

BESPOKE ITINERARY - LUXURY - SMALL GROUP

Catalonia, Barcelona & The Costa Brava

12 Days / 12 Nights

Uniquely Designed Tours
To See More, Taste More & Experience More

*A Gastronomical
Food, Wine, &
Culture Tour*

CASA BATLLÓ
GAUDÍ
BARCELONA



CASA BATLLÓ
GAUDÍ
BARCELONA

Dominique Rizzo

FOOD, WINE
& CULTURE
TOURS



*Travelling to
 Barcelona, Empuries, Olot, Girona, Pals, Cadaques, Perelada, Figueres, Portlligat,
 Begur, Torrent, Santa Susana, Vall Llobrega*

Barcelona, Catalonia & The Costa Brava Itinerary

Day 1 Pre Tour 1st June

Welcome to Spain.

Today is your arrival day into Barcelona a vibrant city where life doesn't stop. Take the day to settle in, explore at your own pace, or simply relax after your journey.

Overnight: Hotel 1898, Barcelona

Day 2 - 2nd June

Barcelona Introduction walking tour, Old quarter and surroundings

We meet you at 10am in the hotel lobby for an introduction and our walking tour of Barcelona visiting Catalunya Square, Medieval Barcelona, Saint James Square (City Hall and the Catalan President's Palace), The Old Jewish Quarter, Petritxol street, Santa Maria del Pi basilica (XIV century), Barcelona's Cathedral (XIV century), King's Square, Born District, Santa Maria del Mar Basilica (XIV century) and Montcada street. We wander the famous La Rambla and the narrow streets of the Gothic Quarters stopping at specialty food shops for tastings of cheese, charcuterie, pastries, olives and chocolate for lunch. The rest of the afternoon is free for you to explore this vibrant city. We meet you in the evening of our hotel to head to our Degustation dinner at Restaurant Compartir to welcome you to some of the astonishing cuisine of Spain.

B/Tastings/D

Overnight: Hotel 1898, Barcelona

Meals: Breakfast, Tasting Lunch, Dinner

Day 3 - 3rd June

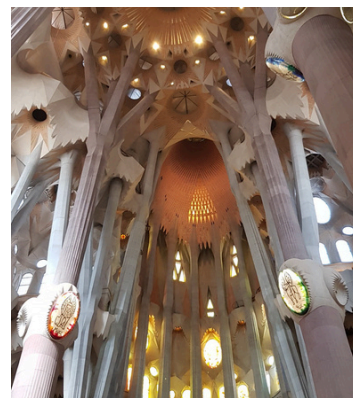
Barcelona/Sagrada Familia

After a relaxed breakfast we start to discover Barcelona with a tour by private bus. We visit inside the Sagrada Familia, one of Gaudí's most famous works in Barcelona. It's a giant Basilica that has been under construction for 144 years and is due to be completed in 2032. We continue our panoramic tour of Barcelona's iconic architectural creations by the famous "Gaudí". Gaudí used colours and shapes found in marine life as inspiration for his creativity. We visit High-end Elegant Passeig de Gracia Ave. to see the Art Nouveau buildings and the houses of Gaudí: Batllo and Mila / La Pedrera. We drive to the Barcelona Sea Front with Old Harbor and Olympic Port, stopping at Columbus Monument as well as Port Customs Building and Royal Medieval Shipyards.

For lunch we dine in a fantastic local tapas bar down a little laneway which really celebrates the best of tapas in style. This is where the locals eat. You are free to wander back to the hotel and the rest of the afternoon and evening is free for you to enjoy and explore.

Overnight: Hotel 1898, Barcelona

Meals: Breakfast, Lunch



Day 4 - 4th June
Barcelona Markets/Wine Tasting/Cooking Class

After breakfast we meet our guide and venture a little deeper into the beating heart of Barcelona. Our first gastronomy adventure is visiting the famous Boqueria food market. These markets date back to 1217, when tables were installed near the old door of the city to sell meat. From 1470 to 1794 it was known as Mercat de la Palla (or Straw Market) until it found its home on La Rambla in 1862, where it remains now. Anything from Iberian cured ham, spiced Catalan sausages, tomato bread, mussels with “vinagreta”, anchovies, prawns cooked in garlic sauce, and loads more....can be enjoyed as a tapa...just delicious. For lunch we head to Albet|Noia a boutique exclusive winery located in a unique setting and surrounded by vineyards and nature. Arguably the first organic winery in Spain and a perfect venue for people passionate about wine and vineyards. Here we enjoy a wine tasting and incredible lunch overlooking the vineyards. We give you some time for siesta in the afternoon and then meet again for our evening of cooking, fun, laughter and finish with a banquet dinner.

