

THE BEST

# BEACHES

BARCELONA

*Your  
Ultimate  
Beach  
Guide!*

WHERE'S THE  
PARTY?

BOOGIE DOWN IN YOUR  
**BIRTHDAY SUIT** AT  
MARBELLA!

*Top 10  
Beach Essentials*

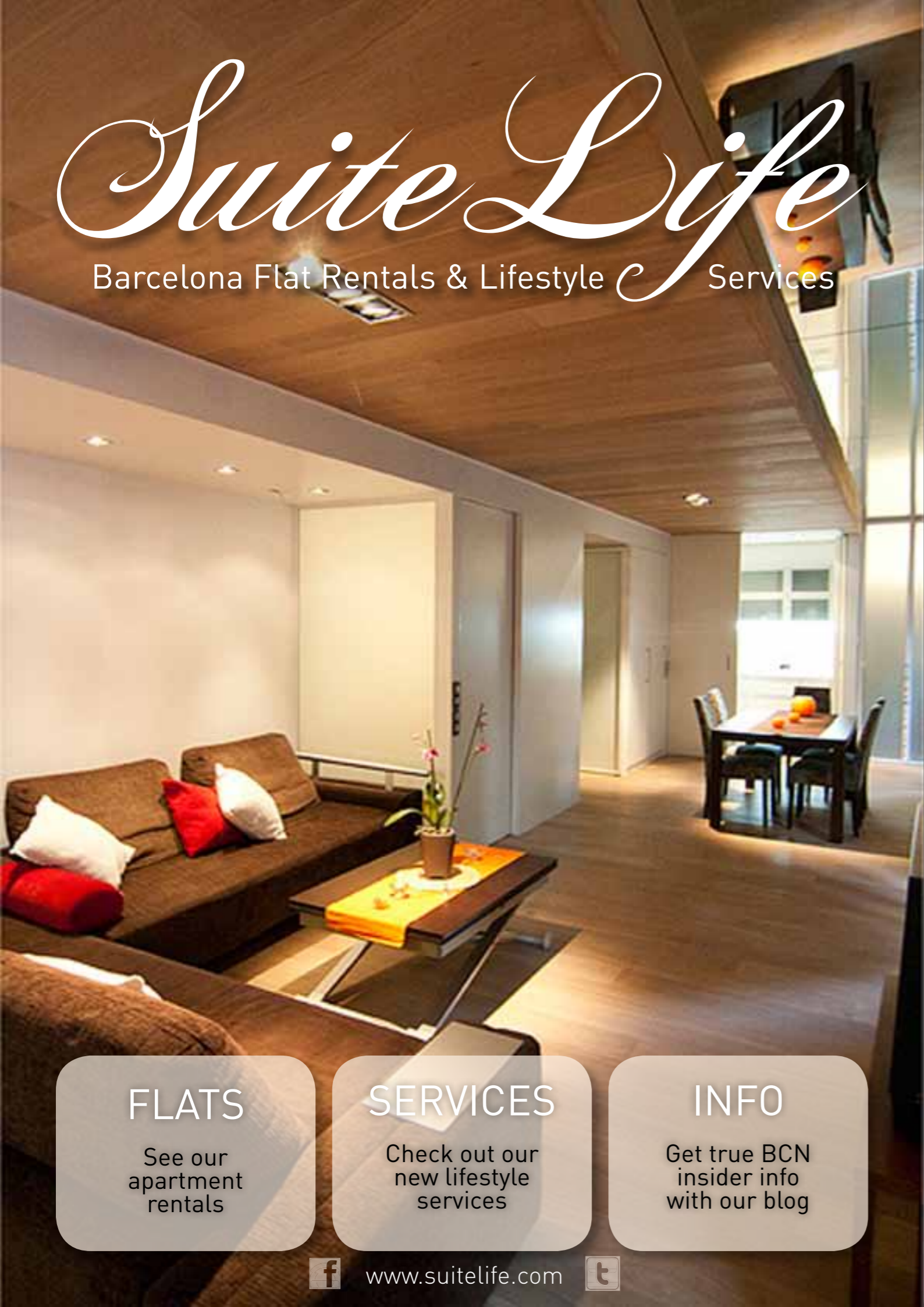
THE  
*Suite Life*  
BARCELONA BIBLE



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# Suite Life

Barcelona Flat Rentals & Lifestyle Services



## FLATS

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I arrived to Barcelona in August of 2004. I was 23 years old, about to start an MBA program, and without a clue in the world. Luckily, I had my good friend Carlos to show me the way and give me great advice as I learned the ropes.

