

10-day Itinerary for a Barcelona trip

Here's a comprehensive 10-day master itinerary for a Barcelona trip, incorporating everything we've discussed, including La Mercè, contemporary and historical architecture, cultural highlights, local dining, and transportation. I've scheduled the La Mercè Festival to occur in the **second half** of the trip to allow a blend of exploring Barcelona before the festivities and immersing in the festival itself.

Day 1: Arrival and Introduction to Barcelona

- Date: Monday, September 15, 2025
- Morning:
 - 8:00 AM - Arrival at Barcelona-El Prat Airport. Take the Aerobus to Plaça Catalunya or a taxi to your hotel.
 - 9:30 AM - Check-in at your hotel or drop off luggage if early check-in isn't available.
 - 10:00 AM - Breakfast at La Boqueria Market, Rambla, 91. Try local delicacies like tortilla española or fresh pastries.
- Late Morning:
 - 11:00 AM - Visit the Museu del Disseny de Barcelona at Plaça de les Glòries for an introduction to contemporary design.
 - Transportation: Take the metro to Glòries Station (L1 - Red Line).
- Lunch:
 - 1:00 PM - Lunch at Els 4 Gats, Carrer de Montsió, 3, a historic café.
- Afternoon:
 - 3:00 PM - Walk to Torre Glòries for panoramic city views and admire Jean Nouvel's architecture.
 - Transportation: Walk from Museu del Disseny.
- Free Time:
 - 5:00 PM - 7:00 PM - Free time to explore shops in the El Born neighborhood.
- Dinner:
 - 8:00 PM - Dinner at Cerveceria Catalana, Carrer de Mallorca, 236, for tapas.
- Evening: (No planned activities)

Day 2: Gaudí and Modernisme

- Date: Tuesday, September 16, 2025
- Morning:
 - 8:30 AM - Breakfast at Brunch & Cake, Carrer d'Enric Granados, 19.
 - 9:30 AM - Visit Sagrada Família (Carrer de Mallorca, 401). Book tickets in advance for the 9:30 AM slot.
 - Transportation: Take the metro to Sagrada Família Station (L2 - Purple Line or L5 - Blue Line).
- Late Morning:
 - 11:30 AM - Stroll through the Eixample District to see Modernisme architecture.
- Lunch:
 - 1:00 PM - Lunch at La Pepita, Carrer de Còrsega, 343.
- Afternoon:
 - 3:00 PM - Visit Casa Batlló (Passeig de Gràcia, 43) and then Casa Milà (La Pedrera) (Passeig de Gràcia, 92).
- Free Time:
 - 5:30 PM - 8:00 PM - Free time to explore shops along Passeig de Gràcia.
- Dinner:
 - 8:30 PM - Dinner at El Nacional, Passeig de Gràcia, 24 Bis.

Day 3: Contemporary and Modern Barcelona

- Date: Wednesday, September 17, 2025
- Morning:
 - 8:30 AM - Breakfast at your hotel or local café.
 - 9:30 AM - Visit Pavelló Mies van der Rohe (Montjuïc).
 - Transportation: Take the metro to Espanya Station (L1 - Red Line or L3 - Green Line).

- Late Morning:
 - 11:00 AM - Explore the nearby CaixaForum for contemporary art and exhibitions.
- Lunch:
 - 1:00 PM - Lunch at Martínez, Carretera de Miramar, 38, with views over the city.
- Afternoon:
 - 3:00 PM - Visit the Fundació Antoni Tàpies to explore contemporary art.
 - Transportation: Take the metro to Passeig de Gràcia Station (L2 - Purple Line, L3 - Green Line, or L4 - Yellow Line).
- Free Time:
 - 5:00 PM - 7:30 PM - Free time to explore Gràcia District.
- Dinner:
 - 8:00 PM - Dinner at Can Culleretes, Carrer d'en Quintana, 5, for traditional Catalan food.

Day 4: Seaside and Modern Architecture

- Date: Thursday, September 18, 2025
- Morning:
 - 8:30 AM - Breakfast at Federal Café, Carrer del Parlament, 39.
 - 10:00 AM - Visit the Port Olímpic area, including the Hotel Arts Barcelona and Mapfre Tower.
 - Transportation: Take the metro to Ciutadella-Vila Olímpica Station (L4 - Yellow Line).
- Late Morning:
 - 11:30 AM - Walk along the beach promenade to Barceloneta Beach.
- Lunch:
 - 1:00 PM - Lunch at Cal Pep, Plaça de les Olles, 8.
- Afternoon:
 - 3:00 PM - Visit the Palau de la Música Catalana, a Modernisme gem.
- Free Time:
 - 5:00 PM - 7:00 PM - Free time in the El Born neighborhood.
- Dinner:
 - 8:00 PM - Dinner at La Paradeta, Carrer Comercial, 7, a self-service seafood restaurant.