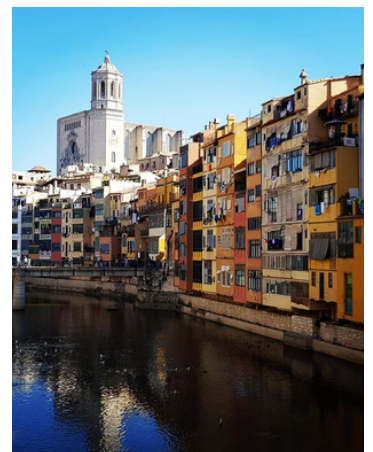
Overnight: Hotel 1898, Barcelona
Meals: Breakfast, Lunch, Dinner

Day 4 - 5th June
Girona

Today we transfer to the ancient town of Girona, said to be one of the preferred cities in Spain to live in. Girona was originally built by the Romans as a fortress, and the best way to explore the medieval town is to lose yourself in the alluring labyrinth of narrow streets which still reflect its two centuries of Moorish occupation

Famous for the “Call Jue”, Girona’s Jewish Quarter is one of the largest and best-preserved in Europe. It is located just beside the Cathedral and is an area of narrow streets with stone steps and paved cobblestones, resembling a labyrinth. The main street is Calle de laForça and it was the centre of trade during Roman times. You will love the atmosphere of this city. We stop for lunch in a local restaurant then the rest of the afternoon is free for you to enjoy.

Overnight: Hotel Ciutat de Girona, Girona
Meals: Breakfast, Lunch



Day 6 - 6th June
Salumi in Beguda, Santa Pau, Garrotxa and Cheese

After breakfast, we journey to the volcanic region of La Garrotxa Volcanic Zone Natural Park, one of the most striking landscapes in Spain, where ancient craters and forested lava fields create a unique natural setting. We visit a small artisan producer near Olot for an insight into traditional sausage-making, with a tasting of locally crafted smallgoods. From here, we explore the beautifully preserved medieval village of Santa Pau and one of the region's volcanic craters. Lunch is enjoyed within the park at a restaurant known for its refined take on local cuisine, celebrating seasonal produce with a modern touch. In the afternoon, we pass through two charming medieval towns en route to a local cheese farm, where we learn about traditional cheesemaking and enjoy a tasting before returning to

Girona.

Overnight: Hotel Ciutat de Girona, Girona

Meals: Breakfast, Lunch



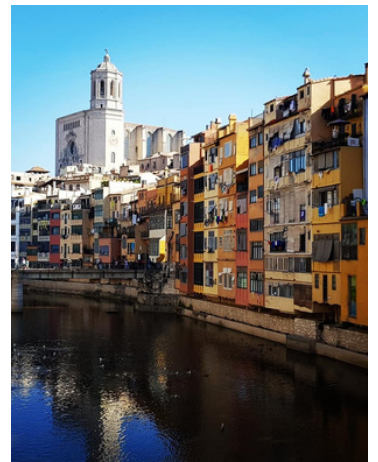
Day 7 - 7th June

Roman Ruins, Anchovies, Cadaqués

After breakfast and check-out, we travel to the remarkable archaeological site of Empúries Ruins, where the remains of both Greek and Roman settlements offer a fascinating glimpse into ancient life on the Iberian Peninsula. We then continue our culinary journey with a visit to a local anchovy producer, gaining insight into traditional methods and enjoying a tasting of this regional specialty, before settling in for a relaxed lunch at a nearby restaurant. In the afternoon, we journey to the coastal village of Cadaqués, Spain's easternmost town, where you will check into your hotel. We then visit the iconic Salvador Dalí House-Museum, the former home of Salvador Dalí, whose creative spirit transformed this cluster of fishermen's houses into one of the most distinctive artistic spaces in Europe. Cadaqués continues to thrive as a haven for artists, with galleries and studios dotted throughout the village. Dinner this evening is at Es Baluard, where contemporary Catalan cuisine is showcased with elegance and creativity.