The Barcelona Bible series of free eBooks is meant to give you concise info and recommendations from the eyes of a local. Whether you're visiting, moving to, or living in Barcelona, experiencing the beaches is feeling the magic of the city, the pulse of the people, all coming together with one common objective... some fun in the sun!

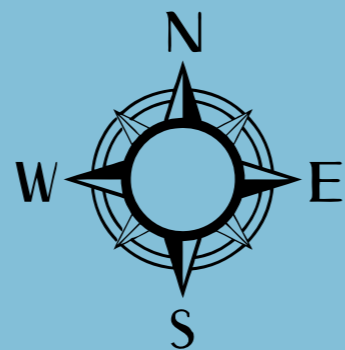
Enjoy this labour of love and pass it on to your friends!

**BENNY MOUCKLEY**  
**MANAGING DIRECTOR**





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# SUN OF A BEACH

*Barcelona's Cool!*

In 2010, National Geographic named Barcelona as the World's Best Beach City. It beat out such hot spots as Honolulu, Hawaii, Miami Beach, Florida, Rio de Janeiro, Brazil, Sidney, Australia, and even Tel Aviv, Israel. Barcelona is certainly a Mediterranean metropolis, and its coast (7 beaches in total) is the beating heart of the city and undeniably what skyrockets the quality of life found here.

Whether you're old or young, a tourist or an expat, into sports, or alcohol or eating, partying, vegging out, or being an exhibition-

ist, there's a BCN beach just for you! Don't waste your time trying to figure it out yourself though. We are decade-long Barcelona veterans, and within this eBook you'll get all the insider info you'll need to learn quickly about each beach and figure out which is the one that most tickles your fancy, or your mood. We'll also tell you about the best beaches outside of the city, for when your pale skin is begging you to take it away for the day or weekend.

Enjoy the beach SuiteLifers!

# BARCELONETA


## *The Loca Loca Beach*

**PROS:** LOCATION, LOCATION, LOCATION! THE BEACH PARTY'S OVER HERE FOLKS!

**CONS:** PACKED WITH LOUD, SOMETIMES OBNOXIOUS, AND OFTEN DRUNK TOURSTS.



Barcelona is certainly the most popular Barcelona beach. As it's the closet beach to the city centre and one of the most easily accessible, it attracts hordes of both locals and tourists in search of some fun in the sun. It's funky, lively, a bit chaotic, and sociologically interesting as hell. If you've lived in BCN for a while, your idea of a nice beach afternoon may not be being surrounded by drunk, sun burnt and giddy tourists, but hey, to each their own right? Barceloneta Beach is absolutely fantastic and is a must visit. If you're looking for amazing people-watching, architectural wonders, cutting-edge cuisine, and a buzzing nightlife, this is the Barcelona beach for you!

 [Click here to see our Barceloneta beach video!!](#)





# NOVA ICARIA



## The *Olympian* Beach

**PROS:** A WIDE SPACIOUS BEACH, EASILY ACCESSIBLE, AND PERFECT FOR BEACH SPORTS NUTS

**CONS:** STILL A BIT TOURISTY FOR MOST LOCAL'S TASTE AND CAN GET PRETTY CROWDED IN HIGH-SEASON

**N**ova Icaria is nestled right up next to the 'twin towers' (Hotel Arts & Mapfre building) and is right in front of the Olympic Village area. It's very spacious, a little less crazy than Barceloneta, an excellent spot to take your family, and is probably the 'sportiest' of all the Barcelona beaches. Volleyball courts, Ping Pong tables, you name it. This is the perfect beach to meet friends at when you're all too lazy, or hungover, to go any further up the coast, but still want a nice chilled-out atmosphere.



Click here to see our Nova Icaria beach video!!

# BOGATELL

## *The Frisbeeelicious Beach*

**B**ogatell is maybe our favourite of all the Barcelona beaches. Very wide, very chill, mostly locals and international expats, tons of room for frisbee, paddle ball, futbol, etc... It's close to the city centre but yet just far enough away too. There are a couple of groovy 'chir-inguitos' (beach bars) to grab a cocktail and people-watch. Lots of young people here so flirt away single people! If you're looking for some quality seafood with a sea view, try L'Oca, which is located at the end of the pier on the North side of Bogatell.



