

# EXPERIENCES

TO DISCOVER MADRID

THE PRINCIPAL MADRID

\*\*\*\*\*



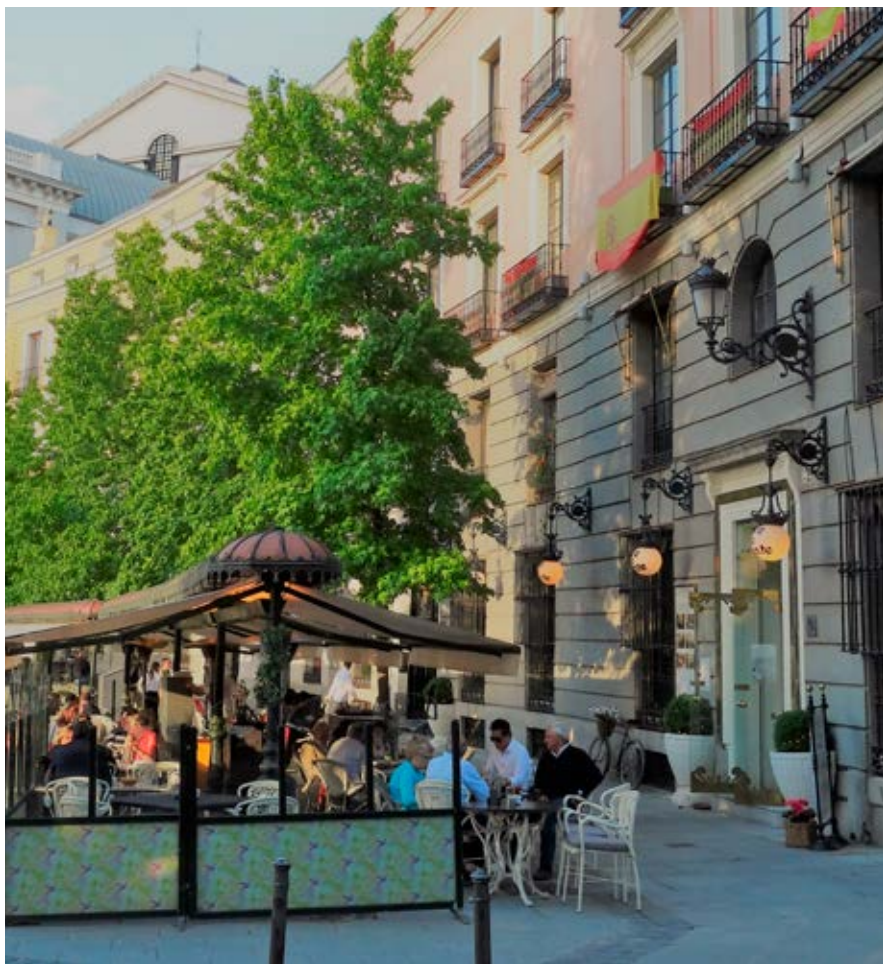
# EXPERIENCES

TO DISCOVER MADRID

## Index

WHERE TO EAT?	4
SHOPPING IN MADRID	6
POINTS OF INTEREST NEAR THE HOTEL	8
OTHER POINTS OF INTEREST	10
GASTRONOMIC MARKETS	12
COCKTAIL BARS	13
SPORTS & YOGA	14





## WHERE TO EAT?

The best restaurant recommendations by The Principal Madrid concierge team.

1

### **Restaurante Ático**

Mediterranean cuisine in the heart of Madrid. A tribute to traditional flavours in a bright dining room, where you can also enjoy signature cocktails on the terrace.

[theprincipalmadridhotel.com/gastronomia](http://theprincipalmadridhotel.com/gastronomia)

2

### **El Patio de Claudio**

In a hidden garden in the heart of the Barrio de Salamanca, this Spanish bistro offers an authentic and fresh culinary experience. Simple, flavorful dishes made with the finest seasonal ingredients. A non-stop kitchen where every moment of the day has its perfect plan.

[unicohotelmadrid.com/gastronomia](http://unicohotelmadrid.com/gastronomia)

3

### **Taberna la Carmencita**

Located a few metres from the hotel. Traditional Spanish cuisine. Tiling, golden details and a bull bust decorate this tavern with traditional recipes.

[tabernalacarmencita.es](http://tabernalacarmencita.es)

4

### **Restaurante Celso y Manolo**

Modern tavern with a marble bar and a creative menu of tapas and porrones, craft beer and vermouth. Also located a few metres from the hotel.

