *gigantes* (Giants Parade), in which giant effigies of saints and kings are paraded around the streets to drumbeats, *castellers* (towers), or human towers (quite a sight to behold), and the *correfocs*, or fire runs.

Correfocs are feats of daring (and a good dose of reckless behaviour), in which individuals dressed as devils set off fireworks into the crowd. The biggest fire run takes place on the evening of the last day of the festival. It starts and ends in the Gothic Quarter, with the fire run going down Via Laietana. It's advisable to wear long, fire-retardant clothing and even protective eyewear, and to try not to get too close to the fireworks. You might also want earplugs as it can be noisy (over 80,000 fireworks are set off!). This is not a good time of year to rent a car, as many streets in the city are blocked off for fireworks and fire runs.

EATING WITH THE SEASONS

Food in Barcelona is much more seasonal in nature than in the US or UK, where supermarkets tend to sell everything year-round. Many locals in Barcelona still shop at local *mercados* (markets) or *fruterías* (small fruit and vegetable shops), which are often less expensive than supermarkets in Barcelona, and where fewer imported, out-of-season fruits and vegetables exist. You can find out-of-season fruits (particularly of the tropical variety), but these come with a hefty price tag. If you go to a market, you should be able to tell what's in season by price and based on the displays. The merchants tend to put out huge, heaping displays of whatever is in season.

A wonderful variety and quantity of fruits and vegetables are grown in Spain, many of which are exported to Europe, so you won't be lacking in choice. In particular keep an eye out for:

Autumn/winter: oranges (some of the best you've ever tasted), *caqui* (persimmons), mushrooms (more varieties than you can count!), quince, pomegranates, and nuts Beginning in November, roasted chestnuts are available at street stalls scattered round the city. Also look for cherimoya (sometimes known as custard apple). To eat cherimoya, you slice the fruit in half and scoop out the flesh with a spoon, avoiding the black seeds.





Spring: asparagus, strawberries, and *calcots*, a vegetable that is somewhere between a leek and a spring onion. Calcots are traditionally eaten at neighbourhood barbecues in March or April, served with romesco sauce and accompanied by plenty of wine. Join a neighbourhood gathering, if you can!

Summer: a colossal variety of fruits and vegetables, including cherries, prickly pear, tomatoes (cheap and plentiful, perfect for gazpacho), nectarines, peaches, plums, raspberries, watermelon, zucchini/courgette, beerrout, broccoli, cucumbers, eggplant/aubergine, haricots verts/green beans, *pimientos de padron* (a type of pepper usually lightly pan fried in some olive oil and served with salt to become a brilliant, naturally vegan *tapas* dish)

For a list of local markets in Barcelona see:
en.wikipedia.org/wiki/List_of_markets_in_Barcelona

Customs & Language

In Barcelona there are two official languages, Catalan and Spanish. While it would of course be appreciated if you speak some Catalan, you can get by with Spanish. In fact, you may be better off with Spanish when making requests in some restaurants and shops, as Barcelona is a city of immigrants, and many of these immigrants are from other parts of the Spanish-speaking world or know Spanish.

The work day usually begins around 8am and ends at 6 or 7pm, with a break for siesta around 2pm. Most small shops will close for siesta from 2 to 4:30pm or so.

Many restaurants, on the other hand, are open during siesta times for lunch (Spaniards eat a late lunch, around 2 or 3pm). However, most restaurants close between lunch and dinner from 4pm to 8pm or so. If you want an early dinner, you're out of luck! Catalans and Spaniards are notoriously late eaters and restaurant hours reflect this. Most people have their lunch between 2 and 4pm and dinner between 9 and 11pm.

Shops are usually open from around 10am – 2pm and 4:30pm – 8pm. Some bigger department stores stay open until 10pm.

Normal restaurant hours are approximately from 1pm – 4pm and 8pm – midnight. Bars tend to stay open until 2 or 3am and most clubs close around 3 or 4am or even later (and clubs don't get going until 1am).

