



# Madrid Guide

## Survival tips

### Using public phones:

In most of them you can use cards or coins, talk, send email or short mobile messages. Phone cards can be bought in *estanco* (tobacco shops).

### Emergency Phones:

General: 112

National police: 091

Local police: 092

Fire brigade: 080

### Cancellation of credit cards:

American Express: Tel. 902 375 637/902 111 135  
4B (MasterCard, Visa): Tel. 902 114 400

### Transportation:

Airport: [www.aena.es](http://www.aena.es) Tel. 913 058 343

Train: [www.renfe.es](http://www.renfe.es) Tel. 902 240 202

Subway: [www.metromadrid.es](http://www.metromadrid.es) Tel. 902 444 403

Buses: [www.ctm-madrid.es](http://www.ctm-madrid.es) Tel. 915 803 590

Taxis: Tel. 914 055 500 / 914 475 180 / 914 459 008

### Tourist information:

Madrid Tourism Office, Plaza Mayor 3. Tel. 915 881 636

Madrid Region Tourist Offices: Calle Duque de Medinaceli, 2 and Atocha train station. Tel. 902 100 007

### Tourist information websites:

[www.munimadrid.es/turismo](http://www.munimadrid.es/turismo)

[www.esmadrid.com](http://www.esmadrid.com) (both have English versions)

### Some 24h pharmacies:

Farmacia del Globo, Calle Atocha 46, Tel. 913 692 000

Real Botica de la Reina Madre, Calle Mayor 59, Tel. 915 480 014

Farmacia Lastra, Calle Conde de Peñalver 27, Tel. 914 024 272



## Public transportation

Remember that you must keep your ticket until the end of your trip. You can be asked for it at any time and you may need it in order to exit at your final destination.

### Metro and bus

Single tickets for both Metro (subway) and buses cost 1€. If you are going to travel more than a couple of times, get a *Metrobus*. It costs 6.15€ and allows you 10 trips via subway or bus, with no date limit. (See also "Tourist Travel Pass" below.)

You can buy Metrobus at Metro stations. Changing Metro lines does not require a new ticket (or cancelling the Metrobus), but changing from bus to subway or between bus lines does.

Probably the most efficient public transportation is the subway. With more than 150 stations around the city, it is open every day of the week from 6.00 am to 1.30 am. Each line is marked with a colour and a number. You can ask for a free map at Metro ticket offices.

There is also a wide network of buses. They are red (with few exceptions), slower than the Metro and you need to know your way around a little better, because bus stops do not have names. But since traffic in August is light they are a good way to see the city. At most bus stops, there is a city map where you can check the bus routes, or you can buy one at most press kiosks.

You should get on buses at the front. Next to the driver, there is a machine where you should insert your ticket for it to be clipped. You can not buy Metrobus in the bus, but you can pay single tickets directly (in cash) to the driver.

Day buses operate daily from 6.00 am to 11.45 pm. Outside those hours there are night buses (called *buhos*, owls) that start from Plaza de Cibeles. On Friday and Saturday nights there are also buses (*buhometros*) covering the same routes as Metro lines.

### Taxi

Taxi cabs are white with a red stripe. You can hail taxis at designated taxi ranks or by stopping them in the street. Just stand by the curb and when you see a taxi with the sign "Libre" (free) or the green light on, raise your hand to call the driver's attention. Check that he puts the meter on at the beginning of the journey. Remember that the fare changes at night and on holidays, or if you travel outside the city limits, and there are some additional charges for airports and train stations.



The tariff should be visible inside the taxi (usually in a rear side window). If you wish to make a complaint, ask for a receipt.

### Travelling from the airport to downtown (and back):

There is a Metro station (named *Aeropuerto*, on line 8) in Terminal 2 of Barajas airport. Even though line 8 will be partially closed during ICM (free shuttle buses will cover that part of the route), Metro is still the best way to get to most of the city by public transportation, especially if you are in Terminal T1, T2 or T3. In that case, go to T2, first floor. The entrance to the Metro can be found in the walkway connecting to car park P2. From T4, take the shuttle bus linking T4 to T2 and T1. Get off at T2 and follow the instructions above.

There are also buses to *Avenida de América*, where you can connect with the subway. The relevant lines are 200 (from T1 and T2), and 204 (from T4). This maybe an interesting alternative if you are in T4.

Of course if you are not acquainted with transportation in Madrid or you carry big luggage, the easiest option is to take a taxi. The basic fare could be slightly below 20€, but there are extra fares for heavy luggage, weekends or nocturnal trips. Also, you may have to pay a small additional toll (1,55€) if you travel from or to T4. At the airport, you should only take taxis at the official taxi ranks. Please ignore any offers for taxi services inside the terminals. Check that the taxi puts the meter on at the beginning of the journey.

### Travelling in the Madrid Region

Commuter trains (*Cercanías*) are convenient to visit some places around Madrid, like Alcalá de Henares or El Escorial. For such short trips, it is possible to buy tickets in automatic machines at the stations. The main stations are *Chamartín* (at the very North of the city) and *Atocha* (South),

#### Tourist Travel Pass Fares For 2006 (50% discount for children under 11)

Zones	1 Day	2 Day	3 Day	5 Day	7 Day
A	3,50 €	6,30 €	8,40 €	13,20 €	18,40 €
T	7,00 €	12,60 €	16,80 €	26,20 €	36,70 €



Madrid Airport. Terminal T4.