Overnight: Hotel Playa Sol, Cadaqués

Meals: Breakfast, Lunch, Dinner



Day 8 - 8th June
Cadaqués

Cadaqués is one of Spain's most enchanting coastal villages, known for its whitewashed houses, winding cobbled streets and rich artistic heritage. This morning, we explore the town on a guided walking tour before continuing along the coastline for a gentle hike through Cap de Creus Natural Park, reaching the dramatic lighthouse at the northeastern tip of Spain with sweeping sea views. Following our walk, we gather for a relaxed lunch at a local restaurant, showcasing a selection of regional dishes. The afternoon is yours to enjoy at leisure – wander the village, browse galleries, or simply soak in the coastal atmosphere. Later, we return to the hotel and the evening is free to unwind, whether by the water's edge or beside the pool.

Overnight: Hotel Playa Sol, Cadaqués

Meals: Breakfast, Lunch, Dinner



Day 9 - 9th June

Peralada/Figueres/Torrent

After breakfast and check-out, we travel into the heart of the Empordà wine region to the historic village of Peralada, surrounded by vineyards renowned for their production of fine Catalan cava. Our visit centres on the remarkable Castell de Peralada, an elegant estate dating back to the 14th century, later transformed into a grand palace. Set within beautiful parklands, the complex also includes the Gothic Convent del Carme and a series of extraordinary cultural collections.

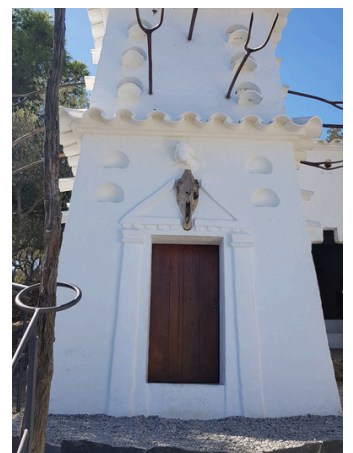
Our guided tour begins in the castle's famed library, one of the most significant in Spain, housing over 80,000 volumes, including rare works dating back to the 9th century and an exceptional collection of Don Quixote editions in more than 100 languages. We continue through the Gothic cloister and monastic spaces, before exploring the museum collections, including fine sculpture, Flemish tapestries and the impressive glass museum. The Museo del Vitrio, is a dream collection of 2,500 glass works of art, and Spanish ceramics. The wine museum, Museo del Vi, in the medieval wine cellar is the final stop on the tour, once used by Carmelite monks more than 600 years ago, now home to the wine museum – a fitting reflection of the region's long-standing winemaking tradition. The tour is a "must see" for those interested in the history and beauty of the Alt Empordà, and for anyone who is a lover of antiques, lavish furnishings, and wine.

Following this rich cultural experience, we continue to Figueres, the birthplace of Salvador Dalí. Here, we visit the iconic Dalí Theatre-Museum, one of Spain's most visited museums and a striking surrealist masterpiece in its own right. Built on the site of the former municipal theatre, the museum houses an extraordinary collection of Dalí's works and offers a fascinating insight into his imaginative world.

After our visit, we enjoy lunch at a historic local restaurant once frequented by Dalí, a place where he would dine, sketch and gather inspiration.

In the afternoon, we travel south through the Empordà countryside to the village of Torrent and check into the beautiful Mas de Torrent Hotel & Spa. Set within a restored 18th-century farmhouse, this elegant retreat offers a peaceful setting to unwind. This evening, we gather for a relaxed dinner at the hotel, celebrating refined regional cuisine. B/L/D

Overnight in Torrent



Day 10 - 10th June

Baix Emporda- Olive Oil Experience-Winery/Farm

We start the day with a visit to Fontclara, an artisanal olive oil producer dedicated to the artisanal production of excellent olive oil and olive oil products, using the world-famous Catalan olive variety known as Arbequina. We tour the olive orchards with the passionate owners, who will give us the story of their farm and why their product is used by some of the best chefs in Spain. We enjoy an olive tasting and explore the variety of flavours this oil has to offer the palate.

We then drive to Finca Bell-lloch Hacienda and one of the most incredible architecturally designed winery where we experience real farm fare served with their own local wine and produce.

We return to our beautiful old farm house giving you the evening free to enjoy a swim, relax in the spa or sauna or simply catch up on some reading. B/L

Overnight at Mas de Torrent Hotel & Spa

Day 11 - 11th June

Pals, Begur, Palamos, Llafranc Cooking class

On our final day in the Baix Empordà, we begin with a visit to the beautifully preserved medieval village of Pals. Wandering its narrow cobbled streets, lined with stone archways, ancient towers and flower-filled balconies, feels like stepping back in time. Recognised as one of Spain's official Slow Cities, Pals is also a wonderful introduction to the region's cuisine – where produce from both land and sea come together. Expect dishes such as esqueixada (salt cod salad), escalivada (roasted vegetables), and rustic stews of chicken or rabbit with seafood, alongside fresh prawns, sea bass and gilt-head bream. Seasonal fruits are equally celebrated, often transformed into refreshing sorbets and ice creams during the warmer months.