[celsoymanolo.es](http://celsoymanolo.es)

5

### **El Corral de la Moreria**

Spanish cuisine and flamenco show. Recently awarded a Michelin star, it is considered to be the best flamenco show in the world.

[corraldelamoreria.com](http://corraldelamoreria.com)

6

### **El Rincón de Esteban**

Traditional Spanish cuisine. Classic dishes prepared with seasonal products.

[elrincondeesteban.com](http://elrincondeesteban.com)

7

### **Restaurante Gioia**

An antique radio presides over the elegant, dimly lit lounge of this restaurant serving creative Italian cuisine.

[gioiamadrid.es](http://gioiamadrid.es)

8

### **Restaurante Rubaiyat**

Grilled Brazilian meats and caipirinhas in a rustic place with wooden tables, large windows and a terrace.

[gruporubaiyat.com](http://gruporubaiyat.com)

9

**Taberna Pedraza**

Modern tavern with the essence of Spanish gastronomic culture where classic dishes are creatively revived.

[tabernapedraza.com](http://tabernapedraza.com)

10

**Lhardy**

Classic restaurant of Spanish and international haute cuisine with opulent rooms of red velvet and dark wood, inaugurated in 1839 and well known for its cocido madrileño.

[lhardy.com](http://lhardy.com)

11

**Le Bistroman**

Travel to France through the palate. In the purest Provençal style, you will find the essence, tradition and authenticity of French cuisine.

[lebistroman.es/madrid/](http://lebistroman.es/madrid/)

12

**Cornamusa**

On one of the best rooftops in Madrid, in the Palacio Cibeles, we find a restaurant with a dynamic menu that seeks to give visibility and defend the products and producers of Madrid.

[azoteacibeles.com/](http://azoteacibeles.com/)

13

**Bareto calle Alcalá**

A bar as Madrid demands. They are a traditional bar, with beer, tapas and vermouth on tap. A bar with a lot of history where Lorca and Neruda used to meet.

[baretomadrid.com](http://baretomadrid.com)

14

**Bribón de Madrid**

The meeting point for lovers of good food who want to feel at home. They offer a careful selection of raw materials and a fun after-dinner surprise.

[bribondemadrid.com/](http://bribondemadrid.com/)

15

**Bar Trafalgar**

A restaurant with the soul of a bar. A rich menu for all tastes and a careful selection of drinks.

[bartrafalgar.es/](http://bartrafalgar.es/)

16

**Los 33**

While its grilled prosciutto bikini has hordes of fans, its menu has many more surprises in store, always with the product and the grill as its flagship.

[los33.net/](http://los33.net/)

17

**Casa Salesas**

Open at any time, with an uninterrupted kitchen, it is the place to eat and drink well. From bowls for breakfast to pastas and tapas, all prepared with the best products.

[casasalesas.com/](http://casasalesas.com/)

18

**Berlanga**

Cinematic rice dishes in the heart of Madrid. Not to mention the wide variety of tapas and starters.

[restauranteberlanga.com/](http://restauranteberlanga.com/)







## SHOPPING IN MADRID

### SHOPPING MALL

1

#### Wow concept (Gran Vía)

The fusion of the physical and digital worlds in the heart of Madrid. The latest trends in fashion, beauty, décor, gastronomy, and technology.

[wowconcept.com/](http://wowconcept.com/)

2

#### Galería Canalejas

Seven monumental historic buildings offer an unforgettable experience where you can enjoy fashion, luxury, and gas-

tronomy; the world's most prestigious brands, alongside Michelin-starred restaurants.

[galeriacanalejas.com/](http://galeriacanalejas.com/)

### MADE IN SPAIN...

3

#### Es Fascinante showroom

The project that showcases over 120 "Made in Spain" brands. Sustainable fashion, timeless designs, responsible consumption, and craftsmanship; crea-

tions that are works of art meant to last a lifetime.

[es-fascinante.com/pages/shop-showroom](http://es-fascinante.com/pages/shop-showroom)

4

#### Ramsos

Their greatest inspiration: the Mediterranean. Timeless and versatile clothing for women that blends style and comfort.

[ramsos.com/](http://ramsos.com/)

5

#### María de la Orden

Luxury women's clothing that is fresh, retro, and full of fantasy. Designed to captivate women seeking a chic and unique style, with original and mesmerizing designs.

