

Gastonomic Spain

Rioja & The Basque Country

12 DAYS / 11 NIGHTS

Travelling to

*La Rioja (Laguardia, Logrono, Haro, Briones) San Sebastian-Getaria-
Hondarribia- Biarritz-St Juan de Luz- Bilbao*



*A Gastronomical
Food, Wine, &
Culture Tour*

Dominique Rizzo

FOOD, WINE
& CULTURE
TOURS

Welcome to Spain

Day 1 Pre Tour 28th June Welcome to Spain.

Today is your arrival day into Bilbao, a vibrant city where contemporary architecture meets Basque tradition. Take the day to settle in, explore at your own pace, or simply relax after your journey.

Overnight The Artist Grand Hotel of Art, Bilbao

DAY 2 - 29th June Bilbao

We'll meet you in the hotel lobby this morning, ready for check-out. After leaving your luggage at the hotel, we set out with our local guide for an engaging walking tour of Bilbao. Along the way, you'll discover highlights such as Bilbao City Hall, Plaza Nueva, the elegant Arriaga Theatre, and the 14th-century Cathedral of St. James. We'll also explore the charming Old Quarter and browse the vibrant Mercado de la Ribera before pausing in Plaza Nueva to enjoy a lunch of traditional pintxos.

After returning to the hotel, we continue by private transfer to Laguardia—widely regarded as one of Spain's most beautiful villages. Set in the heart of wine country, it offers sweeping vineyard views in every direction. Upon arrival, we check in to our luxury family-run boutique hotel.

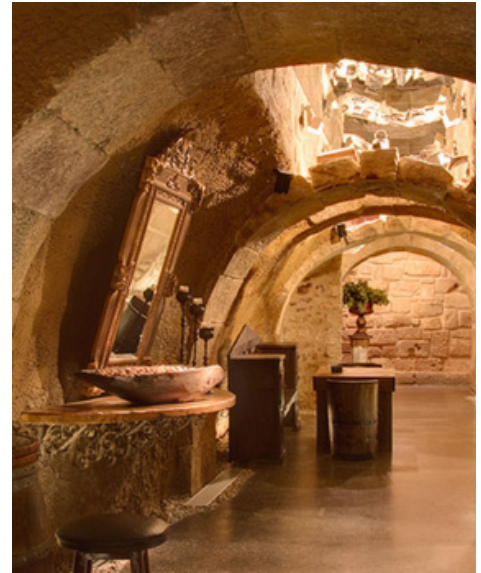
In the evening, join us for a welcome cocktail in the hotel's atmospheric caves, followed by a dinner celebrating the region's outstanding local cuisine.

Overnight: Hospederia de los Parajes, Laguardia
Meals: Breakfast, Lunch, Dinner

DAY 3- 30th June Marques de Riscal - Laguardia- Local Lunch in Logrono

After enjoying breakfast, we drive to Marques de Riscal awarded BEST WINERY in the world 2025 and one of the first wine cellars in this region dating back to 1858. Located in the medieval town of Elciego, and only a few kilometres from the Santiago Pilgrimage route, the Hotel Marques de Riscal and its surrounding "City of Wine" provide the ideal starting point from which to explore the nature, tradition and exquisite gastronomy associated with wine. The winery is attached to the only luxury hotel created by architect Frank Gehry whose goal was to promise to enchant guests with exceptional designer touches and enviable views of the countryside the medieval town of Elciego and the striking architecture of the building itself. After our tour we head out on foot for a historical guided tour of our town, La Guardia with a local guide. We transfer to the bustling city of Logrono. Logrono, the capital of La Rioja is home to Calle Laurel a popular street in the old quarter of Logrono. We stop for a gourmet traditional lunch in a unique restaurant loved by locals. After your afternoon transfer back to LaGuardia, you'll have the evening open to enjoy the city at your own pace.

Overnight: Hospederia de los Parajes, Laguardia
Meals: Breakfast, Lunch



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DAY 4 - 1 July

Wine-Baigorri- Tapas Dinner in Logrono

This morning is dedicated to exceptional wines and some of the region's most impressive wineries. We begin with a drive to Marqués de Murrieta (Centenary Winery), named the world's best winery in 2025. Closed to the public for nearly a decade, it has undergone an extensive €20 million restoration, emerging as one of the most spectacular winery experiences anywhere. Here, you'll enjoy a guided tour along with curated tastings.

