

RATED

V



PLANT BASED DINING

TRAVEL GUIDES • FOOD REVIEWS • RECIPES



VEGAN VACAY

Madrid, Barcelona
& Spanish Countryside

Hosted by Eunice Reyes

24th October to 31st October 2025



Calling all foodies...

Are you ready to embark on a culinary adventure through the vibrant cities of Madrid and Barcelona? Join me, Eunice, a passionate vegan foodie, as we explore the rich flavors and innovative dishes that Spain has to offer over ten unforgettable days.

This trip is perfect for anyone looking to indulge in delicious plant-based cuisine while connecting with a community of like-minded individuals. We'll dive deep into the heart of the Spanish vegan food scene, visiting local markets and trendy restaurants, with guided food tours, cooking classes, and tastings that celebrate the incredible diversity of Spanish gastronomy.

Whether you're a seasoned vegan or simply curious about plant-based eating, everyone is welcome! I'll provide tips, share recipes, and help you discover new favorites. Throughout our journey, you'll enjoy a delectable array of dishes and connect with fellow food enthusiasts, leaving you with culinary knowledge and unforgettable memories. Let's discover the vegan delights of Spain together!

Eunice xx



What's Spain like for Vegans?

Spain's vibrant culinary tradition is taking on a fresh twist, as the vegan scene rises with creativity and passion. From tapas to fine dining, plant-based flavors are redefining the country's rich gastronomic heritage, making it an exciting hub for conscious eaters and innovative chefs alike.

Act Fast – This trip has only 14 spots, ensuring a personalised and intimate experience. We urge you to book soon to secure your place on this incredible adventures and avoid missing out.



Itinerary

at a glance

24 October - 31 October 2025

Day 1: Arrival & Vegan Welcome Dinner

Day 2: Madrid's Markets & Cultural Highlights

Day 3: Vegan Culture & Rooftop Views

Day 4: Explore Barcelona

Day 5: Vegan Tapas & Beach Day

Day 6: Park Güell & Vegan Picnic

Day 7: Vegan markets & Local Icons

Day 8: Depart or Extend your trip

Trip Extension

For those wanting even more vegan adventure

Casa Albets

Spanish Countryside Retreat

31 October - 2 November 2025

Day 8: Spanish Countryside

Day 9: Yoga, Hiking and Slow Living

Day 10: Hasta Luego

Madrid

Explore the vibrant vegan food scene in Madrid, a city where tradition meets innovation!

We'll indulge in plant-based versions of Spanish classics like vegan tapas, and discover creative dishes at hotspots like Distrito Vegano and VEGA. Enjoy a culinary journey through Madrid's iconic neighborhoods, from the bohemian streets of Malasaña to the multicultural vibrancy of Lavapiés.

Between meals, immerse yourself in Madrid's rich cultural heritage: stroll through the world-renowned Prado Museum, admire modern masterpieces at the Reina Sofía, and unwind in the stunning El Retiro Park, a UNESCO World Heritage site. Cap off your days with panoramic city views from the rooftop of Azotea del Círculo.



24 October 2025

Arrival in Madrid

Welcome to Madrid! Upon arrival, you'll be greeted at the airport and transferred to our hotel in the heart of the city. Take some time to unpack, relax, and settle in.

This evening, we'll come together for a relaxed welcome dinner at a local vegan tapas restaurant—perfect for kicking off the trip with delicious food and good company.

After dinner, we'll take a gentle stroll through the iconic Plaza Mayor to soak up Madrid's vibrant street life.

Accommodation: Twin share in 4 Emperor Hotel (or similar)

Meals included: Dinner

25th October 2025

Madrid's Markets & Cultural Highlights

This morning, we'll explore the Reina Sofía Museum, home to masterpieces by Picasso, Dalí, and other modern art legends. From there, we'll make our way to Mercado de San Fernando, where you'll have free time to explore and grab lunch from a variety of vegan street food vendors and organic grocers.