[mariadelaorden.com/](http://mariadelaorden.com/)

6

**Sophie and Lucie**

A brand designed for women who love fashion, vibrant colors, and are devoted trendsetters. Their collections are inspired by movies, fashion magazines, and travels.

[sophieandlucie.com/](http://sophieandlucie.com/)

7

**Casa Yustas**

Founded in 1886, this elegant hat shop with its own workshop has been designing and crafting all kinds of hat styles for over 100 years.

[casayustas.com/](http://casayustas.com/)

8

**Rowse Beauty**

Honest, natural, and toxin-free cosmetics featuring a collection of pure, plant-based essentials for skincare: vegetable oils, essential oils, powders, clays, and more.

[rowse.co/](http://rowse.co/)

9

**Malababa**

A design brand for accessories that uses high-quality materials and revives traditional and artisanal local production techniques to create honest and understated luxury.

[malababa.com/](http://malababa.com/)

10

**Si vas descalzo**

Luxury and streetwear, functionality and style. SVD is the store for enthusiasts of exclusive sneakers and contemporary clothing.

[sivasdescalzo.com/es](http://sivasdescalzo.com/es)

**OTRAS**

11

**Ekseption Madrid**

A luxury multi-brand store located in the Salamanca district of Madrid, offering a unique selection of fashion items, bags, shoes, and accessories from over 100 brands and designers such as Acne Studios, Jacquemus, Loewe, Pepa Salazar, and more.

[ekseption.com/](http://ekseption.com/)

12

**Aunty B**

India in Madrid, featuring unique handcrafted pieces personally selected from there. An oasis of colors and vibes that can transport us from the streets of Madrid to the finest Indian artisan workshops.

[auntyb.es/](http://auntyb.es/)

13

**Aesop**

An Australian store offering its own formulations of exquisitely crafted skincare, haircare, and body care products.

[aesop.com/](http://aesop.com/)

14

**Le labo**

A cult perfume boutique from New York. They create their fragrances by manually collecting their ingredients and even personalize the minimalist bottles displayed in their stores.

[lelabofragrances.com/](http://lelabofragrances.com/)

15

**LAB la marca**

A luxury multi-brand store offering a curated selection of products, including fashion, cosmetics, and lifestyle items, with a strong focus on sports.

[lamarcawell.com/](http://lamarcawell.com/)

16

**Minishopmadrid**

A multi-brand store offering streetwear clothing, shoes, and accessories with special editions and the most exclusive labels, known only to the most discerning.

[minishopmadrid.com/](http://minishopmadrid.com/)







## POINTS OF INTEREST NEAR THE PRINCIPAL MADRID HOTEL

### 1 **El Prado Nacional Museum** 900m

The Museo Nacional del Prado is considered one of the most important painting museums in the world, as it houses extensive collections of paintings from European history between the Middle Ages and the beginning of the 20th century, with special emphasis on Spain. The bulk of its finest works come from the Spanish Royal Collection, assembled by Spanish monarchs between the 16th and 19th centuries. Collection of works of art from the 12th to the

19th centuries and masterpieces by Velázquez, Goya and El Greco.

### 2 **Thyssen-Bornemisza Nacional Museum** 600m

Museum that houses European masterpieces from the 13th to the 20th century, from the Renaissance to Pop Art. Once the most important private art collection in Europe, it was installed in Madrid rooms, with works of great value inside, including an armoury.

### 3 **Museo Nacional Centro de Arte Reina Sofía** 1400m

Spanish museum of 20th century and contemporary art. The museum's permanent collection includes a core of works by great Spanish artists of the 20th century, especially Pablo Picasso, Salvador Dalí and Joan Miró, who are widely represented with some of their best works.

### 4 **Palacio Real de Madrid** 1600m

An 18th-century palace with a balustrade offers guided tours of rooms filled with art and antiques. Madrid's Royal Palace is the largest in Europe, containing over 2000 rooms, with works of great value inside, including an armoury.



5

### Sorolla Museum

1900m

Former studio house of the painter Joaquín Sorolla (1863-1923) which houses the painter's genre paintings.

6

### National Archaeological Museum

900m

Neoclassical mansion with ancient and modern artefacts, including prehistoric art and Islamic pottery.

7

### Cerralbo Museum

1900m

Collections of antique paintings, furniture and antiques, in a mansion with romantic gardens.

8

### Palacio de Liria

1800m

In the Palacio de Liria you can experience the history of one of the most

distinguished lineages of Spain through documents, paintings, sculptures, tapestries and other works of art that are preserved there.

