

RACE HANDBOOK:

Tota la informació de la Zurich Marató de Barcelona



Welcome to Barcelona, the capital of Catalonia and a city of culture, knowledge, creativity, innovation and sport.

Our city has a long sports tradition, thanks to the large number of clubs and associations spread all through our neighborhoods. Barcelona also has an extensive network of public and private facilities where sporting is promoted from the core.

This rich heritage, coupled with our ability to organize sport events of the highest level, as the Zurich Marató de Barcelona, completes a calendar of activities of over 350 annual sporting events.

In Barcelona, culture and sporting are a perfect combination that propels us into the world. The best proof of this is the Montjuïc Mountain as well as our many museums, including the National Art Museum of Catalonia and the Miro Foundation.

Bathed by the Mediterranean Sea and flanked by mountains, rooted in its traditions, Barcelona has a privileged geographical location and is admired worldwide for its quality of life.

I encourage you to explore all that the Catalan capital can offer you.

Xavier Trias

Mayor of Barcelona



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/ZURICHMARATODEBARCELONA

@maratobarcelona

#ZurichMaratoBCN

www.zurichmaratobarcelona.es



ZURICH MARATÓ DE BARCELONA: THE RACE

Day: On March 16th

Location: Maria Cristina Avenue

Starting time: 8.30h

Limit to finish the race: 6 hours

Starting shot: Maria Cristina Avenue

ZURICH MARATÓ BARCELONA 2014
SORTIDA / START 8:30H

AVITUALLAMENTS
ÀREA D'AVITUALLAMENT

WC	GEL
AIGUA WATER	AIGUA X ESPONJA WATER FOR SPONGE
POWERADE	FISIO PHYSICAL
FRUITA FRUIT	CREU ROJA RED CROSS
FRUITS SECS FRUIT DROUGHTS	DUTXA EN CIRCUIT CIRCUIT SHOWERS

- 0 KM WC +
- 5 KM WC +
- 7,5 KM WC +
- 10 KM WC +
- 12,5 KM WC +
- 15 KM WC +
- 17,5 KM WC +
- 20 KM WC +
- 22,5 KM WC +
- 26 KM WC +
- 28,5 KM WC +
- 30 KM WC +
- 31,8 KM WC +
- 32,5 KM WC +
- 35 KM WC +
- 38 KM WC +
- 40 KM WC +
- ARRIBADA WC +

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Circuit: pl. Espanya – c. de la Creu Coberta – c. de Sants – av. de Madrid – c. Berlín – c. de Numància – tr. de les Corts – c. d’Aristides Mallol – av. de Joan XXIII – pl. Pius XII – av. Diagonal – av de Sarrià – c. de París – c. de Berlín – c. de Numància – c. de Tarragona – c. de Vilamarí – Gran Via de les Corts Catalanes – pg de Gràcia – c. del Rosselló – c. de Sardunya – c. de València – av. Meridiana sentit Besòs – pg. de Fabra i Puig – c. Concepción Arenal – av. Meridiana sentit Llobregat – c. de València – c. de Huelva – c. de Bac de Roda - Gran Via de les Corts Catalanes – rbla. de Prim – pl. de Llevant – av. Diagonal sentit Llobregat (gir a l’alçada del c. Ciutat de Granada) - Diagonal Mar sentit Besòs – pl. de Llevant – pg. del Taulat – c. de la Selva de Mar – pg. Garcia i Fària – c. del Litoral – av. Litoral – pl. dels Campions – c. de Salvador Espriu - c. de la Marina – pg. De Pujades – pg. de Lluís Companys – rd. de Sant Pere – pl. Catalunya – av. Portal de l’Àngel – c. Dels Arcs – pl. Nova – av. de la Catedral – Via Laietana – pg. de Colom – pl. Portal de la Pau – pg. de Josep Carner – pl. Drassanes – av. Paral·lel – rda. de Sant Pau - c. del Marquès de Campo Sagrado- av. Paral·lel – pl. Espanya.

Final: Avenida Maria Cristina

Title Sponsor: ZURICH

Patrocinadors Principals: ASICS, [Logo], [Logo]

Patrocinador Institucional: Ajuntament de Barcelona

Organització: ASD, R.R.M.