We continue to the vibrant hilltop town of Begur, known for its colourful streets, Moorish-influenced architecture and the remains of a medieval castle overlooking the coastline. Elegant neoclassical mansions – built by merchants returning from Cuba – sit alongside traditional fishermen's houses, adding layers of history and character to this unique town.

Our journey then follows the coastline with panoramic stops through Llafranc and Calella de Palafrugell, before arriving in Palamós. Here, we visit an important fish museum and enjoy a cooking demonstration showcasing a variety of local seafood, followed by a lunch highlighting species unique to this region. Returning to Torrent, there is time to relax before we gather for a final dinner celebrating seasonal ingredients from both sea and mountain. B/L/D

Overnight at Mas de Torrent Hotel & Spa



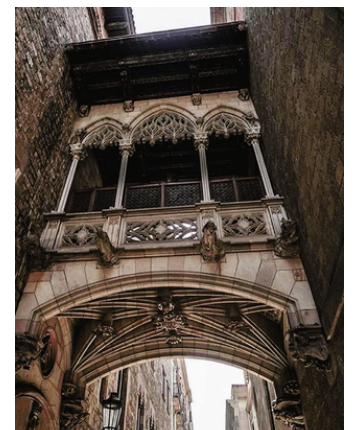
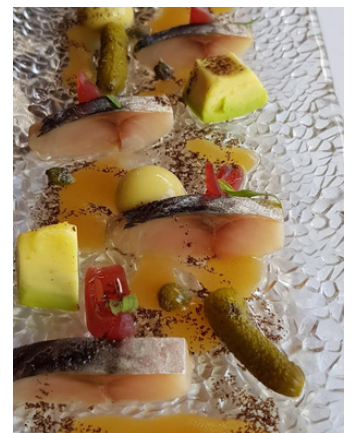
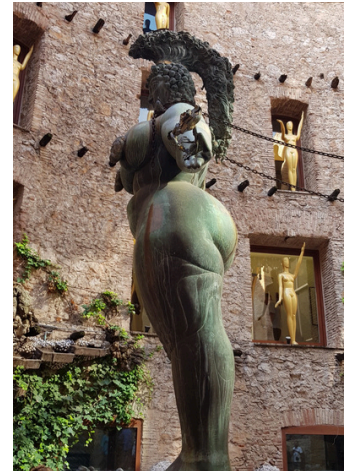
Day 12 - 12th June
Baix Emporda-Barcelona

Giving you a later start to the day, we enjoy our last country breakfast and check out, ready to head back into the beating heart of Barcelona and to our hotel. Once back in Barcelona, we check into our hotel and you are free for the rest of the afternoon to enjoy the city. For our final night we will meet at the hotel in the evening for our last "Ola" as we walk to a Flamenco performance and dinner in one of the local restaurants a few minutes from the hotel. B/D

Overnight in Barcelona.

Day 13 - 13th June
Barcelona

We bid you farewell and as tour concludes with a lovely breakfast at the hotel, followed by a private transfer to Barcelona Airport for your departure. We hope enjoyed your Spanish experience with us and we wish you the best for your onward journey for this unforgettable experience! B



ACCOMMODATION

Hotel 1898 4 nights

La Rambla, 109, Ciutat Vella, Barcelona,
Spain

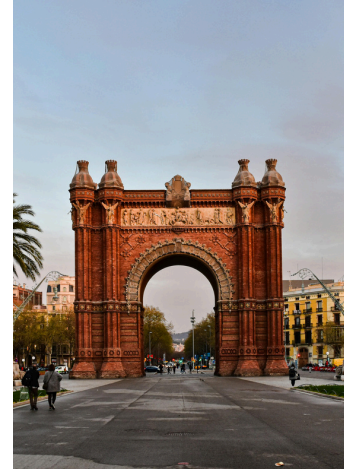
+34 935 52 95 52



Hotel Ciutat de Girona 2 nights

Carrer del Nord, 2, 17001 Girona, Spain

+34 972 48 30 38



Hotel Playa Sol. 2 nights

Platja Pienc, 3, Cadaqués, Girona, Spain

+34 972 25 81 00



Mas De Torrent 3 nights

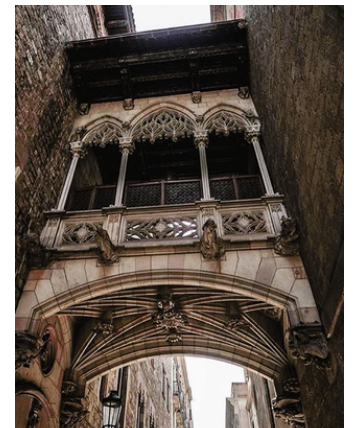
Afueras de Torrent, S/N, Torrent,
Girona, Spain

