

TRANSPORT

AIR

After Madrid, Barcelona is Spain's busiest international transport hub. A host of airlines, including many budget airlines, fly directly to Barcelona from around Europe. One important exception is budget airline Ryanair, which uses Girona and Reus airports (buses link Barcelona to both).

Most intercontinental flights require passengers to change flights in either Madrid or another major European hub.

Iberia (and its Barcelona-based low-cost subsidiary Clickair), Air Europa, Spanair and Vueling all have dense networks across the country and, while flights can be costly, you can save considerable time by flying from Barcelona to Madrid and other major cities.

General sites that list competitive fares include:

Cheap Tickets (www.cheaptickets.com)

ebookers (www.ebookers.com)

Expedia (www.expedia.com)

Flightline.co.uk (www.flightline.co.uk)

Lastminute.com (www.lastminute.com)

Openjet (www.openjet.com)

Opodo (www.opodo.com)

Skyscanner (www.skyscanner.net)

Travelocity.co.uk (www.travelocity.co.uk)

TripAdvisor (www.tripadvisor.com)

Airlines

Most airlines have information desks at the airports they serve. The following airlines all fly to and from Barcelona.

Air Berlin (AB; ☎ 902 320737, in Germany 0180 573 78 00; www.airberlin.com)

Air Europa (UX; ☎ 902 401501; www.aireuropa.com)

Alpi Eagles (E8; ☎ in Italy 899 500058)

American Airlines (AA; in the US 1 800 433 73 00; www.aa.com)

British Airways (BA; ☎ 902 111333, in the UK 0870 850 9850; www.britishairways.com)

Clickair (XG; ☎ 902 254252; www.clickair.com)

Continental (CO; ☎ 900 961266, in the US 1 800 231 0856; www.continental.com)

THINGS CHANGE...

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agent to make sure you understand how a fare (and ticket you may buy) works and be aware of the security requirements for international travel. Shop carefully. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

Delta (DL; ☎ 901 116946, in the US 800 221 1212; www.delta.com)

EasyJet (U2; ☎ 807 260026, in the UK 0905 821 0905; www.easyjet.com)

FlyGlobeSpan (Y2; ☎ in the UK 0871 271 04 15; www.flyglobespan.com)

Germanwings (4U; ☎ 91 625 97 04, in Germany 0900 191 91 00; www.germanwings.com)

Iberia (IB; ☎ 902 400500; www.iberia.es)

Jet2 (LS; ☎ 902 881269, in the UK 0871 226 1737; www.jet2.com)

Lufthansa (LX; ☎ 902 220101, in Germany 0180 583 84 26; www.lufthansa.com)

Meridiana (IG; ☎ in Italy 892928; www.meridiana.it)

MyAir (8I; ☎ in Italy 899 500060; www.myair.com)

Ryanair (FR; ☎ 807 220032, in the UK 0871 246 00 00, in Ireland 0818 303 030; www.ryanair.com)

Singapore Airlines (SQ; ☎ 902 012514; www.singaporeair.com)

Sky Europe (NE; ☎ 807 001204, in Slovakia 02 3301 7301, in Hungary 06 1777 7000; www.skyeurope.com)

Spanair (JK; ☎ 902 131415; www.spanair.com)

Sterling Airlines (NB; ☎ 91 749 66 43, in Denmark 70 10 84 84; www.sterling.dk)

Swiss (LX; ☎ 901 116712, in Switzerland 0848 700 700; www.swiss.com)

Thomson Fly (TOM; ☎ in the UK 0871 231 46 91; www.thomsonfly.com)

Transavia (HV; ☎ 807 075022, in the Netherlands 0900 0737; www.transavia.com)

US Airways (US; ☎ 901 117073, in the US 800 428 4322; www.usairways.com)

Vueling (VY; ☎ 902 333933; www.vueling.com)

Windjet (IV; ☎ 900 996933; w2.volawindjet.it)

CLIMATE CHANGE & TRAVEL

Climate change is a serious threat to the ecosystems that humans rely upon, and air travel is the fastest-growing contributor to the problem. Lonely Planet regards travel, overall, as a global benefit, but believes we all have a responsibility to limit our personal impact on global warming.

Flying & Climate Change

Pretty much every form of motor transport generates CO₂ (the main cause of human-induced climate change) but planes are far and away the worst offenders, not just because of the sheer distances they allow us to travel, but because they release greenhouse gases high into the atmosphere. The statistics are frightening: two people taking a return flight between Europe and the US will contribute as much to climate change as an average household's gas and electricity consumption over a whole year.

Carbon Offset Schemes

Climatecare.org and other websites use 'carbon calculators' that allow travellers to offset the greenhouse gases they are responsible for with contributions to energy-saving projects and other climate-friendly initiatives in the developing world – including projects in India, Honduras, Kazakhstan and Uganda.

Lonely Planet, together with Rough Guides and other concerned partners in the travel industry, supports the carbon offset scheme run by climatecare.org. Lonely Planet offsets all of its staff and author travel.

For more information check out our website: www.lonelyplanet.com.

Airports

Barcelona's **El Prat airport** (☎ 902 404704; www.aena.es) lies 12km southwest of the city at El Prat de Llobregat. The main airport building contains three terminals. Terminal A handles the bulk of international arrivals and departures by non-Spanish airlines. Terminal B handles international and domestic flights by Spanish airlines and a handful of other European airlines. Terminal C is largely for the Pont Aeri (Puente Aereo), the Barcelona–Madrid shuttle. A new south terminal, designed by local architect Ricardo Bofill, should be operational by late 2008. Since none of the planned rail links will be in place for years, the new terminal will be linked to the existing terminal building by bus.

In the main building, the arrivals halls are on the ground floor; departures are on the 1st floor. The **tourist office** (🕒 9am–9pm) is on the ground floor of Terminal B. A smaller office on the ground floor of Terminal A operates the same hours. Lockers (which come in three sizes) can be found at the car park entrance opposite Terminal B. You pay €3.70/4.20/4.80 for 24 hours. There are plans to install special lockers for skis, snowboards and other bulky items. Each terminal has a lost-luggage office on the arrivals floor.

Girona-Costa Brava airport (☎ 902 404704; www.aena.es) is 12km south of Girona and about 80km north of Barcelona. You'll find a **tourist office** (☎ 972 18 67 08; 🕒 8am–8pm), ATM and lost-luggage desks. **Reus airport** (☎ 902 404704;

www.aena.es) is 13km west of Tarragona and 108km southwest of Barcelona.

BICYCLE

Bike lanes have been laid out along quite a few main roads (including Gran Via de les Corts Catalanes, Avinguda Diagonal, Carrer d'Aragó, Avinguda de la Meridiana and Carrer de la Marina) and a growing, if ad hoc, network of secondary streets, so it is possible to get around on two environmentally friendly wheels. A waterfront path runs northeast from Port Olímpic towards Riu Besòs. Scenic itineraries are mapped for cyclists in the Collserola parkland, and the *ronda verde*, a 72km cycling path that extends right around the city's outskirts, is about 60% complete.

City laws make it illegal for cyclists to use bus lanes and footpaths, meaning that, where bike lanes are not present, the cyclist is condemned to a fair amount of traffic-dodging. Barcelona has a long way to go before becoming a seriously bike-friendly town.

You can transport your bicycle on the Metro on weekdays (except between 6.30am and 9.30am or 4.30pm and 8.30pm). On weekends and holidays, and during July and August, there are no restrictions. You can use FGC trains to carry your bike at any time and Renfe's *rodalies* trains from 10am to 3pm on weekdays and all day on weekends and holidays.

Bicing (www.bicing.com, in Catalan/Spanish) is a resident-only public bicycle system. Folks pay

GETTING INTO TOWN

Barcelona El Prat Airport

Transport from Barcelona's El Prat airport is proving increasingly inadequate to meet the growing flow of passengers.

The **A1 Aerobús** (☎ 93 415 60 20) runs from the airport to Plaça de Catalunya (Map pp108–9; €4.05, 30 to 40 minutes depending on traffic) via Plaça d'Espanya (Map pp140–1), Gran Via de les Corts Catalanes (Map pp102–3) and Plaça de la Universitat (Map pp108–9) every six to 15 minutes (depending on the time of day) from 6am to 1am. Departures from Plaça de Catalunya are from 5.30am to 12.15am and go via Plaça d'Espanya. Buy tickets on the bus or from machines at the airport (if they are working!). Considerably slower local buses (such as the No 46 to/from Plaça d'Espanya and a night bus, the N17, to/from Plaça de Catalunya) also operate.

Train operator Renfe (www.renfe.es) runs the C10 line every half hour between the airport (from 6am to 10.29pm) and Estació de França (Map pp84–5) in Barcelona (handy for La Barceloneta and El Born). It stops at Estació Sants (the main train station) and Passeig de Gràcia along the way. The first service leaves from Estació de França at 5.20am and the last at 10.42pm. When all works well, the full trip takes about 35 minutes. A one-way ticket costs €2.60 (unless you have a multi-ride ticket for Barcelona public transport – see p269).

A tunnel to extend this rail line to the new south terminal has been mooted, and one day (no-one is game to predict when), a new Metro line (line 9) will connect the city with the airport (it was originally planned for 2004). Line 1 will also be extended to the airport. In theory, the high-speed AVE Barcelona–Madrid train line should also have a branch line to the airport.

A taxi to/from the city centre – about a half-hour ride depending on traffic – costs €18 to €22. Occasionally, unscrupulous drivers overcharge, so keep an eye on the meter; fares and charges are posted inside the passenger side of the taxi. For those with their own wheels, parking is available at each terminal (€1.60 an hour to a maximum of €17.45 a day). Expensive **guarded parking** (www.parkingvipbarcelona.com, in Catalan/Spanish; €70 for the first 2 days) is also available.

Mon-Bus (☎ 93 893 70 60) has regular direct buses from the airport to Sitges (€2.85; p255). In Sitges you can catch it at Passeig de Vilafranca near the taxi stand. The trip takes about 35 minutes and runs hourly.

Alsa (☎ 902 422242; www2.alsa.es) runs the Aerobús Ràpid bus service several times daily from Barcelona airport to various cities including Girona, Figueres, Lleida, Reus, Port Aventura and Tarragona. Fares range from €12.40/22.30 one-way/return to Tarragona up to €25/45 one-way/return to Lleida.

Girona-Costa Brava Airport

Sagalés (☎ 902 130014; www.sagales.com) runs hourly bus services from Girona-Costa Brava airport to Girona's main bus/train station (€2.05, 25 minutes) in connection with flights. The same company runs direct Barcelona Bus services to/from Estació del Nord bus station (Map pp102–3) in Barcelona (one way/return €12/21, 70 minutes). Regular trains run between Girona and Barcelona (€5.90 to €6.70, up to 1½ hours).

A taxi into Girona from the airport costs €15 to €18. To Barcelona you will pay around €120 to €130. Parking costs an average €0.95 an hour or €8.65 a day.

For greater flexibility at greater cost, check out **Resorthoppa.com** (www.resorthoppa.com). They put on minibuses to destinations around the region, including Barcelona.

Reus Airport

Buses run between Reus airport and Barcelona (Estació d'Autobusos de Sants; Map pp140–1) to meet flights (€11/18 one-way/return, 1½ hours). Other buses serve Reus (€3, 10 minutes) and local coastal destinations. Check Ryanair's website (www.ryanair.com) for the latest timetables. There is limited free parking from 8am to 11pm.

an annual fee and ride these red and white bikes from one stop (scattered all over town, including near many Metro stations) to another – effectively an alternative system of public transport.

