

# Travel Guide

Explore Barcelona





# Welcome to Barcelona!



## First Steps

### TRANSPORTATION

Check out the T-Casual card in the transport stations.

You can use it on buses, trams, and the metro across different zones, giving you flexibility for your daily travels. With 10 trips to use, this card is super handy, especially if you live in the city center.

(12,35€)

If you're staying in Barcelona longer or plan to move around a lot we recommend getting a monthly T-usual pass as it gives you unlimited use across Barcelona and it is a great value for money (20€)

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# Restaurants

OUR LOCALS ARE LOVING

## 7 Portes \$\$\$

PG. D'ISABEL II, 14, CIUTAT VELLA,  
08003 BARCELONA

A place with catalunian dishes, served in vast portions, including a stewy fish zarzuela with half a lobster, different paella daily, a wide array of fresh seafood, and heavier dishes such as herbed black-bean stew with pork sausage, and orujo sorbet to finish.



## Can Culleretes \$

CARRER DE'N QUINTANA, 5  
08002 BARCELONA

The Agut-Manubens family serve good Catalan cooking at very reasonable prices, notably their cannelloni with cod, roast sea bream and escudella i carn d'olla. This restaurant is the oldest in Barcelona and one of the oldest in Spain

## Can Framis Bistrot \$

RDA. DE SANT PERE, 70,  
EIXAMPLE, 08010

Can Framis is a restaurant in an old 19th century grocery store, which was preserved over time. A restaurant near the Arc de Triomphe with an inspirational menu by CASA LOLEA.





**Croquetas**

# The plates you can't miss out on!



**Paella**



**Spanish Tortilla**



**Pan con tomate**



**Patatas Bravas**



**Galician Pinxos**



**Jamón Ibérico**

# Great bars for drinks

## Paradiso \$

CARRER DE RERA PALAU, 4, CIUTAT VELLA, 08003 BARCELONA

Voted in 2023 as the best cocktail bar in the world, Paradiso offers dramatic, dimly lit haunt imaginative cocktails & classic bar bites, with a touch of mixology classes.



## Orient express bar \$

CARRER DEL COMTE D'URGELL, 134, L'EIXAMPLE, 08011 BARCELONA

Enjoy the cozy and entertaining ambiance while cocktails are made right in front of you and delivered by a model train to your seat.



## Dr.Stravinsky \$

C/ DELS MIRALLERS, 5, CIUTAT VELLA, 08003 BARCELONA

Another place in the list of the greatest cocktail bars in the world, this Upscale cocktail bar serving up imaginative drinks & elevated bar bites in stylish surroundings.



# HOSPITALITY

Healthy body, healthy mind

Throughout the camp light snacks, fresh fruit and a tea & coffee station will be provided at the studio. Water stations are available to refill your bottle.

If you have selected a package with accommodation, you can enjoy a daily breakfast at your hotel.

We will kick off the camp with a Welcome Dinner where you can connect with fellow participants over a shared evening meal and drinks. On Day 4 we share a delightful Pole Picnic featuring a healthy spread provided by the camp.

To commemorate our time together, we will conclude the camp with a special final evening celebration and group dinner.