+34 972 30 32 92

Hotel Le Meridien Barcelona 1 night

La Rambla 111, Carrer del Pintor
Fortuny, 4-6, Barcelona, Spain

+34 933 18 62 00



A Taste of the Region – Your Free Time Guide

Barcelona

Where to eat & drink

Barcelona rewards those who move between neighbourhoods — from traditional bars to cutting-edge dining.

Iconic & refined dining

- **Disfrutar** – one of the world's best restaurants, creative and immersive
- **Via Veneto** – classic, elegant Michelin-starred dining

Essential tapas & local favourites

- **Bar La Plata** – tiny, historic and beautifully simple
- **El Xampanyet** – lively, cava-fuelled and full of character
- **Quimet & Quimet** – iconic for montaditos and conservas
- **Bar Cañete** – refined tapas with exceptional produce
- **La Tasqueta de Blai** – relaxed pintxos and easy, social dining

Local bars & atmospheric stops

- **Bar La Plata** – tiny, historic tapas bar (simple, perfect)
- **Sips** – world-class cocktail bar with a modern edge
- **Bodega La Pineda** – old-world vermouth bar experience

Best coffee

- **Nomad Coffee** – leading specialty roaster, minimalist and precise
- **Satan's Coffee Corner** – edgy, design-led and consistently excellent
- **Onna Coffee** – Australian-influenced, beautifully balanced
- **Three Marks Coffee** – relaxed, stylish and dependable

Pastry & sweet stops

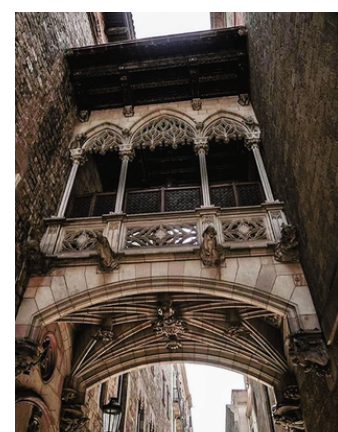
- **Pastelería Escribà** – one of the city's most iconic pastry shops
- **Hofmann Patisserie** – refined, modern pastries

Food & gourmet

- **La Boqueria Market** (off La Rambla) – exceptional produce, cured meats, seafood
- **Bolets Petràs** – specialist mushrooms and gourmet products

Fashion, design & boutiques

- **El Born** – independent designers, jewellery, curated boutiques
- **Passeig de Gràcia** – luxury fashion (Spanish and international houses)
- **Après Ski** – unique artisan jewellery and embroidered pieces



A Taste of the Region – Your Free Time Guide

Girona

Where to eat & drink

Girona is quietly one of Spain's most exciting food destinations — deeply rooted yet innovative.

- **El Cellar de Can Roca** – globally renowned three-Michelin-starred restaurant
- **Normal** – contemporary Catalan cooking with a relaxed feel
- **Casa Cacao** – chocolate, café and boutique hotel from the Roca brothers
- **Bikineria** – casual, excellent sandwiches and local flavours

Pastry & local specialty - Look for the iconic **Xuixo** – (shoo shoo) a sugar-dusted, crema-filled pastry originating in Girona

Best places to try Xuixo

- **Pâtisserie Tornés** - awarded Best Xuixo in the World (2026).
- **Xuixo de Can Castelló** - offering both traditional and more creative variations
- **Forn de Pa Sant Feliu** - local bakery near the old town, simple pastries and excellent xuxos
- **Oh Mama Pâtisserie** - modern, creative pastry shop offering a more elevated pastry experience

Where to wander & shop

Rambla de la Llibertat & Old Town (Barri Vell)

- Carrer de la Força
- Carrer de l'Argenteria
- Carrer Ballesteries

independent boutiques, artisan stores, galleries and small food shops tucked into historic buildings.

Santa Clara & the L'Eixample (modern Girona)

Just across the river, this area offers a slightly more contemporary feel.

