

05. MARKETS & FOOD STORES: SEE AND TASTE (4H)

In this tour we will learn about **Iberian ham, cheese, tapas, wines, world-renowned Spanish cooks.**

Catalan cuisine is more than 2000 years old. There are **restaurants** that already existed in the **eighteenth century**, and locals go to **centennial stores** that appear in famous international magazines.

Let's find out more!

At **La Boqueria food market**, proclaimed "The best market in the world!" during the World Market Congress in Washington – 2005, we will find the basic ingredients of our cuisine: **meat offal, fish, Spanish saffron.** . .

Outside of the market we will visit **stores** that have become famous for their specialisation: **the ones that sell only oil, or convent sweets, wines from the Penedés or La Rioja, coffee, chocolate stores, or famous roasting factories with more than 160 years of history.**

While we discover these places, **we will also be able to taste some of their products: cheese, Spanish ham, nougat candy.** . . and **to eat in a restaurant of tapas and pintxos** for their delicacy and this peculiar way of eating.

€ TOUR PRICE

✓ Tour Price 4h: € 220

🕒 DURATION & START TIME

Duration: **4 hours**

Recommended Start

time: **09.30a.m.**



Itinerary tour:

- Tapas: Pintxos restaurant Taste
- Ham Taste
- Cheese Taste
- Chocolate Taste
- Rambla
- Boqueria food market
- Food stores
- Other small tastes



What's Included?

- My services as your **PRIVATE TOUR GUIDE**: you are not part of a larger group.
- **LICENSED TOUR GUIDE**: to have passed the official exams of the Catalane Government, it is a guarantee of my knowledge for you. Besides, the license authorizes me to guide you inside monuments and museums.
- **TO BOOK THE** necessary **ESTABLISHMENTS** for your tour.



What's Extra? & Estimated Euros Needed

- Around 25€ per person (to be paid in cash) for the different tastings that I have planned: Iberian ham of premium quality, 3 types of Spanish cheeses with wine or Vermouth, 2 pinchos with a drink, 3 kind of olive oil, nougat candy, natural fruit juice, coffee, and sweets. I have designed the tour in order to avoid mixing sweet and salty foods
- Maybe you find some of these product that we will see or taste during the tour interesting to buy for yourself or as a present (olive oil, Marcona almonds, saffron...). Please consider the extra-cash needed for it.



Transportation Method

Walking through the Old Town.



Meet up location / End location

I will meet you at your hotel/apartment; at the cruise ship terminal or wherever we agree (as long as it is in Barcelona).

I will drop you off wherever you want: hotel, cruise ship terminal, etc. An option is the Downtown area, where I will suggest some restaurants to you or some activity to do on your own.



Minimum & Maximum travellers

1 to 9 persons



Notes / restrictions

AVAILABILITY: It's not possible to book this tour on Sunday and in August because the Boqueria market and other stores are closed.

On Monday the Boqueria market is not so magnificent because so many shops are closed. Besides the cheese store, where we are supposed to do the cheese taste, is closed (but it doesn't prevent us to do this tour in Monday).

DRESS CODE: none.

DISABILITY LIMITS: none.

Suggestions

There are different workshop related with the food that you can do on your own in Barcelona: **Chocolate Workshop** (make chocolate figures; champagne & chocolate tasting); **Donuts workshop** (different bakery products related with chocolate); **cooking workshop** (learn, cook and eat local dishes. e.g. la paella).

These activities can be done **in couple or in family**. Please ask me for more information.