

The Lesbian's Guide to Barcelona



An insider's guide to everything lesbians and LGBTQ women need to know for their next trip to Barcelona.

[LESMONEXPERIENCE.COM](https://lesmonexperience.com)

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Travel with PRIDE. Travel with LESMON.



Our mission is to create safe, inclusive, and empowering travel experiences for LGBTQ women worldwide. We design culturally enriching trips with local suppliers to celebrate diversity, foster meaningful connections, and promote positive social change. Committed to sustainability, authenticity, and community engagement, we aim to be trusted allies for LGBTQ women travelers, empowering them to explore the world with pride and confidence.

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- **Small Group Trips**

Trips designed for small groups with private and exclusive activities.

- **Bespoke Trip Planning**

Bespoke travel for discerning LGBTQ women, offering a unique and exceptional travel experience.

- **Corporate Retreats**

Corporate travel for LGBTQ companies and team leaders with Team-Building Activities

- **Marriage Proposals**

We help you create the perfect proposal in secret and do it during our trips



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Aimee & Montse

FASCINATING BARCELONA



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Barcelona city, the province and the capital of the autonomous community of Catalonia is located 90 miles south of the French border. Barcelona is vibrant and sunny, one of the most attractive and culture-rich cities in Europe as well as the most visited city in Spain. On his visit to the city in 1862, Hans Christian Andersen declared Barcelona as the “Paris of Spain.”

There are 2 official languages in Barcelona: Spanish and Catalan. You will see both languages all around the city. But make no mistake, Catalan is not a dialect, it is a completely distinct language from Spanish.



HOW TO GET TO THE CITY FROM THE AIRPORT?

The best option is to use the bus service, which you can easily find at the airport. This option is the most eco-friendly and affordable, and it's very straightforward. These buses are designed for passengers arriving in the city, they depart every 15 minutes, and they have stops at key points throughout the city.

You can buy your ticket in advance through their app or website, and you can also purchase it upon arrival at the stop. There are attendants who can sell you the ticket directly, or you can use the vending machine. Any option works well, just remember to carry Euros in cash. We recommend not exchanging money at the airport or currency exchange sites because they charge high fees. Instead, go to a bank office where you can exchange money at a better rate.

aerobusbarcelona.es When choosing your ticket, it's better to select the one-way option.

Depending on which terminal you arrive at, it will be either the A1 or A2 bus. But you don't need to worry, just head to the terminal, and your bus will be there. In any case, it will ask you when you buy the ticket, so check and make sure on your flight ticket which terminal you arrive at or depart from. The price is 7.25 euros. The bus also announces the stops in Catalan, Spanish, and English. Make sure you know which stop is closest to your hotel.





Barcelona is home to **9 UNESCO World Heritage Sites**: Parc Güell, Palau Güell, Casa Milà (aka La Pedrera), Casa Vicens (the first building he designed), La Sagrada Família, Casa Batlló and the Cryst of the Church at Colonia Güell. The Palau de la Música Catalana and the Hospital de Sant Pau – were designed by architect Lluís Domenech i Montaner.

Although world-famous flamenco artists can be seen regularly performing in venues across Barcelona, this traditional Spanish art form is not so much appreciated by Catalans, who have their own native dance – the sardana. You also won't see any bullfighting because it was banned in Catalonia in 2010 as it is considered animal abuse.

CURIOSITIES:

TWO KISSES

Each country has their own customs when it comes to greetings. The people of Barcelona are no different. When being introduced to a local, it's customary to kiss twice: two people will touch cheeks while making the kissing sound. First the right, then the left. When two men are meeting, a simple handshake is common.

Usually, people have **lunch** (the most important meal of the day) around 1:30-3:30 in the afternoon. You'll find the kitchen most restaurants is closed around 6 pm. The average time for **dinner** is around 8:30-11:00 in the evening. If you're looking for a dance club, most don't even open their doors until midnight.





DRESS CODE:

Barcelona is a vibrant and multicultural city, so don't worry too much, unless you really want to camouflage yourself and look like a local. You'll see all sorts of styles from the most current trends to the more elegant and classic. So, feel free to dress as you want, there is no hard and fast dress code for most places in Barcelona. (Although, there are a few places with strict dress codes.)