Next, we continue to Bodegas Baigorri, a striking modern winery set against the mountains with sweeping vineyard views. Here, a gourmet traditional lunch is paired with their wines for a memorable culinary experience. On the return journey, we pause to admire Bodegas Ysios, an iconic architectural landmark in Rioja, celebrated for its bold and distinctive design.

Back at the hotel, you'll have time to relax and recharge before the evening's activities. Later, we gather for a walking tasting tour through Logroño, exploring Calle Laurel—often considered Spain's ultimate gastronomic street. With nearly 100 tapas bars, each specialising in its own signature dish, it offers an incredible showcase of flavours and culinary creativity unique to the region. Afterward, we transfer back to the hotel for your overnight stay.

Overnight: Hospederia de los Parajes, Laguardia
Meals: Breakfast, Lunch, Dinner

DAY 5 - 2nd July

Olive Oil in Basque- Logrono Tour and Market Dinner Gastronomy Society

Today we visit an authentic traditional olive press which is at the same time an ethnographic museum for being an important source of the oleic patrimony of Rioja Alavesa. Experience the traditional extraction system using giant conic stone meals, we enjoy a tasting and submerge ourselves in the stimulating world of this prized liquid gold. Following our olive oil experience, we drive to Logrono to experience the history and culture on foot as we take a guided tour of this wonderful city. We give you some free time to enjoy Logrono, a spot of shopping, have lunch, and a wander through the city or simply take your place at one of their many cafes and just watch the city go by. You then have the option to head back to the hotel or stay in Logrono until we meet for our dinner and an incredible opportunity to dine in a private member only Gastronomy Society in an historic mansion located in the old quarter of Logrono. After a guided tour, one of the members will be cooking a special meal based on typical dishes of La Rioja with seasonal ingredients. Bear in mind that the area of Rioja and Navarra is considered the garden of Spain with the best and tastiest fruit and vegetables. We return to the hotel for our evening stay.

Overnight: Hospederia de los Parajes, Laguardia
Meals: Breakfast, Dinner



DAY 6 - 3 July

Laguardia-Winery-Briones-Haro-San Sebastian

After check-out, we depart and begin our journey toward the elegant coastal city of San Sebastián. Along the way, we pause in the heart of Rioja Alta for a guided visit through two hilltop medieval villages – San Vicente de la Sonsierra and Briones – where sweeping vineyard views and ancient stone streets offer the perfect setting for photos and a moment to take it all in. We continue on to Aldeanueva de Ebro, a wine-producing village in Rioja Baja, where we are welcomed into a local winery. Here, we enjoy a relaxed tasting alongside a cooking demonstration celebrating the region's rich culinary traditions. Known for its slow-cooked meats, this area is home to some of Rioja's most passionate cooks, who prepare two traditional dishes as we sample the local wines.

Our experience deepens as we are invited into a private home for lunch – a truly special and authentic moment. Members of the village come together to prepare a variety of typical Rioja Baja dishes, including homemade desserts, offering a genuine taste of local life and hospitality. After lunch, we continue our journey north to San Sebastián. Upon arrival, we check into our hotel, with time to relax and enjoy a siesta before the evening unfolds. Dinner tonight is at Muka, where cooking over open flame takes centre stage. With a contemporary approach to fire-based cuisine, this dining experience reflects the bold, elemental connection between ingredient and technique – a memorable introduction to the city's celebrated food scene.

Overnight: Hospederia de los Parajes, Laguardia
Meals: Breakfast, Lunch, Dinner

DAY 7 - 4th July

Private Cheese Farm and Private Pork Farm

Today we head into the rolling Basque hills to visit a traditional Idiazabal cheese farm. Guided by the owner, we explore the full process – from milking through to cheesemaking – before finishing with a tasting paired with local wines and cider.