Tippling in Barcelona is not obligatory. Waiters are paid minimum wage and do not rely on tips to make it up, but some people do tip. If you had very bad service or didn't enjoy the food, you don't need to tip, and most locals would not. Tipping is customary in restaurants for good service but tips tend to be much lower than in the U.S. Ten percent is the standard amount to tip. Sometimes tips are included in the restaurant bill, so check to see if there's a charge for servicio. In taxis, you



PHRASES IN SPANISH*

Where is the bathroom?

¿Dónde está el baño?

I'm vegetarian
(male/female)

Yo soy vegetariano/a

I'm vegan (male/female)

Yo soy vegano/a

I don't eat meat

Yo no como carne

Does that contain
cheese?

¿Contiene queso?

Does that contain gluten?

¿Contiene gluten?

Does that contain soy?

¿Contiene soja?

Is it raw? *¿Es crudo?*

Soymilk *Leche de soja*

Gluten-free *Sin gluten*

Without ham *Sin jamón*

Without lard *Sin Manteca*

Vegan *Vegano/a*
(*vegà* in Catalan)

can round up to the nearest euro (for a small fare), or give a few extra euros for a larger fare. If you're in a self-service restaurant, café or coffee shop, then it's standard not to tip. Bars tend to have table service, so sit down at a table and they'll come take your order (unlike in England, where you need to go to the counter to order a drink). However, this isn't always the case, so if no one seems to be coming to take your order, go ask!

You needn't buy your own table, even in a coffee shop, although it might be appreciated. After you've finished, you can simply leave, and someone will collect your coffee mugs or wine glasses.

**As mentioned before, there are many immigrants from other parts of Spain and Latin America living in Barcelona and working in many restaurants. So, for this reason, we've given you the translations in Spanish, rather than Catalan, as you're more likely to be understood by both locals and immigrants alike.*

KEY

- € – Under €50
- €€ – €50 - €125
- €€€ – €125 - 200
- €€€€ – €200 - 500
- €€€€€ – Over €500

Where to Stay

Budget-friendly

TwentyTu Hostel €

📍 Carrer Pamplona, 114, 08018

🌐 Website: twentytu.com

☎ +34 932 38 71 85

An award-winning, eco-friendly hostel, TwentyTu (dormitory from €18/night) offers a range of amenities, from air conditioning to a roof terrace and bicycle hire. There is a fully-equipped kitchen on-site, so you can make meals here. If you don't want to share and are traveling with a friend, you can opt for a twin room. This is best for those who don't mind being a short walk away from the centre of the city, as TwentyTu is in the Poblenou area.

Family rooms available (up to 5 twin beds in one room).

VegVisits €

📍 Locations throughout Barcelona

🌐 vegvisits.com

VegVisits is like Airbnb for vegetarians and vegans. Veggies can offer rooms in their flats (or entire flats), along with use of a shared bathroom and kitchen, and hosts may even list the kitchen equipment available, along with any restrictions and any extras (e.g. vegan breakfast included). Availability and facilities can vary, but at the time of publication there were two vegan rooms available, one in Born and one in Gracia and both available for €40/night (and one of which was dog friendly).



Hostal Grau €€

- 📍 Carrer Ramelleres, 27
- 🌐 hostalgrau.com/en
- ☎ Phone: +34 933 01 81 35

In addition to being environmentally friendly, Hostal Grau (rooms from €80) encourages their staff and guests to be healthy, eat locally and use eco forms of transport. Right in the heart of Barcelona, Hostel Grau is in Ciutat Vella near Placa Catalunya and close to all the major attractions.

Kid friendly. Baby cots and high chairs available. Rental stroller/buggy available.

Mid-range

Hotel Continental Barcelona €€

- 📍 La Rambla, 138, 08002
- 🌐 hotelcontinental.com/en
- ☎ +34 934 45 76 57

With rooms from €103, you can't get a better location at this price than Hotel Continental Barcelona (and its upscale sister hotel, Continental Palacete), which is located right on Las Ramblas, the main street in central Barcelona. The Hotel Continental offers a 24-hour free food & drinks buffet, where you can grab some fruit and juice or coffee at any time. The hotel is also dog friendly, and you can bring your dog for an extra €10 per night surcharge.