We'll then head into Lavapiés, Madrid's most eclectic and artistic neighbourhood—expect colourful murals, multicultural vibes, and hidden gems.

We'll end the evening with dinner at a trendy vegan restaurant, followed by drinks at Azotea del Círculo, a rooftop bar offering sweeping views of the city skyline.

Accommodation: Twin share in 4 Emperador Hotel (or similar)

Meals included: Breakfast & Dinner





26th October 2025

Vegan Culture & Rooftop Views

This morning, we head to the Museo del Prado, one of the most important art museums in the world, before lunch at a local favourite restaurant.

In the afternoon, we'll unwind in El Retiro Park, a UNESCO World Heritage Site and one of Madrid's most beloved green spaces.

Tonight, we'll gather again to enjoy a delicious plant-based dinner together.

Accommodation: Twin share in 4 Emperor Hotel (or similar)

Meals included: Breakfast, Lunch & Dinner

27th October 2025

Journey to Barcelona

After breakfast, we'll check out and take the high-speed train to Barcelona! Once we arrive, we'll head straight to a charming vegan café for a wholesome lunch, then check in to our hotel and enjoy a relaxed walk along the iconic Las Ramblas.

Tonight, we'll dine at one of the city's top vegan restaurants for a flavour-packed introduction to Barcelona's plant-based food scene.

Accommodation: Twin share in 3 Hotel Suizo (or similar)

Meals included: Breakfast, Lunch & Dinner



Day 1

Barcelona

Here we'll delight in creative plant-based cuisine, from Mediterranean-inspired dishes at Flax & Kale to vegan tapas at Teresa Carles and flavorful Asian fusion at Roots & Rolls. During your free time, enjoy beachside meals at Brunch & Cake By the Sea and indulge in plant-based sushi, at The Green Spot.

In between delicious meals, explore the architectural wonders of Gaudí's Sagrada Familia, the colorful mosaics of Park Güell and the charming streets of the Gothic Quarter. Relax by the seaside, at Barceloneta Beach, or stroll through the picturesque Gràcia district.





28th October 2025

Vegan Tapas & Beach time

This morning we dive into Barcelona's historic Gothic Quarter, followed by a visit to El Mercat de Sant Antoni. We'll enjoy a guided vegan tapas tasting tour, sampling inventive dishes inspired by traditional Catalan cuisine.

After lunch, it's time to unwind at Barceloneta Beach—swim, relax, or just enjoy the buzz of beachside life.

Dinner tonight takes us to a beloved spot known for creative, globally-inspired vegan fare.

Accommodation: Twin share in 3 Hotel Suizo (or similar)

Meals included: Breakfast, Lunch & Dinner

29th October 2025

Park Güell & Vegan Picnic

This morning we explore the whimsical beauty of Park Güell, Gaudí's technicolour masterpiece. Then we'll stop by Obbio, a top organic supermarket, to gather supplies for our vegan picnic.

We'll take the funicular up to Tibidabo, where we'll enjoy our picnic lunch with panoramic views over Barcelona.