- Carrer de Santa Clara – lined with small boutiques and local fashion stores
- Carrer Joan Maragall – more commercial, with Spanish brands and accessories

Gourmet & specialty food shopping

Girona is exceptional for artisan produce and delicatessens — one of its real strengths.

- **Mercat del Lleó** – the city's main food market, perfect for fresh produce, seafood, meats and local cheeses
- **Gluki** – beautifully crafted chocolates and gourmet gifts
- **Chocolateria Ecuador** – refined chocolate and specialty sweets
- **Casa Cacao shop** – artisan chocolate and beautifully packaged gifts

Artisan, gifts & local finds

- Galerie d'Arte El Claustre – contemporary art in a historic setting
- Small ceramic, leather and craft stores throughout the Old Town
- Sustainable concept stores (like Dracs-style shops) offering locally made textiles, accessories and gifts

A Taste of the Region – Your Free Time Guide

Cadeques

Where to Eat and Drink

Cadaqués is small but incredibly special — artistic, relaxed and quietly refined.

- **Compartir** – Michelin-guide favourite by former El Bulli chefs, creative yet relaxed
- **Casa Anita** – deeply traditional, rustic and authentic (a true local institution)
- **Can Rafa** – excellent seafood and local dishes
- **El Barroco** – eclectic, artistic dining experience once frequented by Dalí

Pastry & local specialties

- Patisserie La Mallorquina – the place to try the famous “Taps de Cadaqués,” delicate sponge cakes unique to the town

Where to wander & shop

Old Town (around the church & upper village)

This is where Cadaqués feels most magical — narrow, winding lanes, steep stone paths and hidden boutiques tucked into whitewashed buildings. Best for artisan pieces, galleries, ceramics and unique finds

Waterfront & lower village

Running along the sea, this area is more relaxed and open, with a mix of boutiques, galleries and food stores. Best for fashion, gifts and easy browsing between cafés and swims

Fashion, accessories & lifestyle boutiques

- **Pilma Cadaqués** – beautifully curated homewares, design pieces and lifestyle items
- **Cashmere Cadaqués** – relaxed, high-quality clothing with a coastal elegance
- **Zapatos Susi** – classic Spanish footwear and espadrilles
- **Galeria Cadaqués Boutique** – a mix of fashion, accessories and art-inspired pieces

Artisan, galleries & unique finds

- **Galeria Cadaqués** – one of the town's most respected contemporary galleries
- **Patrick J. Domken Art Gallery** – colourful, expressive works inspired by the region
- Small independent studios selling ceramics, paintings and sculpture throughout the Old Town

Gourmet & specialty food shopping

- **Sa Botigueta Cadaqués** – local delicacies, olive oils, wines and gourmet gifts
- **Es Rebot de Cadaqués** – traditional produce and regional specialties
- Small stores selling anchovies, conservas, local honey and vermouth

Look for:

- anchovies from the Costa Brava / artisanal olive oils / local wines and vermouth / beautifully packaged food gifts

Contact Phone Numbers While on Tour

Dominique Rizzo info@dominiquerizzo.com

Whats App. +61434141322

I will be setting up a tour WHATS APP Group to keep you in the loop while on tour .
In the group I'll update you of meeting times, check out times and updates on the itinerary.
Please ensure you have a whats app number listed so I can add you into the group.

Gloria (Our Guide)

+34626496008

Ramon Ramirez (Organiser and Guide)- The Unique Traveller
ramon@theuniquetraveller.com. Whats App +44 (0)7802443986

Emergency Contacts – Spain

Emergency Services - **Dial 112** - The universal emergency number for police, ambulance and fire services.
Free to call from any phone (no SIM required) English-speaking operators available Automatically provides
your location in most areas.

Additional Local Emergency Numbers (if needed)

National Police: 091 (urban areas, reporting crime)

Civil Guard: 062 (rural areas and highways)

Local Police: 092 (traffic and local matters)

Medical Emergency (ambulance): 061

Poison Information: +34 91 562 04 20

Australian Consular Assistance

For lost passports, legal issues or serious non-medical emergencies:

Australian Embassy Madrid

Torre Espacio, Paseo de la Castellana 259D, Madrid Phone: +34 91 353 6600
Hours: Monday–Friday, 8:30am – 4:30pm Email: consular.madrid@dfat.gov.au

Australian Consulate Barcelona

Avinguda Diagonal 433 Bis, 2nd Floor, Barcelona
Email: ausconbcn@gmail.com 24-Hour Emergency Consular Assistance (Australia)
For urgent after-hours support: From overseas: +61 2 6261 3305

Helpful Travel Tip

Download the ***AlertCops*** app before travel.