Dog-friendly

Casa Bella Gracia € € €

📍 Carrer de Sant Agusti, 4, 08012

🌐 casabellagracia.com/en

☎ +34 936 67 78 41

An eco-friendly and sustainable hotel in the bohemian Gracia area of the city, Casa Bella Gracia (rooms from €130) utilises grey water recycling, incorporates sustainable design materials and offers biodegradable toiletries and organic bedding. It also has a Mediterranean roof garden and solarium.

Family suites available (Double bed, 2 twin beds; not recommended for small children due to stairs)

Cosmo Apartments € € €

📍 Locations throughout city

🌐 cosmopolitagroup.com

☎ +34 933 39 37 86

With locations around the city, Cosmo Apartments (from €135) offer flats (up to 3 bedrooms), perfect if you're traveling with a larger group, or just want somewhere with kitchen facilities so you can prepare all the delicious vegetables from the markets.

Olivia Balmes Hotel € € €

📍 Carrer Balmes, 117, 08008

🌐 oliviabalmeshotel.com

☎ +34 932 14 41 63

Olivia Hotel (from €128) is a stylish 4-star hotel in the Eixample area, offering Wi-Fi, a pool, gym and terrace. Inform staff ahead of time that you're vegan and they can provide a vegan breakfast.





Luxury

Grand Hotel Central Barcelona €€€€€

📍 Via Laietana, 30, 08003

🌐 grandhotelcentral.com

☎ +34 932 95 79 00

A luxurious escape from the hustle and bustle of the city, the Grand Hotel Central (rooms from €220) is, of course, in the heart of Barcelona, but offers a quiet respite. The rooftop pool and Skybar offer one of the most spectacular views of the city. Thanks to its location in Born, the hotel also boasts spectacular views over the Gothic Quarter.

Mandarin Oriental €€€€€€

📍 Passeig de Gracia, 38-40, 08007

🌐 mandarinoriental.com/barcelona

☎ +34 931 51 88 88

Looking for luxury? Traveling with a dog and want the best of the best? The Mandarin Oriental (rooms from €575) is on Passeig de Gracia, Barcelona's luxury boutique-lined street, and is one of Barcelona's most well-known luxury hotels. People exclaim over the beautiful interiors and the rooftop pool and spa that provide fantastic views of Gaudi's Casa Batllo.

Dog- and child-friendly.



A note on Airbnb

While Airbnb is often a good option for travellers looking to live like a local and have access to cooking facilities, in Barcelona there is a great deal of controversy surrounding Airbnb. It's estimated that 40% of all holiday rentals in Barcelona are rented illegally (without the necessary hotel permits required by the city), so if you decide to use Airbnb, proceed with caution.

What does it mean for you, as an Airbnb customer? You're unlikely to get in trouble, but neighbours have been encouraged to file anonymous reports against those who they suspect of illegally renting, so the city council can crack down. Thus far, the councils have levied fines against Airbnb itself, rather than renters/Airbnb customers. There's quite a bit of negative sentiment toward Airbnb and illegal holiday rentals, as locals see this type of tenancy as the reason rents have increased by 33% in the last three years (the highest rent increase in all of Spain). The Barceloneta area by the beach is especially affected, and you might notice signs that say "tourists go home" (not exactly the most welcoming sentiment to be greeted with!). In Gracia, you'll see a more tempered expression of anger, with posters explaining to tourists who have unwittingly rented illegal rentals why this is bad for locals, and how they can find a better place to stay.

CHAPTER 2

The Best Restaurants in Barcelona





Top 10 Vegan & Vegan-Friendly Restaurants

You don't want to make a meal of a generic veggie burger. You want the cream (non-dairy) of the crop, the very best vegan dining Barcelona has to offer. Well, The Vegan Word is here to deliver.