We continue to a historic farmhouse, run by the same family since the 16th century, where the rare Basque pig is reared in the surrounding woodlands. Hosted by the family, we learn about traditional farming methods and the importance of preserving this indigenous breed. Lunch is enjoyed at the farm, showcasing their own charcuterie, house-made breads and seasonal produce.

We return to San Sebastián in the afternoon, with a free evening to explore this vibrant coastal city at your own pace.

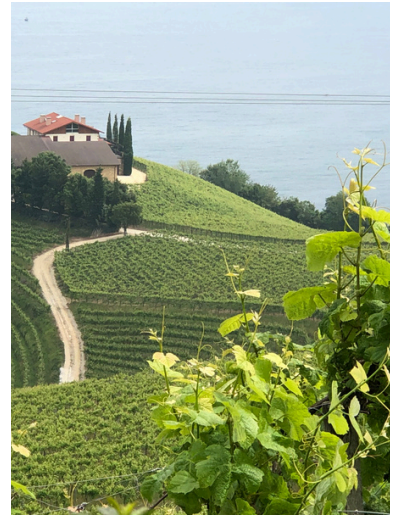
Overnight: Hospederia de los Parajes, Laguardia
Meals: Breakfast, Lunch



DAY 8 - 5th July San Sebastian City and Pintxo Tour

We start today with a guided tour of San Sebastian including the Igueldo, Peine los Vientos and panoramic tour of the city. For lunch we enjoy a guided Pintxo tour tasting our way through some of the best bars in the old quarter of San Sebastian. After lunch we give you the rest of the afternoon and evening free to do some exploring of the town on your own, enjoy a walk by the beach, a stroll through the city hit the streets for a little shopping therapy.

Overnight: Hotel Londres y de Inglaterra Sebastian
Meals: Breakfast, Lunch



Day 9 - 6th July

Market Tour, Cooking Class, Michelin Star Sustainable Dining

After breakfast, we wander through the vibrant food markets of San Sebastián, selecting seasonal ingredients before heading into the kitchen for an immersive cooking class. Here, you'll learn to create a selection of traditional pintxos and classic Basque dishes, guided by local culinary techniques and flavours. The afternoon is yours to relax and enjoy at your own pace – perhaps a siesta or a gentle stroll through the city. In the evening, we reconvene for dinner at Zelai Txiki, set within a beautifully restored centuries-old farmhouse at the base of Mount Ulía. Surrounded by sweeping views over San Sebastián and nourished by its own kitchen garden, the restaurant offers a refined interpretation of Basque cuisine. With a philosophy grounded in sustainability and a deep respect for local produce, Zelai Txiki has been awarded a Michelin Green Star, reflecting its commitment to thoughtful, ingredient-driven dining.

Overnight: Hotel Londres y de Inglaterra Sebastian
Meals: Breakfast, Lunch

Spain is a feeling—slow down, savour each moment, and immerse yourself in the culture, food, and rhythm of daily life.

Disfruta! – Enjoy

Dominique Rizzo

FOOD, WINE
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TOURS

DAY 10 - 7th July

Anchovy Factory, Winery with sea views and Getaria

After breakfast and check-out, we set off along the coast to the charming fishing village of Getaria for a private visit to an artisan anchovy producer. Here, you'll gain insight into traditional methods and enjoy a tasting of this regional delicacy. Naturally, this is paired perfectly with a visit to a local Txakoli winery, where we take in sweeping sea views while enjoying a tasting of this lightly sparkling Basque wine, accompanied by local specialties such as anchovies and tuna. Getaria is one of northern Spain's most picturesque coastal villages, nestled between lush green hills and the shimmering Bay of Biscay. It is also the birthplace of renowned designer Cristóbal Balenciaga and explorer Juan Sebastián Elcano. We take a guided walk through its historic streets before enjoying lunch at a relaxed restaurant by the port, known for its expertly grilled fish, meats, and seafood. In the afternoon, we travel to the medieval town of Hondarribia and check into our hotel, a beautifully restored former castle offering panoramic views over the surrounding landscape. Hondarribia is fast emerging as one of the region's most exciting gastronomic hubs, with a new wave of talented young chefs establishing themselves here. You'll have free time to explore at your own pace – a perfect opportunity to wander, discover hidden corners, and immerse yourself in the local food and wine culture.