Palacio Municipal de Congresos del Campo de las Naciones. Site of ICM2006.



where there are connections with long distance destinations. Other commuter stations in the city centre include *Nuevos Ministerios* and *Recoletos*.

An alternative is to use the suburban (green) buses. You can find out how to get anywhere in the Madrid region looking under “cómo ir a” or “paths” in [www.ctm-madrid.es](http://www.ctm-madrid.es)

### Tourist Travel Pass

This personalized transport pass entitles the holder to make an unlimited number of trips, using the public transport system (bus, including suburban buses in Zone T, Metro and commuter trains). Zone A passes are valid within the Madrid city limits. Zone T passes are valid in the whole Madrid Region plus Toledo (not for the fast train) and Guadalajara.

Tourist Travel Passes can be bought at Metro stations, some tobacco shops and press kiosks, and the Madrid Region Tourist Offices in Calle Duque de Medinaceli 2 and in Atocha train station.

For more detailed information look at [www.ctm-madrid.es](http://www.ctm-madrid.es)

### The ICM 2006 venue

ICM 2006 takes place in the *Palacio Municipal de Congresos*. The building was designed by Ricardo Bofill (a Spanish architect of worldwide reputation who has also designed the Barcelona airport, the Music Palace in Valencia, Antigone’s quarter in Montpellier, the Donnelley building and the Dearborn Centre in Chicago and the Yuyuantan housing complex in Beijing). Its floor space is more than 30000 m<sup>2</sup>, including an auditorium with 1900 seats where the opening ceremony of ICM will take place.

Since its opening in 1993, the Palacio Municipal de Congresos has housed more than 3000 events with a total of almost 11 million participants. Perhaps the most noticeable event was the meeting, on December 15th, 1995, when *Euro* was agreed as the name for the EU common currency.

The Palacio is located in Campo de las Naciones, the newest business hub in Madrid, developed around the Palacio and the Trade Fair buildings. Close to the Palacio you can find the beautiful Juan Carlos I Park, with a lake, an open-air auditorium where different shows are staged in summer nights, and a collection of modern sculptures.

The easiest way to reach the Palacio is the Metro station Campo de las Naciones, on line 8. Unfortunately this line will be closed between *Colombia* and *Mar de Cristal* at the time of the ICM.

Although shuttle buses will cover the route, our advice is to consider the option of taking line 4 to *Mar de Cristal* and changing there to line 8.

The *Palacio Municipal de Congresos* is one of the facilities belonging to *Madrid Espacios y Congresos, S.A.*, which until recently was known as *Empresa Municipal Campo de las Naciones*. This change of name and image is a result of a shift in strategy by the City of Madrid in the area of business tourism at a national and international level.

*Madrid Espacios y Congresos* is one of the means by which the City of Madrid ensures that the necessary spaces – including the *Palacio Municipal de Congresos*, *Pabellones de la Casa de Campo*, *Madrid Arena*, *Auditorio del Parque Juan Carlos I* – are available to place the city in a leading international position as regards the celebration of conferences, fairs, congresses, etc., as well as the organization of sports events, musical concerts and cultural activities. In short, it is part of a new, combined and comprehensive strategy enabling the city to compete on the national and international market.

### Main museums

**Museo del Prado:** [www.museodelprado.es](http://www.museodelprado.es)

**Centro de Arte Reina Sofía:** [www.museoreinasofia.es](http://www.museoreinasofia.es)

**Thyssen-Bornemisza Museum:**  
[www.museothyssen.org](http://www.museothyssen.org)

**Lázaro Galdiano Museum:** [www.flg.es](http://www.flg.es)

**Archeological Museum:** [www.man.es](http://www.man.es)

**Natural Sciences Museum:** [www.mncn.csic.es](http://www.mncn.csic.es)

**Palacio Real (Royal Palace):**  
[www.patrimonionacional.es/preal/preal.htm](http://www.patrimonionacional.es/preal/preal.htm)

**Ermita de San Antonio de la Florida:** [www.munimadrid.es/principal/ayuntamiento/servmuni/cultura/museos/museos.html](http://www.munimadrid.es/principal/ayuntamiento/servmuni/cultura/museos/museos.html)

The most important and best known museum in Madrid is **Museo del Prado** ► hosted in an 18th century building. It contains a large collection of painting masters up to 19th century. Naturally, Spanish painters are best represented, including masterpieces by Velázquez (such as *Las meninas*), Goya or El Greco. But there are also excellent paintings from other important schools, especially Flemish and Italian.

**Centro de Arte Reina Sofía** ► is a museum of modern painting. The main attraction of its permanent collection is the famous *Guernica* by Picasso.

**Thyssen-Bornemisza Museum** ► is a private museum close to Prado with remarkable masterpieces from the 13th to the 20th century.

**Lázaro Galdiano Museum** ► is rather unknown, even for local citizens. It contains mostly paintings and also other pieces like miniatures, books, ivory handicrafts, etc.

