

A person wearing a light-colored puffy winter coat, a wide-brimmed hat, and a dark backpack with a white pom-pom is seen from behind with their arms raised in a celebratory gesture. They are standing in front of the Sagrada Família in Barcelona, which is visible in the background under a warm, golden-hour sky. The image has a soft, warm color palette with orange and yellow tones.

Barcelona

ITINERARY

FREE BARCELONA ITINERARY

Barcelona ITINERARY

ARRIVAL:

DEPARTURE:

THE HEART OF BARCELONA

Arrival

Land at **Joseph Tarradellas Barcelona-El Prat Airport**, the second busiest airport in **Spain**. Other options include Girona and Reus, which are 120 km outside Barcelona.

Morning

Start your Barcelona trip at the iconic **Sagrada Familia**. This catholic church is one of architect Antoni Gaudi's masterpieces which is set to be completed in 2026.



Compare
Guided Tours

DAY 1

Sagrada Familia



Las Ramblas



Boqueria Market

Afternoon

Explore the infamous **Las Ramblas** street on foot. Visit its **Boqueria Market** to try local specialties and buy fresh produce.

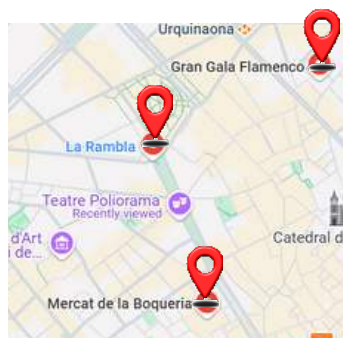


Ciutadella Park

BOOK TOURS >>

Evening

Retreat from crowds inside the serene **Ciutadella Park**. It features lush walking trails, ornate museums, a boating lake, and a large fountain.



[Check on Google Map](#)

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GAUDI'S MASTERPIECES

Morning

Have a refreshing start to your day by visiting [Park Güell](#). Take a morning walk, ride a bike, or jog on this vast green space in the heart of Barcelona.

Full Day

Spend your day admiring Gaudi's masterpieces, such as [Casa Batlló](#), known for its visceral, skeletal organic quality. In the evening, attend a flamenco show. Book one with dinner option.



[Compare](#) 
[Park Güell Guided Tours](#)



Casa Batlló

BEACH AND AQUARIUM

Morning

Travel to local-favorite [Barceloneta Beach](#). Paddle in the sea, build sandcastles, lounge under your umbrella, or work on your tan at the beach.



[Explore Barcelona Beaches On A Bike](#)

Afternoon

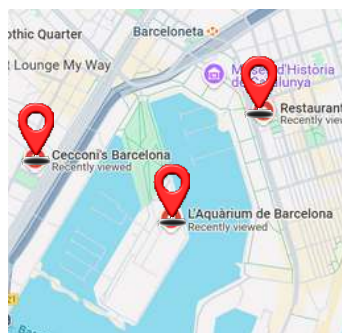
After spending much time at the beach, head to the [Barcelona Aquarium](#). Check out marine exhibits and engage in fantastic interactive activities.

Evening

Close your day with a seaside dining in local restaurants. [Nuara](#), [Cecconi's Barcelona](#), and [Restaurant Port Vell](#) are good options.



Barceloneta Beach



Flamenco Show



Barcelona Aquarium



**BOOK YOUR STAY
IN BARCELONA**

[Check on Google Map](#)

MUSEUMS AND FUN

Morning

Discover wonders of science at [CosmoCaixa Science Museum](#). Check out its hands-on exhibits and learn more through scientific experiments. You can also participate in ongoing workshops or conferences.

Afternoon

Take a walk through [Poble Espanyol](#). Admire Spanish architecture, arts, and craftsmanship displayed on this open-air museum.

Evening

Catch stunning city views at [Montjuïc Park](#). This hilltop park features [Montjuïc Castle](#) and hosts the spectacle [Magic Fountain](#) show.

[Compare Guided Walking Tours](#)



Poble Espanyol



CosmoCaixa Science Museum



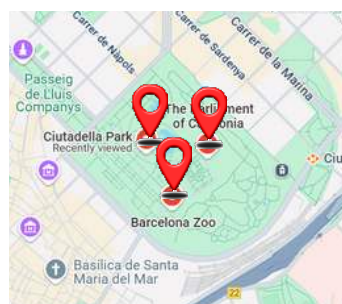
Montjuïc Park

CHOOSE YOUR ADVENTURE OR STEP- WISE ITINERARY

Day

Use this day for any activities you want to try in Barcelona or follow a step-wise itinerary below. If you choose the former, explore the city's family-friendly attractions.

[Barcelona Zoo](#) is ideal for animal lovers which features a significant collection of mammals, birds, reptiles, and amphibians. Football fans must catch live matches at [Olympic Stadium](#). The 55,000+ seater stadium hosts the UEFA Cup Winners' Cup Final, European Athletics Championships, and more.



DAY 5

Barcelona Zoo

[ENTRY TICKETS](#)



Olympic Stadium

[SEE TICKETS](#)



[Check on Google Map](#)

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DAY TRIP OPTIONS

Full Day

Tibidabo Amusement Park

Spend a fun day at [Tibidabo Amusement Park](#). Spain's longest-running amusement park features a Venetian carousel, a Ferris wheel, rollercoasters, and kid-friendly rides. Explore all five levels of the park.