9

### Museum of Romanticism

900m

18th century palace with paintings and furniture from the Romantic period, plus a café in the garden.

10

### Naval Museum

700m

Exhibitions on nautical science and the Spanish navy from the reign of the Catholic Monarchs to the present day.

11

### Alzuela Gallery Madrid

A contemporary art gallery with a bright space that represents young, emerging, and established artists, both Spanish and international.

[alzuetagallery.com/](http://alzuetagallery.com/)

12

### Galería Ehrhardt Flórez

Its goal: to bring the work of several post-war German artists to Spain. In recent years, they have also incorporated Portuguese art, offering visitors a journey through Europe's past and present.

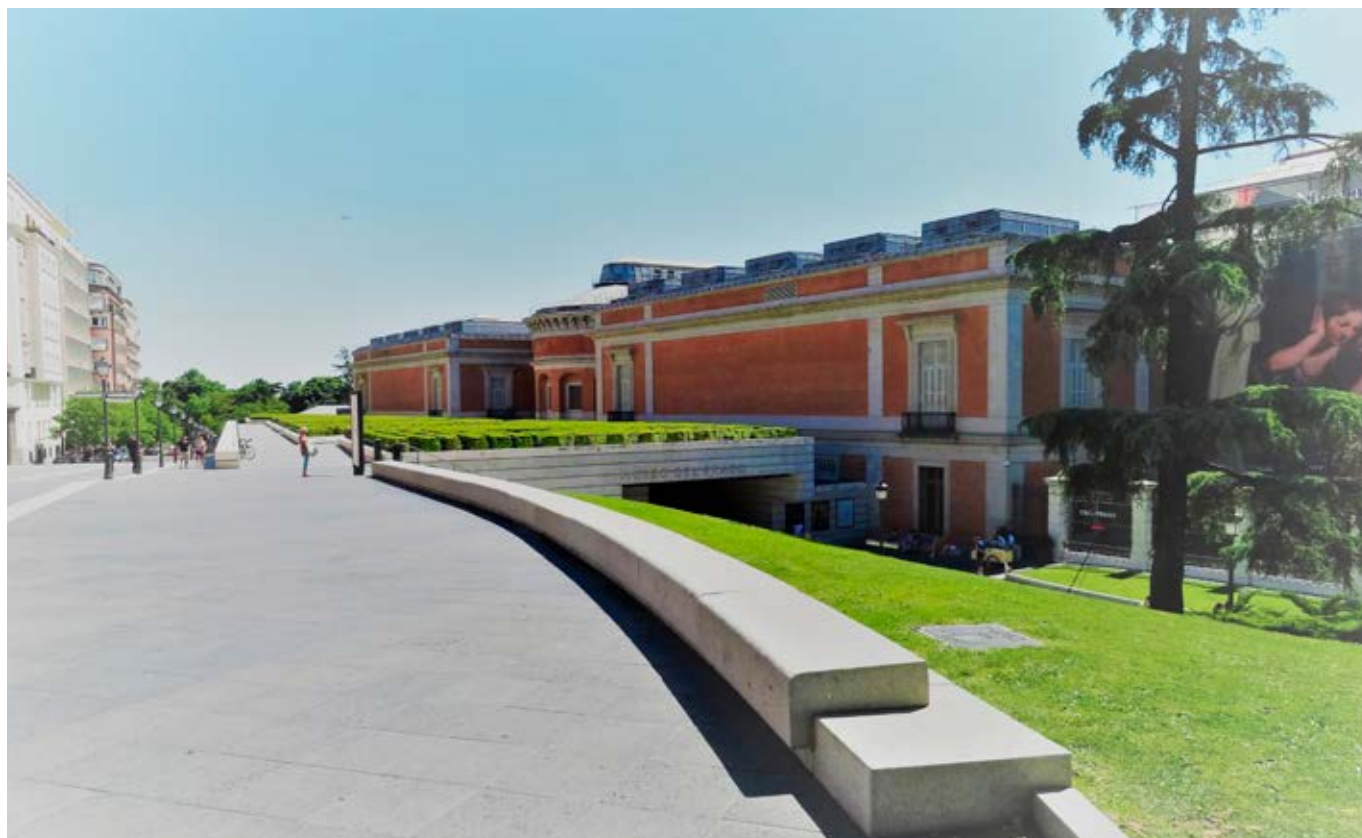
[ehrhartdflorez.com/](http://ehrhartdflorez.com/)