**Palacio Real** ► was built in 1764 (with some later additions). It is worth a visit to the main rooms for the astonishing paintings, porcelains, tapestries, clocks, decorated ceilings etc. In the *Armería* there is an ample collection of armoury through the ages (including for instance the sword of Cortés and the armour of Charles V). There is also a Royal Pharmacy with a collection of old vases.

In **San Antonio de la Florida** ► (near *Príncipe Pío* train station) the dome is decorated with a famous and original fresco by Goya.

### Looking at numbers and understanding Picasso

Besides the exhibitions at the Congress site, ICM 2006 sponsors *The Life of Numbers*, an exhibit on display at the National Library until September 10th (more information in the ICM web site).

But this is not the only singular exhibition in Madrid this summer. To mark the 25th anniversary of the return to Spain of *Guernica*, perhaps the most famous of Pablo Picasso’s paintings, El Prado and Reina Sofía jointly present, until September 3rd, *Picasso, Tradición y Vanguardia*. This major retrospective presents more than 100 paintings from museums and collections around the World covering every stage of Picasso’s career.

The exhibition starts in El Prado, whose Central Gallery will house a group of masterpieces by the artist, flanked by a special selection of works by Spanish Old Masters represented in its collections. Among the paintings that can be seen in this dialogue between Picasso and the past are *Three Musicians* (1921, Philadelphia Museum of Art) and *Las meninas* (1957, Museo Picasso, Barcelona) that will be shown side by side with the original *Meninas* painted by Velázquez in 1656.



Museo Nacional del Prado Foto: David Jiménez Casado



Palacio Real Foto: Paul Alan Putnam

In the Reina Sofía the exhibition takes on a monographic character focused around the *Guernica* and its legacy, now seen alongside other works of significance with regard to Picasso's artistic response to the dramatic circumstances of modern warfare, such as *Massacre in Korea* (1951, Musée Picasso, Paris). Reina Sofía will also be showing another masterpiece that expresses a condemnation of violence: *Goya's 3rd of May 1808 in Madrid. The Executions on Príncipe Pio*, from the Museo del Prado. Seen alongside the *Guernica*, it will offer a unique image of the disasters of war.

In Museo del Prado the exhibition will open Tuesdays to Sundays: 9 am to 8 pm (closed Mondays), while in Reina Sofía exhibition times are Monday to Saturday: 10.00 am – 9.00 pm (Tuesday, closed), Sunday: 10.00 am – 2.30 pm.

Tickets are 6€ for one Museum or 10€ for a combined ticket (free admission on Sunday, and also on Saturday after 2:30 pm at Reina Sofía). It is possible to get pre-booked timed tickets for 9€ (one Museum) and 16€ (combined ticket). You can buy them by phone Tel. 902 400 222, in El Corte Inglés department stores, or on line.

Further information at

[www.picassotradiciony Vanguardia.com](http://www.picassotradiciony Vanguardia.com)

## Parks

**El Retiro** ► is in the center of the city. Created in the 17th century, it used to be property of the Royal Family but nowadays it is a public park. There is a pond where you can row. As a matter of curiosity there is also a monument devoted to “The fallen angel” (Lucifer), believed to be the only one in the world.

**El Jardín Botánico** ► (Botanical Garden) stands next to El Retiro and is like a fenced part of it. For a 2€ fee you can enter and admire the amazing greenhouse containing tropical plants in addition to the local flora. Open 10:00 – 21:00. Next to Botánico you will find used and old books stalls.

**El Parque del Oeste**, ► not far from Plaza de España and the Royal Palace. Houses, in one corner, a remarkable Egyptian temple from the 2nd century B. C., *Templo de Debod*, donated by the Egyptian Government in 1968 to show its gratitude to Spain. It also houses a magnificent Rose Garden (*La Rosaleda*).

## Two ways to see Madrid with a guide

### a) The ICM 2006 Tourist Program

The program ([www.icm2006.org/socialprogram/touristprogram](http://www.icm2006.org/socialprogram/touristprogram)) includes several guided excursions in Madrid (2 to 4 hours long). You can book excursions and ask for details, prices (20 – 32€) and dates at the Tour Desk in the registration area of the Palacio Municipal de Congressos.

### b) The “Descubre Madrid” Program

The Tourist Office of the City of Madrid offers a program of tours. Some are on foot (3,20€), some by bus (6,20€) and some by bicycle (3,20€ + 6,00€ for bicycle rental, if needed). There are discounts for students, young and retired people. Some routes are available for people with vision, hearing or mobility impairment. There are 16 tours guided in Spanish, 11 in English, 2 in French and 1 in German.

Tours usually depart from Plaza Mayor, 27 (Madrid Tourism Centre, Tel. 915 882 906). For bookings and advance tickets call 902 221 622.

Further information at [www.esmadrid.com/monograficos/DescubreMadridv2/en/index.htm](http://www.esmadrid.com/monograficos/DescubreMadridv2/en/index.htm)

## Two ways to look at Madrid on your own

### a) Two classical walks (with our thanks to Madrid Tourist Office!)

Numbers in brackets indicate the century of construction.

**Green walk: “Madrid de los Austrias” and the Literary Quarter** ► 1. Puerta del Sol: old Post House, now seat of the Regional Government (18th).