Comitè Promotor: [Logo]

Disis Oficials: MUNDO DEPORTIVO, LA VANGUARDIA

Marca Oficial: aquaBona

Sponsors: tdp, berni, VITAE, Europcar, GU ENERGY GEL, FLAIXBAC, HONDA

Col·laborador: Foto protegéte Bien, Diputació Barcelona, ISDN

How to get to the starting area by public transport

Servicios detallados	
Metro	L3
Tram	T1 T2 T3
Autobús de tránsito rápido:	H6 V3
Autobús regular:	6 7 16 33 34 59 63 67 70 75 78
Interurbanos	L12 L14 L51 L57 L61 L63 L64 L67 L68 L69 L97

Cloakroom: On March 16th, in Hall 8 of Fira de Barcelona, in Maria Cristina Avenue, a wardrobe area will be enabled. It will be open since 6.00 to 8:15 in the morning before the race.

Bib number: Remember to complete the back part of your bib number with your data. It's important to write down the telephone number of one of your relatives or friends in case we need to contact them for an emergency.

Ajuntament de Barcelona bcn.cat/esports

ZONA D'ESCALFAMENT

ZONA DE RECUPERACIÓ

CAIXA FORUM

EXPO SPORTS

GUARDA-ROBA WARDROBE
Obertura 6h

Del 000 al 9.000

Del 9.001 al 19.000

ACCÉS CALAIXOS SEGONS COLOR DORSAL

- 3h
- 3h - 3h15'
- 3h15' - 3h30'
- 3h30' - 3h45'
- 3h45' - 4h
- +4h

MEETING POINT

PUNT D'INFORMACIÓ

ZONA D'ESCALFAMENT

CREU ROJA

WC

CADIRES DE RODDES

FISIOTERÀPIA

PODI

PACE MARKERS

GUARDA-ROBA ENTRAR CANVIATS READY TO RUN

PLACA D'ESPAÑA

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Pacemakers: The organization of the Zurich Marató Barcelona will provide to runners a total of 32 pacemakers, who will do 7 different running rates over the 42,195 km. These athletes will complete the race in 2:45h, 3h, 03:15h, 3:30h, 3:45h, 4h and 4.30h and they are going to be located in the starting area carrying identifying banners with each time.

Access to the starting gate: a total of five starting shots are going to be made to stretch the race and get better the comfort of all runners. The starting shots will be: 1st Elite and between 3h - 3:15h / 2nd between 3.15h and 3:30h / 3rd between 3:30h and 3.45 / 4th between 3.45h and 4h / 5th + 4h

We ask for runners to come in their respective drawers at least 10 minutes before the 1st starting shot

Close drawers: 8:25 a.m.



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AVITUALLAMENTS

ÀREA D'AVITUALLAMENT

- WC
- AIGUA WATER
- POWERADE ION4
- FRUITA FRUIT
- FRUITS SECS FRUIT DROUGHTS
- GEL
- AIGUA X ESPONJA WATER FOR SPONGE
- FISIO PHYSICAL
- CREU ROJA RED CROSS
- DUTXA EN CIRCUIT CIRCUIT SHOWERS

0 KM	WC	+	
5 KM	WC		
7,5 KM	WC		
10 KM	WC		
12,5 KM	WC		
15 KM	WC		
17,5 KM	WC		
20 KM	WC		
22,5 KM	WC		
26 KM	WC		
28,5 KM	WC		
30 KM	WC		
31,8 KM			
32,5 KM	WC		
35 KM	WC		
38 KM	WC		
40 KM	WC		
ARRIBADA	WC		

The Refreshments: The organization will distribute a total of 15 refreshment points along the circuit. Also there will be a big final refreshment point at the end of the race. So from 5 km of the circuit, each 2.5 km there will be one.

There will be six full refreshment points, located at the km 20, 25, 30, 35, 38 and 40, which will have water, powerade, fruit and nuts. Refreshments at 22.5 km and 32.5 will also have Gu Gels. The organization has increased the provisioning (liquids and solids) to improve its services to the runners

Service recovery: On Sunday March 16th a team of physiotherapists and masseurs will be enabled in Hall 8 of Fira de Barcelona until 14.30h.