Hire

A growing array of companies have bicycles for hire. They include:

BarcelonaBiking.com (Map pp64–5; ☎ 656 356300; www.barcelonabiking.com; Baixada de Sant Miquel 6) City and mountain bikes.

Barnabike (Map p93; ☎ 93 269 02 04; www.barnabike.com; Carrer del Pas de Sota la Muralla 3; per hr/24 hrs €4/18; 🕒 10am–9.30pm) rents out an assortment of bikes (including kick bikes) and karts, Trikkes (odd three-wheel contraptions), electric bikes and bikes for kids.

BEB (Map pp108–9; ☎ 93 451 15 53; www.beb.com.es; Carrer d'Enric Granados 61; rental per day €20; 🚲 9am–9pm) offers more relaxed cyclists the option of renting motorised bikes. You are provided with bike, battery and charger. Discounts are available for longer periods. Bookings must be made a day in advance.

Biciclot (Map p93; ☎ 93 221 97 78; www.biciclot.net; Passeig Marítim 33; per hr/day €5.50/€18; 🚲 10am–3pm & 4–8pm Apr–Sep, 4–6pm Oct–Nov, 10am–3pm Sat & Sun & holidays Dec–Mar; 🏠 Ciutadella Vila Olímpica) Handy seaside location.

Ciclo Bus Barcelona (Maps pp108–9, p93 & pp64–5; ☎ 93 285 38 32; per hr/half-day/full day/two days/week €4.50/11/15/21/56) Barcelona Town Hall lays on this bicycle hire service in three locations: Plaça de Catalunya (Easter to October only), Passeig de Joan de Borbó (Easter–Oct only) and Plaça del Portal de la Pau (Monument a Colom). You can also buy a card for 10 hours (€15), to be used when you want.

ClassicBikes (Map pp76–7; ☎ 93 317 19 70; www.baronarentbikes.com; Carrer dels Tallers 45; per hr/day €6/15; 🚲 9.30am–3.30pm & 4–8pm) You can book a bike online, and they have foldable bikes.

Un Cotxe Menys (Map pp84–5; ☎ 93 268 21 05; www.bicicletabarcelona.com; Carrer de l'Esparteria 3; per hr/half-day/full day/week €5/11/15/70; 🚲 10am–2pm & 4–6pm Mon–Fri; 🏠 Jaume I) This business also organises bike tours.

BOAT

Balearic Islands

Passenger and vehicular ferries operated by **Acciona Trasmediterrànea** (Map p93; ☎ 902 454645; www.trasmediterranea.es; 🏠 Drassanes) to/from the Balearic Islands, dock around the Moll de Barcelona wharf in Port Vell. Information and tickets are available at the terminal buildings along Moll de San Beltran (Map p93) along Moll de Barcelona (Map p93) or from travel agents. Standard fares for a 'Butaca Turista' (seat) from Barcelona to any of the islands are €46.50 on standard ferries or €75 on high-speed catamaran ferries. Cabins for up to four people are also available on overnight standard ferries.

Another company with links between Barcelona and the Balearic Islands is **Baleària** (☎ 902 160180; www.balearia.net).

Italy

Grandi Navi Veloci (Map p93; ☎ 902 410200, 93 443 98, in Italy 010 209 4591; www1.gnv.it; Moll de San Beltran; 🏠 Drassanes) runs daily high-speed, luxury

ferries between Genoa and Barcelona. The journey takes 18 hours. Ticket prices depend on season and how far in advance you purchase. An economy-class airline-style seat can cost as little as €16 in winter, while a single cabin suite in high season can cost €199. The same company runs weekly (year-round) ferries between Barcelona and Tangiers, in Morocco, too. **Grimaldi Ferries** (☎ 902 531333, in Italy 081 496444; www.grimaldi-ferries.com) operates similar services from Barcelona to Civitavecchia (near Rome, 20 hours) and Livorno (Tuscany, 19½ hours) up to six days a week. An economy-class airline-style seat costs from €29 in low season to €72 in high season on both routes.

BUS

Barcelona

Transports Metropolitans de Barcelona (TMB; ☎ 010; www.tmb.net) buses run along most city routes every few minutes from 5am or 6am to 10pm or 11pm. Many routes pass through Plaça de Catalunya and/or Plaça de la Universitat. After 11pm a reduced network of yellow *nitbusos* (night buses) runs until 3am or 5am. All *nitbus* routes pass through Plaça de Catalunya and most run every 30 to 45 minutes.

BUS TURÍSTIC

This hop-on hop-off service, run by TMB, operates from Plaça de Catalunya (Map pp108–9) and Plaça de la Porta de la Pau (Map pp64–5), and covers three circuits (44 stops) linking virtually all the city's main sights. Tickets are available online (www.tmb.net) and on the buses, and cost €19 (€11 for children from four to 12 years) for one day of unlimited rides, or €23 (€15 for children) for two consecutive days. Buses run from 9am to 8pm and the frequency varies from every five to 25 minutes. Buses do not operate on Christmas Day or New Year's Day.

The two key routes take about two hours; the blue route covers the south of the city (including the old town, Montjuïc and the waterfront) and the red route goes further north (taking in La Sagrada Família, Park Güell, Pedralbes and Camp Nou). The third (green route), from Port Olímpic to the Fòrum, runs from mid-March to September and takes half an hour.

Catalonia

Much of the Pyrenees and the entire Costa Brava are served only by buses, as train services are limited to important railheads such as

Girona, Figueres, Lleida, Ripoll and Puigcerdà. Various bus companies operate across the region. All of the following operate from **Estació del Nord** (Map pp102–3; ☎ 902 303222; www.barcelona.nord.com; Carrer d'Ali Bei 80; 🏠 Arc de Triomf), except Hispano-Igualadina and TEISA:

Alsina Graells (☎ 902 422242; www2.alsa.es) Part of the Continental-Auto group, it runs buses from Barcelona to destinations west and northwest, such as Vielha, La Seu d'Urgell and Lleida.

Barcelona Bus (☎ 902 130014; www.sagales.com, in Catalan & Spanish) Runs buses from Barcelona to Girona (and Girona-Costa Brava airport), Figueres, parts of the Costa Brava and northwest Catalonia.

Hispano-Igualadina (Map pp122–3; ☎ 902 447726; www.igualadina.net; Estació Sants & Plaça de la Reina Maria Cristina) Serves central Catalonia.

SARFA (☎ 902 302025; www.sarfa.com) The main operator on and around the Costa Brava.

TEISA (Map pp108–9; ☎ 972 20 48 68; www.teisa-bus.com; Carrer de Pau Claris 117; 🏠 Passeig de Gràcia) Covers a large part of the eastern Catalan Pyrenees from Girona and Figueres. From Barcelona buses head for Camprodon via Ripoll and Olot via Besalú.

Long-Distance

Long-distance buses leave from Estació del Nord (above). A plethora of companies operates to different parts of Spain, although many come under the umbrella of **Alsa-Enatcar** (☎ 902 422242; www.alsa.es). For other companies, ask at the bus station. There are frequent services to Madrid, Valencia and Zaragoza (up to 20 a day) and several daily departures to distant destinations such as Burgos, Santiago de Compostela and Seville.

Eurolines (www.eurolines.com), in conjunction with local carriers all over Europe, is the main international carrier. Its website provides links to national operators; it runs services across Europe and to Morocco from Estació del Nord, and **Estació d'Autobusos de Sants** (Map pp140–1; Carrer de Viriat; 🏠 Sants Estació), next to Estació Sants Barcelona. For information and tickets in Barcelona, contact Alsa-Enatcar. Another carrier is **Linebus** (www.linebus.com, in Spanish).

CAR & MOTORCYCLE

Driving

An effective one-way system makes busy city traffic flow fairly smoothly. Driving in the Ciutat Vella area is largely illegal and frustrat-

ing where permitted. Note that, as of 2008, a speed limit of 80km/h is in force in Barcelona and 16 neighbouring municipalities.

The AP-7 *autopista* (motorway) is the main toll road from France (via Girona and Figueres). It skirts inland around the city before proceeding south to Valencia and Alicante. About 40km southwest of Barcelona, the AP-2, also a toll road, branches west off the AP-7 towards Zaragoza. From there it links up with the A-2 dual carriageway for Madrid (no tolls). Several other shorter tollways fan out into the Catalan heartland from Barcelona.

As a rule, alternative toll-free routes are busy (if not clogged). The A-2 is the most important. From the French border it follows the AP-7, branches off to the coast and then drops into Barcelona, from where it heads west to Lleida and beyond.

Barcelona is 1930km from Berlin, 1555km from London, 1145km from Paris, 1300km from Lisbon, 1200km from Milan, 780km from Geneva and 690km from Madrid.

Coming from the UK you can put your car on a ferry from Portsmouth to Bilbao with **P&O Ferries** (☎ in the UK 0871 664 5645; www.poferries.com) or from Plymouth to Santander with **Brittany Ferries** (☎ in the UK 0870 907 6103; www.brittany-ferries.co.uk). From either destination there is still a fair drive to Barcelona. Another option is to take a ferry to France or the Channel Tunnel car train, **Eurotunnel** (☎ in the UK 0870 535 3535; www.eurotunnel.com). The latter runs round the clock, with up to four crossings an hour (35 minutes) between Folkestone and Calais during high season.

Vehicles must be roadworthy, registered and have third-party insurance. Ask your insurer for a European Accident Statement form, which can simplify matters in the event of an accident. A European breakdown assistance policy is a good investment. EU national driver's licences are accepted, while other nationalities require an international driver's licence.

Hire

Avis, Europcar, National/Atesa and Hertz have desks at El Prat airport, Estació Sants and Estació del Nord. Rental outlets in Barcelona include:

Avis (Map pp108–9; ☎ 902 248824, 93 237 56 80; www.avis.com; Carrer de Còrsega 293–295; 🏠 Diagonal)

Cooltra (Map p93; ☎ 93 221 40 70; www.cooltra.com; Passeig de Joan de Borbó 80–84) You can rent scooters here for around €20 a day, or as little as €90

a month in low season, plus add insurance. They also organise scooter tours.

Europcar (Map pp108–9; ☎ 93 302 05 43; www.europcar.com; Gran Via de les Corts Catalanes 680; 📍 Girona)

Hertz (Map pp140–1; ☎ 93 419 61 56; www.hertz.com; Carrer del Viriat 45; 📍 Sants)

MotoLoco (Map p93; ☎ 93 221 34 52; www.motoloco.es; Passeig de Joan de Borbó 80-84) A similar deal on scooter rental, and virtually next door, to Cooltra.

National/Atesa (Map pp108–9; ☎ 902 100101, 93 323 07 01; www.atesa.es; Carrer de Muntaner 45; 📍 Universitat)

Pepecar (Map pp108–9; ☎ 807 414243; www.pepecar.com; Plaça de Catalunya; 📍 Catalunya) Specialises in cheap rentals with a mix of cars (the Smart cars for two people are the cheapest). They have four branches, including one near Sants train station at Carrer de Béjar 68 (Map pp140–1), and another near the airport at the Hotel Tryp Barcelona Aeroport. Note that the phone number is expensive to call and customers are encouraged to book on the website.

Vanguard (Map pp102–3; ☎ 93 439 38 80; www.vanguardrent.com; Carrer de Viladomat 297; 📍 Entença) For motorbikes.