It allows you to send a geo-located alert directly to Spanish police and is available in English.

Dominique Rizzo

FOOD, WINE
& CULTURE
TOURS

SPANISH TRAVEL ESSENTIALS

Your Guide to Speaking & Navigating Spain with Ease

GREETINGS & POLITENESS

- Hello – Hola
- Good morning – Buenos días
- Good afternoon – Buenas tardes
- Good evening/night – Buenas noches
- Please – Por favor
- Thank you – Gracias
- You're welcome – De nada
- Excuse me – Perdón / Disculpe
- Sorry – Lo siento
- Nice to meet you – Encantado/a
- Goodbye – Adiós / Hasta luego
- Yes - Si
- No - No

*Always greet people before asking anything—it's essential in Spanish culture.

TRANSPORT & TRAINS

- One ticket, please – Un billete, por favor
- Return ticket – Ida y vuelta
- What time does the train arrive? – ¿A qué hora llega el tren?
- What time does the train leave? – ¿A qué hora sale el tren?
- Which platform? – ¿En qué andén?
- Is this the right train? – ¿Es este el tren correcto?
- Does this go to...? – ¿Esto va a...?
- How long does it take? – ¿Cuánto tarda?
- Where can I get a taxi? – ¿Dónde puedo coger un taxi?

EVERYDAY ESSENTIALS

- Do you speak English? – ¿Habla inglés?
- I don't understand – No entiendo
- Can you repeat that? – ¿Puede repetir?
- Can you help me? – ¿Puede ayudarme?
- Where is...? – ¿Dónde está...?
- How much is this? – ¿Cuánto cuesta?
- I would like... – Me gustaría...
- I don't want... – No quiero...
- Maybe later – Quizás luego

DIRECTIONS & GETTING AROUND

- Left – Izquierda
- Right – Derecha
- Straight ahead – Todo recto
- Near / Far – Cerca / Lejos
- Here / There – Aquí / Allí
- Where is the bathroom? – ¿Dónde está el baño?
- Where is the train station? – ¿Dónde está la estación de tren?
- Where is the platform? – ¿Dónde está el andén?
- Where is the bus stop? – ¿Dónde está la parada de autobús?

SPANISH TRAVEL ESSENTIALS

Your Guide to Speaking, Dining & Navigating Spain with Ease

FOOD & DIETARY WORDS

Common Foods

- Meat – Carne
- Beef – Ternera
- Pork – Cerdo
- Chicken – Pollo
- Fish – Pescado
- Seafood – Marisco
- Vegetables – Verduras
- Salad – Ensalada
- Bread – Pan
- Cheese – Queso
- Ham – Jamón
- Eggs – Huevos
- Potatoes – Patatas
- Rice – Arroz
- Pasta – Pasta
- Soup – Sopa / Caldo
- Olives – Aceitunas
- Fruit – Fruta

DESCRIBING FOOD

- Delicious – Delicioso
- Very good – Muy bueno
- Too salty – Demasiado salado
- Too sweet – Demasiado dulce
- I'm full – Estoy lleno/a

SHOPPING

- How much does it cost? – Cuánto cuesta?
- Can I try this on? – Puedo probármelo?
- Do you have another size? – ¿Tiene otra talla?
- That's too expensive – Es demasiado caro
- I'll take it – Me lo llevo

DINING TIMES IN SPAIN

*****Most mornings we will be starting at 10am**

Most of our dinners will start from

8/8.30pm - 9pm and finish at 11pm

Most days will be giving you time for siesta and free time.

Spain runs later than most countries—embrace the rhythm.

- Breakfast: 8:00 – 10:30
- Lunch: 1:30 – 4:00
- Tapas: 7:00 – 9:00
- Dinner: 9:00 – 11:00
-

AT A RESTAURANT / BAR

- A table for two, please –

Una mesa para dos, por favor

- The menu, please – La carta, por favor
- What do you recommend? –

Qué recomienda?

- I would like... – Me gustaría...
- Can we share? – Podemos compartir?
- Water (still / sparkling) –

Agua (sin gas / con gas)

- Red / White wine – Vino tinto / blanco
- Beer – Cerveza
- The bill, please – La cuenta, por favor
- Can I pay by card? –

Puedo pagar con tarjeta?