[Click here to see our Bogatell beach video!!](#)

**PROS:** WIDE, CLEAN, UNCLUTTERED BEACH WITH A GREAT CROWD AND EASILY ACCESSIBLE.

**CONS:** NOT TOO MANY AT ALL, BUT IF YOU DON'T HAVE A MOTO, THERE COULD BE ABOUT 15 MINS WALKING INVOLVED FROM THE METRO STATION.



**M**ar Bella means “beautiful ocean” and we must say that this is one hell of a beach! This is where the people in the “know” go to find a little peace and quite and escape the shenanigans of the other more central beaches. The further up the beach you go the more chill it gets, and if you really

wanna take a load off and maybe a nap, we suggest hitting up Nova Mar Bella, which is just a little further up the shore. Also, the southern part of the beach, just above Bogatell, and somewhat hidden behind sand dunes, is the nudest beach, so if you like to let it all hang out then Mar Bella’s for you!

**PROS:** BE COOL AND BEACH IT UP WITH THE LOCALS! IF YOU LIKE GOING TO THE BEACH IN YOUR BIRTHDAY SUIT YOU’RE IN LUCK!

**CONS:** THE AVERAGE AGE OF BEACH GOERS HERE IS A BIT OLDER (MID 20’S - EARLY 40’S) SO IF YOU’RE LOOKING FOR THE TEENYBOPPER CROWD TRY BARCELONETA. INTERESTINGLY ENOUGH, THE CATALUNYAN GOVERNMENT SITE SAYS VISITORS TO MAR BELLA ARE 60% FEMALE, SO BOYS...



Click here to see our Marbella and Nova Marbella beach video!!

# MARBELLA & NOVA MARBELLA

*Naked as the  
Day You  
Were Born*

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**PROS:** ENJOY THE ZEN-NESS, BECOME ONE WITH THE OCEAN, DO SOME YOGA...

**CONS:** IF YOU DON'T HAVE A MOTO, THIS BEACH IS A BIT OF A SCHLEPP, BUT HEY, IF IT WERE THAT EASY TO GET TO THEN... WELL, YOU GET IT.

# L L E V A N T



## The Snoring Beach

If you really wanna get away from it all, yet not leave Barcelona, this is the last beach along the northern coast before you reach the city limits. Most BCN locals don't come this far up the beach and if you're looking to do some serious

reading, or serious napping, this beach is quiet with a capital Q. Not even the pesky beer vendors or massage ladies venture this far up the coast. Not even Richard Simmons can find a beach this quiet to do his workouts on!



Click here to see our llevant beach video!!

beaches to the...

# NORTH



TOSSA DE MAR

Tossa is a true gem of the Costa Brava. It's a tiny romantic town that has a gorgeous beach, excellent restaurants, and even ancient ruins! Just lay out in the sun and you'll be glad you got away from BCN, even if just for a day.

*How to get there:* Go to Estación de Nord (North Station). The closest metro is L1 "Arc de Triumf". Hop on a bus from the company SARFA, which will take you directly there in about an hours time.



MONTGAT

Montgat is a beautiful beach. Clean, large, peaceful. If you're looking to read a book, take a nap, or play some volleyball, this is your beach. It never gets crowded so no need to jump over towels, legs and arms to find a 1m2 patch of beach! Try the cafe con hielo at the chiringuitos it's great!

*How to get there:* Take the train from Plaza Catalunya towards Mataró (takes only 20 minutes). Jump off the train at the "Montgat Nord" stop and you're there!



SANT POL DE MAR

Between Tossa and Barcelona you'll find Sant Pol de Mar, a Barcelona Day Trips golden choice. The town has a beautiful beach surrounded by its typical white houses that cover the surrounding hills. The old Benedictine monastery gave rise to this town and on the outskirts you can check out the ruins of the Iberian-Roman town of El Farell.

*How to there:* Take the RENFE Line 1 train from Clot (Metro L1 "Clot")

Pronounced 'See-Chez') is one of the best beach day trips, just 1/2 hour train ride from BCN. Lots of nightlife, nicer beaches than BCN, but if you're looking to escape tourists then try somewhere else. Very big gay scene here and a Carnival party like no other!

*How to get there:* The fastest way is to jump on the RENFE train (leaves every 30 minutes) from Passeig de Gracia station. It shouldn't cost more than about 5-8 euros roundtrip. For rates and schedules check out their website ([www.DOTrenfe.DOTes](http://www.DOTrenfe.DOTes)).

Castelldefels is located just 18 km south of Barcelona, and if you're looking for a wide, very relaxed and peaceful beach, this is a great escape for the day! The beach is over 5km long with a small town behind it where you can grab lunch.