Overnight: Parador de Hondarribia, Hondarribia
Meals: Breakfast, Lunch

DAY 11 - 8th July

Biarritz - St Jean De Lux - Michelin Dinner

Today we drive to the stylish beach town of Biarritz on France's southwestern coast. We lead you through a walking tour exploring this popular spot. Once the holiday spot for nobility, Biarritz is now Europe's surfing capital. Biarritz lacks the Riviera's glitz, but you'll see affluent holiday-makers in designer gear and surfers in flip-flops speaking languages of French, Spanish and Basque. Known for its famous beaches, therapeutic water and a thriving surf scene, Biarritz offers a unique atmosphere where posh restaurants and spas live harmoniously side-by-side with laid-back pizza joints. We then drive to the more relaxed crescent shape town of St Jean de Luz. Famous for the wedding of King Louis XIV of France and the King of Spain's daughter, Maria Theresa, in June 1660. St Jean de Luz has something for everyone. First class Michelin restaurants, cafes, bistro's, shopping, art, antiques, and home to the church of St John the Baptist. Many of the buildings date back to the 17th century, a time when Saint Jean de Luz was one of the most important fishing ports of France. We sample some of the local products bringing together the best of Spain and France then enjoy lunch in on of the acclaimed local restaurants. After lunch, the rest of the afternoon is free to have a wander around this quaint little town for yourself. Returning back to the hotel in Hondarribia, you have free time for a siesta before we meet for our Michelin star dinner in restaurant Alameda.

Overnight: Parador de Hondarribia, Hondarribia
Meals: Breakfast, Lunch



DAY 12 - 9th July
Hondarribia-Bilbao

With an early breakfast we check out and transfer from Hondarribia to Bilbao with a panoramic tour of the Zubi Zuri or White Bridge designed by Calatrava and the Izosaki Towers Bizkaia, the Hanging Bridge, close to the port, it is regarded as one of the outstanding architectural iron constructions of the Industrial Revolution and World Heritage by the Unesco since 2006. We continue our panoramic tour around the river and visit to Artxanda, a perfect viewpoint of the whole city. We finish our tour at the Guggenheim Museum where we have a guided tour, cocktails and farewell lunch on the terrace of the museum.

From the Guggenheim, its a leisurely wander back to our hotel and with the rest of the afternoon and evening free, you will certainly have time for some last minute shopping, or just to take in this lovely city one last time. B/L

Overnight: Hotel Miro Bilbao
Meals: Breakfast, Lunch

DAY 13 10th July - Farewell After breakfast we say farewell, transfer you onto your next adventure and wish you a wonderful onward trip.

Meals: Breakfast



A Taste of the Region – Your Free Time Guide

Bilbao

Where to eat & drink

Free time in Bilbao is best spent grazing your way through the Old Town. Begin in Plaza Nueva and move slowly between bars – a glass of txakoli or Rioja in hand.

- **Café Bar Bilbao** – a local institution for classic pintxos done properly
- **Gure Toki** – more refined, creative pintxos
- **La Viña del Ensanche** – for a slightly more elegant, traditional dining experience
- **Pastelería Arrese** – a must for pastries and something sweet

Where to wander & shop

Lose yourself in Casco Viejo – this is where Bilbao reveals its soul.

- **Ultramarinos Gregorio Martín** – beautiful for conservas, wines and gourmet gifts
- **Charamel Gozotegia** – Basque cakes and pastries
- Traditional delis and wine shops throughout the Old Town for olive oil, Idiazabal cheese and tinned seafood
- **Gran Vía** for polished Spanish fashion and accessories

Laguardia

Where to eat & drink

This is slow, atmospheric and deeply connected to wine. Evenings are about moving between intimate taverns built over centuries-old cellars.

- **Bar Hiruko** – relaxed, excellent pintxos and wine
- **Capricho de Baco** – traditional Rioja flavours
- **Hospedería de los Parajes Restaurant** – refined dining, often set within a wine cave

Where to shop

Boutique, local and wine-focused.