Medical Assistance: Red Cross will be responsible for assisting the runners' needs. There will be a medical team in each kilometer of the circuit.

Physiotherapy service during the race: each 5km there will be a tent where a team of physiotherapists will attend you if you have any problem.

Sponges: you will find a sponge in your runner bag. Preserve it along the way; no additional points will be installed with sponges. Each 5km you will find drums with water to soak your sponge.

Quixots: people at every mile point on the circuit who make a visual inspection of the race. They will use a radio to notify any incident to the organization.

What if I can't finish the race? Go back to the nearest point of supplies and wait for the bus. This will take you to the finish.

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TIMING BUS

Km 5	9.42
Km 10	10.25
Km 15	11.07
Km 20	11.50
Km 25	12.32
Km 30	13.15
Km 35	13.57
Km 40	14.40

CATEGORIES

- Sub 23:** 18-22 years old
- Senior:** 23-34 years old
- Veterans A:** 35-44 years old
- Veterans B:** 45-54 years old
- Veterans C:** 55-64 years old
- Veterans D:** més de 65 years old

WHAT TO DO WHEN YOU REACH THE FINISH LINE

1. Continue walking to the final refreshment point. Don't stop in the finish line.
2. Cross the end provisioning where you have refreshments (water and powerade)
3. Race volunteers will take your chip if you have rented it (white), not if it's yours (yellow). Here we will give your finisher medal.
4. Finally you will find the solid supplies. The Magic Fountain will be the meeting point with your family after the race. Here you'll perform your stretches quietly or you can go to the physiotherapy area in the Expo Sports.

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SPECTATOR GUIDE

Follow the race: With the new mobile web of the Zurich Marató Barcelona, on March 16 you will always know at what point of the circuit is your relative or friend. Just visit our mobile website from your smartphone. We recommend you create a shortcut on the screen of your phone for a quick access.

On March 16th, this website will be adapted so you can see quickly and easily at what point of the circuit is your relative or friend. You only need his name and his bib number. This service is updated every 10 minutes and you can use the traditional web as well: www.zurichmaratobarcelona.com

Animation Points: The organization has prepared for spectators and runners a series of animation points formed by musical groups, batukadas, popular bands, etc. Below you will find the exact location of each one:

Animation points 2014

ENTITAT	LLOC	HORARI	KM.	ACTIVITAT
COLLA BASTONERS D'ESPLUGUES	Aristides Maillol / Cardenal Reig	8:45 a 10:00	6'2	Animació Musica Popular
BATOKA'M	Tarragona / Diputació	9:00 a 10:35	11'5	Percussió
PUNT MUSICAL VOLUNTARIS 2000	Gran Via/Rocafort	9:00 a 10:45 h.	12,5	Musica diferents estils i speaker
TABALERS DRUMS D'ESPLUGUES	Gran via / Universitat (Davant de l'UB)	9:00 a 10:50 h.	13,5	Grup de percussió
JOS	Pg. De Gracia / Aragó	9:00 a 11:00	14,2	Animació Musical (INDI/POP/ROCK)
ACTIVE BALL WELLNESS SITTING	Diagonal/Rosselló Cantonada Casa de les Punxes	9:00 a 11:00 h.	14,8	Master class
CARGOL GRACIÓS	Rosselló /Passeig Sant Joan	9:00 a 11:15 h.	15,5	Cargolada popular
CEMS CLAROR I SAGRADA FAMÍLIA	Sardenya (davant Sagrada Família)	9:20 a 11:30 h.	16'2	Animació Musical
BANDSAMBANT	C/ València / Cartagena	9 :20 a 11 :30 h	17	Grup de percussió
CEMS VINTRÓ I VERNEDA	c/ València amb Meridiana	9:20 a 11:30 h.	17,6	MasterClass I animació musical
ANGELS OF MERCY	Av. Meridiana / Josep Estivill	9:30 a 11:35 h.	18'4	Grup Musical
PISCINA MUNICIPAL SANT ANDREU	Av. Meridiana / Concepción Arenal	9:30 a 12:00 h.	20	Animació Musical
TIMBALERS DE SANT ANDREU	Av. Meridiana / Antilles	9:30 a 12: h.	20,7	Grup de percussió
CEM BAC DE RODA	Bac de Roda amb Rambla Guipúscoa	9:30 a 12:20	23'5	Masterclass i animació musical
PEPO BORN	Gran Via / Fluvià Costat Mar	9:30 a 12:20	23,8	Animació Musical (FUSIÓ/FLAMENC/ RAPER)
CEM JÚPITER	Gran Via / Josep Pla	9:30 a 12:30	24,2	Animació Musical
GERMAN RUMBA	Rambla Prim/Cristobal de Moura	9:30 a 12:30	24'8	Animació Musical (INSTRUMENTAL/ RUMBA)
CEM MARESMÉ	Av. Diagonal amb Josep Pla Costat Muntanya	9:45 a 12:45 h.	26,2	Animació Musical
BATUBAROA	Av.Diagonal / Pallars	9:47 a 12:50 h	27	Grup de Samba
RODATS	Av. Diagonal / Badajoz	9:50 a 13:00 h.	28	Patinatge i animació Musical
LOS SULFITOS	Av. Diagonal/ Rambla Poble Nou (Costat Muntanya)	9:50 a 13:10 h.	28'8	Grup musical
RUMBA EXPRESS	Av. Diagonal (Costat Mar) entre Lope de Vega i Espronceda	10:00 a 13:15 h.	30,5	Animació Musical (FUSIÓ/ RUMBA)
SSTREPITS	Pg. del Taulat /Josep Pla	10:00 a 13:30 h.	31,5	Grup de percussió
BATALA	Pg. García Faria / Entre Bac de Roda i Ferrater i Mora	10:10 a 13:35 h.	32	Música brasilera