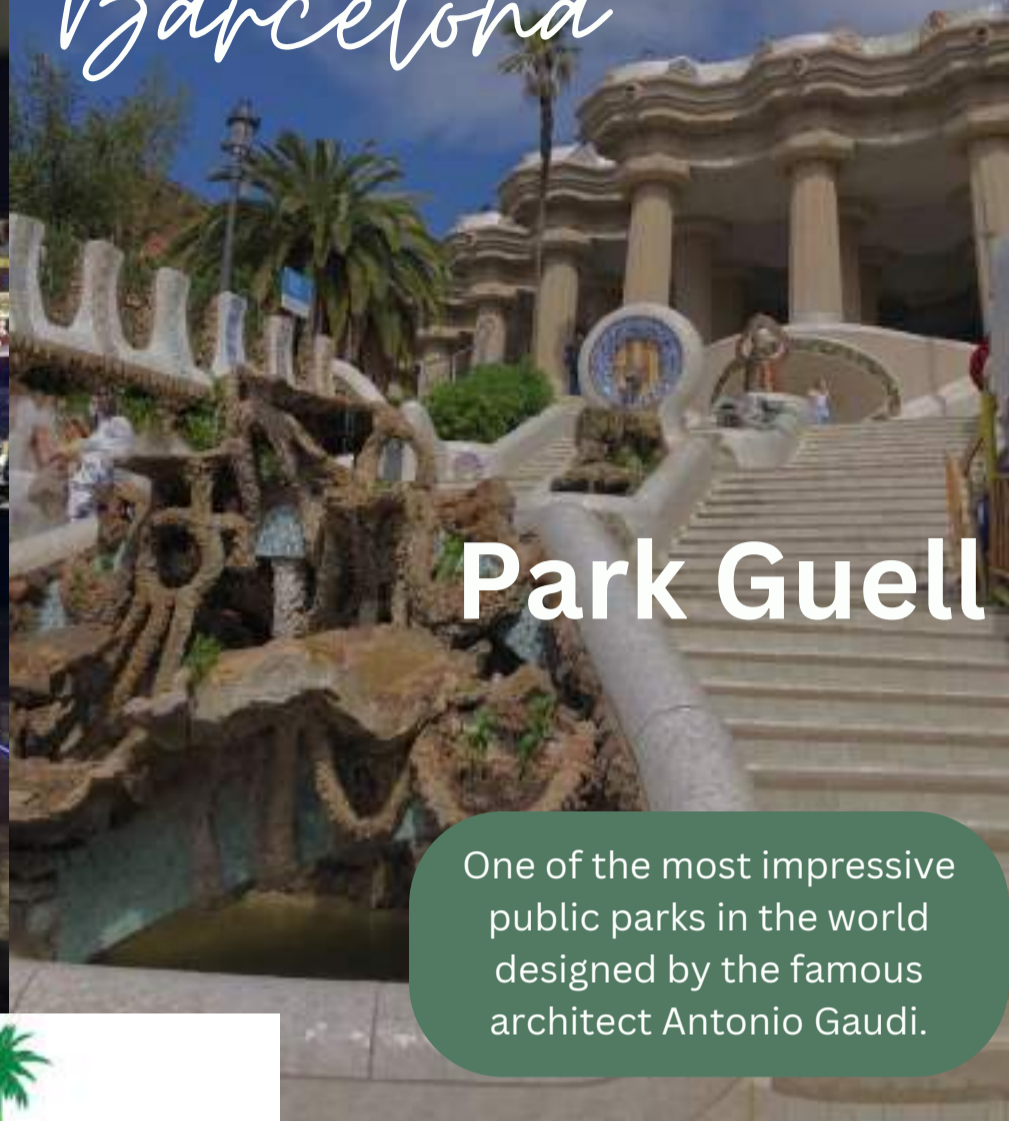
# MUST SEES

*While in Barcelona*



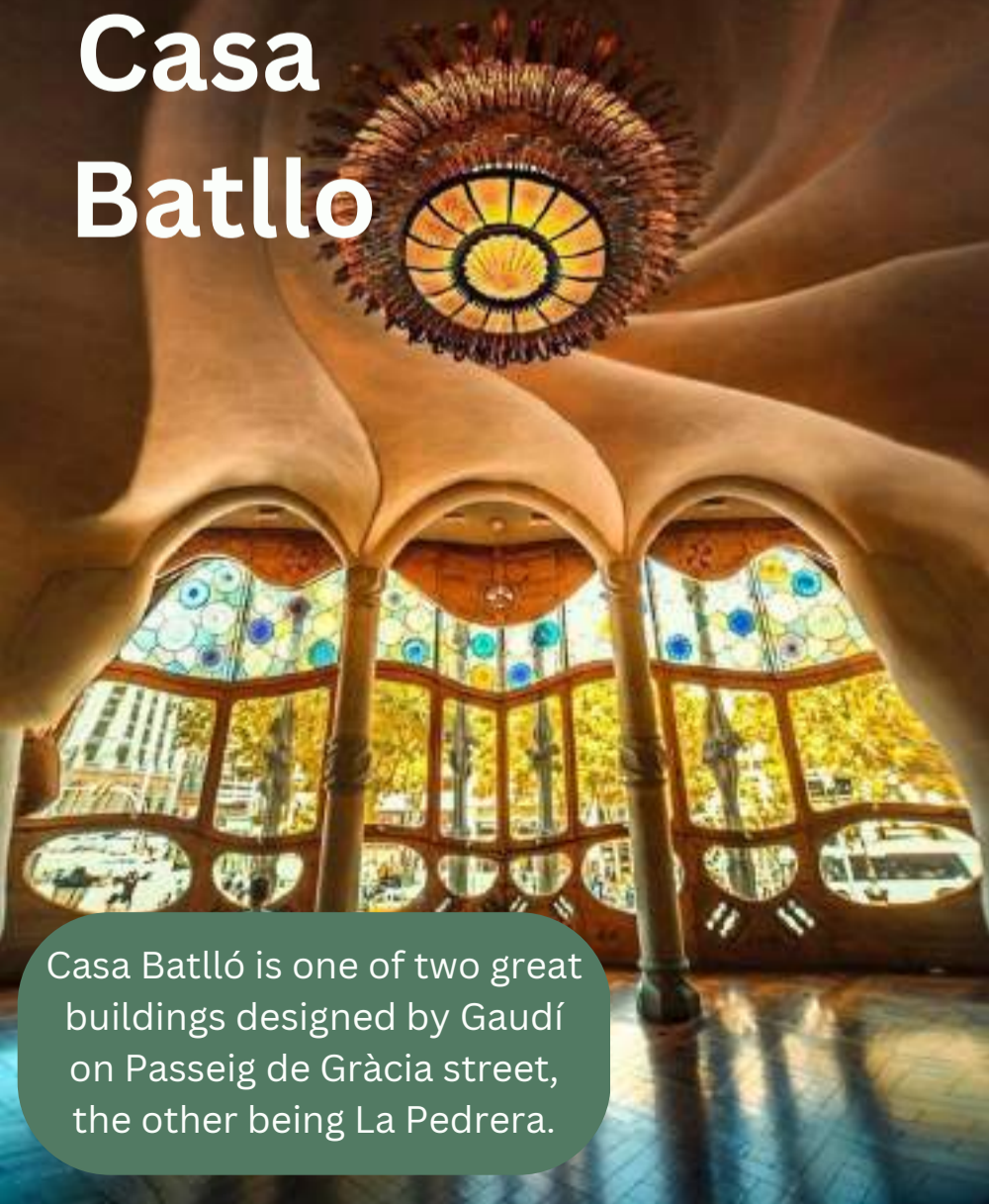
## FCB museum

The Barça Museum is a treasure trove of the team's history, memorabilia, and achievements



## Park Guell

One of the most impressive public parks in the world designed by the famous architect Antonio Gaudi.



## Casa Batllo

Casa Batlló is one of two great buildings designed by Gaudí on Passeig de Gràcia street, the other being La Pedrera.



## Palau De La Música Catalana

Revel in the ornate beauty of Barcelona's UNESCO-listed concert hall. Access available with for tours or concerts.

# PACK LIST

## What to bring?

- Pole & Yoga Clothes
- Knee pads or knee protection such as leg warmers
- Socks for floor movement class
- Water bottle for hydration (water fountains available at the studio)
- Pole Grip \*
- Padlock \*(if you want to leave items in a locker at studio)
- Sunscreen, hat, and sunglasses for outdoor activities
- Swimwear and beach towel or sarong
- Personal toiletries and any necessary medications
- Travel adapter (if required)

\*Can also be purchased at the Feeling Women Studio



# HOTEL

For those of you who booked at accommodation with camp.

## ZT Golden Hotel

C/ D'ÀVILA, 135, SANT MARTÍ, 08018  
BARCELONA

A four star \*\*\*\* hotel, 5 blocks  
from the studio, rooftop terrace  
with outdoor swimming pool,  
jacuzzi and bar.



## CHECK IN 4pm

You can store your bags  
from the morning time. If the  
room is ready before they may  
give you room access

## CHECK OUT 12pm

Upon check out you can leave  
luggage stored at reception if  
needed