We've created a unique scoring algorithm that combines rankings across a variety of review sites such as Yelp and Foursquare with vegan-friendliness ratings from Happycow and more. Think of it as a Vegan Yelp! ranking. A Velp index, if you will.

We think this is the most accurate way in the world to rank vegan and vegan-friendly restaurants. Velp does not skew towards the users of any particular ratings site.

But given our extensive experience eating out in Barcelona, we also added some special mentions – restaurants that we feel deserve attention. Plus, we've included our 'Must-Eats', the dishes that you *must* order at these restaurants. Because being told *where* to eat isn't enough; you can find that on Happycow anyway. But being told the *very best dishes* – *the must-eats* – at a given restaurant? So much better.

The top 10 highest-ranked vegan and vegan-friendly restaurants in Barcelona (not in any particular order):



Petit Brot

📍 Carrer del Dr Dou, 10, 08001

🌐 petitbrot.es

☎ +34 937 68 98 97

🕒 Hours: Monday & Wednesday – Saturday 11 am – 7 pm,
Sunday Noon – 5 pm, Tuesdays closed

Healthy raw vegan food, handmade with love. It's rare to see restaurant owners with more passion for their food and their cause than Laura and Ales. This isn't a chic juice bar trying to capitalise on a trend for healthy food. Laura and Ales walk the walk. Cold-pressed, made-to-order juices and smoothies, healthy raw dishes, homemade raw vegan cheeses, desserts and snacks. Plus, sprouts grown on site are used in the dishes.

Must-Know: All raw, so don't take a juice-phobe here (or do, if you want to introduce them to something new). Average price starter, main + drink: €13.95

🌿 **Must-Eat:** Ensalada del Sol (signature salad with varied-coloured seasonal vegetables, sprouts, avocado, sauerkraut, 'cheesy' seed mix with turmeric + house dressing made with living miso & extra virgin olive oil) or Raw Falafel Duo (sprouted chickpea based falafels & beetroot and sprouted sunflower seed falafels, accompanied by fresh greens, seasonal vegetables and sprouts, seasoned with a creamy tahini sauce)

🌱 100% vegan. GF. Dog-friendly. Child-friendly.

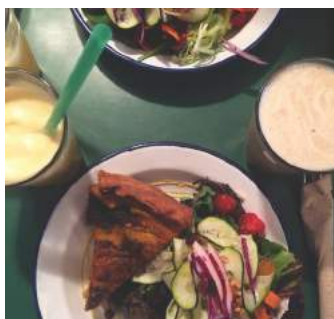
Quinoa Bar

- 📍 Travessera de Gracia, 203, 08012
- 🌐 facebook.com/quinoa.barvegetaria
- ☎ +34 931 12 93 26
- 🕒 Monday – Sunday 10am – 11pm, Tuesdays closed

Quinoa Bar uses only the freshest ingredients to elevate sandwiches, wraps and burgers to an art form. If you go at lunch, don't miss the *menu del dia* deals on a sandwich (or burger) plus juice (fresh-squeezed).

Must-Know: Small but perfectly appointed, the bar doesn't have many tables so you might have to wait at peak times.

- 🍴 Must-Eat: Burger or vegan sandwich with fresh juice.
- 🌱 100% vegetarian with vegan options. Limited selection of GF salads.