Parking

Parking in the Ciutat Vella is virtually only for residents, with some metered parking available. The narrow streets of Gràcia are not much better. The broad boulevards of l'Eixample are divided into blue and green zones, which, for visitors, means the same thing: limited meter parking. Fees vary but tend to hover around €2.35 to €2.85 per hour. Many car parks charge similar rates.

Anything marked in yellow usually means you are permitted to stop for up to 30 minutes for *càrrega* (loading) and *descàrrega* (unloading) only. Most of these zones operate from 8am to 2pm and 4pm to 8pm Monday to Saturday.

Note that many car parks will not accept camper vans – it can be a real problem parking one of these in central Barcelona.

Parking motorbikes and scooters is easier. On occasion you'll see spaces marked out especially for bikes. Parking on the pavements is illegal, but many do it.

If you get towed, call the **Dipòsit Municipal** (car pound; ☎ 901 513151). Depending on where your car was nabbed, you will be directed to one of several pounds around town. You will pay €147 for the tow and €1.90 per hour (maxi-

mum of €19 per day). The first four hours your car is held are free.

METRO & FGC

The easy-to-use **TMB Metro** (☎ 010; www.tmb.net) system has six numbered and colour-coded lines. It runs from 5am to midnight Sunday to Thursday, from 5am to 2am on Friday, and from 5am to 5am on Saturday and days immediately preceding main holidays. Line 2 has access for people with disabilities and a handful of stations on other lines also have lifts. Line 11, a short suburban run, is automated, and in the future the other lines will also run without the need of a driver. See pull-out map for a map of the Metro system.

Suburban trains run by the **Ferrocarrils de la Generalitat de Catalunya** (FGC; ☎ 93 205 15 15; www.fgc.net) include a couple of useful city lines. All lines heading north from Plaça de Catalunya stop at Carrer de Provença and Gràcia. One of these lines (L7) goes to Tibidabo and another (L6 to Reina Elisenda) has a stop within spitting distance of the Monestir de Pedralbes. Most trains from Plaça de Catalunya continue beyond Barcelona to Sant Cugat, Sabadell and Terrassa. Other FGC lines head west from Plaça d'Espanya, including one for Manresa that is handy for the trip to Montserrat.

Depending on the line, these trains run from about 5am (with only one or two services before 6am) to 11pm or midnight Sunday to Thursday, and from 5am to about 1am on Friday and Saturday.

TAXI

Taxis charge €1.75 flagfall (€1.85 from 9pm to 7am weekdays and all day Saturday, Sunday and holidays) plus meter charges of €0.78 per kilometre (€1 at night and on weekends). A further €3 is added for all trips to/from the airport, and €0.90 for luggage bigger than 55cm x 35cm x 35cm. The trip from Estació Sants to Plaça de Catalunya, about 3km, costs about €8 to €10. You can call a **taxi** (☎ 93 225 00 00, 93 300 11 00, 93 303 30 33, 93 322 22 22, 704 101112) or flag them down in the streets. The call-out charge is €3.09 (€3.86 at night and on weekends). In many taxis it is possible to pay with credit card and, if you have a local telephone number, you can join the T033 Ràdio taxi service for booking taxis online (www.radiotaxi033.com, in Spanish). You can also book online at www.catalunyataxi.com. General information is available on ☎ 010.

TICKETS & TARGETES

The Metro, FGC trains, *rodalies/cercanías* (Renfe-run local trains) and buses come under one zoned-fare regime. Single-ride tickets on all standard transport within Zone 1 (which extends beyond the airport), except on Renfe trains, cost €1.30.

Targetes are multiride transport tickets. They are sold at most city-centre Metro stations. The prices given here are for travel in Zone 1. Children under four years of age travel free. Options include:

Monthly transport pass (€46.25) – unlimited use of all public transport.

Targeta T-10 (€7.20) – 10 rides (each valid for 1¼ hours) on the Metro, buses, FGC trains and *rodalies*. You can change between Metro, FGC, *rodalies* and buses.

Targeta T-50/30 (€29.80) – 50 trips within 30 days, valid on all transport.

Targeta T-DIA (€5.50) – unlimited travel on all transport for one day.

Two-/three-/four-/five-day tickets (€10/14.30/18.30/21.70) – unlimited travel on all transport except the A1 Aerobús; buy them at Metro stations and tourist offices.

Fines

The fine for being caught without a ticket on public transport is €40 (a minimum that theoretically can be raised to €6000!), in addition to the price of the ticket. If you pay on the spot you get 50% off the fine. There's also a minimum €30.05 fine for smoking on the Metro.

Fono Taxi (☎ 93 300 11 00) is one of several taxi companies with taxis adapted for those with disabilities. **Taxi Amic** (☎ 93 420 80 88; www.terra.es/personal/taxiamic, in Spanish) is a special taxi service for people with disabilities or difficult situations (such as transport of big objects). Book at least 24 hours in advance if possible.

Trixis

These three-wheeled **cyde taxis** (☎ 93 310 13 79; www.trixi.info; Plaça dels Traginers 4) operate along the waterfront (11am to 8pm daily) between March and November). They can take two passengers and cost €10/18 per half-hour/hour. Children aged three to 12 pay half-price. You can find them near the Monument a Colom and in front of La Catedral.

TRAIN

Train is the most convenient overland option for reaching Barcelona from major Spanish centres like Madrid and Valencia. It can be a long haul from other parts of Europe, where budget flights frequently offer a saving in time and money. For information on travelling from the UK, contact the **Rail Europe Travel Centre** (☎ in the UK 0844 848 4064; www.raileurope.co.uk; 1 Regent St, London SW1). For travel within Spain, information is available at train stations or travel agents. A network of *rodalies/cercanías* serves towns around Barcelona (and the airport). Contact **Renfe** (☎ 902 240202; www.renfe.es) for information on these services.

The high-speed Tren de Alta Velocidad Española (AVE) between Madrid and Barcelona began operating in 2008 (four years late!). Seventeen trains per day run in each direction, seven of them non-stop (two hours, 40 minutes). One-way prices range from around €40 (on the condition that they are purchased online at least 15 days before travel) to €163 (for an open ticket valid for a year). The line will eventually (perhaps by 2012) extend to Perpignan, in southern France, to connect with the French high-speed TGV network.

Another high-speed AVE train, known as Euromed, runs on standard, wide-gauge Spanish tracks, and connects Barcelona with Valencia and Alicante.

Most long-distance (*largo recorrido* or *Grandes Líneas*) trains have 1st and 2nd classes (known as *preferente* and *turista*). After the AVE, Euromed and several other similarly modern trains, the most common long-distance trains are the Tren Articulado Ligerio Goicoechea Oriol (Talgos). They are cheaper, slower and tend to stop at all stations en route.

A *trenhotel* is a sleeping-car train with up to three classes: *turista* (for those sitting or in a couchette), *preferente* (sleeping car) and *gran clase* (for those who prefer to sleep in sheer luxury!).

The main international and domestic train station in Barcelona is **Estació Sants** (Map pp140–1; Plaça dels Països Catalans; 📍 Sants Estació), located 2.5km west of La Rambla. Direct overnight

trains from Paris, Geneva, Lisbon and Milan arrive here, as do services from a number of other cities across Spain and France.

Estació Sants is equipped with a tourist office, a telephone and fax office, currency exchange booths open between 8am and 10pm, ATMs and a **consigna** (left-luggage lockers; small/big locker for 24hr €3/4.50; 🕒 5.30am-11pm).

A second train station is being constructed at the other end of the city in La Sagrera.

TRAM

TMB (📞 902 193275; www.trambcn.com) runs three tram lines (T1, T2 and T3) into the suburbs of greater Barcelona from Plaça de Francesc Macià and are of limited interest to visitors. The T4 line runs from behind the zoo (near the Ciutadella Vila Olímpica Metro stop) to Sant Adrià via Glòries and the Fòrum. The T5 line runs from Glòries to Badalona. All standard transport passes are valid.

BUSINESS HOURS

Generally Barcelonins work Monday to Friday from 8am or 9am to 2pm and then again from 4.30pm or 5pm for another three hours. In the hot summer months, many work an *horario intensivo* (intensive timetable), from around 7am to 3pm.

Banks tend to open between 8.30am and 2pm Monday to Friday. Some also open from around 4pm to 7pm on Thursday evenings and/or Saturday mornings from around 9am to 1pm. See Post, p277, for post office opening times.

Museum and art gallery opening hours vary considerably but as a rule of thumb most places are open between 10am and 6pm (some shut for lunch from around 2pm to 4pm). Most museums and galleries close all day Monday and at 2pm Sunday. For shop opening hours, see p152.

CHILDREN

One of the great things about Barcelona is the inclusion of children in many seemingly adult activities. Going out to eat or sipping a beer at a *terrazza* (terrace) on a late summer evening needn't mean leaving children with minders. Locals take their kids out all the time and don't worry too much about keeping them up late.

The daytime spectacle of La Rambla (p61) fascinates kids as much as adults. And while the latter might like to sneak a look at the Museu de l'Eròtica, kids will happily lose themselves in the Museu de Cera (wax museum; p72) further down the boulevard. Nearby, head to the top of the Monument a Colom (p71) for the views or to the Golondrinas harbour tour by boat (p277). The shark tunnel and children's activities at L'Aquàrium (p92) are guaranteed success. You might also score points with the nearby 3-D Imax cinema.

The Transbordador Aeri (p94), across the harbour between La Barceloneta and Montjuïc, is another irresistible attraction; and to the north of town the Tramvia Blau, the blue tram that runs to the Tibidabo funicular station (see p134) may also raise a smile. While on Tibidabo, scare the willies out of your youngsters in the Hotel Kruger horror house at the Parc d'Atraccions amusement park (p134).

Of the city's museums, the ones most likely to capture children's imagination are the Museu Marítim (p78), the Museu de la Xocolata (p89) and the interactive CosmoCaixa (p121).

In summer, you will be rewarded with squeals of delight if you take the kids to one of the city's pools (p224) or the beach (p96). In cooler weather parks can be a good choice. A roam around Montjuïc, including exploration of its Castell (p143), should appeal. The sheer weirdness of Gaudí's Park Güell (p117) will have older children intrigued, and everyone likes getting lost in the maze of the Jardins del Laberint d'Horta (p135). The Zoo de Barcelona (p88) is a universal child-pleaser.

You could take younger kiddies (maximum age 11) along to Happy Parc (Map pp108–9; ☎ 93 317 86 60; www.happyparc.com in Catalan/Spanish; Carrer de Pau Claris 97; per hr €4; ☎ 5–9pm Mon–Fri, 11am–9pm Sat & Sun) for a play on the slides and other diversions.

For general advice on travelling with children, grab a copy of Lonely Planet's *Travel with Children*.

Baby-sitting

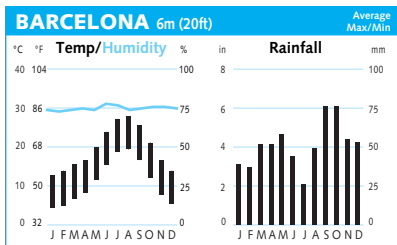
Most of the mid- and upper-range hotels in Barcelona can organise a baby-sitting service. A company that many hotels use and that you can also contact directly is 5 Serveis (☎ 93 412 56 76; Carrer de Pelai 50). They have multilingual *cangueros* (baby-sitters). Rates vary, but in the evening expect to pay around €10 an hour plus the cost of a taxi home for the baby-sitter.