2. Calle Arenal and surroundings: Church of San Ginés (17th), Descalzas Reales Monastery (16th).

3. Plaza de Isabel II and Royal Thetre (19th).

4. Plaza de la Encarnación and Encarnación Monastery (17th).

5. Plaza de Oriente and Royal Palace (18th).

6. Calle Bailén and Almudena Cathedral (19th – 20th).

7. Cuesta de la Vega/Park Emir Muhammad I: remains of Madrid city walls (9th – 10th).

8. Calle Mayor: several 17th century buildings.

9. Plaza de la Villa: Lujanes Tower (15th), Cisneros House (16th), Townhall (19th).

10. Calle Mayor: San Miguel Market (19th).

11. Cava de San Miguel: typical bars (“Mesones”) and restaurants, including Botín (1725), Arc of Cuchilleros (17th).

12. Plaza Mayor (16th – 18th).

13. to “Plaza de la Provincia: Santa Cruz Palace





Palacio de Cristal. Parque del Retiro Foto: Pablo A. Salguero



Torre Picasso. Centro Azca Foto: Paul Alan Putnam



(old Royal Jailhouse, 17th). **14.** Puerta del Sol. **15.** Carrera de San Jerónimo: Lhardy, a classic restaurant (19th). **16.** Literary Quarter: Teatro Español (19th) in Plaza de Santa Ana; the surrounding area houses many typical bars; Royal Academy of History (Calle del León, 18th), House of Lope de Vega (Calle de Cervantes, 17th), Convent of the Trinitarias (Calle Lope de Vega, 17th). **17.** Calle de Santa Isabel: Doré Cinema (National Film Library), Royal Academy of Medicine (18th). **18.** Museum “Centro de Arte Reina Sofía”.

#### Orange walk: “Madrid de los Borbones” and the XXth Century ▶

**1.** Puerta del Sol. Calle del Carmen: Church of El Carmen (17th). **2.** Gran Vía: Telefónica Building (20th), Caballero de Gracia Oratory (Calle Caballero de Gracia, 18th). **3.** Calle de Alcalá: Church of San José (18th), Círculo de Bellas Artes (Fine Arts Society, 20th), Bank of Spain (19th). **4.** Plaza de Cibeles: Cibeles Fountain (18th), Buenavista Palace (Spanish Army Headquarters, 18th), Linares Palace (House of América, 19th), Communications Palace (20th). Optional: you can take bus no. 27 to see some of the more characteristic 20th century buildings, including the AZCA area, the Santiago Bernabéu Stadium and Puerta de Europa, the slanted buildings in Plaza de Castilla, where you can take the same bus back. **5.** Calle de Alcalá: Puerta de Alcalá (city gate, 18th). **6.** Retiro Park: King Alfonso XII Monument, Velázquez Palace, Crystal Palace, Rosegarden, Fountain of the Fallen Angel. **7.** Cuesta de Moyano: old books market. **8.** Paseo del Prado: Botanic Garden and Neptuno Fountain. **9.** Museo del Prado. **10.** Calle Felipe IV: Church of San Jerónimo el Real (15th), Royal Academy, Casón del Buen Retiro (18th). **11.** Plaza de la Lealtad: Madrid Stock Exchange (19th), Monument to the Heroes of May 2nd, 1808. **12.** Museum Thyssen-Bornemisza. **13.** Carrera de San Jerónimo: Congreso de los Diputados (Lower House of the Parliament, 19th) **14.** Calle de Alcalá: Royal Academy of Fine Arts (18th), Treasury Ministry (18th).

#### b) The “Madrid Visión” Buses

The double-decked roofless buses of this commercial company cover two routes. One of them, “Historical Madrid”, stops at 21 places throughout Madrid “de los Austrias” and “de los Borbones”. The 15 stops of the second route, “Modern Madrid”, take you for example to the AZCA complex and

the Santiago Bernabéu stadium. You can find route maps at [www.madridvision.es](http://www.madridvision.es)

Buses run everyday from 9:30 to 24:00 during the summer. Tickets are valid for both routes, and travellers can hop on and off buses or change routes as many times as they want (the two routes are linked).

Regular tickets cost 14,50€ for one day or 19,00€ for two days. (There are discounts for young and senior people. Children up to 6 travel free.)

You can find further information and special offers (such as family tickets) at [www.madridvision.es](http://www.madridvision.es)

#### M Madrid card

If you really want to see a lot in a limited time, this card might be useful. It gives access to more than 40 museums in the Madrid region (including Prado, Reina Sofia, Thyssen, Royal Palace, El Escorial, ...), all visits in the *Descubre Madrid* programme (see above), the Zoo, Santiago Bernabéu stadium, and other places, and as many journeys as you wish on the Madrid Visión tour bus. It also offers discounts in shops, restaurants, shows, etc. The 72 hour card includes free access to the Amusement Park. For complete information, visit [www.madridcard.com](http://www.madridcard.com)

There are cards valid for 24, 48 or 72 hours, at the price of 38€, 48€ and 58€ respectively (5€ discount for 48 and 72 hour cards when you buy them on the website).