Alternative

Gothic Quarter

Step back in the Medieval era at the [Gothic Quarter](#). This historic neighborhood features old buildings, remains of the Roman and Medieval wall, and labyrinthine streets. Spend 2 to 3 hours exploring this place.

Barcelona City Hall

The Gothic Quarter has many attractions, including the [Barcelona City Hall](#). This Neoclassical building houses the Barcelona City Council. Check out the building's Salo de Cent, where the Consell de Cent met in the Middle Ages. Enjoy free access if you visit on Sunday morning.

Evening

Prepare for departure or enjoy one last night out in [Barcelona](#).



Gothic Quarter



Barcelona

DAY 5

Step-Wise Itinerary



Tibidabo Amusement Park



Barcelona City Hall



DISCOVER MORE TRAVEL TIPS

- [Barcelona Things To Do](#)
- [Madrid Things To Do](#)
- [5-Day Itinerary In Madrid](#)

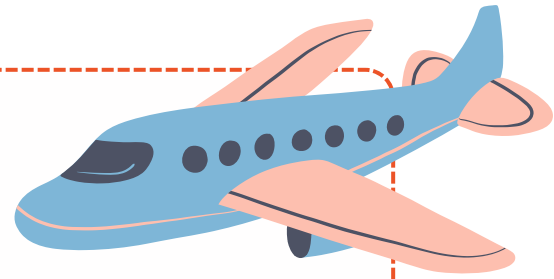


**CUSTOMIZE
YOUR ADVENTURE**

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Travel Check List



IMPORTANT DOCUMENT

- ☐ Passport
- ☐ Identification
- ☐ Travel Tickets
- ☐ Visa (in some cases)
- ☐ Money : Cash / Credit
- ☐ Travel Insurance
- ☐ Important contacts
- ☐ Travel guide / Maps
- ☐ Hotel Reservation



TOILETRIES

- ☐ Soap / Body Wash
- ☐ Shampoo
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Towel
- ☐ Sunscreen
- ☐ Deodorant
- ☐ Floss
- ☐ Insect Repellent



ELECTRONICS

- ☐ Camera
- ☐ Charger
- ☐ Powerbank
- ☐ Travel Adapter
- ☐ Headphones
- ☐ Tablets / iPads



HYGIENE SUPPLIES

- ☐ Wet wipes
- ☐ Facial Masks
- ☐ Hand Sanitizer
- ☐ Tissue
- ☐ Feminine Products



CLOTHING

- ☐ Swimwear
- ☐ Comfortable walking shoes
- ☐ T-shirts
- ☐ Shorts
- ☐ Jacket
- ☐ Sundresses



Emergencies



**IN THE EVENT OF AN EMERGENCY,
PLEASE CONTACT THE RELEVANT DEPARTMENT LISTED BELOW**

- Emergencies: 112 (for sanitation, fire, and rescue)
- CatSalut Respon: 061 (for medical emergencies)
- Local Police: 092
- Fire Brigade: 080



HOSPITALS WITH INTERNATIONAL CLINICS

○ Hospital Clinic Barcelona

- Address: Carrer de Villarroel, 170, L'Eixample, 08036 Barcelona, Spain
- Tel: +34 932 27 54 00
- Website: <https://www.clinicbarcelona.org/>
- Hours: 24 hours
- Transportation: Take the Metro Line 5 (blue line) to the Hospital Clinic station and exit at the Villarroel exit. You can also use several bus lines, such as 54, 59, 63, 67, 68, 109, H10, V11, N3, and N12.

○ Hospital Sant Joan de Déu

- Address: Pg. de Sant Joan de Déu, 2, 08950 Esplugues de Llobregat, Barcelona, Spain
- Tel: +34 93 253 21 00
- Private Care - International Patients: +34 93 600 97 83
- Website: <https://www.sjdhospitalbarcelona.org/en>
- Hours: 24 hours
- Transportation: Take the closest Metro L5 or L1 line to the Hospital Sant Joan de Déu. Several bus lines are also available, including X1, H10, V11, 54, 59, 63, 109, 141, and 165.

○ HLA Clínica Internacional Barcelona

- Address: Carrer d'Anglí, 38, Distrito de Sarrià-Sant Gervasi, 08017 Barcelona, Spain
- Tel: +34 936 11 04 40
- Website: <https://www.grupohla.com/hlaclinicaintbarcelona>
- Hours: Monday-Friday: 8 AM - 8 PM
- Transportation: Take the FGC railway (L6, S1, S2, S7) and get off at the Sarria stop. Then, walk towards the HLA Clínica Internacional Barcelona.

○ Hospital del Mar

- Address: Pg. Marítim de la Barceloneta, 25-29, Ciutat Vella, 08003 Barcelona, Spain
- Tel: +34 932 48 30 00
- Hours: 24 hours
- Website: <https://www.hospitaldelmar.cat/>
- Transportation: Take a bus or metro. Bus routes, including 45, 59, 136, V27, D20, H16, V21, and V27 bus lines, stop near the Hospital del Mar.



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