- Keep the change – Quédese con el cambio

DIETARY NEEDS

- Vegetarian – Vegetariano/a
- Vegan – Vegano/a
- Gluten free – Sin gluten
- I'm allergic to... – Soy alérgico/a a...
- Without chilli – Sin picante
- Not spicy – No picante
- Without seafood – Sin marisco
- Without fish – Sin pescado
- Without nuts – Sin frutos secos
- Without dairy – Sin lácteos

SPANISH TRAVEL ESSENTIALS

Your Guide to Speaking, Dining & Navigating Spain with Ease

CULTURE & ETIQUETTE

- Always greet with Hola before speaking
- Saying por favor and gracias is expected
- It's common to say Buenas when entering shops
- Dress smart-casual in restaurants and towns
- Personal space is relaxed—light cheek kisses are common socially
- Don't rush meals—dining is an experience

GENERAL TRAVEL INFORMATION

Banks

- Typically open Monday–Friday
- Hours: approx. 8:30am – 2:00pm

ATMs

- Widely available (Cajeros)
- Best to use ATMs attached to banks
- Notify your bank before travelling

Payments

- Cards widely accepted
- Carry some cash for small towns, taxis, and markets

EMERGENCIES

- Help! – ¡Ayuda!
- I need a doctor – Necesito un médico
- Call the police – Llame a la policía
- I am lost – Estoy perdido/a

Tipping

Tipping in Spain is not expected in the same way as countries like the US, but it is appreciated for good service. It's more relaxed, discretionary and generally modest.

Restaurants & bars

- Casual cafés / pintxos bars: round up the bill or leave small coins
- Mid-range restaurants: 5–10% for good service
- High-end dining: up to 10%, but never expected
- Bread or cover charges are often included, so check the bill before adding anything

Bars

- Leave small change or round up — tipping per drink is not customary

Taxis

- Round up to the nearest euro or leave a couple of euros for longer journeys

Hotels

- Porters: €1–€2 per bag
- Housekeeping: €2–€5 per night (optional, but appreciated in higher-end hotels)

Guides & drivers

- This is one area where tipping is more common
- €10–€20 per person for a full-day guide (depending on level of service)

WHAT TO PACK FOR SPAIN

June – July | 12 Day Culinary Tour

Spain in early summer is warm, vibrant, and effortlessly stylish. Locals take great pride in how they present themselves – particularly when dining out – and this is part of the experience you'll be immersed in.

Think elevated, relaxed European style – polished but never overdone.

THE STYLE NOTE (IMPORTANT)

In Spain, even casual dressing has intention.

You'll notice - Tailored silhouettes over oversized / Quality fabrics over athleisure

Effortless elegance, especially in the evenings / Activewear, gym wear, and overly casual clothing are rarely worn outside of exercise.

DAYTIME DRESSING / WINERY & COUNTRYSIDE DAYS

Exploring, markets, walking tours

Days are warm (mid 20s–30°C), often with plenty of walking.

Lightweight linen shirts, blouses or cotton tops / Relaxed but tailored shorts, skirts or trousers / Breathable dresses (day-to-evening versatility is ideal)

Flowy dresses or linen sets / Smart casual separates/ Comfortable shoes (gravel paths, vineyards)

Light layer (cellars can be cool)

Comfortable stylish walking shoes (leather sneakers, espadrilles, loafers) Sunglasses & a hat

EVENING & DINING

Pintxos bars → Michelin dining → winery lunch / dinners

Evenings are where Spain truly shines – and people dress for the occasion.

For Women:

Elegant summer dresses/ Linen or silk sets / Light heels, sandals, or refined flats

A statement earring or accessory

For Men:

Collared shirts (linen or cotton) / Tailored trousers or chinos / Loafers or clean leather sneakers / Optional lightweight blazer

Many of our dinners are in exceptional restaurants – dressing up slightly enhances the experience.

COASTAL & SAN SEBASTIÁN DAYS

A beautiful swimsuit/Light cover-up or shirt dress / Sandals for seaside strolling

A slightly dressier outfit for evening by the water

ESSENTIAL EXTRAS

Light jacket or wrap (evenings & air-conditioned spaces) / Crossbody bag (practical + secure)/ Scarf (style + versatility)

Minimal jewellery for day-to-night transitions

WHAT NOT TO PACK

Gym wear for daily outfits/ Overly casual flip flops (except beach/pool)/ Heavy fabrics/

Anything too restrictive – you'll be eating very well

FINAL THOUGHT

This journey is as much about how you feel as what you see. Dressing with a touch of elegance allows you to:

Feel confident in every setting/ Seamlessly move from day to evening/ Fully embrace the rhythm and style of Spain