You can get it at the Tourist Information Centre in Plaza Mayor 27, the Madrid Region Tourist Offices at Calle Duque de Medinaceli 2 and Atocha train station, and at many hotels.

#### Hints on eating in Madrid

There are a wide varieties of restaurants in Madrid offering specialties from all Spanish regions as well as international cuisine.

A good source of information is the weekly *Guía del Ocio*, available at newsstands or in [www.guiadelocio.com/madrid/](http://www.guiadelocio.com/madrid/). Another very complete site is [madrid.lanetro.com](http://madrid.lanetro.com). On Fridays, the main newspapers (*ABC*, *El Mundo*, *El País*) include useful guides of what’s happening in Madrid as well as restaurant listings.

Two warnings are in order. First, many *madrileños* (this is the name for people from Madrid) leave town in August, and many restaurants are closed. Some also close on Sunday or Monday. If you just walk around you will certainly find open restaurants, but if you want to eat somewhere in particular it is probably a good idea to call in advance.

Second, restaurants do not usually open before 21:00 for dinner (only those catering to tourists open at 20:00 or 20:30). At midday some open at 13:00, but the usual Spanish lunchtime starts at 14:00. If these hours are too late for you, it is always possible to have something to eat at a bar or cafeteria.

#### What to eat?

We think you should try to have some fish. Even though Madrid is not on the coast, its fish-market is second (after Tokyo) in the World. The most typical food in Madrid is **cocido madrileño**, a stew that is sometimes served in three plates (**vuelcos**): first a soup, then vegetables and chickpeas, with meat (beef, chicken and sausage) to finish. It is obviously not a summer food, but if you find it and are brave enough... More summer like are two classics of Spanish cuisine: **paella** (a rice plate) and **gazpacho** (a cold tomato soup). And of course you should have some **tapas**.

Paella and gazpacho are common in fix price menus (**menú del día**). These are usually a good way to try popular (but not very sophisticated) food. They are often available for less than 10€ for a full meal at lunchtime on weekdays.

#### “Tapeo”

This gastronomic art of moving from bar to bar and sampling small portions of a variety of dishes, called **tapas** or **raciones**, is perhaps the best known contribution of Spain to international cuisine. Among the most common tapas in Madrid we should mention **patatas bravas** (potatoes in a hot tomato sauce), **calamares** (fried squid), **callos** (tripe), **croquetas** (a thick bechamel sauce, with chicken, ham, fish or shrimp, shaped into small pieces, breaded and then deep fried), **bacalao rebozado** (deep fried battered cod), **gambas a la plancha** (grilled shrimp), **tortilla de patatas** (potato omelette) and, of course, all kinds of pork products.

The most famous pork product, **jamón serrano** (cured ham), is a true delicacy, but you should



Casa de la Panadería. Plaza Mayor  
Foto: Felipe J. Alcoceba



Restaurant Foto: La Nave

be aware that it comes in different qualities (the best one is “ibérico de bellota”). Another excellent pork product is **lomo**, and there are also **chorizo**, **salchichón**, **morcilla** (blood sausage), ...

You can find information on places for tapas in [www.esmadrid.com](http://www.esmadrid.com) or in [madrid.lanetro.com](http://madrid.lanetro.com)

### “Terrazas”

The warm weather in Madrid is an invitation to sit and relax outside. Madrileños do this often at *terrazas*, the name given to open air bars. During the day and early evening *terrazas* are a place for a rest, a refreshing drink, and maybe some tapas. If you are thirsty, you should try **granizados** (frozen drinks), and in particular **granizado de limón** (lemon) and **horchata**, a uniquely Spanish drink made from **chufas** (tiger nuts, do not worry if you do not know what they are, just try it).

At night, and up to 3:00 am, *terrazas* call for conversation. In the most fashionable areas they are also places to see and be seen. These areas change each year, but they usually include the *terrazas* along Paseo de la Castellana/Recoletos and Calle Juan Bravo, as well as those in Plaza de Chueca.

### Where to go?

There are bars and restaurants all over the city. We will just mention a few neighbourhoods and places we like. The list is by no means exhaustive, but it serves as a starting point. We hope you will not follow our advice too closely, but explore on your own.

### Plaza de Santa Ana and Calle Huertas

There are all kinds of places in this very lively area, where many young people gather on weekend nights.

**Tapas** ► You can try “La Moderna” and “Miau” in Plaza de Santa Ana, where there are also some classic *cervecerías* (breweries). Nearby “La Trucha” (Manuel Fernández y González, 3). You can try the original patatas bravas in “Las Bravas” (Álvarez Gato 3; La Cruz, 31; Espoz y Mina, 13 and Pasaje Matheu 5). “La Casa del Abuelo” (Victoria 12) is a classic. In fact the streets Victoria, Espoz y Mina, etc. are full of bars. At the end of Calle Huertas you can find “La Platería” (Moratín 49) and “Los Gatos” (Jesús 2).

**Restaurants** ► There are many nice and reasonably

priced (under 30 €) places, like “Domine Cabra” (Calle Huertas 54, Tel. 914 294 365) and “La Vaca Veronica” (Calle Moratin, 38, Tel. 914 297 827). If you like rice, you can try “La Arrocería Gala” (Moratin 22, Tel. 914 292 562).