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Animation points 2014

CONSELL DE L'ESPORT ESCOLAR DE BARCELONA	Av. Litoral / Jonquera	10:10 a 13:35 h.	32,3	Animació Musical
TABALERS DE CASTELLBISBAL	Av. Litoral / Entre Jaume Vicens Vives i Llacuna	10:15 a 13:45 h.	33,2	Grup de percussió
TABALERS DEL CASC ANTIC	C/ Salvador Espriu/Rosa Sensat	10:15 a 13:50 h.	34,3	Grup de percussió
DJ RAMBLA	c/ De la Marina entre Icària i Dr. Trueta	10:15 a 13:50 h.	34,7	Animació Musical (ROYAL REAGUE)
AESE	Pujades / Napols	10:20 a 14:00 h.	35'6	Grup musical
ESGARRIATS	Pl. Urquinaona	10:15 a 14:15 h.	37	Animació musical
RETUMBA	Plaça Catalunya (davant Corte Inglés)	10:15 a 14:15 h.	37,3	Grup de percussió
LUZ VERDE	Portal de l'Angel/ Duran i Bas	10:15 a 14:15 h.	37,5	Grup Musical
BAKETOMBA	Via Laietana/Jaune I	10:20 a 14:30 h.	38'5	Grup de percussió
CEM CIUTADELLA	Via Laietana (Davant Correus)	10:20 a 14:30 h.	39	Animació Musical, Batukada i Ball Zumba
EUROFITNESS - UBAE	Pl. Portal de la Pau (Final la Rambla /Estatua Colon)	10:20 a 14:35 h.	39,2	Animació Musical
PENYA BARCELONISTA EIXAMPLE CAN CONESA, AA.VV BARRI DE SANT ANTONI, ATLÈTIC CLUB ESPORT I NATURA	Paral.lel / Ronda Sant Pau	10:30 a 14 :40 h.	40	Animació Musical i escola de Dansa
DISPERSIÓ PERCUSSIÓ	Av. Paral.lel /C/Llança	10:30 a 14:50 h.	41,5	Grup de percussió
GEGANTS DE VILAMAJOR	Av. Paral.lel / Pl. Espanya	10:36 a 15:00 h.	42	Gegants



RUN
+
TRI
+
TRAIL

EXPO SPORTS

The fair organized around the Zurich Marató Barcelona will open on 14th and 15th March. In recent years, Expo Sports has consolidated as the leading trade fair in the country in the sectors of Running, Trail and Triathlon. This is the perfect platform to present new collections, for special promotions and to strengthen the marketing strategy.

tions and to strengthen the marketing strategy.