- **Villa-Lucía Wine Shop** – beautifully curated Rioja wines, ideal for gifting or shipping
- **La Bodega de Laguardia** – excellent selection of local wines and gourmet produce
- **El Gusto por el Vino** – boutique wine store specialising in smaller producers
- Small family-run delicatessens throughout the village for olive oil, preserves, dried ñora peppers and regional sweets
- Artisan shops offering handcrafted ceramics and rustic tableware inspired by the surrounding vineyards



A Taste of the Region – Your Free Time Guide

Logroño

Where to eat & drink

This is one of Spain's great food streets – simple, lively and completely delicious.

- **Bar Soriano** – legendary for grilled mushrooms
- **La Tavina** – wine bar with a more polished feel
- **Bar Ángel** – famous for grilled prawns
- **Cachetero** – a step up for traditional Rioja cuisine
- **La Rioja en Boca** – a beautifully curated gourmet store for Rioja wines, preserves, olive oil and regional delicacies
- **Vinos El Peso** – a specialist wine shop with an excellent selection of boutique Rioja producers

Best Pastry Shops

- **Deli Pastelería (Calle Portales, 69)**: Highly regarded for its intimate atmosphere, specialized in macarons, Argentinian alfajores, and creative, high-quality cakes.
- **Melt Cakes (Calle Hermanos Moroy, 12)**: Famous for being the first shop specializing in artisanal cheesecakes, offering unique flavors like pistachio and white chocolate in the city center.
- **Papín – Gastronomía Dulce (Calle Juan II)**: Known for delicate, beautifully presented pastries, particularly the Paris-Brest, with high-quality ingredients and a visible kitchen.
- **Gelée Boutique**: A standout for offering excellent 100% gluten-free pastries, making it a go-to spot for specialized dietary needs.
- **Pastelería Segura**: A traditional, high-quality option known for its excellent, refined pastries.

Best for Shopping

Paseo de las Cien Tiendas (The “Walk of a Hundred Shops”)

Calle San Antón

- Great for easy, contemporary fashion and accessories

Feels more “high street Spain” – clean, modern and accessible.

Gran Vía Juan Carlos I

A slightly more refined boulevard feel, with a mix of boutiques and fashion stores.

Calle Portales & Old Town streets

This is where it becomes more characterful and boutique-driven.

- ATIPYCA MODA – independent, curated fashion
- Mitsou Art Shop & Studio – beautiful gifts, design pieces
- Verde Doncella – a standout local boutique

Perfect for unique pieces, gifts and something less commercial.



A Taste of the Region – Your Free Time Guide

Hondarribia

Where to eat & drink

More relaxed than San Sebastián, but quietly exceptional. Perfect for discovering emerging chefs and authentic bars.

- **Gran Sol** – award-winning pintxos
- **Arroka Berri** – refined Basque cuisine
- **Gastroteka Danontzat** – contemporary, chef-driven with refined pintxos and small plates with a creative edge
- **Hermanidad de Pescadores** – a true local institution by the water, known for its deeply traditional Basque cooking with a focus on Seafood

Where to wander & shop

Shopping here is relaxed, intimate and very local – best enjoyed slowly between the marina and the old town. The streets are filled with small independent boutiques, gourmet stores and artisan finds rather than big retail.

Wander San Pedro Kalea (the marina street) and the surrounding lanes – this is where most of the town's fashion and lifestyle stores are clustered.

- **Arane** – a beautiful boutique for clothing, accessories and uniquely illustrated pieces inspired by the colourful fishing houses
- **Mar Boutique** – stylish womenswear and accessories
- **LÔV Concept** – curated fashion and contemporary pieces
- **Boutique Canela** – relaxed, wearable Spanish fashion

Gourmet & specialty food stores

This is where Hondarribia really shines – perfect for taking home a taste of the region.

- **Conservas Hondarribia** – local tinned seafood, anchovies and Basque delicacies
- Small delicatessens throughout the marina and old town for olive oil, cheeses, charcuterie and regional preserves

Look for classic Basque specialties like anchovies, guindilla peppers and conservas – simple, authentic and beautifully packaged.