If you want to avoid looking too touristy, do not wear very short shorts or miniskirts with your bikini or strappy bra. On the beach it's perfect, but in the city it's NOT appropriate. But, don't be surprised to see women of all ages wearing thongs without a top on the beach. In the city, women tend to dress somewhat more conservative.

The **dress code for restaurants** depends on the restaurant and what you want to do after dinner. Example: if you are having dinner at a Michelin-Starred restaurant, we recommend formal dress. For other restaurants, smart casual is fine and also perfect if you are going dancing afterwards.



DRESS CODE FOR THE SAGRADA FAMÍLIA

Is the same for all Catholic churches. It is quite strict and it is recommended to dress appropriately. Avoid the following types of clothing:

- ✗ Transparent or translucent clothing
- ✗ Short and tight pants
- ✗ Swimsuits
- ✗ Festive costumes
- ✗ Promotional clothing
- ✗ Flip flops or bare feet
- ✗ Bare shoulders are not allowed, if you are wearing a tank top, you may bring a shawl or jacket and wear it upon entering the Basilica.



Barcelona: A Message of Love, Understanding, and Joint Action

Barcelona is a vibrant and lively city with a unique charm that attracts millions of tourists every year. The residents of Barcelona love sharing their culture, history, and beauty with the world. However, mass tourism has also brought some challenges that they want to explain with love and transparency.

In recent years, the number of visitors has grown exponentially, impacting the daily life of Barcelona's residents. The rise in prices, street congestion, and excessive noise are some of the most visible problems.

This is why some neighborhood movements have started using the phrase "Tourists go home!" as a form of protest. However, it is important to understand that this message is not directed at individual tourists, but at an unsustainable tourism model that prioritizes quantity over quality.

The residents want tourists to continue enjoying their city, but in a responsible and respectful way. They seek a type of tourism that benefits everyone, preserves their culture, and allows them to continue living in a habitable city.

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IMPORTANT

WHAT CAN BE DONE TOGETHER?

Travel responsibly: Plan trips in advance, avoid rush hours, and visit less crowded neighborhoods.

Respect residents: Be mindful of the noise generated, especially during rest hours, as locals are not on vacation and need to work the next day.

Consume locally: Support small businesses and neighborhood restaurants.

Take care of the environment: Do not litter the streets, use public transport, and avoid excessive water consumption, especially during drought emergencies.

Residents also call on their city leaders to promote more responsible and sustainable tourism. This includes measures such as limiting tourist licenses, regulating tourist rentals to ensure residents have housing, reducing cruise ship arrivals, promoting public transport, and implementing awareness campaigns for both tourists and residents.

Barcelona is their home, and they want to share it in the best way possible. Together, responsible and sustainable tourism can be built. Thank you very much!

APPS

Transportation

CABIFY

If you're a group of 3 or 4 people, Cabify is a sustainable, comfortable, and affordable alternative to Uber in Barcelona. It offers discounts based on your usage, making it the best option for night travel, especially when you need to return to your hotel.

TMB

TMB is an app related to the metro and bus networks in Barcelona. It provides practical information for getting around the city, searches itineraries, informs you of wait times, schedules, and routes. Additionally, you can save your transport preferences and usual routes for quicker queries.

Activities

Hoy Barcelona

Discover everything happening in Barcelona with Hoy Barcelona. The app allows you to easily find hundreds of daily events, most of them free, near you.

Phone

Airalo

Airalo is the first eSIM store that solves the problem of high roaming charges and provides access to over 200 eSIMs (digital SIM cards) worldwide at affordable prices.

Food

HappyCow

The best app for vegans. This FREE healthy food locator is the #1 guide for vegan and vegetarian restaurants to find gluten-free food near you.



CREDIT OR DEBIT CARDS:

We highly recommend using **REVOLUT** due to its inclusion policies, and they even offer an LGBTQ-designed card. We have our business cards and personal cards with Revolut. You can find more information here:

<https://www.revolut.com/en-US/diversity-inclusion/>

If you want to receive a €60 bonus, use this invitation link: [Revolut Referral](#).

The best part about Revolut is that you can transfer the amount you plan to spend to your account, avoiding any surprises during your trip. You can pay in the local currency without losing money on exchange rates, and the card is accepted by merchants worldwide.