Tender Loving Cangueros (☎ 647 605989; www.tlcangueros.com) offers English-speaking baby-sitters for a minimum of three hours (per hour €7).

CLIMATE

Barcelona enjoys a Mediterranean climate, with cool winters and hot summers. July and August are the most torrid months, when highs can reach 37°C. The seaside location promotes humidity, but sea breezes can bring relief. A hotel room with a fan or air conditioning can make all the difference to a good night's sleep.

In the depths of winter, especially in February, it gets cold enough (average lows of 6.7°C) for you to wish you had heating in your room,



but by March things begin to thaw out. January tends to be sunny, though not warm.

Rainfall is highest in autumn and winter. During September and into October the city often gets a wash down in cracking thunderstorms.

As Barcelona is downwind from the Pyrenees, cold snaps are always on the cards and the April–May period is particularly changeable. At its best May can be the most pleasant month of the year – clear and fresh.

COURSES

Language Courses

With its bilingual mix Barcelona may not be the ideal location for embarking on Spanish (Castilian) courses, but there is no shortage of places to do so. The cost of language courses depends on the school, the length of the course and its intensity. Across Catalonia, more than 220 schools teach Catalan. Pick up a list at the **Libreria & Informació Cultural de la Generalitat de Catalunya** (Map pp64–5; ☎ 93 302 6462; Rambla dels Estudis 118; 📄 Liceu).

Non-EU citizens who want to study at a university or language school in Spain should have a study visa. This type of visa is renewable within Spain but only with confirmation of ongoing enrolment and proof that you are able to support yourself.

Some schools worth investigating follow:

Babylon Idiomas (Map pp102–3; ☎ 93 488 15 85; www.babylon-idiomas.com; Carrer del Bruc 65; 📄 Girona) This small school offers a high degree of flexibility – you can study for a week or enlist for a half-year intensive course in Spanish. The big selling point is class size, with a maximum of eight students per class. A week of tuition (30 hours) costs €267.50.

Escola Oficial d'Idiomes de Barcelona (Map pp76–7; ☎ 93 324 93 30; www.eoibd.es; Avinguda de les Drassanes s/n; 📄 Drassanes) Part-time courses (around 10 hours a week) in Spanish and Catalan (per semester €175) are offered. Because of the demand for Spanish, there is no guarantee of a place.

International House (Map pp84–5; ☎ 93 268 45 11; www.ihes.com/bcn; Carrer de Trafalgar 14; 📄 Arc de Triomf) Intensive courses from €390 for two weeks. It can also organise accommodation.

Universitat de Barcelona (Map pp108–9; ☎ 93 403 54 78 for Catalan, 93 403 55 19 for Spanish; www.ub.edu/slc for Catalan, www.eh.ub.es for Spanish; Gran Via de les Corts Catalanes 585; 📄 Universitat) Intensive courses (40 hours tuition over periods ranging from two weeks to a month €413) in Spanish year-round. Longer Spanish and Catalan courses are also available.

Other Courses

Alicianet (Map pp102–3; ☎ 93 310 38 78; www.alicianet.net; Gran Via de les Corts Catalanes 432; 📄 Rocafort) Offers various levels of flamenco class. Single classes cost €15, or you can enrol in courses (up to 20 hours a week). One-on-one classes cost €50.

Antilla BCN Escuela de Baile (Map pp108–9; ☎ 93 451 45 64 or 610 900558; www.antillasalsa.com; Carrer d'Aragó 141; 10 1-hr classes once a week €110; 📄 Urgell) The place to learn salsa and other Caribbean dance.

Cook & Taste (Map pp64–5; ☎ 93 302 13 20; www.cookandtaste.net; La Rambla 58; half-day workshop €60; 📄 Liceu) Learn to whip up a paella or stir a gazpacho in this Spanish cookery school.

Dom's Gastronom Cookery School (☎ 93 674 51 60; Passeig del Roser 43, Valldoreix; 8 hours of classes over 4 days €100) Cordon bleu–trained chef Dominique Heathcoate holds cookery classes in anything from Catalan, Spanish and French cuisine to tapas and autumn mushroom cooking. Valldoreix is about a 30-minute train ride from Plaça de Catalunya on the line to Sabadell and Terrassa, and Dominique can arrange pick-up from the train station. Groups are catered for.

Escuela de Baile José de la Vega (Map pp108–9; ☎ 93 454 31 14; Carrer d'Aribau 19; 📄 Oct-Jun; per month €55; 📄 Universitat) People come from all over town to learn to dance flamenco at this school, which offers classes twice a week.

Venta Flamenco (Map pp76–7; ☎ 670 437577; www.flamencobarcelona.com; Carrer del Marquès de Barberà 6; 📄 Liceu) This modest flamenco store organises classes in flamenco dancing, singing and music.

CUSTOMS

People entering Spain from outside the EU are allowed to bring one bottle of spirits, one bottle of wine, 50mL of perfume and 200 cigarettes into Spain duty free. There are no duty-free allowances for travel between EU countries. For duty-paid items bought at normal shops in one EU country and taken into

another, the allowances are 90L of wine, 10L of spirits, unlimited quantities of perfume and 800 cigarettes.

DANGERS & ANNOYANCES

It cannot be stressed enough that newcomers to Barcelona must be on their guard. Petty theft is a problem in the city centre, on public transport and around main sights. Report thefts to the national police. You are unlikely to recover your goods but you will need to make this formal *denuncia* for insurance purposes. To avoid endless queues at the *comisaría* (police station), you can make the report by phone (☎ 902 102112) in various languages or on the web at www.policia.es (in Spanish; click on 'Denuncias'). The following day you go to the station of your choice to pick up and sign the report, without queuing. You can also report losses to the Catalan police, the Mossos d'Esquadra (www.gencat.net/mossos, in Catalan). They have a handy (and busy) **police station** (Map pp76–7; Carrer Nou de la Rambla 80; 📄 Paral.lel) near La Rambla. You could also try the **Guardia Urbana** (local police; Map pp64–5; La Rambla 43).

DISCOUNT CARDS & TICKETS

The **ISIC** (International Student Identity Card; www.isic.org) and the **Euro-26 Card** (www.euro26.org) are available from most national student organisations and allow discounted access to some sights. Students generally pay a little more than half of adult admission prices, as do children aged under 12 and senior citizens (aged 65 and over) with appropriate ID.

Possession of a Bus Turistic ticket (see p276) entitles you to discounts to some museums.

Articket (www.articketbcn.org) gives you admission to seven important art galleries for €20 and is valid for six months. The galleries are the Museu Picasso (p83), Museu Nacional d'Art de Catalunya (MNAC; p139), the Museu d'Art Contemporani de Barcelona (Macba; p79), the Fundació Antoni Tàpies (p109), the Centre de Cultura Contemporània de Barcelona (CCCB; p80), the Fundació Joan Miró (p143) and La Pedrera (Fundació Caixa Catalunya; p106). You can pick up the ticket through **Tel-Entrada** (☎ 902 101212; www.telentrada.com) and at the tourist offices at Plaça de Catalunya, Plaça de Sant Jaume and Sants train station.

Something a little different is the Arqueo-Ticket, designed for those with a special interest in archaeology and ancient history.

The ticket (€17) gets you entry to the Museu Marítim (p78), Museu d'Història de la Ciutat (p67), Museu d'Arqueologia de Catalunya (p146), Museu Egipci (p112) and Museu Barbièr-Mueller d'Art Pre-Colombià (p87). You can get it at participating museums and tourist offices.

If you want to get around Barcelona fast and visit multiple museums in the blink of an eye, the **Barcelona Card** (www.barcelonacard.com) might come in handy. It costs €24/29/33/36 (a little less for children aged four to 12) for two/three/four/five days. You get free transport (and 20% off the Aerobús), and discounted admission prices (up to 30% off) or free entry to many museums and other sights, as well as minor discounts on purchases at a small number of shops, restaurants and bars. The card is available at the tourist offices and online.

The Ruta del Modernisme pack (p113) is well worth looking into for visiting Modernista sights at discounted rates.

Night owls and shopaholics should check out the **Go and Connect card** (www.goandconnect.com). Valid for six months/one year (€12/15), the card offers a wide range of discounts (anything from a cut price haircut to free entry to some clubs).

ELECTRICITY

The electric current in Barcelona is 220V, 50Hz, as in the rest of continental Europe. Several countries outside Europe (such as the USA and Canada) use 110V, 60Hz, which means that some appliances from those countries may perform poorly in Barcelona. It is always safest to use a transformer. Plugs have two round pins, as in the rest of continental Europe.

EMBASSIES

Most countries have an embassy in Madrid. Look them up under *Embajada* in that city's *Páginas Amarillas* (Yellow Pages). Various countries also maintain consulates in Barcelona:

Australia (Map p118; ☎ 93 490 90 13; Plaça de Gal.la Placidia 1-3; FGC Gràcia)

Canada (Map pp122–3; ☎ 93 204 27 00; www.canada-es.org; Carrer d'Elisenda de Pinós 10; FGC Reina Elisenda)

France (Map pp108–9; ☎ 93 270 30 00; www.consulfrance-barcelone.org; Ronda de la Universitat 22B; 📄 Universitat)

Germany (Map p118; ☎ 93 292 10 00; www.barcelona.diplo.de; Passeig de Gràcia 111; 📄 Diagonal)

Ireland (Map pp102–3; ☎ 93 491 50 21; Gran Via de Carles III 94; 📄 Maria Cristina)

New Zealand (Map pp122–3; ☎ 93 209 03 99; Travessera de Gràcia 64; FGC Gràcia)

UK (Map pp102–3; ☎ 93 366 62 00; Avinguda Diagonal 477; 🏠 Hospital Clinic)

US (Map pp122–3; ☎ 93 280 22 27; http://barcelona.us consulate.gov; Passeig de la Reina Elisenda de Montcada 23–25; FGC Reina Elisenda)

EMERGENCY

The following are the main emergency numbers:

Ambulance (☎ 061)

Catalan state police (Mossos d'Esquadra; ☎ 088)

EU standard emergency number (☎ 112)

Fire brigade (Bombers; ☎ 080, 085)

Guardia Civil (civil police; ☎ 062)

Guàrdia Urbana (local police; ☎ 092)

Policia Nacional (national police; ☎ 091)

GAY & LESBIAN TRAVELLERS

Homosexuality is legal in Spain and the age of consent (with certain conditions) is 13 years old, as for heterosexuals. Spain made history when the national parliament passed laws allowing same-sex marriages in 2005. Barcelona hosted the 12th Eurogames, the European games for gays and lesbians, in July 2008.

Barcelona has a busy gay scene, but the region's gay capital is no doubt the saucily hedonistic Sitges (p255), a major destination on the international gay party circuit. Gays take a leading role in the wild Carnival celebrations (p17) there in February/March.

The city's tourist board publishes *Barcelona – The Official Gay and Lesbian Tourist Guide* biannually. The free biweekly *Shanguide*, jammed with listings and contact ads, is sometimes available in gay bookshops. Although Madrid-centric, you'll find useful tips on Barcelona too. Magazines with at least some listings and also available in gay bookshops include *Nois* ('boys' in Catalan) and *Gay Barcelona* (www.gaybarcelona.com). The annual, worldwide *Spartacus* guide is often on sale at newsstands along La Rambla.

Check out the following websites:

Coordinadora Gai-Lesbiana (www.cogailes.org) A good site presented by Barcelona's main gay and lesbian organisation, with nationwide links. Here you can zero in on information ranging from bar, sauna and hotel listings through to contacts pages.