This fair will become the center in the days before the race because the participants will have to go to pick up his/her bib numbers. This is the area where you can see the latest trends in footwear and sportswear. Also you can solve your doubts with the best professionals.

Where: Hall 8 of Fira de Barcelona. Maria Cristina Avenue (next to Plaza de Spain)

When: On 14th and March 15th, from 10am to 20pm

Bib Number: To collect your bib number, you must show your ID card or passport beside the confirmation mail. We won't give any bib number the day of the race.

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STAND LIST

ADIDAS	JO-DIC-ASSOCIACIO DE JOVES DIRIGENTS CATALANS	TRIATLON CHANNEL
AIMS	La Caixa	CAMELBAK-SILVA
ANDORRA ULTRA TRAIL VALLNORD	LAND CAT	VIBRAM FIVEFINGERS
ASICS	MARATHINEZ TOURS, S.L	VIES VERDES GIRONA
ATHENS CLASSIC MARATHON	MARATHON DE PARIS	VITAE
MULTIPOWER, NUTRICIÓN ÉLITE	MARATÓ D'EMPÚRIES	WOBENZYM VITAL y NOEME
BARCELONA TURISME	MARATÓN INTERNACIONAL	ZAMST SPAIN
SAN SEBASTIAN DESTINO RUNNING	CIUDAD DE CASTELLÓN	ZATOPEK
BILBAO NIGHT MARATHON	VIII MARATON DE ZARAGOZA	ZEBRA
BMW FRANKFURT MARATHON	Maratona do Porto /PORTUGAL	LA SPORTIVA
BORN FRUTA	MEDILAST SPORT	STOCKHOLM MARATHON
BROOKS RUNNING	METRO GROUP MARATHON DUSSELDORF	CADÍ Circuit Fer de Curses per muntanya 2014
BUNCH SPORTS SOCIETY	MUNICH MARATHON	CADÍ
BV SPORT	NEW BALANCE	TECHNOGYM
CAMPAGNOLO	EVASIÓN RUNNING	CENTRE MEDICINA DE L'ESPORT DE GAVA
CHALLENGE COSTA DE BARCELONA-MARESME	OBRA SOCIAL SANT JOAN DE DÉU	ENDEAVOR TRAVEL
COLNATUR	OPTISPORT.COM	MARATRAIL CATALAN
COMPRESSPORT	ORIGINAL BUFF S.A	MARATÓN HABANA
COSSETANIA EDICIONES	ORTOPEDIA GRAU SOLER	KSIX-ATLANTIS INTERNACIONAL
COPENHAGEN MARATHON	OXD	OMRON
CORRICOLARI	People Genetics	DIR
COTTET SPORTS	EPAPLUS	DREAM RUNNERS
DAVID SERRA FISIOTERAPIA	POLAR	PANAIOTUS
DISTANCE	POWERADE	CICLEPIC
VALENCIA CIUDAD DE RUNNING	POWERBAR	CLAROU ATTITUDE
EASSUN	INTEMPERIE	LED LENSER
ENRIC VIOLAN PODOLOGIA ESPORTIVA	PUMA	AJUNTAMENT DE BARCELONA
ERREÀ	RAIDLIGHT - VÉRTIC	NATHAN
ESPORTISSIM	RECUPERATION	X Bionic & X Socks
EXTREME MAN	Revista Marathon	SCOTT RUNNING
TRIATHLON SERIES	RUNNER'S WORLD / SPORTTRAVEL	LURBEL
FINISHER TRIATHLON	ROCK 'N' ROLL MARATON DE MADRID	LIKESPORT
FIRENZE MARATHON	RUNNERING by DESIGUAL SPORT	TUNA RACE BALFEGÓ
GARMIN	SABATILLES SOLIDARIES	CARDIOSPORT BCN
GOLD NUTRITION	SAILFISH HALF TRIATLO DE BERGA	DEPORTES MATCH
GORE RUNNING WEAR	SALMING	HERBALIFE 24 DISTRIBUIDORES
GU ENERGY	SALOMON	INDEPENDIENTES
HINCHABLES BARCELONA	SAUCONY	AJUNTAMENT DE BANYOLES
HOKO	ICE POWER	RUNNING AFRICA
Honda	MADFORM-SURAL	ABLE2
IGUALADA URBAN RUNNING	SUUNTO	UTSM (Ultra Trail Serra de Montsant)
INOV 8	TCS AMSTERDAM MARATHON	CDC SPORTS
ISDIN	TOTUM SPORT	PODOACTIVA
IV MARATÓN CIUDAD DE MALAGA	TRI FOR FUN	226ERS

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Conferences in Expo Sports:

During Friday and Saturday, a list of talks will take place in the conference room at the Hall 8 of Fira de Barcelona. Below you can see the complete schedule of the weekend.