Day 5: Park Güell and Local Neighborhoods

- Date: Friday, September 19, 2025
- Morning:
 - 8:30 AM - Breakfast at Granja Viader, Carrer d'en Xuclà, 4-6.
 - 10:00 AM - Visit Park Güell.
 - Transportation: Take the metro to Lesseps Station (L3 - Green Line) and walk 15 minutes uphill.
- Late Morning:
 - 12:00 PM - Explore the Gràcia neighborhood, known for its local shops and cafés.
- Lunch:
 - 1:30 PM - Lunch at a local restaurant in Gràcia, like La Vietnamita.
- Afternoon:
 - 3:00 PM - Visit Mercat de Sant Antoni, a modernized historic market.
 - Transportation: Take the metro to Sant Antoni Station (L2 - Purple Line).
- Free Time:
 - 5:00 PM - 7:00 PM - Free time to relax at a café or explore local shops.
- Dinner:
 - 8:00 PM - Dinner at Els Pescadors, Plaça Prim, 1, for traditional seafood.

Day 6: Day Trip to Montserrat and La Mercè Begins

- Date: Saturday, September 20, 2025
- Morning:
 - 8:00 AM - Early breakfast at the hotel.
 - 9:00 AM - Take the train from Plaça Espanya to Montserrat.
- Late Morning:
 - 10:30 AM - Explore the Montserrat Monastery and take a funicular for panoramic views.
- Lunch:
 - 12:30 PM - Lunch at Montserrat's café.

- Afternoon:
 - 2:00 PM - Return to Barcelona and prepare for La Mercè.
- Free Time:
 - 4:00 PM - 6:30 PM - Free time to explore festival events.
- Dinner:
 - 7:00 PM - Dinner at Cerveseria Moritz, Ronda de Sant Antoni, 39.
- Evening:
 - 9:30 PM - Attend the Opening Ceremony of La Mercè in Plaça Sant Jaume.

Day 7: La Mercè Festival and Cultural Highlights

- Date: Sunday, September 21, 2025
- Morning:
 - 8:30 AM - Breakfast at Els 4 Gats.
 - 9:30 AM - Visit Casa Vicens, Gaudí's first house, for a mix of early modern and contemporary styles.
 - Transportation: Take the metro to Fontana Station (L3 - Green Line).
- Late Morning:
 - 11:00 AM - Enjoy the Castellers (Human Towers) at Plaça Sant Jaume.
- Lunch:
 - 1:00 PM - Lunch at Restaurant 7 Portes, Passeig d'Isabel II, 14.
- Afternoon:
 - 3:00 PM - Participate in festival activities or enjoy the Sardana dance.
- Free Time:
 - 5:00 PM - 7:30 PM - Free time to explore festival stalls.
- Dinner:
 - 8:00 PM - Dinner at Kaiku, Carrer de l'Almirall Aixada, 5, overlooking the beach.

Day 8: Modern Art and Festival Fun

- Date: Monday, September 22, 2025
- Morning:
 - 8:30 AM - Breakfast at a local café.
 - 10:00 AM - Visit the DHUB (Design Hub Barcelona) for modern design exhibitions.
 - Transportation: Take the metro to Glòries Station (L1 - Red Line).
- Late Morning:
 - 11:30 AM - Explore the 22@ District in Poblenou.
- Lunch:
 - 1:00 PM - Lunch at Xiringuito Escrivà, Av. del Litoral, for a beachfront meal.
- Afternoon:
 - 3:00 PM - Attend festival parades and street performances in the city center.
- Free Time:
 - 5:00 PM - 7:30 PM - Free time to explore the Poblenou neighborhood.
- Dinner:
 - 8:00 PM - Dinner at Can Solé, Carrer de Sant Carles, 4, for seafood.

Day 9: Local Market and Closing Festival Events

- Date: Tuesday, September 23, 2025
- Morning:
 - 8:30 AM - Breakfast at Bread & Circuses, in El Born.
 - 10:00 AM - Visit Mercat de Santa Caterina, a modernized local market.
 - Transportation: Walk from the Gothic Quarter.
- Late Morning:
 - 11:30 AM - Explore the Arc de Triomf and the surrounding park area.
- Lunch:
 - 1:00 PM - Lunch at Casa Lolea, Carrer de Sant Pere Més Alt, 49, for traditional tapas.
- Afternoon:
 - 3:00 PM - Visit Walden 7, a unique apartment complex by Ricardo Bofill.
 - Transportation: Take the metro to Sant Just Desvern.
- Free Time:

- 5:00 PM - 7:30 PM - Free time to relax or do last-minute shopping.
- Dinner:
 - 8:00 PM - Dinner at GatBlau, Carrer de la Comte Borrell, 122.
- Evening:
 - 10:00 PM - Attend the Piromusical fireworks show at Montjuïc, the finale of La Mercè.