KEEPING YOUR NOSE CLEAN

Since 2006 tougher city bylaws make drinking in the streets, urinating in the streets and various other vexatious pastimes illegal. You can be fined on the spot and, theoretically, serious misbehaviour can attract penalties of up to €3000. You should take this seriously as local police have no qualms about enforcing these laws.

GayBarcelona.com (www.gaybarcelona.com) News and views and an extensive listings section covering bars, saunas, shops and more in Barcelona and Sitges.

LesboNet.Org (www.lesbonet.org, in Spanish) A lesbian site with contacts, forums and listings.

Nación Gay (www.naciongay.com, in Spanish) News on the gay community across Spain.

Shangay.com (www.shangay.com, Spanish only) For news, art reviews, contacts and *Shanguide* listings. You have to register to get full access.

Organisations include the following:

Casal Lambda (Map pp84–5; ☎ 93 319 55 50; www.lambdaweb.org; Carrer de Verdader i Callis 10; 🏠 Uquinaona) A gay and lesbian social, cultural and information centre in La Ribera.

Coordinadora Gai-Lesbiana (Map pp140–1; ☎ 93 298 00 29; www.cogailes.org; Carrer de Violant d'Hongria 156; 🏠 Plaça del Centre) The city's main coordinating body for gay and lesbian groups. Some lesbian groups are to be found at Ca la Dona (see p280). It also runs an information line, the **Línia Rosa** (☎ 900 601601).

HOLIDAYS

For Barcelonins the main holiday periods are summer (July and August), Christmas–New Year and Easter. August is a peculiar time as Spain largely grinds to a halt. Tourists flock in regardless of the heat, but many locals escape to cooler climes. Finding accommodation can be more difficult around Christmas and Easter. For information on the city's colourful festivals and other events, see p16.

Public Holidays

The following is a list of national public holidays:

New Year's Day (Any Nou/Año Nuevo) 1 January

Epiphany/Three Kings' Day (Epifanía or El Día dels Reis/ Día de los Reyes Magos) 6 January

Good Friday (Divendres Sant/Viernes Santo) March/April

Easter Monday (Dilluns de Pasqua Florida) March/April
Labour Day (Dia del Treball/Fiesta del Trabajo) 1 May

Day after Pentecost Sunday (Dilluns de Pasqua Granda) May/June

Feast of St John the Baptist (Dia de Sant Joan/ Día de San Juan Bautista) 24 June

Feast of the Assumption (L'Assumpció/La Asunción) 15 August

Catalonia's National Day (Diada Nacional de Catalunya) 11 September

Festes de la Mercè 24 September

Spanish National Day (Festa de la Hispanitat/ Día de la Hispanidad) 12 October

All Saints Day (Dia de Tots Sants/Día de Todos los Santos) 1 November

Constitution Day (Dia de la Constitución) 6 December

Feast of the Immaculate Conception (La Inmaculada Concepció/La Inmaculada Concepción) 8 December

Christmas (Nadal/Navidad) 25 December

Boxing Day/St Stephen's Day (El Dia de Sant Esteve) 26 December

INTERNET ACCESS

Barcelona is full of internet centres. Some offer student rates and also sell cards for several hours' use at reduced rates. Here are a handful of options:

Bornet (Map pp84–5; ☎ 93 268 15 07; Carrer de Barra Ferro 3; per hr/10hr €2.80/20; 🕒 10am–11pm Mon–Fri, noon–11pm Sat & Sun & holidays; 🏠 Jaume I)

easyInternetcafé (Map pp108–9; www.easyeverything.com; Ronda de la Universitat 35; per hr €2.50; 🕒 8am–2am; 🏠 Universitat) There is another branch at La Rambla 31 (Map pp64–5; 🕒 8am–2.30am; 🏠 Liceu) upstairs from the Sports Bar.

Internet MSN (Map p118; Carrer del Penedès 1; per min €0.02; 🕒 9.30am–2.30am; 🏠 Fontana)

MAPS

Tourist offices offer free city and transport maps. Also handy is Michelin's ring-bound

WI-FI ACCESS

A growing number of hotels offer their guests wi-fi access. A paying wi-fi service operates at the airport and at train stations. City bars and restaurants are latching on to the service. The Fresh & Ready fast food chain is one, and seven branches of Starbucks offer pay-as-you-go wi-fi.

Barcelona, scaled at 1:12,000, or Lonely Planet's *Barcelona City Map*.

MEDICAL SERVICES

All foreigners have the same right as Spaniards to emergency medical treatment in public hospitals. EU citizens are entitled to the full range of health-care services in public hospitals, but must present a European Health Insurance Card (enquire at your national health service) and may have to pay up front.

Non-EU citizens have to pay for anything other than emergency treatment. Most travel-insurance policies include medical cover.

For minor health problems you can try any *farmàcia* (pharmacy), where pharmaceuticals tend to be sold more freely without prescription than in places such as the USA, Australia or the UK.

If your country has a consulate in Barcelona, its staff should be able to refer you to doctors who speak your language.

Hospitals include the following:

Hospital Clínic i Provincial (Map pp102–3; ☎ 93 227 54 00; Carrer de Villarreal 170; 🏠 Hospital Clínic)

Hospital de la Santa Creu i de Sant Pau (Map pp102–3; ☎ 93 291 90 00; Carrer de Sant Antoni Maria Claret 167; 🏠 Hospital de Sant Pau)

Hospital Dos de Maig (Map pp102–3; ☎ 93 507 27 00; Carrer del Dos de Maig 301; 🏠 Hospital de Sant Pau)

Some 24-hour pharmacies follow:

Farmàcia Álvarez (Map pp108–9; ☎ 93 302 11 24; Passeig de Gràcia 26)

Farmàcia Clapés (Map pp64–5; ☎ 93 301 28 43; La Rambla 98)

Farmàcia Torres (Map pp108–9; ☎ 93 453 92 20; www.farmaciaabierta24h.com, in Spanish; Carrer d'Aribau 62)

MONEY

As in 14 other EU nations (Austria, Belgium, Cyprus, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, Malta, the Netherlands, Portugal and Slovenia), the euro is Spain's currency.

Changing Money

You can change cash or travellers' cheques in most major currencies without problems at virtually any bank or *bureau de change* (usually indicated by the word *canvi/cambio*).

Barcelona abounds with banks, many with ATMs, including several around Plaça de Catalunya and more on La Rambla and Plaça de Sant Jaume in the Barri Gòtic.

The foreign-exchange offices that you see along La Rambla and elsewhere are open for longer hours than banks, but they generally offer poorer rates. Also, keep a sharp eye open for commissions at *bureaux de change*.

Interchange (Map pp64–5; ☎ 93 342 73 11; Rambla dels Caputxins 74; ☎ 9am–10.30pm; M Liceu) represents American Express and will cash Amex travellers' cheques, replace lost cheques and provide cash advances on Amex cards.

Credit Cards

Major cards such as Visa, MasterCard, Maestro and Cirrus are accepted throughout Spain. They can be used in many hotels, restaurants and shops. Credit cards can also be used in ATMs displaying the appropriate sign. Check charges with your bank. If your card is lost, stolen or swallowed by an ATM, you can telephone toll free to immediately stop its use:

Amex (☎ 900 994426)

Diners Club (☎ 901 101011)

MasterCard (☎ 900 971231)

Visa (☎ 900 991124)

Travellers' Cheques

Travellers' cheques are being left behind by plastic. Amex, MasterCard and Visa are widely accepted brands (the latter two are also sold by Travelex). If you lose your cheques, call a **24-hour freephone number** (☎ for Amex 900 994426, for Visa 900 948973, for MasterCard 900 948971).

Travelex (www.travelex.com) issues prepaid Cash Passports. Load funds onto the card before you travel and use it like any cash card in Visa ATMs worldwide.

NEWSPAPERS & MAGAZINES

A wide selection of national daily newspapers from around Europe (including the UK) is available at newsstands all over central Barcelona and at strategic locations such as train and bus stations. The *International Herald Tribune*, *Time*, *Economist*, *Der Spiegel* and other international magazines are also available.

El País includes a daily supplement devoted to Catalonia, but the region also has

a lively home-grown press. *La Vanguardia* and *El Periódico* are the main local Spanish-language dailies. The latter also publishes a Catalan version. The more conservative and Catalan-nationalist-oriented daily is *Avui*. *El Punt* concentrates on news in and around Barcelona.

The most useful publication for expats is *Barcelona Metropolitan*, with news, views and listings information. *Pilote Urbain* is a French equivalent. *Catalonia Today* is a slim newsheet put out by the owners of *El Punt*.

Conservative Spaniards tend to read the old-fashioned *ABC*, while most of the left-of-centre crowd study *El País*, which identifies with the Partido Socialista Obrero Español (PSOE). *El Mundo* is a robustly right-wing publication in competition with the more respectable *ABC*. One of the best-selling dailies is *Marca*, devoted to sport.

ORGANISED TOURS

Organised tours range from walking tours of the Barri Gòtic or Picasso's Barcelona to organised spins by bicycle.

The Oficina d'Informació de Turisme de Barcelona organises a series of guided walking tours under the name of **Barcelona Walking Tours** (Map pp108–9; ☎ 93 285 38 34; Plaça de Catalunya 17-5; M Catalunya). One explores the Barri Gòtic (adult/child €11/4.50; 10am daily in English, noon Saturday in Spanish and Catalan), another follows in Picasso's footsteps and winds up at the Museu Picasso, to which entry is included in the price (adult/child €15/6.50; 10.30am Tuesday to Sunday in English, 11.30am Saturday in Spanish and Catalan) and a third takes in the main jewels of Modernisme (adult/child €11/4.50; 4pm Friday and Saturday in English, 4pm Saturday in Spanish, all tours in both English and Spanish at 6pm June to September). It also offers a 'gourmet' tour of traditional purveyors of fine foodstuffs across the old city (adult/child €15/6.50; 11am Friday and Saturday in English, 11am Saturday in Spanish and Catalan). It includes a couple of chances to taste some of the products. All tours last two hours and start at the tourist office.

Barcelona Guide Bureau (☎ 93 268 24 22; www.bgb.es; Via Laietana 54) places professional guides at the disposal of groups for tailor-made tours of the city. Several languages are catered for.

Bus Turístic (Map pp64–5; ☎ 010; www.tmb.net) is a hop-on hop-off service that links virtually all the major tourist sights. See p266 for more information.

BICYCLE TOURS

Barcelona is awash with companies offering bicycle tours. Tours typically take two to four hours and generally stick to the old city, the Sagrada Família and the beaches. Operators include:

Bike Tours Barcelona (Map pp84–5; ☎ 93 268 21 05; www.biketoursbarcelona.com; Carrer de l'Esparteria 3)

Barcelona By Bike (☎ 93 268 81 07; www.barcelonabybike.com)

Fat Tire Bike Tours (Map pp64–5; ☎ 93 301 36 12; www.fattirebiketoursbarcelona.com; Carrer dels Escudellers 48)

BarcelonaBiking.com (Map pp64–5; ☎ 656 356300; www.barcelonabiking.com; Baixada de Sant Miquel 6)

For a trip around the harbour, board a **Golondrina Excursion Boats** (Map p93; ☎ 93 442 31 06; www.lasgolondrinas.com; Moll de les Drassanes; adult/under 4yr/4–10yr/student & senior €10.50/free/4.80/7.70; M Drassanes) *golondrina* (swallow) from Moll de les Drassanes in front of Monument a Colom. The one-hour round trip takes you to Port Olímpic, the Fòrum and back again. The number of departures depends largely on the season and demand. If you just want to discover the area around the port, you can opt for a 35-minute excursion to the breakwater and back (adult/child under four years/child aged four to 10 years €5/free/2.50).