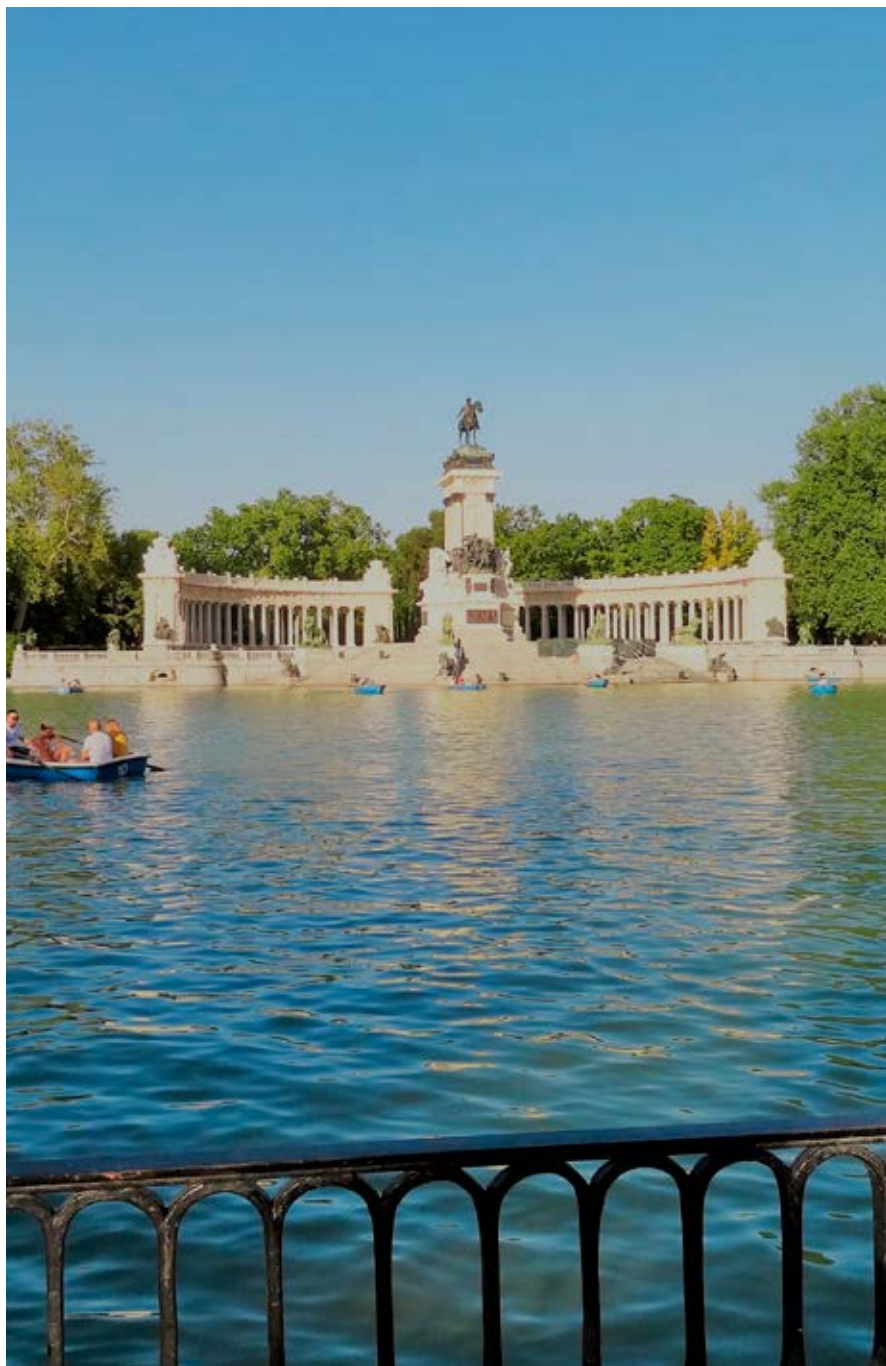
13

### Casa América

The way to visit America without leaving Madrid. In this space, they uphold the principles and values of the Ibero-American community. Various activities are organized to showcase the different realities.

[casamerica.es/](http://casamerica.es/)





## OTHER POINTS OF INTEREST

1

### **Puerta del Sol**

700m

It is a square in the Spanish city of Madrid. Since 1950 it has been the location of the so-called Kilometre Zero of the country's radial roads. The oldest building in the Puerta del Sol is the Casa de Correos (Post Office) and it is

notable for its clock tower which was built and donated in the 19th century by José Rodríguez de Losada, and whose chimes at 12 midnight on 31 December mark the traditional eating of the twelve grapes for the vast majority of Spaniards.

