

Travel guide prepared by the FEBA Team for the participants of the FEBA Annual Convention 2023

Madrid

Sights to see

There are many things that can be explored in Madrid, we just selected a few options that might help you in choosing your adventure.

Museums

Madrid is full of museums and exhibitions, make sure to check out the availability, reservations and purchase of tickets in advance.

Foods and Restaurants

Part of a good travel experience is to try different foods and specialities from different cultures and countries, we listed a few of the most popular ones.



European Food Banks Federation
Chaussée de Louvain 775,
1140 Brussels, Belgium
+ 32 (0) 25 38 94 50

Madrid

Sights

To See:

Cibeles Square & Palace

Plaza de Cibeles is a square in the centre of Madrid, Spain. It is best known for the large round fountain with marble statues in the middle of the square, and the Palacio de Cibeles or Palacio de Comunicaciones, the town hall of the city.



Parque del Retiro

The Jardines del Buen Retiro or the Parque del Buen Retiro, or El Retiro for short, is a city park in Madrid, Spain. Buen Retiro means "pleasant seclusion". Since 2021, the park has been on the UNESCO World Heritage List.



Madrid

Sights

To See:

Royal Palace

The Royal Palace of Madrid is the working palace of the King of Spain. With an area of 135,000 m² and 3418 rooms, it is the largest royal palace in the world.



Plaza Mayor

Plaza Mayor is the main square in Madrid a short distance from Puerta del Sol Square. This rectangular square (120 meters long and 90 meters wide) dates from the Habsburg period and is surrounded on all sides by four-storey houses with a total of 237 balconies.



Madrid

Sights

To See:

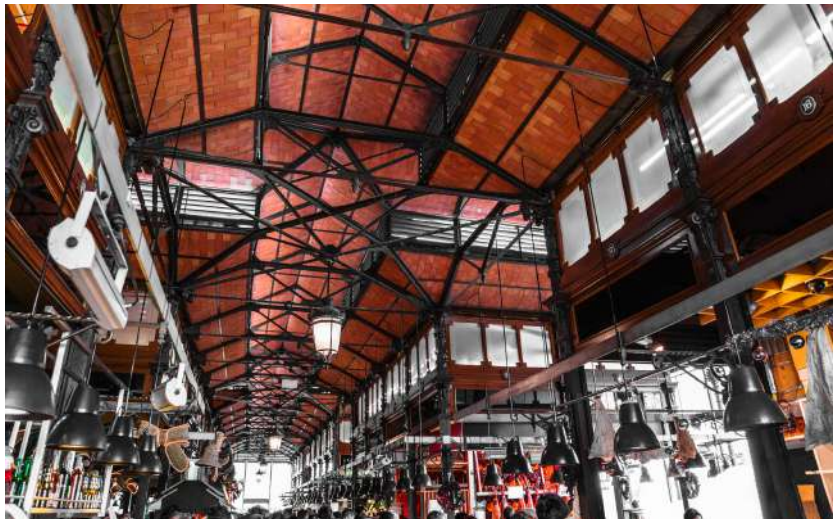
Gran Vía

The busy Gran Vía is the largest and most famous shopping street in the centre of Madrid.



Mercado de San Miguel

The Market of San Miguel is a covered market located in Madrid, Spain. Originally built in 1916, it was purchased by private investors in 2003 who renovated the iron structure and reopened it in 2009. It operates as a food court serving mostly tapas.



Madrid

Sights

To See:

Templo de Debod

The Temple of Debod is an ancient Egyptian temple that was dismantled as part of the International Campaign to Save the Monuments of Nubia and rebuilt in the center of Madrid, Spain, in Parque de la Montaña.



Madrid

Sights

Museums:

Museo del Prado

The Prado has one of the largest art collections in the world, and is best known for its diverse assortment of works by Velasquez, Goya and El Greco.