Orsom (Map p93; ☎ 93 441 05 37; www.barcelona-orsom.com; Moll de les Drassanes; ☎ Apr–Oct; adult/4–10yr/11–18yr & senior €12.50/6.50/9.50; M Drassanes) has similar trips to those of Golondrina Excursion Boats on a giant catamaran. There are up to three departures per day. The third, leaving at 6pm, includes a jazz band and costs a little more (€14.90/6.50/12.90). Check departure times and availability in advance.

Cultural organisation **La Casa Elizalde** (Map p108–9; ☎ 93 488 05 90; www.casaelizalde.com; Carrer de València 302; M Passeig de Gràcia) runs several Barcelona walks (which generally occupy a Saturday morning and cost up to €9 per person) and one-day or weekend excursions outside the city – tours are in Catalan.

SegwayBCN (Map pp122–3; ☎ 934948462; www.segwaybcn.com, in Spanish; Carrer de Bigai 11–13) offers urban and even country tours on two-wheel people-movers! Tours start from €30 for 30 minutes with a minimum of four people.

My Favourite Things (☎ 637 265405; www.myft.net; tours from €26–32) offers tours for no more than

10 participants based on numerous themes: anything from design to food, from in-line-skating tours to sailing trips. Some of the more unusual activities cost more.

Barcelona Vibes (Map pp64–5; ☎ 93 310 37 47; www.barcelonavibes.com; Carrer de Milans 7) offers everything from luxury private tours of the city in a chauffeur-driven Mercedes to trips around Catalonia. You can hire a Harley or sign for a city tour by Segway. If it can be booked or organised, they can probably do it.

See **BCN Skytour** (Map p93; ☎ 93 224 07 10; www.cathelicopters.com; Heliport, Passeig de l'Escullera; tour per person €80; ☎ 10am–7pm) for a 10-minute thrill at 800m above the city by helicopter that truly gives a bird's-eye view of the city. A 35-minute trip for €240 per person takes in Montserrat (p252). You can take the Golondrina tour boat (left) or a taxi to the heliport.

Barcelona Scooter (☎ 93 285 38 32; €45; ☎ 10.30am Sat), run by Cooltra (see p267), offers a four-hour tour around the city by scooter in conjunction with the city tourism office. Departure is from in front of La Sagrada Família on Carrer de Sardenya.

Gocar (Map pp84–5; ☎ 902 301333; www.gocartours.es; Carrer de Freixures 23bis; per hour/day €35/€99) has GPS-guided 'cars' (actually two-seat, three-wheel mopeds) that allow you to tour around town, park where motorbikes are allowed and listen to commentaries on major sites as you go. The GPS system makes it virtually impossible to get lost.

Itour (Map pp108–9; ☎ 93 467 15 84; www.itourgps.com; Carrer de Provença 292; per day €10.30) is a GPS gadget with maps of Barcelona that will lead you to (and provide some info on) sights, restaurants and more.

POST

Correos (☎ 902 197197; www.correos.es, in Spanish) is Spain's national postal service. Barcelona's **main post office** (Map pp64–5; ☎ 8.30am–10pm Mon–Sat, noon–10pm Sun; M Jaume I) is just opposite the northeast end of Port Vell at Plaça d'Antoni López. Another handy branch for travellers lies just off Passeig de Gràcia at **Carrer d'Aragó 282** (Map pp108–9; ☎ 8.30am–8.30pm Mon–Fri, 9.30am–1pm Sat; M Passeig de Gràcia). Many other branches tend to open between 8.30am and 2.30pm Monday to Friday and from 9.30am to 1pm on Saturday.

Segells/sellos (stamps) are sold at most *estancos* (tobacconists' shops) and at post offices throughout the city.

A postcard or letter weighing up to 20g costs €0.60 from Spain to other European countries and €0.78 to the rest of the world. The same would cost €2.84 and €3.02, respectively, for *certificado* (registered) mail. Sending such letters *urgente*, which means your mail may arrive two or three days sooner than usual, costs €3.10 and €3, respectively. You can send mail both *certificado* and *urgente* if you wish.

Ordinary mail to other western European countries usually takes around three to four days; to North America and Australasia anything from one to two weeks. Delivery times to Spain are similar to those for outbound mail. All Spanish addresses have five-digit postcodes; using postcodes will help your mail arrive a bit quicker.

Lista de correos (poste restante) mail can be addressed to you anywhere in Catalonia that has a post office. It will be delivered to the place's main post office unless another is specified in the address. Take your passport when you pick up mail.

A typical *lista de correos* address looks like this:

Jenny JONES
Lista de Correos
08080 Barcelona
Spain

RADIO

The Spanish national network, **Radio Nacional de España** (RNE; www.rtve.es/radio/), has several stations: RNE 1 (738AM; 88.3 FM) has general interest and current affairs programmes; RNE 3 (98.6 FM) presents a decent range of pop and rock music; RNE 5 (576AM; 99FM) concentrates on sport and entertainment. Among the most listened-to rock and pop stations are **40 Principales** (www.los40.com, in Spanish; 93.9 FM), **Onda Cero** (www.ondacero.es, in Spanish; 94.1 FM) and **Cadena 100** (www.cadena100.es, in Spanish; 100 FM).

Those wanting to get into some Catalan can tune into **Catalunya Ràdio** (www.catradio.cat; 102.8 FM), **Catalunya Informació** (92 FM) and a host of small local radio stations.

You can also pick up the **BBC World Service** (www.bbc.co.uk) on, among others, 6195kHz, 9410kHz and 12,095kHz (short wave). **Voice of America** (VOA; www.voiceamerica.com) can be found on a number of short-wave frequencies, including 1593kHz, 9865kHz, 11,765kHz and 15,205kHz.

TAXES & REFUNDS

Value-added tax, or VAT, is otherwise known as IVA (*impuesto sobre el valor añadido*, pronounced 'EE-ba'). IVA is 7% on accommodation and restaurant prices and is usually – but not always – included in quoted prices. On retail goods the IVA is 16%. IVA-free shopping is available in duty-free shops at all airports for people travelling between EU countries.

Non-EU residents are entitled to a refund of the 16% IVA on purchases costing more than €90.15 from any shop, if the goods are taken out of the EU within three months. Ask the shop for a Cashback (or similar) refund form showing the price and IVA paid for each item and identifying the vendor and purchaser. Then present the form at the customs booth for IVA refunds when you depart from Spain (or elsewhere in the EU). You will need your passport and a boarding card that shows you are leaving the EU, and your luggage (so do this before checking in bags). The officer will stamp the invoice and you hand it in at a bank at the departure point to receive a reimbursement.

At Barcelona airport look for the customs booth directly opposite the bar on the ground floor of Terminal A (by the arrivals doors). Branches of the Caixa and BBVA banks (both about 50m to the right of the customs window) will deal with Cashback refunds (7am to 11pm daily). Otherwise you can use the envelope provided to have the tax paid back to your credit card or by cheque. For more information, check out the **Euro Refund website** (www.eurorefund.com).

TELEPHONE

The ubiquitous blue payphones are easy to use for international and domestic calls. They accept coins, *tarjetas telefónicas* (phone-cards) issued by the national phone company Telefónica and, in some cases, credit cards. *Tarjetas telefónicas* come in €6 and €12 denominations and are sold at post offices and tobacconists.

Public telephones inside bars and cafés, and phones in hotel rooms, are nearly always more expensive than street payphones.

Locutorios (call centres) are another option. You'll mostly find these scattered about the old town, especially in and around El Raval. Check rates before making calls.

To call Barcelona from outside Spain, dial the international access code, followed by the code for Spain (☎ 34) and the full number (including Barcelona's area code, ☎ 93, which is an integral part of the number).

The access code for international calls from Spain is ☎ 00. To make an international call, dial the access code, wait for a new dial tone, then dial the country code, area code and number.

You can dial an operator to make reverse charge calls to your own country for free – pick up the number before you leave home. You can usually get an English-speaking Spanish international operator on ☎ 1008 (for calls within Europe) or ☎ 1005 (rest of the world). For international directory inquiries, dial ☎ 11825. A call to this number costs €2.

Dial ☎ 1009 to speak to a domestic operator, including for a domestic reverse-charge call (*llamada por cobro revertido*). For national directory inquiries, dial ☎ 11818.

Mobile-phone numbers start with 6. Numbers starting with 900 are national toll-free numbers, while those starting with numbers between 901 and 905 come with varying conditions. A common one is 902, which is a national standard-rate number. In a similar category are numbers starting with 803, 806 and 807.

Mobile Phones

Spain uses GSM 900/1800, which is compatible with the rest of Europe and Australia but not with the North American GSM 1900 or the system used in Japan. If your phone is tri- or quadriband, you will probably be fine. You can buy SIM cards and prepaid call time in Spain for your own national mobile phone (provided what you own is a GSM, dual- or tri-band cellular phone and not code-blocked). You will need your passport to open any kind of mobile-phone account, prepaid or otherwise.

TIME

Spain is one hour ahead of GMT/UTC during winter, and two hours ahead during daylight saving (the last Sunday in March to the last Sunday in October). Most other western European countries are on the same time as Spain year-round, the major exceptions being the UK, Ireland and Portugal, which are one hour behind. Spaniards use the 24-hour

clock for official business (timetables etc) but often switch to the 12-hour version in daily conversation.

TOURIST INFORMATION

Several tourist offices operate in Barcelona. A couple of general information numbers worth bearing in mind are ☎ 010 and ☎ 012. The first is for Barcelona and the other is for all Catalonia (run by the Generalitat). You sometimes strike English-speakers, although for the most part operators are Catalan/Spanish bilingual. In addition to the following listed tourist offices, information booths operate at Estació del Nord bus station and at Portal de la Pau, at the foot of the Monument a Colom at the port end of La Rambla. At least three others set up at various points in the city centre in summer. In addition to what follows, check out www.turismetotal.org for info on Barcelona province.

Oficina d'Informació de Turisme de Barcelona Plaça de Catalunya (**Map pp108–9**; ☎ 93 285 38 32; www.barcelona.turisme.com; Plaça de Catalunya 17-5, underground;

☎ 9am–9pm; **M** Catalunya); Ajuntament (**Map pp64–5**; Carrer de la Ciutat 2; ☎ 9am–8pm Mon–Fri, 10am–8pm Sat, 10am–2pm Sun & holidays; **M** Jaume I); Estació Sants (**Map pp140–1**; Estació Sants train station; ☎ 8am–8pm Jun–Sep, 8am–8pm Mon–Fri plus 8am–2pm Sat, Sun & holidays Oct–May; **M** Sants Estació); El Prat airport (Terminal B arrivals hall, Terminal A arrivals hall; ☎ 9am–9pm) The Plaça de Catalunya tourist information office concentrates on city information and can help book accommodation. Expect to queue.

Palau de la Virreina Arts Information Office (**Map pp64–5**; ☎ 93 301 77 75; Rambla de Sant Josep 99; ☎ 10am–8pm; **M** Liceu) A useful office for events information and tickets.

