



7-Day Spain Itinerary

A day-by-day plan from Poppy Carla

Best time to go: April to June, or September to October. Summer is hot, especially inland.

Getting around: Walk and use the metro in each city. High-speed trains link Barcelona, Madrid and Seville.

Book ahead: Sagrada Família, Park Güell, the Prado and the Alhambra.

DAY 1

Gothic Quarter & El Born

Explore the Cathedral and the narrow streets of the Gothic Quarter, have lunch at La Boqueria market, and spend the evening in El Born for tapas.

DAY 2

Gaudí's Barcelona

Visit Sagrada Família in the morning, walk Passeig de Gràcia to Casa Batlló in the afternoon, and have a late Spanish dinner.

DAY 3

Park Güell, Beach & Sunset

See Park Güell early before the heat, relax at Barceloneta beach, and watch the sunset from Montjuïc.

DAY 4

Train to Madrid & the Prado

Take a morning high-speed train (about 2.5 hours). In the afternoon visit the Prado Museum and walk through Retiro Park.

DAY 5

Royal Madrid & Tapas

Visit the Royal Palace and Plaza Mayor, then finish with a tapas crawl around Mercado de San Miguel.

DAY 6

Train to Seville

Ride the high-speed train (about 2.5 hours) and spend the afternoon at the Cathedral and the Giralda tower.

DAY 7

Alcázar & Triana

Tour the Royal Alcázar in the morning, then cross to the Triana district for ceramics and an evening flamenco show.

Opening times, ticket rules, travel times and prices change, so check each detail before you book. More guides, stays and packing lists at poppycarla.com.