Prices and Fees:

- GENERAL ADMISSION 15 €
- REDUCED ADMISSION 7,50 €
 1. People over 65 years old
 2. Youth card holders
 3. Members of large families

Opening Hours:

Monday to Saturday:
10 am - 8 pm
Sundays and holidays:
10 am - 7 pm

Important: **ADMISSION DURING FREE ACCESS HOURS**

Visit from Monday to Saturday, from 6:00 pm to 8:00 pm, and Sundays and holidays, from 5:00 pm to 7:00 pm

Madrid

Sights

Museums:

Museo Nacional Centro de Arte Reina Sofía

The Reina Sofía Museum, officially called Museo Nacional Centro de Arte Reina Sofía, is one of the most visited museums in Madrid with one of the finest collections of Spanish contemporary art.

The Reina Sofía features a large collection of paintings by renowned twentieth-century Spanish artists like Pablo Picasso, Salvador Dalí and Joan Miró. The museum's most famous composition is Picasso's "Guernica", one of the most effective anti-war paintings in the world.



Prices and Fees:

- GENERAL ADMISSION 12 €
- REDUCED ADMISSION 6 €

Opening Hours:

Monday: 10:00 a.m. - 9:00 p.m.
Tuesday: Closed
Wednesday-Saturday: 10:00 a.m. - 9:00 p.m.
Sunday: 10:00 a.m. - 14:30 a.m.

Madrid

Sights

Museums:

Thyssen-Bornemisza Museum

The Thyssen-Bornemisza fills the historical gaps in its counterparts' collections: in the Prado's case this includes Italian primitives and works from the English, Dutch and German schools, while in the case of the Reina Sofia it concerns Impressionists, Expressionists, and European and American paintings from the 20th century.



Prices and Fees:

- GENERAL ADMISSION 13 €
- REDUCED ADMISSION 9 €

Opening Hours:

Monday: 12.00 - 16.00
From Tuesday to Sunday:
10.00 - 19.00

Madrid

Sights

Museums:

Visit to the Royal Palace and interior

The interior of the palace is notable for its wealth of art and the use of many types of fine materials in the construction and the decoration of its rooms.

For a visit to the royal palace tickets can be booked on the following website:
<https://www.patrimoniocional.es/en/visita/royal-palace-madrid>



Madrid

Tips

Public Transport

Madrid has an extensive metro network which connects you to all corners of the city. For tourists tickets are available for one day and up to seven days. A one day ticket for zone A costs 8,40 EUR. You can also buy a card to be charged with tickets



RED DE METRO Y METRO LIGERO *Metro and Light Rail Network*

SIMBOLOGÍA Key

- Estación accesible / ascensor
Step-free access / lift
- Transbordos entre Metro interchange
- Transbordos largos Metro interchange with long walking distance
- Cambio de tren Change of trains
- Metro Ligero Light Rail
- Cercanías Suburban railway
- Autobuses interurbanos Suburban buses
- Autobuses largo recorrido Interregional bus station
- Terminal autobuses nocturnos Night bus line terminal
- Autobús expreso aeropuerto Airport express bus
- Estación de tren Railway station
- Aeropuerto / Airport Adolfo Suárez Madrid-Barajas