*How to get there:* Jump on the RENFE Train from Passeig de Gracia, take the C-2 line, and get off at "Castelldefels Platja"!

Garraff is a small seaside village located between Sitges and Castelldefels. It used to be a small fisherman village and the small town retains its old-time charm. There are no chiringuitos on this beach but there are some great places to eat lunch in town if you take a stroll around.

*How to get there:* C-2 RENFE line from Passeig de Gracia and you'll get off at "Estació de Garraf".

# SITGES



# CASTELLDEFELS



# GARRAFF



# SOUTH

# 10 ESSENTIAL *Barcelona Beach Tips*

**1** **SUNSCREEN** The Barcelona sun is *strong*. Unless you wanna come home looking like a freshly boiled lobster, wear sunscreen, and don't go to the beach till about 3-4pm. In the summer you'll still be able to tan till about 7pm. There's really no need to literally fry yourself under the midday sun.

Buy your beer right on the beach! Beach bar prices can be steep. Just listen for the vendors peddling their wares: "Cerveza, Coca-Cola, Agua Frrrrri-aaa!". Don't pay more than about a Euro and a half for a frosty one.

**3** **CERVEZA**

**2** **WATCH OUT**

Watch your stuff! Barcelona is one of the petty theft capitals of Europe. You might think your things are safe on your beach towel as you frolic in the waves, but you're safest to have a friend stay behind or ask a friendly neighbor to keep an eye on your things.

**4** **AVOID**

Stay away from the incessantly annoying ladies peddling massages (you'll hear them chant "Maassaaajjjeeee Mas-saaajjjeeee". Sure, it's a cheap message, but from what we've unfortunately witnessed, you never really know where their hands have been last, or who they were giving a happy ending to.

**7** **BOARDWALK**

The boardwalk rocks! Whether you have your own bike or rollerblades, or even if you rent a Bicing bike, you can zoom along the coast from the W Hotel all the way to the Forum. Do it at dusk and you'll experience the magic of the Barcelona coast.

"Chiringuitos", or beach bars, are on every beach and provide a very relaxed scene to have a little snack, some cocktails, and to watch the world go by... Not the cheapest option, but a great treat. Take your girlfriend, or your mom.

**8** **CHIRINGUITOS**

**5** **TOPLESS**

Topless sunbathing is pretty much the norm here, but if you wanna get nek-kid (read naked), you better find the nudist beach on Mar Bella, or you could end up getting dragged by your bollocks into a paddy wagon and taken off by the police!

In general, the further North you go from Barceloneta, the beaches will become progressively less touristy. Sometimes you can handle the sunburnt tourists prancing around in their sandals and tube socks, and sometimes, the extra metro ride, or walk, is more than worth it to escape them.

**6** **GO NORTH**

**6** **BYO**

BYO (Bring Your Own) Head to the beach with your friends and a ton of supplies (beach blanket, food, drinks, beer, guitar... whatever your pleasure or vice may be). Pasta salad is a great beach lunch. Bring your own and you'll be doing it like the Barcelonés do!

See page 24 for details on the biggest party of the year in Barcelona!

**10** **SANT JOAN**

# SANT JOAN

## SHORTEST NIGHT = BIGGEST PARTY

The night of Sant Joan is the celebration of the summer solstice. It takes place on the 23rd of June and is the official kickoff of summer, as this day has the longest period of sunlight during the whole year (the sun sets at around 10pm). Since the next day is always a bank holiday, the whole city explodes in celebration and 100's of thousands of people all go down to the beach to party the short night away. When the sun comes up at about 7am a cleaning team comes and

kicks off all the beach party animals, who then wander off bleary-eyed to find their beds. In ancient, more agricultural times, this was the most important holiday of the year and it was celebrated with fire, which was a sign of abundance and purity for the upcoming growing season and harvest. To this day, fireworks are a huge part of the Sant Joan celebration (be careful though! drunk people and fireworks don't always make for the safest combination!).