2

### **Plaza Mayor**

1000m

This arcaded square is the heart of Madrid de los Austrias, the old quarter of the city and the ideal starting point for a visit to one of the most charming neighbourhoods. It is fascinating to stroll through this square steeped in history, see the statue of Felipe III, taste the typical dishes of Madrid's gastronomy, and walk through the Arco de Cuchilleros, home to the oldest restaurant in the world according to the Guinness Book of Records, Casa Botín, founded in 1725.

3

### **Almudena Cathedral**

1700m

It is certainly worth a visit, not only for the wonderful architectural ensemble it forms together with the Royal Palace, but also for its luminous neoclassical interior and the interesting neo-Romanesque Crypt, in front of which you can see vestiges of the city's Moorish wall. Nearby, just across the famous Viaducto de Segovia, you will find the Basilica of San Francisco El Grande, with a huge and beautiful dome, and paintings by the renowned painters Goya and Zurbarán.

4

### **Plaza de Oriente y jardines de Palacio**

1400m

Between the Opera and the Palace is the Plaza de Oriente, a beautifully landscaped open space with the equestrian statue of Philip IV. It is one of the quietest places in the bustling centre of the capital. Next to the Royal Palace are the Sabatini Gardens and the Campo del Moro, two beautiful natural spaces in the palace style where admission is free.

5

### **Fountains of Cibeles and Neptune**

600/800m

The Fountain of Cibeles, goddess of fertility on a chariot pulled by lions, in front of the Madrid City Hall, which is

located in the beautiful building of the Palace of Communications. The Fountain of Neptune, the Roman god of the seas, with the beautiful Church of San Jerónimo el Real in the background, and surrounded by two century-old hotels, the Ritz and the Palace, which is very close to the Congress of Deputies.

6

### **Puerta de Alcalá**

1000m

The Puerta de Alcalá is the most famous of the ancient gates that gave access to the city, and which are still preserved in various parts of the city, along with the Puerta de Toledo and the Puerta de Hierro. It was the first triumphal arch built after the fall of the Roman Empire, which is why it is considered the precursor of others such as the Arc de Triomphe in Paris or the Brandenburg Gate in Berlin.

7

### **Retiro Park**

1000m

Behind the gate, we find one of the lungs of Madrid, the Retiro Park, which will guarantee you a pleasant walk near the peaceful Palacio de Cristal, marvelling at one of the few statues in the world of the Fallen Angel, seeing an interesting exhibition in the Casa de Terneras or enjoying a boat in front of the Monument to Alfonso XII, where, by the way, many people gather on Sunday afternoons.

8

### **Templo de Debod**

2100m

Near the impressive Plaza de España is the Templo de Debod, a temple from Ancient Egypt, which was a gift from Egypt to Spain as a thank you for helping to save temples such as Abu Simbel from being destroyed by the construction of the Aswan Dam. From there, you'll get beautiful views, and just two steps away you can use the cable car to get to the Casa de Campo.

9

### **Estadio Santiago Bernabéu**

4100m

Starting from the Plaza de Colón and looking at the roofs and domes that will amaze you, passing by the sober buildings of the Nuevos Ministerios, until you reach the stadium. It is one of the most visited places in the city, due to the fact that the Real Madrid football club is internationally known, so many people take the opportunity to visit its museum and the cups won by the team.

10

### **El Rastro**

1500m

Los domingos por la mañana las calles del centro histórico de Madrid, desde Tirso de Molina a Embajadores, se convierten en un divertido mercadillo callejero, el Rastro de Madrid, en el que además de encontrar multitud de objetos que comprar, podréis probar uno de los platos típicos de Madrid, los caracoles.

11

### **Plaza de toros de Las Ventas**

3600m

Bullring in the neo-Mudejar style from the 1920s where bullfights, concerts and events are held. It is the largest bullring in Spain and the third largest

in the world. The Las Ventas bullring is a building considered to be an 'asset of cultural interest with the category of historic-artistic monument'.

12

### **Casa Mexico**

A little piece of Mexico in Spain, where they seek to promote knowledge about cultural topics, business, entrepreneurship, tourism, gastronomy, and community development.

[casademexico.es/](http://casademexico.es/)

13

### **Galería Travesía Cuatro**

A bridge between the Spanish art scene and Latin America. A place that champions initiatives where art offers a critical perspective on the current socio-political landscape.