### The area around Plaza Mayor

Plaza Mayor itself is maybe a little too touristic (meaning high prices in its many *terrazas*), but it is the typical place to have a very characteristic Madrid snack: **bocadillo de calamares** (squid sandwich, best accompanied by a cold beer).

**Tapas** ► The area is full of typical bars, often called *mesones* or *tabernas*. Two key points, south west of Plaza Mayor are Cava Baja and Calle del Almendro, where you find “Taberna el Almendro 13”, “La Mala Vida” (Almendro 19), “Taberna del Zapatero” and “Carpanta” (both in Almendro 22) or “Tapasentao” (Almendro 27). Among the many bars in Cava Baja we should point out “Los huevos de Lucio” (Cava Baja 30), attached to “Casa Lucio”, one of the most famous restaurants in Madrid (across from the Bar, Cava Baja 35), where **huevos estrellados** (eggs scrambled on potatoes) are the specialty (Kings and Presidents go to Casa Lucio to have them). “La Taberna de los 100 vinos” (Calle del Nuncio, 17) is another nice place. A little farther (close to Puerta del Sol) you can find “Casa Labra” (Tetuán 12) one of the oldest bars and restaurants in Madrid, founded in 1860, whose specialty are cod plates.

**Restaurants** ► This area houses many famous traditional Madrid restaurants. Some are open in August: the already mentioned “Casa Labra” (Tetuán 12, Tel. 915 310 081/915 321 405, around 30 €); “Taberna de la Bola” (Guillermo Rolland 1, Tel. 915 476 930, around 30 €), where *cocido* is one of the specialties; and “Botín” (Cuchilleros 17, Tel. 913 664 217, 30 – 40 €), specializing in roasted lamb and roasted pig, which claims to be the oldest restaurant in the World (same location since 1725).

### Plaza de Chueca

is very nice and lively. To avoid misunderstandings you should be aware that some places in this area are oriented to the gay community.

**Tapas** ► An absolute must is “Taberna de Angel Sierra” in Plaza de Chueca. This is a typical Madrid *taberna*, and you must try **escabeche de atún**. “El Bocaíto” (Libertad 6) is also very good, with an andalusian style. There are several nice places

in Calle Augusto Figueroa, like “La Bardemcilla” (Augusto Figueroa 47) owned by the family of actor Javier Bardem.

**Restaurants** ► “La Bardemcilla” (Augusto Figueroa 47, Tel. 915 214 256, under 30 €) is also a restaurant. A traditional Madrid style food house is “Taberna Carmencita” (Libertad 16, Tel. 915 316 612, 30 – 40 €). Not far away you can find “El Espejo” (Paseo de Recoletos 31, Tel. 913 082 347, 30 – 40 €), a classic Madrid café that also serves as a restaurant and has a nice *terrazza*. An interesting restaurant is “Bazaar” (Libertad 21, Tel. 915 233 905), offering a reasonably original cuisine at very good prices (20 – 25 €) in a youthful atmosphere. Two warnings: they do not take reservations and service is fast, so that you are not expected to relax and linger around after you finish. The same people run other similar restaurants in nearby areas: “Public” (Desengaño 11, Tel. 917 010 176), “La Gloria de Montera” (Caballero de Gracia 10, Tel. 915 234 407), “La Finca de Susana” (Arlaban 4, Tel. 913 693 557). All are open in August 13:00 – 15.45 and 20.30 – 23.45 h.

### Fish at “Barrio de Salamanca”

At “Monteagudo” (José Ortega y Gasset 54) they offer very good fish **raciones**, like **gambas gbardina** (fried shrimp) or **boquerones adobados** (small marinated sardines). They also have a small restaurant. One block away is “El Cantábrico” (Padilla 39), an excellent bar for seafood (warning: good seafood is not cheap). In the same area you can find three of the best fish restaurants in Madrid (you should expect to pay at least 50 €): “El Pescador” (José Ortega y Gasset 75, Tel. 914 021 290), “Combarro” (José Ortega y Gasset 40, Tel. 915 578 272) and Ponteáreas (Claudio Coello 96, Tel. 915 755 873). “Taberna de la Daniela” (General Pardiñas 21, Tel. 915 752 329, around 30 €) offers a bit of everything: good tapas (**tortilla**, **croquetas**, **callos**, ...) a highly reputed **cocido**, and, as a specialty, **besugo a la madrileña** (sea bream Madrid style).

### A good place for “jamón” (cured ham)

Any of the four restaurants/bars named after one of the best **jamón** brands: Mesón Cinco Jotas (Serrano 118, Tel. 915 632 710; Padre Damián 42, Tel. 913 503 173; Paseo San Francisco de Sales 27, Tel. 915 440 189; Puigercdá, on the corner with Jorge Juan, Tel. 915 754 125).



Salamanca. Cathedral



Toledo



## Ferrán Adrià

There is no restaurant in Madrid with 3 Michelin stars, but you can sample the style of the most reputed cook in Spain, Ferrán Adrià in two ways. One is “Cacao Sampaka” (Orellana 4) an absolutely original chocolate store where you can also have light snacks. The second is “Fast Good” (Padre Damián 23) where you can taste Adrià’s version of fast food.