Palau Robert regional tourist office (**Map pp108–9**; ☎ 93 238 80 91; www.gencat.net/probert; Passeig de Gràcia 107; ☎ 10am–7pm Mon–Sat, 10am–2.30pm Sun; **M** Diagonal) A host of material on Catalonia, audiovisual resources, a bookshop and a branch of Turisme Juvenil de Catalunya (for youth travel).

TRAVELLERS WITH DISABILITIES

Some hotels and public institutions have wheelchair access. Most buses in Barcelona are wheelchair accessible and a growing number of Metro stations are theoretically wheelchair accessible (generally by lift, although there

have been complaints that they are only any good for parents with prams). Lines 2 and 11 are completely adapted, as are two-thirds of stops on Line 1. About half the stops on the remaining lines have been adapted. The problem then is access from platforms to trains – more often than not the gap between the two makes getting aboard a trial. The Catalan government maintains that all stations will be fully adapted by 2012.

You can order special taxis; see p269. Most street crossings in l'Eixample are wheelchair-friendly.

For more information on what the city is doing to improve accessibility, check out the city council website (www.bcn.es). **Barcelona Turisme** (www.vienaeditorial.com/barcelona accessible) also publishes the *Accessible Barcelona Guide* in several languages. Other services include the following:

Accessible Barcelona (☎ 93 428 52 27; www.accessiblebarcelona.com) Craig Grimes, a T6 paraplegic and inveterate traveller, created this Barcelona-specific accessible travel site, easily the most useful doorway into the city for the disabled.

Institut Municipal de Persones amb Disminució (Map pp102–3; ☎ 93 413 27 75; Avinguda Diagonal 233) This organisation has information for people with disabilities in Barcelona, although it is aimed mostly at permanent residents.

ONCE (Map pp140–1; ☎ 93 325 92 00; Carrer de Sepúlveda 1; M Plaça d'Espanya) The national organisation for the vision-impaired can help with information, including lists of places such as restaurants where Braille menus are provided. It has a guide to Barcelona in Braille.

VISAS

Spain is one of 24 member countries of the Schengen Convention, under which 22 EU countries (all but Bulgaria, Cyprus, Ireland, Romania and the UK) plus Iceland and Norway have abolished checks at common borders. Switzerland is in the process of becoming a member and Cyprus was set to join by the end of 2008.

EU nationals require only their ID cards to live and work in Spain, except nationals of Bulgaria, Cyprus and Romania, who do not need visas for tourist visits but don't yet have the full freedom to live and work legally. Nationals of many other countries, including Australia, Canada, Israel, Japan, New Zealand and the USA, do not require visas for tourist visits to Spain of up to 90 days. Non-EU nationals who are legal residents of one

Schengen country do not require a visa to visit another Schengen country.

All non-EU nationals entering Spain for any reason other than tourism (such as study or work) should contact a Spanish consulate, as they may need a specific visa. Citizens of countries not mentioned above should check whether they need a visa with their Spanish consulate.

WOMEN TRAVELLERS

Think twice about going by yourself to isolated stretches of beach or down empty city streets at night. It's inadvisable for women to hitchhike alone – and not a great idea even for two women together.

Topless bathing is OK on beaches in Catalonia and also at swimming pools. While skimpy clothing tends not to attract much attention in Barcelona and the coastal resorts, tastes in inland Catalonia tend to be somewhat conservative.

Ca la Dona (Map pp108–9; ☎ 93 412 71 61; <http://caladona.pangea.org>; Carrer de Casp 38;

M Catalunya) The nerve centre of the region's feminist movement which includes many diverse women's groups.

Centre Francesca Bonnemaison (Map pp84–5; ☎ 93 268 42 18; www.bonnemaison-ccd.org; Carrer de Sant Pere més Baix 7; M Urquinaona) A women's cultural centre with more than 80 women's groups and feminist associations, putting on expositions, staging theatre productions and promoting social groups.

Institut Català de la Dona (Map pp76–7; ☎ 93 317 82 81; www.gencat.net/icdona; Plaça de Pere Coromines 1; M Liceu) It can point you in the right direction for information on marriage, divorce, rape/assault counselling and related issues for long-termers, social activities, women's clubs etc. The hotline for victims of assault is ☎ 900 900120.

WORK

Nationals of Switzerland, Norway and Iceland and all EU countries (apart from Bulgaria, Cyprus and Romania) may work in Spain without a visa, but for stays of more than three months they are supposed to apply for a *tarjeta de residencia* (residence card) within the first month.

Virtually everyone else is supposed to obtain a work permit from a Spanish consulate in their country of residence and, if they plan to stay more than 90 days, a residence visa. Quite a few people work, discreetly, without bothering to tangle with the bureaucracy. If

you are offered a contract, your employer will usually steer you through the labyrinth of paperwork.

The easiest source of work for foreigners is teaching English (or another foreign language). Schools are listed under *Acadèmies de Idiomes* in the Yellow Pages.

Sources of information on possible teaching work – school or private – include foreign cultural centres (the British Council, Institut Français etc), language schools, foreign-language bookshops and university notice boards. Cultural institutes you may want to try include:

British Council (Map pp122–3; ☎ 93 241 99 77; www.britishcouncil.org/es/spain.htm; Carrer d'Amigó 83; M FGC Muntaner)

Institut Français de Barcelona (Map pp122–3; ☎ 93 567 77 77; www.institutfrances.org; Carrer de Moia 8; M Diagonal)

Institute for North American Studies (Map pp122–3; ☎ 93 240 51 10; www.ien.es; Via Augusta 123; M FGC Plaça Molina)

Translating and interpreting could be an option if you are fluent in Spanish (and/or Catalan) and a language in demand. Bar work in Irish pubs and boat scrubbing in the marinas and the like are other possibilities.

Doing Business

The main business district in Barcelona is along the western end of Avinguda Diagonal. The big banks cluster here with several major business-oriented hotels. Another centre of activity is the World Trade Center in Port Vell. A hi-tech district, known as 22@bcn, is emerging in the former industrial area of Poblenou. The giant congress centre in Fòrum attracts international get-togethers on the northeast coast of the city.

People wishing to make the first moves towards expanding their business into Spain should contact their own country's trade department (such as the BERR in the UK). The commercial department of the Spanish embassy in your own country should also have information – at least about red tape.

In Barcelona your next port of call should be the **Cambra de Comerç de Barcelona** (Map p118; ☎ 902 448448; www.cambraabcn.es; Avinguda Diagonal 452; M Diagonal). It has a documentation centre and business-oriented bookshop, the Llibreria de la Cambra.

With more than 80 trade fairs a year and a growing number of congresses of all types, Barcelona is an important centre of international business in Europe. The **Fira de Barcelona** (Map pp140–1; ☎ 902 233200; www.firaabcn.es; Plaça d'Espanya; M Espanya) organises fairs for everything from fashion to technology, furniture, recycling, jewellery and classic cars. The information office offers business services (such as communications), meeting rooms and other facilities for people working at trade fairs.

The **main trade fair** (Fira M1; Map pp140–1) is located between the base of Montjuïc and Plaça d'Espanya, with 115,000 sq metres of exhibition space and a conference centre. Fira M2 (Fair No 2), southwest of Montjuïc, continues to expand along Gran Via de les Corts Catalanes and totals 180,000 sq metres.

On the waterfront, the **World Trade Center** (Map p93; ☎ 93 508 80 00; www.wtcbarcelona.com; M Drassanes) at Port Vell offers a variety of meeting rooms and conference centres. The **Centre de Convencions Internacional de Barcelona** (CCIB; Map pp98–9; ☎ 93 230 10 00; www.ccb.es; Rambla de Prim 1-17) in the northeast of the city near the waterfront can host 15,000 people (see p97).

The **Barcelona Convention Bureau** (Map pp108–9; ☎ 93 368 97 00; Rambla de Catalunya 123; M Diagonal) also organises conventions and other events.

LANGUAGE

Catalan (*català*) and Spanish (more appropriately known as *castellano*, or Castilian), have equal official status in Catalunya. The recognition of Catalan is the end result of a vigorous regional government campaign that began when the province gained autonomy at the end of the 1970s. Until the disaster of the Battle of Muret in 1213, Catalan territory extended well across southern France, taking in Roussillon and reaching into Provence. Catalan was spoken, or at least understood, throughout these territories and in what is now Catalunya and Andorra. In the couple of hundred years that followed, while the losses of French territory were being compensated by their Mediterranean empire building, the Catalans spread their language south into Valencia, west into Aragón and east to the Balearic Islands (Illes Balears/Islas Baleares). The language also reached Sicily and Naples, and the Sardinian town of Alghero is still a partly Catalan-speaking outpost today.



In Barcelona you'll hear as much Spanish as Catalan, and we've provided some Spanish to get you started (see p285 for some basic Catalan). Your chances of striking English speakers are also not so bad. Elsewhere in the province, don't be surprised if you get replies in Catalan to your questions in Spanish. However, you'll find that most Catalans will happily speak to you in Spanish, especially once they realise you're a foreigner.

If you want to learn more Spanish than we've included here, pick up a copy of Lonely Planet's comprehensive but user-friendly *Spanish Phrasebook* or *Fast Talk Spanish*.

SOCIAL

Meeting People

Hello.
¡Hola!
Goodbye.
¡Adiós!
Please.
Por favor.
Thank you.
(Muchas) Gracias.
Yes.
Sí.
No.
No.
Excuse me.
Perdón.
Sorry!
Perdón/Perdóneme.
Do you speak English?
¿Habla inglés?
Does anyone speak English?
¿Hay alguien que hable inglés?
Do you understand?
¿Me entiende?
Yes, I understand.
Sí, entiendo.
No, I don't understand.
No, no entiendo.

Pardon? What?
¿Cómo?
Could you please ...?
¿Puede ... por favor?
speak more slowly **hablar más despacio**
repeat that **repetir**
write it down **escribirlo**

Going Out

What's there to do in the evenings?
¿Qué se puede hacer por las noches?
What's on ...?
¿Qué hay...?
locally **en la zona**
this weekend **este fin de semana**
today **hoy**
tonight **esta noche**
Where are the ...?
¿Dónde hay ... ?
places to eat **lugares para comer**
nightclubs **discotecas**
pubs **pubs**
gay venues **lugares gay**

Is there a local entertainment guide?
¿Hay una guía del ocio de la zona?

PRACTICAL

Question Words

Who? ¿Quién? (sg)
¿Quiénes? (pl)
What? ¿Qué?
Which? ¿Cuál? (sg)
¿Cuáles? (pl)
When? ¿Cuándo?
Where? ¿Dónde?
How? ¿Cómo?
How much? ¿Cuánto?
How many? ¿Cuántos?
How much is it? ¿Cuánto cuesta?
Why? ¿Por qué?

Numbers & Amounts

0 **ceró**
1 **uno/una** (m/f)
2 **dos**
3 **tres**
4 **cuatro**
5 **cinco**
6 **seis**
7 **siete**
8 **ocho**
9 **nueve**
10 **diez**
11 **once**
12 **doce**
13 **trece**
14 **catorce**
15 **quince**
16 **dieciséis**
17 **diecisiete**
18 **dieciocho**
19 **diecinueve**
20 **veinte**
21 **veintiuno**
22 **veintidós**
30 **treinta**
31 **treinta y uno**
40 **cuarenta**
50 **cincuenta**
60 **sesenta**
70 **setenta**
80 **ochenta**
90 **noventa**
100 **cien**
1000 **mil**
2000 **dos mil**

Days

Monday **lunes**
Tuesday **martes**
Wednesday **miércoles**

Thursday **jueves**
Friday **viernes**
Saturday **sábado**
Sunday **domingo**

Banking

I'd like to change some money.
Me gustaría cambiar dinero.
I'd like to change a traveller's cheque.
Me gustaría cobrar un cheque de viaje.