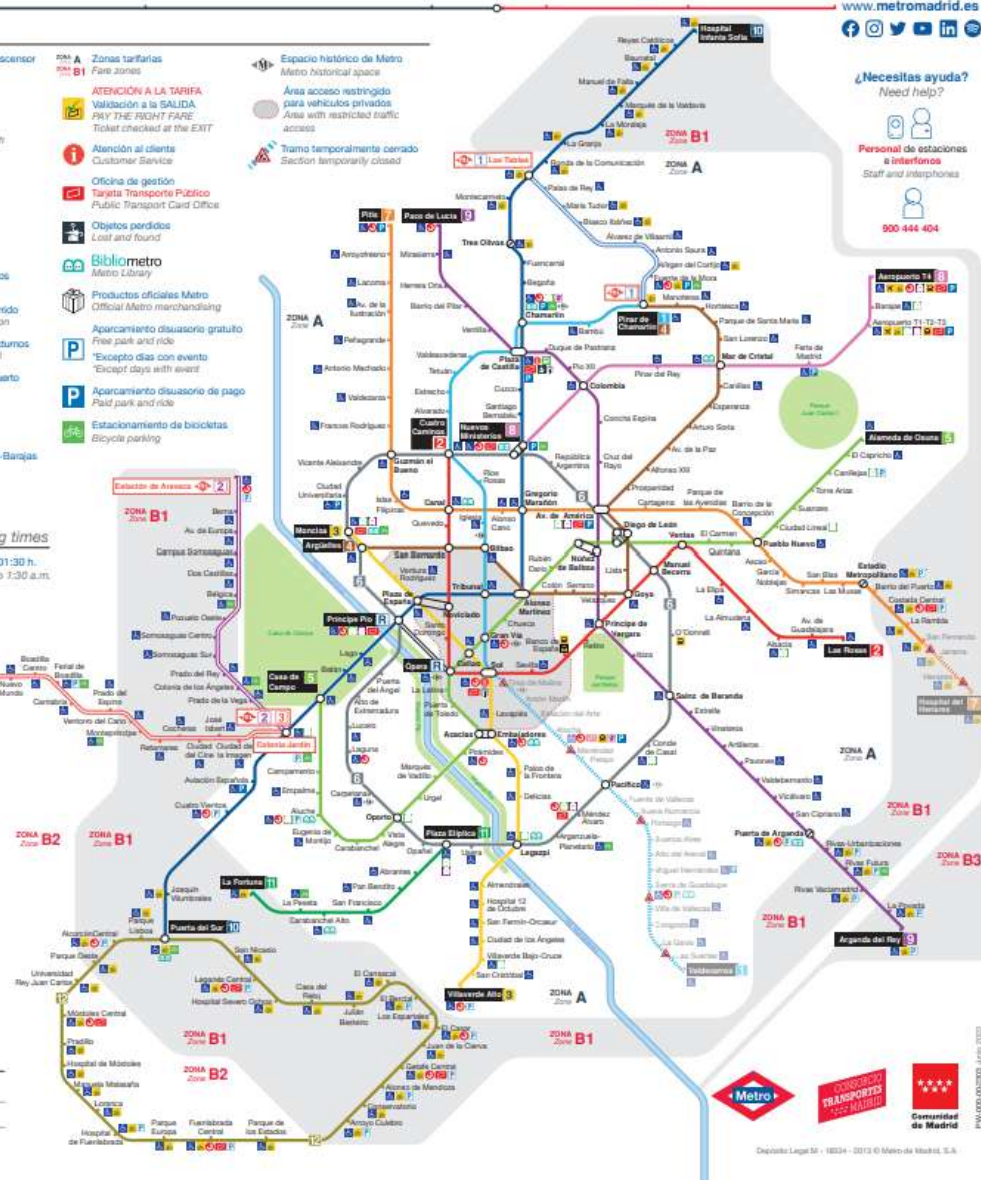
- Zonas tarifarias Fare zones
- ATENCIÓN A LA TARIFA Validación a la SALIDA **BUY THE RIGHT FARE** Ticket checked at the EXIT
- Atención al cliente Customer Service
- Oficina de gestión Tarjeta Transporte Público Public Transport Card Office
- Objetos perdidos Lost and found
- BiblioMetro Metro Library
- Productos oficiales Metro Official Metro merchandising
- Aparcamiento disuasorio gratuito Free park and ride
- Aparcamiento disuasorio de pago Paid park and ride
- Estacionamiento de bicicletas Bicycle parking

- Espacio histórico de Metro Metro historical space
- Área acceso restringido para vehículos privados Area with restricted traffic access
- Tramo temporalmente cerrado Section temporarily closed

HORARIO Opening times

Todos los días de 06:00 a 01:30 h.
Every day from 6:00 a.m. to 1:30 a.m.

- Pinar de Chamartín Babaduro
- Las Rosas Cuatro Caminos
- Villaverde Alto Mancha
- Argüelles Pinar de Chamartín
- Alameda de Osuna Casa de Campo
- Circular
- Hospital del Henares Pita
- Nuevos Ministerios Aeropuerto T4
- Pazo de Lucía Argüelles del Rey
- Hospital Infanta Sofía Puerta del Sur
- Plaza Elíptica La Fortuna
- MetroSur
- Opera Príncipe Pío
- Pinar de Chamartín Las Tablas
- Colonia Jardín Estación de Aravaca
- Colonia Jardín Puerta de Boadilla



www.metrodmadrid.es

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Need help?
Personal de estaciones e interfonos
Staff and interphones
900 444 404

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Tapas

A tapa is an appetizer or snack in Spanish cuisine. Tapas can be combined to make a full meal, and can be cold or hot. Most bars and restaurants in Spain offer them.