Teresa Carles

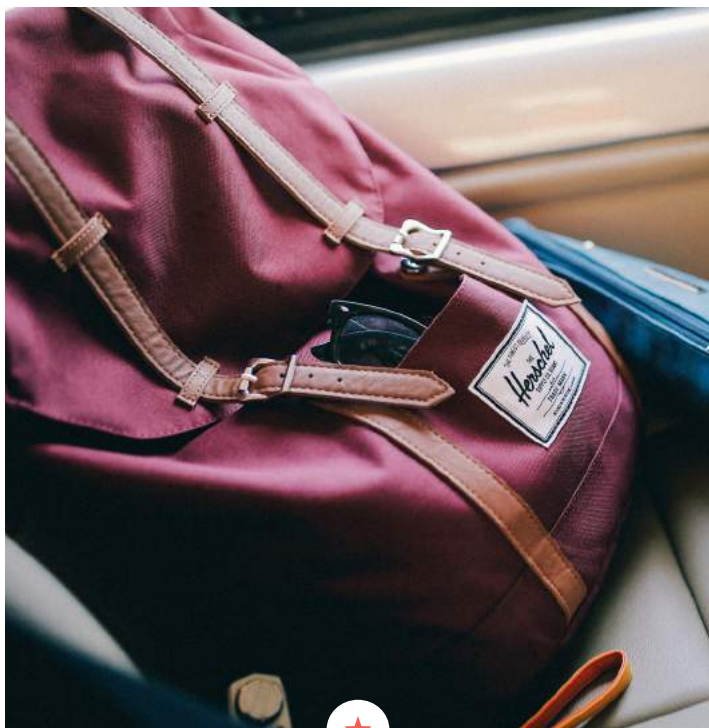
- 📍 Carrer de Jovellanos, 2, 08001
- 🌐 teresacarles.com/tc/eng
- ☎ +34 933 17 18 29
- 🕒 Monday – Sunday 9am – 11:30pm

The go-to vegetarian restaurant of choice for vegans looking for a 'special occasion' meal, whether that's a date, graduation meal or celebratory birthday dinner.

Must-Know: Popular, so best to book a table at peak times. Serves breakfast daily from 9am to noon.

- 🍴 **Must-Eat:** Teresa's kale salad, a strangely addictive salad (kale, avocado, mango, sprouts, nori seaweed and a signature chipotle lime dressing). Lasanyuki (homemade vegan wholegrain lasagne layered with spinach and pine nuts, mushrooms, masala chai cooked pumpkin, cashew cheese and sundried tomato sauce).
- 🌱 100% vegetarian with vegan options. GF. Raw options.

Your Free Gift



168



YOUR FREE GIFT: EXCLUSIVE DISCOUNTS

As a thank you for buying this book, get exclusive discounts and offers for vegan and vegan-friendly establishments in Barcelona!

Go to theveganword.com/barcelona-gift, enter your email and we'll send you a discount booklet. Save €20 or more – this book will more than pay for itself!

Upgrade your Barcelona trip... For just \$19, purchase the add-on Premium upgrade to this book and receive:

Bonus chapter: travelling to Barcelona with non-vegans; where to find vegan food in non-vegan joints and how to please everyone!

Downloadable Google map: exclusive Google map with all the vegan and veggie restaurants, shops, bakeries and more from the book, plus instructions on how to view it on your phone or tablet

Second extra bonus chapter: traditional vegan recipes from Barcelona to get you in the mood for your trip...or to cook at your holiday rental in Barcelona, using fresh, seasonal produce

Order the Premium upgrade here for \$19 – theveganword.com/vegan-barcelona-guide-upgrade

Get a paperback copy of *The Essential Vegan Travel Guide* with discount code “evtgfr” – veganword.samcart.com/products/the-essential-vegan-travel-guide

Or, buy the paperback here for just \$14.95/£11.95 – amzn.to/2lyqHLT

The Essential Vegan Travel Guide is a step-by-step vegan travel guide showing you how to research and locate vegan-friendly (or vegetarian, raw, or gluten-free) fare in any city. You'll discover how to find where a vegan can eat in any city, anywhere in the world.

Beyond the food, the book offers hints for connecting with local vegans, choosing a place to stay, packing, and traveling (and keeping the peace) with non-vegan companions.

Bonus! Get \$25 off your first Trip Planner Package. This premium service is perfect if you need help planning your vegan travel itinerary. Too time-crunched to figure out what to eat and when?

Tell us your destination and requirements (e.g. if you're gluten free) and we'll create the perfect itinerary for your trip. Order yours here with the discount code “evtgfr” to get \$25 off – theveganword.com/trip-planner.

Thank you!

Thank you so much for reading this! Please tell us about your favorite restaurant on your trip. Email us at hello@theveganword.com.