- **Friday, March 14th:**

13h - 13.50h: The runner Alexandra Panayotou will talk about 'Project Running 4 Her'

17h- 17.50h: The chiropodist Jorge Sangüesa will analyze in detail "The importance of treading for runners"

19h- 19:50: Iolanda López Iglesias and Dra Eva Ferrer will tell us about women and running, at the conference entitled "Running is female".

- **Saturday March 15**

10:15h - 11.00h: The physical trainer Alex Ramon will present the components of the Triathlon team "FEEL Clarou ATTITUDE ", led by the professional athlete Marcel Zamora.

11h - 11:50h: Dr. Daniel Brotons, sports medicine specialist, will talk about "Prevention and Recovery for the most common injuries in runners".

12h - 12.50h: Books Presentation '100 Reasons to run' written by the journalist Arcadi Alibés and 'Domingo Catalán: from 0 to 100' by Ignasi Gaya

13h - 13:50h: Gerardo Prieto, elite athlete's coordinator for eDreams Mitja Marató Barcelona and Zurich Marató Barcelona, with the athlete Marc Roig, will tell us "How Florence Kiplagat got the female half marathon world record".

17h- 17:50h: The athlete and firefighter Emma Roca will explain the 'Project Summit'

18h - 19:00h: José M^a Antentes, Vice President of the Catalan Athletics Federation and Bep Solé, ex director of the Zurich Marató Barcelona, will make a review of the life of Ramon Oliu, the promoter of the Barcelona race and one of the most important figures of athletics in Catalunya.

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Pasta Party: On March 15th between 12h and 16h

On Saturday, in the Expo Sports, there will be the traditional meal of fellowship among the participants of the race. To taste your pasta dish, runners must present his dorsal.

Breakfast Run: On March 15th at 9 am

This is the traditional race which relives the past Olympic city carrying the last 4,195 miles of the route of the Olympic marathon in 1992. The Breakfast Run is opened to all participants (up to 2,000 free dorsal) and it will take place on March 15th at 9 am from Plaza Puig Cadafalch (before the Magic Fountain) to the Estadi Lluís Company.



Circuit: Plaça Puig i Cadafalch – carrer 6'025 – Guàrdia Urbana – Pg Santa Madrona – Via adjacent del Museu d'Arqueologia i Institut Cartogràfic – Pg de les Cascades – Vial direcció Poble Nou (recorregut per l'interior de Poble Espanyol) – Pas per sota del pont de l'AV dels Montanyans – camí de la Foixarda – Polvorí – Segura – Pierre de Coubertain – vial entre Sant Jordi i pàrquing Pedrera del Mussol – vial a l' est del Sant Jordi – Accés Estadi Olímpic – FINAL

BREAKFAST RUN

RECORREGUT - 9.00 H

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BARCELONA, THE CITY OF CULTURE

Aventurismo: It's the official agency of the Zurich Marató Barcelona. Aventurismo can help you organize your trip in order to make your stay in the city as well as possible.

Aventurismo workers have prepared a list of hotels with various prices and facilities for those who have to run the Zurich Marató Barcelona, as breakfast hours in advance or late check out.

In the official race website you can find more information about Aventurismo. You can also send an email to the following direction: infohotels@zurichmaratobarcelona.es.

Tourist attractions:



National Art Museum of Catalonia: the general history of Catalan art from the Romanesque period to the mid-twentieth century.

- Address: Palau Nacional. Montjuïc Park
- Getting there: Metro L1 and L3 (Pl. Spain) Buses: 150 (Pl. Spain - Av.De Stadium / Swimming Picornell) 13 (Av. Francisco Ferrer Guardia / Pueblo Spanish)
- 55 (MNAC Museum / Museum of Ethnology)
- Hours: Tuesday to Saturday 10am to 18pm, Sundays and holidays from 10 to 15 h



CaixaForum: a jewel of industrial modernism, designed by Josep Puig. With exhibitions of ancient, modern and contemporary art is one of the most dynamic, active and alive city spaces.