Day 10: Farewell and Departure

- Date: Wednesday, September 24, 2025
- Morning:
 - 8:30 AM - Breakfast at Café del Born Nou, Carrer del Rec, 54.
 - 10:00 AM - Visit any remaining sites or do last-minute shopping.
- Lunch:
 - 12:00 PM - Farewell lunch at Bar Mut, Carrer de Pau Claris, 192.
- Afternoon:
 - 2:00 PM - 4:00 PM - Free time for packing or a final stroll.
- Late Afternoon:
 - 4:30 PM - Take the Aerobus from Plaça Catalunya or a taxi to the airport for departure.

This itinerary combines a comprehensive exploration of Barcelona's historic and contemporary architecture, vibrant culture, local dining, and the excitement of the La Mercè Festival, offering a well-rounded experience over 10 days.

Yes, this 10-day Barcelona trip is **touristy** in the sense that it includes many of the city's most famous and iconic attractions, which are well-known destinations for visitors. Here's an analysis of the "touristy" aspects, along with some efforts to include local and less-tourist-heavy experiences:

Touristy Elements of the Barcelona Itinerary

1. **Iconic Gaudí Sites:**
 - The itinerary includes the most famous Gaudí landmarks like **Sagrada Família**, **Casa Batlló**, **Casa Milà (La Pedrera)**, and **Park Güell**. These are quintessential stops for first-time visitors and are always popular with tourists.
2. **Historic and Central Areas:**
 - Exploring the **Gothic Quarter**, **El Born**, **Passeig de Gràcia**, and **Barceloneta Beach** are classic activities that draw tourists. These areas are well-trodden paths due to their historic significance and beauty.
 - Visiting famous markets like **La Boqueria** is another popular tourist activity.
3. **Well-Known Museums and Cultural Centers:**
 - The inclusion of **Museu Picasso**, **Palau de la Música Catalana**, **MNAC**, and **Fundació Joan Miró** are all highly frequented by tourists. They are central to understanding Barcelona's art and cultural history, making them popular choices.
 - Festival participation during **La Mercè** is also a major draw for visitors, even though it's a local event.
4. **Day Trip to Montserrat:**
 - Montserrat is one of the most common day trips for tourists, known for its stunning monastery and views.

Non-Touristy Elements Included in the Itinerary

1. **Contemporary Architecture:**
 - The itinerary includes a strong focus on contemporary architecture, such as **Torre Glòries**, **Pavelló Mies van der Rohe**, **Mercat dels Encants**, and the **22@ District**, which are often overlooked by typical tourists but are essential for architectural enthusiasts.
 - Visiting **Walden 7**, **Colonia Güell**, and the **DHUB (Design Hub Barcelona)** adds depth to the experience, showing a side of Barcelona that goes beyond the traditional tourist circuit.
2. **Local Neighborhood Exploration:**
 - Including time in neighborhoods like **Gràcia**, which is more local and less tourist-heavy than the Gothic Quarter, adds a more authentic vibe. This district offers a local community feel with independent shops, cafés, and a slower pace.

- **Poble Sec** and lesser-known markets like **Mercat de Sant Antoni** and **Mercat de Santa Caterina** provide a taste of local life outside the typical tourist haunts.
3. **Local Events and Dining:**
- While participating in **La Mercè** is a tourist-friendly activity, it's a deeply rooted local tradition, providing a chance to experience authentic Catalan culture alongside locals.
 - Dining at traditional and locally favored restaurants like **Can Culleretes**, **Els Pescadors**, **Kaiku**, and smaller cafés that are not in the main tourist zones offers a more genuine local experience.

Conclusion: Tourist vs. Non-Tourist Experience

Overall, this Barcelona trip leans toward a **touristy experience**, particularly because it includes many of the city's must-see attractions and landmarks, which are commonly featured in travel guides. These sites are integral to understanding Barcelona's architectural and cultural identity, so they naturally draw tourists.

However, there are deliberate efforts to balance this with more **local and niche experiences**, particularly with the inclusion of contemporary architecture, less-touristy neighborhoods, and participation in local festivals. This blend allows for a deeper dive into Barcelona's culture beyond the surface level of typical tourism, making the trip feel **richer and more authentic** for a visitor who wants to go beyond the most crowded attractions.

If you want the itinerary to lean more toward the local and less-touristy side, adjustments can be made by prioritizing even more off-the-beaten-path experiences or focusing on lesser-known contemporary and cultural sites.