# HOW TO GET THERE

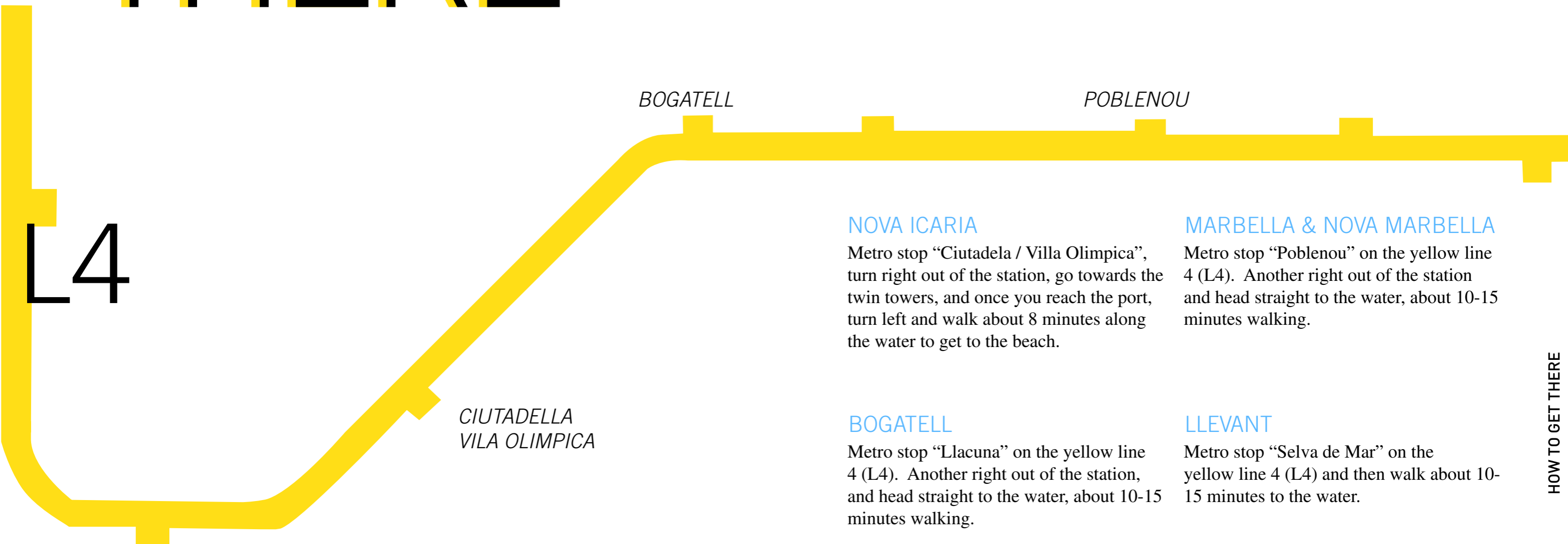
Now for the slightly boring, yet quite important issue of how to get to the beaches! We'll be mentioning the metro stops and where to walk once you're come out from the metro, but there are many other options. Bicing (the public bicycle transportation system) is a really good way

to get to and around the different beaches. Also, there are about a million different bus routes from different parts of the city that will take you right to the beach of your choice, and you can investigate that with this site: <http://www.tmb.cat/en/home>

## BARCELONETA

Metro stop "Barceloneta" on the yellow line 4 (L4) is the stop you're looking for. When you come out of the metro, turn right, walk down the street Joan de Borbó, along the harbor, and you'll arrive at the beach! If you want to end up at the other

end of the beach then stay on one more stop and get off at "Ciutadella / Villa Olimpica" on the yellow line 4 (L4), take a right upon leaving the station, walk towards the twin towers, and take another right once you reach them.



L4

BOGATELL

POBLENOU

CIUTADELLA  
VILA OLIMPICA

BARCELONETA

## NOVA ICARIA

Metro stop "Ciutadella / Villa Olimpica", turn right out of the station, go towards the twin towers, and once you reach the port, turn left and walk about 8 minutes along the water to get to the beach.

## MARBELLA & NOVA MARBELLA

Metro stop "Poblenou" on the yellow line 4 (L4). Another right out of the station and head straight to the water, about 10-15 minutes walking.

## BOGATELL

Metro stop "Llacuna" on the yellow line 4 (L4). Another right out of the station, and head straight to the water, about 10-15 minutes walking.

## LLEVANT

Metro stop "Selva de Mar" on the yellow line 4 (L4) and then walk about 10-15 minutes to the water.

SuiteLife Barcelona is a Real Estate and Lifestyle company located in beautiful Barcelona, Spain. We have hundreds of apartments all over Barcelona and specialize in helping our clients find the home of their dreams.

We also publish a ton of unique and expert content on our blog, and in our ongoing series of free ebooks called The Barcelona Bible.

If you're looking for a great apartment in Barcelona, or just some great info on the best the city has to offer, you can follow us here:

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BUT WHO ARE WE?

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A big shout out and thank you to our entire team and our loyal and growing SuiteLife fans and friends. These books are for you and we hope you find them useful!

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