- Address: Av. Ferrer , 6-8
- Getting there: Metro L1 and L3, Square stop Spain. | Bus 9, 13, 23, 27, 37, 46, 50, 65, 79, 91, 109, D20, H12 and V7. | FGC L8, Spain Square stop.
- Hours: Monday to Sunday from 10am to 20pm.

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Route Gaudí: In the center of Eixample, in the Paseo de Gracia, where you find the most attractive houses and known of Antoni Gaudí : on one side, on the corner of Calle Provenza, there is the Casa Mila or the famous Pedrera , shapes reminiscent of undulating waves. Below, there is the Casa Batllo, a metaphor of the legend of Sant Jordi. Of course you must visit his iconic work, the Sagrada Familia, unfinished architectural bible that has become a symbol of Barcelona. But Gaudí doesn't stop there. The Park Güell is a prerequisite for understanding the interplay between nature and architecture. The entrance pavilions at the Güell estate near the Palau de Pedralbes, the crypt of the church of the Colonia Guell and Palau Guell, in Carrer Nou de la Rambla, also named after his chief patron, Eusebi Güell.

Casa Calvet, Casa Vicens or Casa Bellesguard are other examples that we can admire in Barcelona. Also you can visit the Colegio de las Teresianas, an unknown and splendid building in Sarria. Barcelona is the city of Gaudi, where the universal genius left his unique imprint.



Picasso Museum: more than 3,800 works of different periods of Picasso, most of which belongs to their stage of youth.

- Address: Montcada , 15-23
- Getting there: Metro L4, stop Jaume I. | Bus 17, 39, 45, 51, 120 and V17
- Hours: Tuesday to Sunday, from 9am to 19pm.



Joan Miró Foundation: The most important artist Joan Miró public collection of more than 14,000 pieces.

- Address: Parc de Montjuïc s / n
- Getting there: Bus 55 and 150. | Funicular de Montjuïc.
- Hours: Tuesday to Saturday from 10 to 19h. Thursday from 10 to 21.30. Sundays and holidays from 10 to 2:30 p.m.

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CosmoCaixa: the science museum of Barcelona is the space Obra Social “La Caixa” is designed to stimulate the knowledge and opinion of science through exhibitions and activities.

- Address: Isaac Newton, 26, Barcelona
- Getting there: Bus 60, 73, 123 and 196. | FGC, stop + Av Tibidabo Blue Tram or bus 196.
- Hours: Tuesday through public Sunday, 10am to 20pm.

Camp Nou Experience: visit the FCB Museum and discover the most emblematic places in the Camp Nou

- Address: Av. Aristides Maillol, s / n. FCB Stadium, 7 or 9 hits
- Getting there: Metro L3, and L5 Royal Palace stop, stop Collblanc. | Bus 50, 54, 57, 70, 75, D20, H10 and V3.
- Hours: Monday to Saturday from 10 to 18.30. Sunday from 10 to 2:30 p.m.



Aquarium: the world’s most important Mediterranean marine leisure and education center.

- Address: Dock Port Vell Spain, s / n, 08039 Barcelona
- Getting there: Dock Port Vell Spain (Barcelona), s / n. Metro: L3, Shipyards , or L4, Barceloneta . Bus: 14, 59, 64, 120, D20, H16 and V17
- Hours: Monday to Sunday from 9:30 to 21h

Barcelona Zoo: 4,000 animals of over 400 species.

- Address: Parque de la Ciutadella s / n.
- Getting there: Metro: L1 - Arc de Triomf, L4 -Ciutadella Vila Olímpic.
- Hours: Monday to Sunday from 10h to 17h.
- Dolphin Show Daily: 11.30, 13.30 and 4:30 p.m.



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Tourist Bus:

A good choice if you would like to see the city in only a few hours. The service begins at 9:30 pm. The last bus is at 19pm. The bus frequency is between 5 to 25 minutes. Lines available this month are red and blue. The journey takes about 2 hours.



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