## Music and entertainment

In August the Opera Theatre (*Teatro Real*) and the main Concert Hall (*Auditorio Nacional*) are usually closed. Summer cultural activities revolve around the program *Veranos de la Villa* (Summer in the Village). There are often concerts, outdoors movie showings, theatre, etc. Our advice is to go to a newsstand and buy *Guía del Ocio* or the Friday edition of one of the main newspapers (*ABC*, *El Mundo*, *El País*), where you will find detailed information for these and other events. This is a short list of places where you can listen to music more or less daily:

**Flamenco:** Candela (Olmo 3), La Soleá (Cava Baja 34).

**Jazz:** Café Central (Plaza del Ángel 10; also chanson), Populart (Huertas 22), Clamores (Alburquerque 14), Segundo Jazz (Comandante Zorita 8).

**Pop/Rock/Latin music:** Galileo Galilei (Galileo 100), Siroco (San Dimas 3), Café del Mercado (Ronda de Toledo 1)

**Small concerts by new musicians:** Café Libertad 8 (Libertad 8).

These are some of the places where you can see flamenco shows. They all have restaurants and it is advisable to make reservations: Casa Patas (Cañizares 10, Tel. 913 690 496), Corral de la Morería (Morería 17, Tel. 913 658 446), Café de Chinitas (Torija 7, Tel. 915 471 502), Corral de la Pachecha (Juan Ramón Jiménez 26, Tel. 913 530 100)

## Shopping

Many small stores will be closed in August, while big ones will open even on Sundays. Usual shopping hours during the summer are from 10:00 to 20:30 or 21:00, with small shops closing at lunchtime (14:00 – 17:00).

For souvenirs nothing beats Plaza Mayor, although there are also shops across from Museo del Prado. If you look carefully, you will find not only the typical flamenco dancers and fake bullfighting adds (where you can have your name printed alongside famous *matadores*) but also more original products, like the t-shirts at Kukkumusu (Calle Mayor 47) or the artisan work at “El Arco de Cuchilleros” (Plaza Mayor 9). *Abanicos* (fans), a typical and beautifully designed Spanish souvenir, can prove useful in August.

If you like “easy shopping”, our advice is to go to *El Corte Inglés*. It is the largest department store in Spain and has several locations in Madrid.

There you can find almost anything, from souvenirs, books and records to clothing and electronics as well as a supermarket where you can find high quality wine, olive oil and pork products. They also have kosher food. Prices are slightly high, but you can be sure of the quality.

madrid.lanetro.com includes information on shopping under “Tiendas”. These are some specialised shops:

**Books, Music, DVDs:** Casa del Libro (Gran Vía 29; Alcalá 96; books only), FNAC (Pecados 28), Crisol (Juan Bravo 38; Paseo de la Castellana 154; López de Hoyos 141).

**Wine** (places where you can taste and buy wine from all Spanish regions): Bodega Abascal (José Abascal 48), Bodegas Santa Cecilia (Blasco de Garay 72–74), Lavinia (Ortega y Gasset 16), Vinoteca Maestro (Cava de San Miguel 8).

**Olive oil** (you can find it in many places, but be sure to get **aceite de oliva virgen extra**): Patrimonio Comunal Olivarero (Mejía Lequerica 1), La Oleoteca (Juan Ramón Jiménez 37), Molino de las Torres (Señores de Luzón 9), Semon (Capitán Haya 23).

**Jamón Serrano** (and other pork products): La Garriga (Paseo de la Castellana 153), La Comercial (Nárvaez 15; Goya 20), López Pascual (Corredera Baja de San Pablo 13), La Leonesa (Santa Isabel 1), or go into a market, look for a **charcutería**, and ask for **jamón ibérico**.

## Short excursions from Madrid

The ICM 2006 tourist program offers the following one-day excursions.

- ▶ Toledo
- ▶ Segovia – Ávila
- ▶ Segovia – La Granja
- ▶ Chinchón – Aranjuez
- ▶ Alcalá de Henares (4 hours, morning only)

You can book them and ask for details, prices and dates at the Tour Desk in the registration area of the Palacio Municipal de Congresos.

These are convenient, especially when they combine two cities. But in case the schedule does not fit you, or you prefer to visit on your own, let us tell you how to get to some places near Madrid. All of them are in UNESCO’s World Heritage Site (WHS) list

### Toledo

The city is the most characteristic example of Spanish civilization. It is like an immense museum and has officially been declared a National Heritage Site. Toledo is often known as *The City of the Three Cultures*, because Muslims, Christians and Jews lived there together for several centuries. This is reflected in the main sights: the Cathedral, Santo Tomé Church, the two Synagogues of *el Tránsito* and *Santa María la Blanca*, the Mosque of Bab al Mardum (also known as *El Cristo de la Luz*), Tavera’s Museum, the Alcázar and the Monastery of *San Juan de los Reyes*. Toledo was named WHS in 1986.

Toledo can be reached in 35 minutes via fast train from Atocha (8,30€ one way, discount for return tickets). There are around 12 trains daily in each direction. Tickets are often sold out so try to get them in advance. You can also travel by bus (Continental Auto, Tel. 902 330 400) from Estación Sur de Autobuses (Metro Méndez Alvaro). They depart every 30 minutes and take one hour.