Paella

Paella is a rice dish originally from the Valencian Community. Paella is regarded as one of the community's identifying symbols. It is one of the best-known dishes in Spanish cuisine.



Gazpacho

Gazpacho or Gaspacho, also called Andalusian gazpacho, is a cold soup and drink made of raw, blended vegetables. It originated in the southern regions of the Iberian peninsula



Tortilla

Spanish omelette or Spanish tortilla is a traditional dish from Spain. It is an omelette made with eggs and potatoes, optionally including onion. It is often served at room temperature as a tapa.

Cocido Madrileño



Cocido madrileño is a traditional chickpea-based stew from Madrid, Spain. A substantial dish prepared with meat and vegetables, it is most popular during the winter but is served throughout the year.

Churros



A churro is a type of fried dough, made with choux pastry dough piped into hot oil with a piping bag and large closed star tip or similar shape. Chocolatería San Ginés serves churros since 1894, located in Calle de los Coloreros, 4, 28013, Madrid.

Bocadillo de calamares



Squid sandwich or bocadillo de calamares in Spanish, is a culinary specialty very common in Spain consisting of squid battered in flour and fried in oil that is usually olive, and a spicy tomato sauce and mayonnaise with garlic.

Rioja



Rioja is a wine region in Spain. Rioja wine is made from grapes grown in the autonomous communities of La Rioja and Navarre, and the Basque province of Álava.

Food & Drinks

Jamón



Jamón is a kind of dry-cured ham produced in Spain. It is one of the most globally recognized food items of Spanish cuisine. It is also regularly a component of tapas. The good jamón is called jamón ibérico

Chorizo

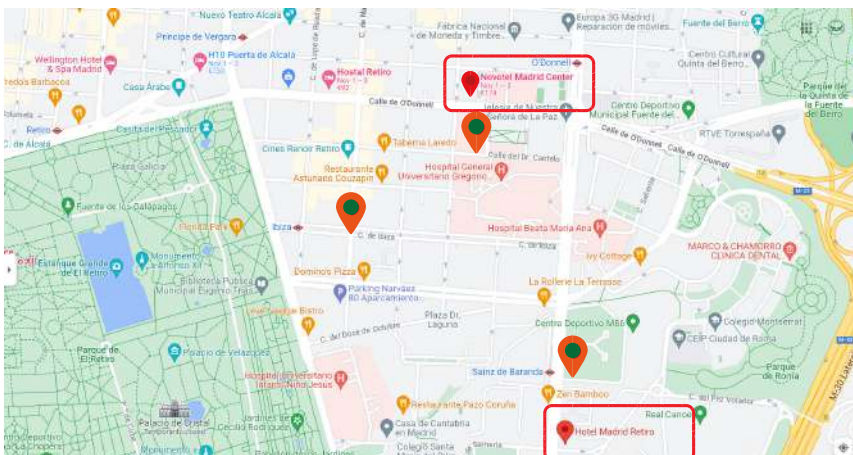


Chorizo is a type of pork sausage originating from the Iberian Peninsula. It is made in many national and regional varieties in several countries on different continents.

Restaurants

Recommendations for areas with good restaurants are the following:

- The area of Calles Ibiza, Sainz de Baranda, Doctor Castelo are full of small restaurants that are quite popular for Spanish people and close to the hotel.
- The area of Cava Baja in Madrid de los Austrias, close to Plaza Mayor is also very popular and well visited by tourists.



Madrid

Restaurants

To Try:

La Raquetista

Calle Doctor Castelo 19, 28009, Madrid



Kulto

Calle Ibiza 4, 28009, Madrid



Madrid

Restaurants

To Try:

Botín Restaurant

Cuchilleros st. 17, 28005, Madrid



Mercado de San Antón

Calle Augusto Figueroa 24, 28004, Madrid



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