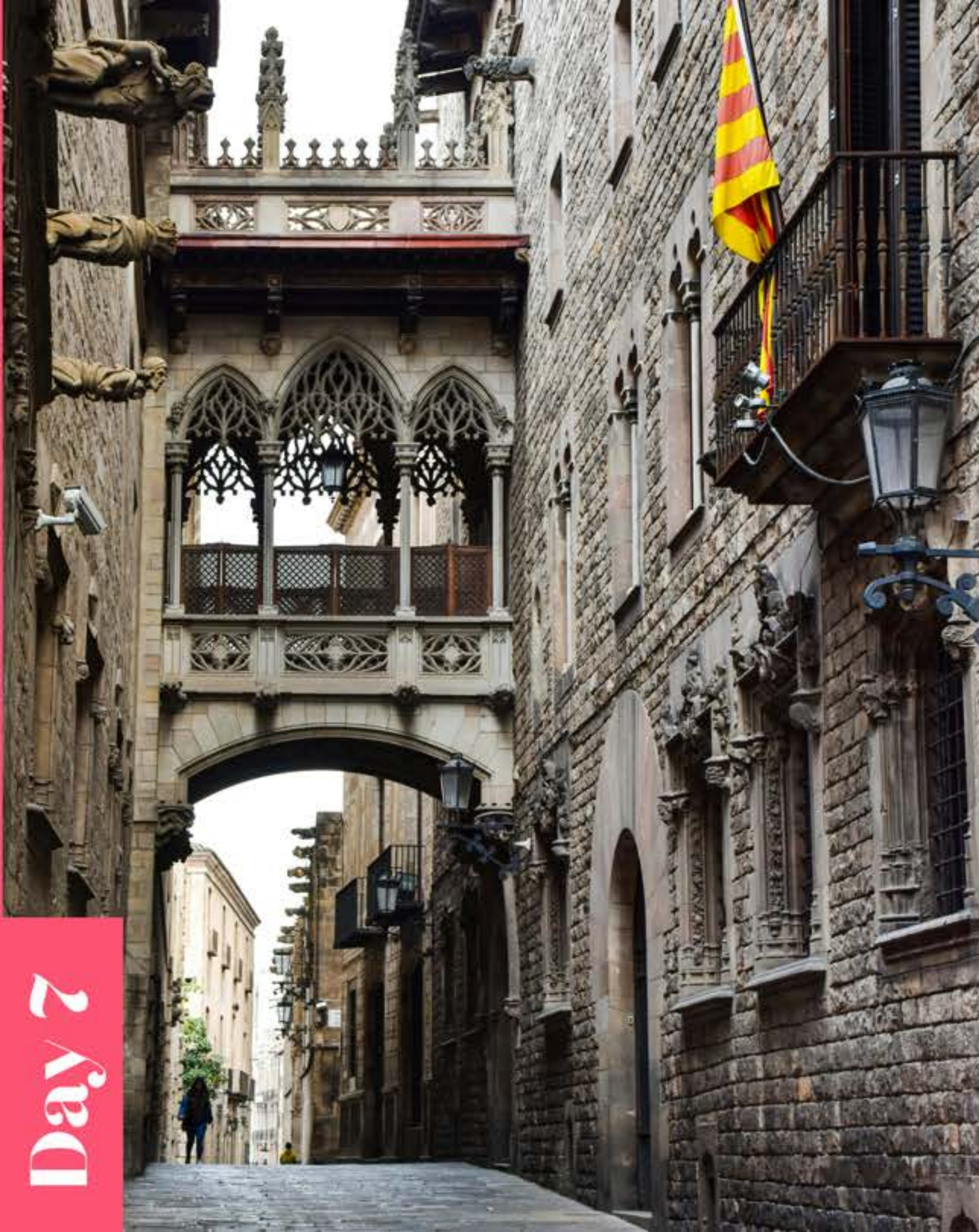
To wrap up the day, we'll take part in a hands-on vegan cooking class—followed, of course, by eating everything we make!

Accommodation: Twin share in 3 Hotel Suizo (or similar)

Meals included: Breakfast & Dinner



Day 6



Day 2

30th October 2025

Vegan Markets & Local Icons

We'll start the day at Mercat de Santa Caterina, to visit a vegan deli in the heart of El Born.

After time to explore the market, we'll visit the iconic Casa Batlló before arriving at our lunch stop for some fresh, plant-based street food.

We then continue on to marvel at the towering Sagrada Familia, before taking a peaceful walk through Parc de la Ciutadella.

Tonight, we'll meet up for dinner at another fantastic vegan restaurant.

Accommodation: Twin share in 3 Hotel Suizo (or similar)

Meals included: Breakfast, Lunch & Dinner

31st October 2025

Depart Barcelona

After breakfast, we'll bid farewell to those departing for the airport.