[travesiacuatro.com/](http://travesiacuatro.com/)

14

### **Fundación MAPFRE Madrid**

Housed in an emblematic palace of noble architecture, this cultural space offers a diverse program. It is the ideal place to immerse yourself in Madrid's art and culture.

[fundacionmapfre.org/](http://fundacionmapfre.org/)







## GASTRONOMIC MARKETS

### 1 **Mercado de San Miguel**

1300m

Inaugurated in May 1916 as a food market, this centenary establishment (one of the few and best examples of iron architecture in the city) became the first gastronomic market in Madrid in May 2009. Located in the centre of Madrid de los Austrias and with more than 10 million visitors a year, the Mercado de San Miguel is the gastronomic temple of the city.

### 2 **Mercado de San Antón**

300m

In the heart of Chueca, this market is a box of surprises that is well worth a visit. The market has three floors. The first floor is dedicated to the sale of perishable products, the first floor is made up of a tavern-wine bar and ten show cooking / take away stalls and the third

floor houses the restaurant La Cocina de San Antón where you can eat the products previously purchased at the stalls on the first floor.

### 3 **Mercado de San Idelfonso**

750m

It is a new concept of leisure, enjoyment and socialising around gastronomy, in the style of the street food markets that can be found in London, New York, Singapore or Bangkok, and which has been designed as an authentic extension of the bustling and cosmopolitan Calle Fuen-carral where it is located.

### 4 **Mercado de La Paz**

1700m

Inaugurated in 1882, one of its peculiarities is that it was built with iron material. It is one of the most popular

markets in the Salamanca district and one of the most emblematic in the city.

### 5 **Mercado de la Cebada (**

1600m

This is one of the largest food markets in Madrid, with an area of more than 6000 square metres of commercial use in which food shops and other specialised establishments are distributed. It has a children's area, Cebada Kids, where every weekend activities related to healthy eating and fresh, seasonal products are organised.

## COCKTAIL BARS

1

### **Chin Chin**

The cocktail bar with a retro feel in Madrid, a favourite haunt of creative communities and other stars. The place to enjoy the best DJs, the new 'place to be' in the capital.

@chinchincocteleria

2

### **Gilda Haus**

The temple to Gilda and fun. The lighting and the combination of colours in the carpet, the walls and the curtains, a groundbreaking space that flees from the darkness of the clubs.

@gildahaus\_

3

### **Salmon Guru**

They are no ordinary cocktail bar, they

are storytellers with an animal instinct. Grounded in knowledge of the art of mixology, they sharpen your senses and immerse you in the animal world.

salmonguru.es/

4

### **Bar Cock**

A haven of traditions, anecdotes and people from all over the world. Collecting toasts for 100 years in the coolest

cocktail bar in Madrid.