If you enjoyed this guidebook, please tell your vegetarian and vegan colleagues and friends about it. We'd also appreciate a review on Amazon. The more reviews a book has the more Amazon recommends it to people, meaning more people can enjoy Barcelona *sin jamon*.

Planning your next vacation? You might want to pick up a copy of our general guide to vegan travel. This book and other destination guidebooks can be found at: theveganword.com/guidebooks. You can also use this address to vote for the next guidebook destination.

ADDITIONAL RESOURCES

Traveling with a dog? Check out Sr Perro (in Spanish) for listings of dog friendly restaurants and activities: srperro.com. And look out for restaurants and cafes with the Sr Perro sticker in the window!

Meet other vegans and attend vegan events at the Barcelona Vegan Meetup: [meetup.com/barcelonavegans](https://www.meetup.com/barcelonavegans).

ACKNOWLEDGMENTS

I'd like to thank everyone who helped me with this book, for giving up their evenings and weekends and free time to help me. I'd especially like to thank my parents for reading many versions of the book and offering their edits, proofreading services and suggestions.

I want to thank Estela Bayarri for starting the Barcelona Vegan Meetup with me (which has now grown to over 1,000 vegans), through which I met many wonderful Barcelona vegans.

And lastly, I'd like to thank my dog, Benito, for accompanying me on my walks around his beautiful birthplace, Barcelona.



THE VEGAN WORD TRAVEL GUIDES

Check out the whole series of current and upcoming guidebooks:

theveganword.com/guidebooks

Get 20% off The Essential Vegan Travel Guide with the code "evtgfr". This step-by-step guide shows you how to plan a vegan-friendly trip, from start to finish.

COMING SOON

See which vegan guidebooks are coming soon and vote on the next destination: theveganword.com/guidebooks



THE VEGAN WORD ON BARCELONA

Feast on vegetable paella at a beach-front sangria bar, the best vegan chocolate croissants this side of Paris and vibrant fresh juices prepared to order. Experience intricately carved Gothic facades juxtaposed against sandy beaches, Mediterranean waters and perpetually azure skies in the bustling city of Barcelona. In this book, Caitlin Galer-Uni of The Vegan Word draws upon her experience of living in Barcelona to provide:

- Barcelona's top 10 vegetarian & vegan restaurants, and the best choices for gluten-free and raw eaters
- Where to find vegan paella, tapas, sweet treats, drinks and more
- The best eco- and vegan-friendly places to stay
- Tips for staying healthy during your trip, including yoga classes, bike rentals and healthy eateries
- Top attractions and nearby vegan food

Whether you're vegan, vegetarian or a healthy eater, this guidebook will show you how to make the most of your time (and stomach space) in Barcelona. Plus, download the exclusive discounts and coupons to save money on your trip (details inside). Ready to go? Vamos! Anem!



ABOUT THE AUTHOR

Caitlin Galer-Uni is a vegan travel writer who has been featured in the New York Times and Yahoo! Her books include *The Essential Vegan Travel Guide* and *The Vegan Word on Barcelona*. Caitlin speaks English, Spanish and Mandarin Chinese, and has lived in the US, the UK and Spain. She has travelled to 30 countries (and counting!) and writes about the vegan food she finds and makes around the world at her award-winning site, theveganword.com.

USA \$24.99 UK 14.99

[theveganword.com/
guidebooks](http://theveganword.com/guidebooks)



1 234567 890128 >

This was a SAMPLE excerpt from The Vegan Word Barcelona Vegan Guide.

Pick up your paperback for just \$15.99/£11.95 or ebook/Kindle for just \$3.99 here:

<http://bit.ly/barcelonavegan>

And get your upgrade package, including bonus chapters on travel with non-vegans to Barcelona, a downloadable map of over 100 vegan places and attractions in Barcelona and recipes inspired by and from Barcelona (to make in your Airbnb or holiday rental, or at home):

<https://theveganword.com/vegan-barcelona-guide-upgrade/>