For those extending their stay, we'll head to Casa Albets for a relaxing two-night retreat in the Spanish countryside.

Meals included: Breakfast



3 DAYS/2 NIGHTS

Casa Albets

Experience the Spanish Countryside

End your journey with two serene nights at Casa Albets, a luxurious vegan hotel nestled in the stunning countryside of northern Spain.

This eco-friendly, family-run hotel offers a peaceful retreat where every detail is designed with sustainability and plant-based living in mind.

Indulge in farm-to-table vegan cuisine at the hotel's restaurant, where seasonal, organic ingredients from the surrounding area are transformed into gourmet dishes.

Relax with a yoga session, unwind in nature with a scenic hike, or simply relax in this tranquil setting.



HOTEL
★★★★
CASA ALBETS
ORGANIC & VEGAN LUXURY



MICHELIN
2024



SUSTAINABLE
GASTRONOMY

Trip Extension

For those wanting even more vegan adventure



31st October 2025

ARRIVE IN CASA ALBETS

This morning we leave the buzz of Barcelona behind and journey into the tranquil Catalan countryside.

Upon arrival at the beautiful Casa Albets—a boutique eco-hotel set in peaceful natural surroundings—you'll have time to settle in, relax, and soak up the serenity.

Tonight, we'll enjoy a wholesome plant-based dinner made with local, organic ingredients.

Accommodation: Twin share room in the 4* Casa Albets

Meals included: Breakfast & Dinner

1st November 2025

Yoga, Hiking & Slow Living

Today is all about reconnecting—with nature, movement, and yourself.

We'll enjoy a nourishing yoga session and head out on a scenic countryside hike at a relaxed pace. There'll be time to unwind, breathe deep, and fully embrace the calm surroundings.

We'll visit a nearby town for lunch, with free time to explore or simply soak up the peaceful vibe before returning to Casa Albets for another delicious, plant-based dinner.

Accommodation: Twin share room in the 4* Casa Albets

Meals included: Breakfast, lunch & dinner



Day 9



2nd November 2025

Hasta Luego

Enjoy one last slow morning and a relaxed breakfast in Casa Albets' idyllic setting.

Then it's time to transfer back to Barcelona airport for your onward flight, feeling refreshed, grounded, and fully recharged.

Meals included: Breakfast

Included

- ☒ Hosted by Eunice throughout the trip
- ☒ Expert local guide throughout the trip
- ☒ Meals as stated in the itinerary
- ☒ All accommodation in 3 and 4* hotels
- ☒ All activities and entrance fees as stated in the itinerary
- ☒ Return airport transfers

Excluded

- ☐ International Flights
- ☐ Visas (free tourist visa for USA residents)
- ☐ Public transport within and between Madrid & Barcelona
- ☐ Gratuitous tips for guides (not mandatory)

Meals

Breakfasts are prepared every day (except on arrival day) at our accommodation.

Spain's vibrant culinary tradition is taking on a fresh twist, as the vegan scene rises with creativity and passion. From tapas to fine dining, plant-based flavors are redefining the country's rich gastronomic heritage, making it an exciting hub for conscious eaters and innovative chefs alike.

Where meals aren't included, our local team will offer suggestions on the best vegan places to visit.

We recommend a budget of around \$300 for additional meals, drinks and souvenirs

Discover the flavours of Spain!



Flights & Transfers

You will need to arrive at Madrid Airport on the start date in the morning before 12 noon.

Airport Code: MAD

Our team will meet you as you come through customs, and take you directly to our accommodation to settle in.

Transfers to our accommodation take approximately 25 minutes, depending on traffic.

You will need to depart Barcelona Airport on the end date after 7am.

Airport Code: BCN



BOOK YOUR PLACE

8 days from \$2,995pp

Casa Albets Trip Extension

\$1,095pp

BOOK NOW