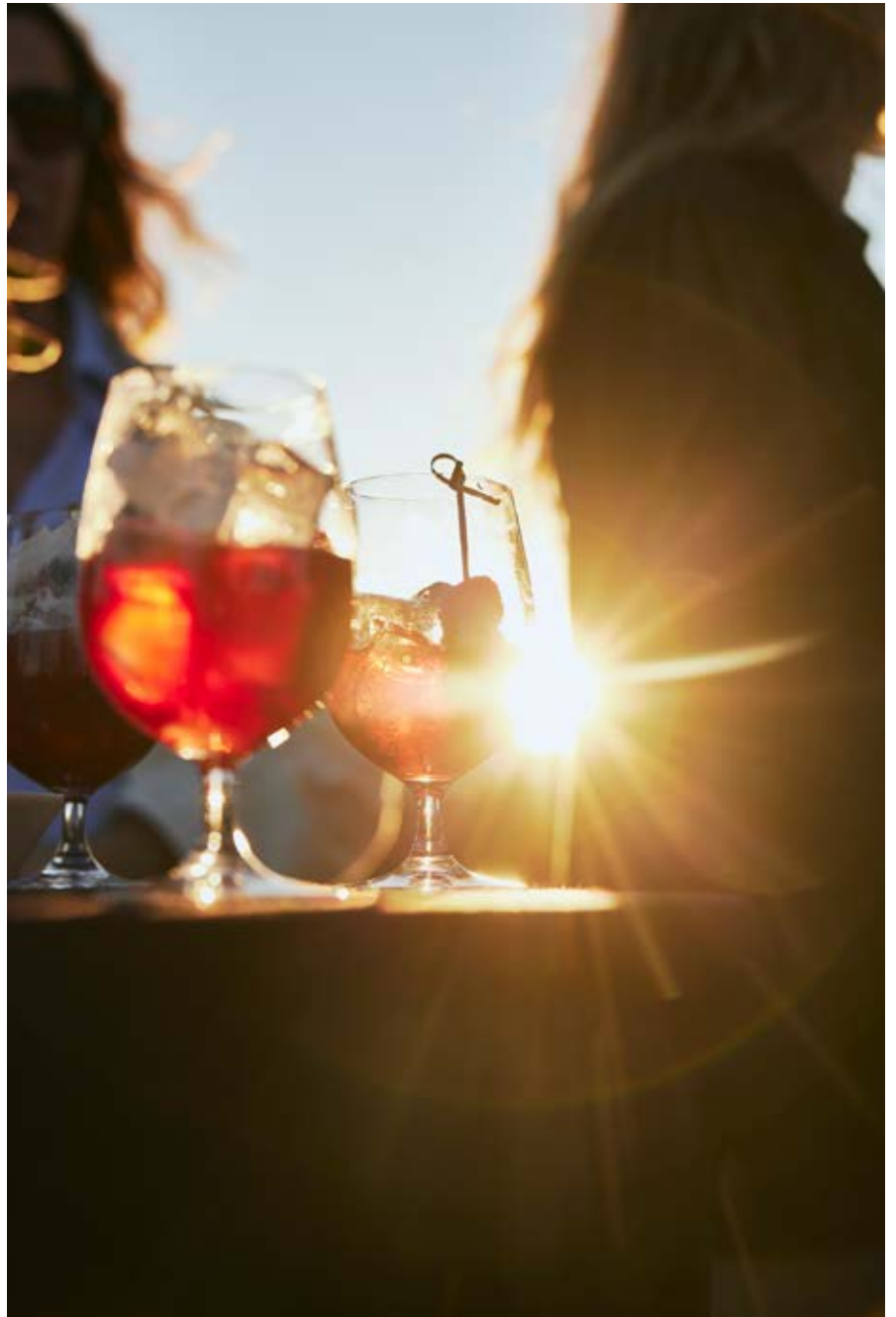
@barcockmad

5

### **Marrufo en Noviciado**

Marrufo Coctelería offers a wide variety of high quality classic and signature cocktails and a careful selection of distillates. The products are local, seasonal and local.

marrufococteleria.es/es/



# SPORTS

1

## Running Through El Retiro

Enjoy nature in the centre of the capital: what could be better than visiting the Palacio de Cristal or the Estanque Grande while running?

2

## Síclo

Take a class in Síclo, the new sporting discipline that consists of 'dancing on a bike' to the rhythm of music.

3

## Tracy Anderson Method

Get to know the method that has conquered celebrities and influencers for being effective, fun and suitable for women of any age and physical condition.

4

## B3B

A unique method that combines cycling, boxing and sweeping in a magical atmosphere supported by mindfulness and empowerment techniques.

5

## Casa Barre

A harmonious fusion between fitness and wellness, with low impact but high strength, endurance and cardio, where you can work your whole body.

6

## Bam Labs

A premium boutique fitness space in the best area of Madrid. They combine two disciplines that complement each other, cycling and strength.



# YOGA



1

## Barquillo Hot Yoga

A yoga studio that follows the timeless traditions of yoga. You can enjoy Hot Yoga, in a room equipped with a carefully designed heat system and traditional Yoga without heat.

2

## Zentro Urban Yoga Retiro

Recognised as a leader and reference in the Yoga and Meditation sector, they offer Yoga classes for all levels.

3

## Asana Groove Yoga

It is a physically vigorous and intellectually stimulating practice accompanied by music. They focus on the philosophy of yoga through chanting

mantras, alignment in postures and connecting breath with conscious movement.

4

## Nature Pilates

Nature Pilates is a studio specialising in the J.H. Pilates Method. They work with passion to create an environment where you can make the most of your time.



WE INVITE YOU TO CONTACT OUR  
CONCIERGE TEAM FOR FURTHER  
INFORMATION AND RESERVATIONS.

THE PRINCIPAL MADRID

\*\*\*\*\*

[theprincipalmadridhotel.com](http://theprincipalmadridhotel.com)

91 521 87 43

[concierge@theprincipalmadrid.com](mailto:concierge@theprincipalmadrid.com)

📷 @theprincipalmadrid

Único Hotels