### Alcalá de Henares

Best known for its 16th century University and for being the birthplace of Miguel de Cervantes, author of *Don Quixote*. Due to its important historical tradition Alcalá de Henares was named WHS in 1998.



Segovia. Alcázar



Aranjuez. Royal Palace

Alcalá can be reached in about 45 minutes by commuter train (*Cercanías*), departing every 15 minutes from the stations in the centre of Madrid. A nice option is to take the Cervantes Train (*Tren de Cervantes*) at 11:00, Saturdays and Sundays, from Atocha Cercanías. There will be actors and presents in the train. On arrival, a guided tour will include the University and Cervantes' House. Some restaurants offer discounts for lunch and the afternoon is free. At 19:00 you will take the train back. Price is 17€ for adults, and you can book it at the main train stations (Atocha or Chamartín) and in travel agencies

## El Escorial

The main attraction is the *Royal Monastery of San Lorenzo de El Escorial*. King Philip II had it built at the foot of the Guadarrama mountain range. The building serves as a necropolis for the Spanish monarchs and houses an enormous store of art and a magnificent library. There are other nice buildings in the complex, which is WHS since 1984.

The commuter train (*Cercanías*) to El Escorial takes about one hour. Departures are at least once an hour from the stations in the centre of Madrid.

Near El Escorial stands *Valle de los Caídos*, crowned by the tallest memorial cross in the World. Built by republican prisoners after the Spanish Civil War, it is a controversial site since Francisco Franco is buried there. But it is really impressive and worth a visit. Bus line 660 goes from San Lorenzo de El Escorial to Valle de los Caídos, but on weekends it makes only one trip at 15:15 (return 17:30).

## Aranjuez

The old quarter of Aranjuez is a Historic-Artistic Site. Royal palaces and gardens on the banks of the river Tajo form the layout of the town. The ideas of the Enlightenment, applied to the urban development of cities, are embodied here in a balance between nature and man. The principal points of interest are the 18th century Royal Palace, the *Casa del Labrador* (literally "the farm worker's cottage") and some exceptionally fine gardens, especially the *Jardín del Príncipe* (Gardens of the Prince). Aranjuez was declared WHS in 2001.

Commuter trains (*Cercanías*) to Aranjuez take about 45 minutes. There are departures every half

hour on weekends (more often on weekdays) from the stations in the centre of Madrid.

## Segovia

Segovia has the highest concentration of roman- esque churches in all of Europe. On the north-west end of the wall stands the famous Alcázar castle, while to the south-east we find the world-re- nowned Roman Aqueduct, the largest and best preserved of its kind anywhere. The tallest build- ing in Segovia is still the 16th-century Cathedral. Segovia is WHS since 1985.

Train service to Segovia is not good but buses (La Sepulvedana, Tel. 915 063 477) departing every hour from Paseo de la Florida 11 (Metro Príncipe Pío) will take you to Segovia in just 75 minutes.

## Ávila

The famous walls are the symbol of the city, but Ávila is also a city of contrasts: from the hustle and bustle of the *Mercado* (market) to the peace of the religious buildings and their cloisters. With its churches and convents, beautiful palaces and impressive cathedral, Ávila has a distinctive character and identity that made it worthy of WHS status in 1985.

The best way to go to Ávila is probably by train. There are several a day of different kinds and from different stations, that take between 1:20 and 2:00 hours. You should look at [www.renfe.es](http://www.renfe.es).

## Salamanca

The city is famous for its University, around which life revolves. For a long time, Salamanca was the main centre of knowledge in Spain, and enjoyed an outstanding reputation throughout Europe. The University buildings are among the most important in Salamanca, but we should not forget its Plaza Mayor and the two Cathedrals. In fact, the many remarkable civil and religious build- ings make Salamanca into a symphony of stone, declared WHS in 1988.

Going to Salamanca by either train or bus takes 2:30 hours. We recommend the bus (Auto-Res, Tel. 902 020 052) because there is at least one each hour, departing from Calle Fernández Shaw 1, Metro Conde de Casal.

## A nice weekend excursion

A good option, if you can expend two days, is to go first to Ávila, and from there take a bus to Salamanca in the late afternoon. You can then en- joy the atmosphere of Salamanca at night, have a good rest, and visit Salamanca the next day before returning to Madrid.



## Suggestions for longer trips

Although it is 400 km from Madrid, **Córdoba** ► can easily be reached from Madrid in 2 hours by high-speed train (AVE). It is therefore possible to make it the objective of even a one-day visit. Just make sure to book train tickets in advance since it is a very popular destination.

**Sevilla** ► can also be reached by high-speed train (2:30 hours), but we think you should spend at least one night there to profit from the trip.

The train to **Barcelona** ► takes longer, but there are many budget plane fares. If you get one, spend- ing two days in Barcelona might be interesting (although this wonderful city deserves a longer visit).

**Santiago de Compostela** ► (the site of the IMU General Assembly right before the ICM) is another impressive city to spend a couple of days if you can find the right airfare ([www.edreams.es](http://www.edreams.es) is a good place to look).