NIGHTCLUBS, PARTIES AND PLACES FOR LGBTQ WOMEN

- **NENIS NARCELONA**
nenis.info
- **CANDY DARLING**
[@candydarlingbar](https://www.instagram.com/candydarlingbar)
- **CARITA BONITA**
[@caritabonitabcn](https://www.instagram.com/caritabonitabcn)
- **AIRE CHICAS**
grupoarena.com
- **CHURROS CON CHOCOLATE (LGBTQIA+)**
sala-apolo.com/en/clubs/churros-con-chocolate

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LGBTQ RESTAURANT

- [dDivine \(Drag Restaurant\)](#)
- [Abrassame](#)
- [Foz](#)
- [La Montiel37](#)
- [Priscilla \(Drag Restaurant\)](#)

CATALAN CUISINE

- [Ca l'Estevet](#)
- [Alkostat](#)
- [La Gormanda \(tasting menu\)](#)
- [Ca l'Isidre](#)
- [El Velódromo](#)
- [Bar Thonet Grill Room](#)
- [Can Recasens](#)

MEDITERRANEAN CUISINE

- [La Mar Salada](#)
- [El Restaurant l'Olivé](#)
- [Casa Rafols](#)
- [Antigua](#)
- [Nineteen Restaurant](#)

PIZZA

- [Sartoria Panatieri](#)
- [Frankie Gallo Cha Cha Cha](#)
- [Messié \(Gluten free\)](#)
- [Flax & Kale Passatge \(Healthy\)](#)
- [Can Pizza Rda. Universitat](#)

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AT THE BCN AIRPORT WHEN YOU ARE LEAVING THE EU

1. Before you check your bags, go to the validation area (Espai Lounge) located on 3rd Floor, Departures Hall, near check-in counter 200 with your invoices and your purchases.
2. Scan all your Tax Free Form barcodes at a validation kiosk. Ensure all Forms have been successfully validated. If there is an issue, the kiosk will give you a message to go into Customs office with all receipts and purchases to complete the validation process.
3. To get your refund go to Global Exchange located on the 3rd floor landside (in front of Vueling check-in counters) or 1st Floor after Security Control (only accessible to checked in passengers) in front of the Duty Free shopping area.



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[lesmon-experience](https://www.linkedin.com/company/lesmon-experience)



[@LESMONEXPERIENCE](https://www.youtube.com/@LESMONEXPERIENCE)

www.lesmonexperience.com



YOU DON'T HAVE TO PAY TAXES ON YOUR PURCHASES!

VAT=TAX

if you are a non-EU resident, you are eligible for [VAT refunds up to 5000 EUR](#)

WHEN MAKING A PURCHASE

1. Present your passport so the merchant knows you're not from the EU.
2. The merchant will give you a DIVA tax free receipt form. Save all of these and keep them in a safe, organized place. If the merchant does not offer the form, you can ask for the form.



ALREADY RECEIVED YOUR TAX REFUND?

You still need to get a digital validation on your Tax Free Form to avoid charges to your credit card. Go to the validation area (Espai Lounge) located on the 3rd Floor, Departures Hall, near check-in counter 200. Ensure all Forms have been successfully validated. If you are not sure if your Form has been refunded, write your credit card details on it, place in a Global Blue envelope and drop the validated Form in the yellow mailbox.

Haggie



IN BARCELONA

There is no culture of haggling in stores, markets, or in street shops, it is offensive to the retailer. That said, there are a few middle-eastern run souvenir shops near tourist spots and haggling is acceptable in those shops. And, you can haggle in some second-hand markets.

NOTE: Always be aware of your bags and belongings when you are in shopping areas. Keep your things safe.

MARKETS

Els Encants is one of Europe's oldest flea markets, dating back to the 14th century, and an excellent example of Barcelona's commercial flair. It mainly sells decorative objects and furniture, with a few clothing stalls. In 2008, a new roof structure designed by architect Fermín Vázquez was constructed, standing out as an impressive example of contemporary architecture. The market now covers more than 15,000 m² and hosts over 500 sellers, along with places to eat and changing rooms.

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Enjoy Barcelona!



Remember, if you want to return to Barcelona and according to legend, you must drink water from the Canaletes fountain on the Rambla. See you soon!

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