Where's the nearest ...?

¿Dónde está ... más cercano?
ATM **el cajero automático**
foreign exchange **la oficina de cambio**
office

Do you accept ...?

¿Aceptan ...?
credit cards **tarjetas de crédito**
debit cards **tarjetas de débito**
traveller's cheques **cheques de viaje**

Post

Where's the post office?
¿Dónde está Correos?

I want to send a ...

Quería enviar ...
fax **un fax**
parcel **un paquete**
postcard **una postal**

I want to buy a/an ...

Quería comprar ...
aerogramme **un aerograma**
envelope **un sobre**
stamp/stamps **un sello/sellos**

Phones & Mobiles

I want to buy a phone card.
Quería comprar una tarjeta.

I want to make a ...

Quería hacer ...
call (to ...) **una llamada (a ...)**
reverse-charge/ **una llamada a cobro**
collect call **revertido**

Where can I find a/an ...?

¿Dónde se puede encontrar un ...?
I'd like a/an ...
Quería un ...
adaptor plug **adaptador**
charger for my **cargador para mi**
phone **teléfono**

mobile/cell phone for hire **mòvil para alquilar**
 prepaid mobile/cell phone **mòvil de prepagó**
 SIM card for your network **tarjeta SIM para su red**

Internet

Where's the local internet cafe?
¿Dónde hay un ciber (café) cercano?

I'd like to ...
Quería ...
 get internet access **conectarme (a internet)**
 check my email **revisar mi correo electrónico**

Transport

What time does the ... leave?
¿A qué hora sale el ...?

boat **barco**
 bus **autobús**
 bus (intercity) **autocar**
 plane **avión**
 train **tren**

What time's the ... bus?
¿A qué hora hay el ... autocar/autobús?
 first **primer**
 last **último**
 next **próximo**

Is this taxi free?
¿Está libre este taxi?
 Please put the meter on.
Por favor, ponga el taxímetro
 How much is it to ...?
¿Cuánto cuesta ir a ...?
 Please take me (to this address).
Por favor, lléveme (a esta dirección).

FOOD

breakfast **desayuno**
 lunch **comida**
 dinner **cena**
 snack **tentempié**
 to eat/to drink **comer/beber**

Can you recommend a ...?
¿Puede recomendar un ...?
 bar **bar**
 café **café**
 coffee bar **cafetería**
 restaurant **restaurante**

A table for ..., please.
Una mesa para ..., por favor.
 Is service/cover charge included in the bill?
¿Está incluido el servicio en la cuenta?
 Do you have a menu in English?
¿Tienen un menú en inglés?
 I'm a vegetarian.
Soy vegetariano/a. (m/f)
 Do you have any vegetarian dishes?
¿Tienen algún plato vegetariano?
 I'm allergic to peanuts.
Soy alérgico/a a los cacahuetes. (m/f)

What is today's special?
¿Cuál es el plato del día?
 What would you recommend?
¿Qué recomienda?
 What's the speciality here?
¿Cuál es la especialidad de este restaurante?
 I'd like the set lunch, please.
Quería el menú del día, por favor.
 The bill, please.
La cuenta, por favor.
 I'll have what they're having.
Tomaré lo mismo que ellos.
 Good health/Cheers!
¡Salud!
 Thank you, that was delicious.
Muchas gracias, estaba buenísimo.

For more detailed information on food and dining out, see p166.

Food Glossary

Here is a brief glossary of some food terms that could come in handy. Items listed below are in Catalan/Spanish where they start with the same letter. Where the two terms start with different letters, or where only the Catalan or the Spanish term is provided, they are listed separately and marked (C) for Catalan or (S) for Spanish. If an entry is not marked at all, it is because it takes the same form in both languages.

aceite (S)	oil
aigua/agua	water
alcachofa (S)	artichoke
ametlla/almendra	almond
anyell or xai (C)	lamb
arròs/arroz	rice
bacallà/bacalao	salted cod
bogavante (S)	a type of lobster common on local menus
boqueros/ boquerones	white anchovies in vinegar

A LITTLE BIT OF CATALÀ

These Catalan words and phrases might win you a few smiles and perhaps help you make some new friends!

Hello.	<i>Hola.</i>	Wednesday	<i>dimecres</i>
Goodbye.	<i>Adéu.</i>	Thursday	<i>dijous</i>
Yes.	<i>Sí.</i>	Friday	<i>divendres</i>
No.	<i>No.</i>	Saturday	<i>dissabte</i>
Please.	<i>Sisplau/Si us plau.</i>	Sunday	<i>diumenge</i>
Thank you (very much).	<i>(Moltes) gràcies.</i>	0	<i>zero</i>
You're welcome.	<i>De res.</i>	1	<i>un, una (m/f)</i>
Excuse me.	<i>Perdoni.</i>	2	<i>dos, dues (m/f)</i>
May I?/Do you mind?	<i>Puc?/Em permet?</i>	3	<i>tres</i>
I'm sorry.	<i>Ho sento/Perdoni.</i>	4	<i>quatre</i>
What's your name?	<i>Com et dius? (inf)</i>	5	<i>cinc</i>
	<i>Com es diu? (pol)</i>	6	<i>sis</i>
My name's ...	<i>Em dic ...</i>	7	<i>set</i>
Where are you from?	<i>D'on ets?</i>	8	<i>vuit</i>
Do you speak English?	<i>Parla anglès?</i>	9	<i>nou</i>
I (don't) understand.	<i>(No) ho entenc.</i>	10	<i>deu</i>
Could you speak in Castilian please?	<i>Pot parlar castellà sisplau?</i>	11	<i>onze</i>
How do you say ... in Catalan?	<i>Com es diu ... en català?</i>	12	<i>dotze</i>
I'm looking for ...	<i>Estic buscant ...</i>	13	<i>tretze</i>
How do I get to ...?	<i>Com puc arribar a ...?</i>	14	<i>catorze</i>
Turn left.	<i>Giri a mà esquerra.</i>	15	<i>quinze</i>
Turn right.	<i>Giri a mà dreta.</i>	16	<i>setze</i>
near/far	<i>a prop/lluny de</i>	17	<i>disset</i>
		18	<i>divuit</i>
		19	<i>dinou</i>
Monday	<i>dilluns</i>	20	<i>vint</i>
Tuesday	<i>dimarts</i>	100	<i>cent</i>

botifarra
 café amb llet/
 café con leche
 caldereta
 carxofa (C)
 cava
 ceba/cebolla
 cervesa/cerveza
 chupito
 cordero (S)
 costella/chuleta
 cranc/cangrejo or centollo
 formatge (C)
 gambes/gambas
 gelat (C)
 helado (S)
 huevos (S)
 llagosta/langosta
 llamàntol (C)
 llenties/lentejas
 Catalan pork sausage
 coffee with milk
 a seafood stew
 artichoke
 Catalan version of champagne
 onion
 beer
 a shot (small glass of spirits)
 lamb
 cutlet
 crab
 cheese
 prawns
 ice cream
 ice cream
 eggs
 lobster
 a type of lobster common on local menus
 lentils

menjador (C)
 menú del dia (S)
 montaditos (S)
 nueva cocina española
 oli (C)
 ous (C)
 paella (S)
 patates braves/
 patatas bravas
 pebre/pimienta
 peix/pescados
 queso (S)
 rap/rape
 ratafia (C)
 ternera (S)
 torrada/tostada
 trucha (S)
 truita (C)
 vedella (C)
 vi/vino
 dining room, sit-down restaurant
 fixed-price meal, mostly available at lunchtime
 canapés
 new cuisine
 oil
 eggs
 rice, seafood and meat dish
 potato chunks bathed in a slightly spicy tomato sauce
 pepper
 fish
 cheese
 monkfish
 a local, high-octane liquor
 beef
 open toasted sandwich
 trout
 omelette/tortilla, trout
 beef
 wine

EMERGENCIES

Help!

¡Socorro!

It's an emergency!

¡Es una emergencia!

Could you help me, please?

¡Me puede ayudar, por favor?

Where's the police station?

¿Dónde está la comisaría?

Where are the toilets?

¿Dónde están los servicios?

Call ...!

¡Llame a ...!

the police	la policia
a doctor	un médico
an ambulance	una ambulancia

HEALTH

Where's the nearest ...?

¿Dónde está ... más cercano?

(night) chemist	la farmacia (de guardia)
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doctor	el médico
--------	-----------

hospital	el hospital
----------	-------------

I need a doctor (who speaks English).

Necesito un doctor (que hable inglés).

I have (a/an) ...

Tengo ...

diarrhoea	diarrea
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fever	fiebre
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headache	dolor de cabeza
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pain	dolor
------	-------

GLOSSARY

Items listed below are in Catalan/Spanish (Castilian) where they start with the same letter. Where the two terms start with different letters, or where only the Catalan or the Spanish term is provided, they are listed separately and marked (C) for Catalan or (S) for Spanish. If an entry is not marked at all, it is because it takes the same form in both languages.

ajuntament/ayuntamiento – town hall

artesonado (S) – Mudéjar wooden ceiling with interlaced beams leaving a pattern of spaces for decoration

avinguda (C) – avenue

Barcelonin (C) – inhabitant/native of Barcelona

Barcino – Roman name for Barcelona

barri/barrio – neighbourhood, quarter of Barcelona

caganer (C) – crapper, a character that appears in Catalan nativity scenes

Call (C) – Jewish quarter in medieval Barcelona

capella/capilla – chapel

carrer/calle – street

casa – house

castellers (C) – human-castle builders

cercanías (S) – local trains serving Barcelona's airport, suburbs and some outlying towns

comte/conde – count

església (C) – church

farmàcia/farmacia – pharmacy

fiesta/fiesta – festival, public holiday or party

FGC (C) – Ferrocarrils de la Generalitat de Catalunya;

local trains operating alongside the Metro in Barcelona

fundació/fundació – foundation

garum – a spicy sauce made from fish entrails, found throughout the Roman Empire

gegants – huge figures paraded at *festes*

Generalitat (C) – Catalan regional government

guiiri – foreigner (somewhat pejorative)

hostal – commercial establishment providing one- to three-star accommodation

iglesia (S) – church

IVA – *impost sobre el valor afegit/impuesto sobre el valor añadido*, or value-added tax

masia – Catalan country farmhouse

mercat/mercado – market

Modernisme (C) – the turn-of-the-19th-century artistic style, influenced by Art Nouveau, whose leading practitioner was Antoni Gaudí

Modernista – an exponent of Modernisme

Mudéjar (S) – a Muslim living under Christian rule in medieval Spain; also refers to their decorative style of architecture

palau (C) – palace

passatge (C) – laneway

pensió/pensión – commercial establishment providing one- to three-star accommodation

plaça/plaza – plaza

platja/playa – beach

Renaixença – Rebirth of interest in Catalan literature, culture and language in the second half of the 19th century

rodalies (C) – see *cercanías*

saló (C) – hall

sardana – traditional Catalan folk dance

s/n (S) – *sin número* (without number)

tablaó – restaurant where flamenco is performed

teatre – theatre

terrassa/terazza – terrace; often means a café or bar's outdoor tables

turista – second class; economy class

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