Artisan, gifts & local finds

Scattered through both the old town and marina are charming independent shops perfect for gifts and keepsakes.

- Menina – homewares, gifts and decorative pieces
- Pinpilinpauxa Souvenirs – tasteful local souvenirs
- Galezar Art Gallery – local art and unique pieces



A Taste of the Region – Your Free Time Guide

San Sebastián

Where to eat & drink

This is where food becomes an art form. The key is to slow down – choose a handful of exceptional places rather than rushing. Move between the Old Town and Gros, grazing as you go.

- **Bar Nestor** – iconic for tortilla and txuleta (bookings essential)
- **Ganbara** – exceptional seasonal pintxos, especially mushrooms
- **La Cuchara de San Telmo** – creative, modern pintxos
- **Bodega Donostiarra** – local favourite, slightly away from the crowds
- **Pastelería Oiartzun** – a stop for Basque cakes and pastries
- **Borda Berri** – rich, slow-cooked dishes and deeper flavours
- **Txepetxa** – the place for anchovies in multiple preparations

Best bars for beer & something more local

- **Mala Gissona Beer House** – craft beer brewed locally, lively and modern
- **Basqueland Izakaia** – excellent Basque craft beers with a Japanese twist on snacks
- **La Cervecería del Antiguo** – relaxed, local feel with a strong beer selection

Something a little more refined

- Casa Urola – elegant, produce-driven Basque cooking
- Narru – modern, seasonal and beautifully executed

Where to wander & shop

Beautiful, curated and high-quality.

- **Casa Urola Gourmet** – exceptional local produce and gourmet items
- **Aitor Lasa** – premium Basque food products
- **Oquendo** – a refined delicatessen known for foie gras, conservas and gourmet goods
- **La Perla Gourmet** – beautifully presented Basque food products and sweets

Bakeries & sweet stops

- **Pastelería Oiartzun** – traditional Basque cakes and pastries
- **Bergara Pastelería** – elegant pastries and classic sweets

Fashion, design & lifestyle

- **Minimil** – contemporary fashion and concept store
- **Siboney** – high-end Spanish and international designers
- **Galerías Garagarza** – accessories, jewellery and curated pieces



ACCOMMODATION

Bilbao (Arrival)

The Artist Grand Hotel of Art

Mazarredo Zumarkalea, 61, Abando,
48009 Bilbao, Bizkaia, Spain
+34 944 25 33 00

Laguardia, Rioja (4 Nights)

Hospedería de los Parajes

Calle Mayor 46, 01300 Laguardia
+34 945 600 150

San Sebastián (4 Nights)

Hotel Londres y de Inglaterra

Zubieta Kalea 2, 20007 San Sebastián
+34 943 440 770

Hondarribia (2 Nights)

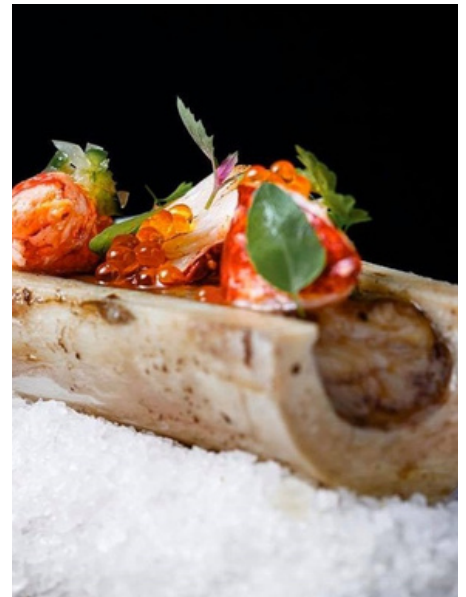
Parador de Hondarribia

Plaza de Armas 14, 20280 Hondarribia
+34 943 645 500

Bilbao (Final Night)

Hotel Miro

Mazarredo Zumarkalea, 77, Abando,
48009 Bilbao, Bizkaia, Spain
Phone: +34 946 61 18 80



Contact Phone Numbers While on Tour

Dominique Rizzo - info@dominiquerizzo.com
M/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.

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

*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 & 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 & 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 AND 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 AND 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