

SPAIN, JUST THE DESTINATION
FOR YOU.

LGBTIQ+



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FRONT PAGE:
GAY PRIDE IN SEVILLE
Photo: Jose Manuel Espigares Garcia/123rf.com

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Spain is an open and diverse country. Why not come and find out for yourself?

INTRODUCTION

Spain has everything you need to guarantee the best holiday ever. Good weather, a fantastic nightlife, culture, alternative fashion, LGBTIQ+ festivals and so much more... And above all, it's a **gay friendly country**: in 2005 we became the fourth country in the world to approve same-sex marriage and to allow adoption. But a word of warning! If you come for a visit, you may end up wanting to stay.

Here you'll find LGBTIQ+ destinations that are famous around the world. If you like the combination of sun, beach and leisure, you should definitely head for cities like **Sitges**, **Torremolinos** and **Benidorm**. You can enjoy Spain's islands in **Gran Ca-**

naria, **Tenerife** and **Ibiza**. If you're more of a city person, you'll be delighted by the cosmopolitan atmosphere in **Madrid** and **Barcelona** and their gay-friendly districts (**Chueca** and the **Gayxample**). Enjoy the exciting culinary and cultural offer in **San Sebastián**. You're guaranteed to receive a warm welcome anywhere in Spain.

If you love the theatre, music or film, you'll find a whole host of options. There's also a really busy calendar of LGBTIQ+ festivals. You can dance and party all day long at **Gay Pride** in Madrid, the **International Carnival in Maspalomas**, on the **Festival Circuit** in Barcelona and at the **Los Palomos** festival in Badajoz. The fun never stops!

LGBTIQ+

DISCOVER EVERYTHING SPAIN HAS TO OFFER

▲ PLAYA DE LOS ALEMANES
ZAHARA DE LOS ATUNES, CÁDIZ

Enjoy the sea, the sand and the sun. Try any of the numerous specialities in Spain's delicious cuisine and explore its historical heritage. Or you can switch off and relax in a wide range of different natural environments and enjoy our privileged climate. You can do all this and much more in Spain.

If you like the **beach**, there are many to choose from. Warm sands in the Mediterranean, breakers in the Cantabrian, and endless stretches of sand in the Atlantic. Urban beaches teeming with life, or beaches in charming fishing villages. Big beaches, small beaches, nudist beaches...

Enjoy Spain's delicious **gastronomy**. Everything from classic fare like paella, potato omelette and cured ham, to the most innovative dishes and the most avant-garde cuisine at Michelin-starred restaurants.

Something you'll find wherever you go are the popular tapas, the mini snacks always served with a beer or a glass of delicious Spanish wine.



Are you looking for **culture**? There are over 1,600 museums awaiting you, along with architecture that ranges from the ancient to the latest avant-garde styles. And at every step you'll come across World Heritage monuments and cities, you'll have the chance to discover the open and friendly nature of the Spanish people, and you'll be able to take part in a multitude of popular festivities.

If you're a **nature lover**, you'll be amazed by the wide variety of landscapes. Endless kilometres of coastline, impressive mountains, vast plains, fairy tale forests... You can visit

protected natural areas and hike along the numerous footpaths, routes and disused Greenway routes to be found all over Spain.

With so much to do, you'll need a good place to rest. How about a city hotel with a full range of services? Or rural accommodation where you can really get away from it all? Or would you prefer an apartment overlooking the sea? Whatever your preferences, you're certain to find what you're looking for. There's an enormous variety of **accommodation** on offer in Spain.

▼ FLOAT IN THE GAY PRIDE PARADE
MADRID

LGBTIQ+ DESTINATIONS

Many of the standout cities on the LGBTIQ+ tourist circuit are in Spain. Come and discover them. We're telling you this because we know you'll love them.



LGBTIQ+



You'll be delighted by the climate, the tourist attractions and the spirit of openness.

▲ PLAZA MAYOR
MADRID

MADRID: AN OPEN AND FRIENDLY CITY

Come and discover the capital of Spain, and you'll see for yourself how the essence of diversity can be found in every corner of the city. How about discovering a neighbourhood that was created with you in mind? Then come to Chueca!



▲ MADRID CITY HALL
Photo: Turismo Madrid



▲ ROYAL PALACE
MADRID

WHAT NOT TO MISS IN MADRID

If you're travelling to the capital of Spain there are some places you just can't miss if you want to make sure your photo album is complete.

You can start at what's known as **Kilómetro 0** in the legendary **Puerta del Sol** square, where you'll find the equestrian statue of **Charles III of Spain** and the symbol of the city, the **Bear and the Strawberry Tree**. A stone's throw away is the **Plaza Mayor** in the heart of **Madrid de los Austrias**. This is the place to sample a typical squid sandwich while you stroll beneath the arcades.

You will also find yourself in the “**Landscape of Light**”, comprising the **Paseo del Prado** and the **Retiro park**, which was declared a world heritage site by **UNESCO** in 2021 as a landscape of Arts and Sciences.

Imagine living like a king in the **Royal Palace**. You can walk through its rooms and stroll in its delightful gardens. Pay a visit to the iconic **Puerta de Alcalá** arch, at one time one of the five royal gateways into the city. Nearby you'll find the **Retiro Park**: one of the green lungs of Madrid. You can follow its pathways until you arrive to the **Crystal Palace**, take a boat out on the lake, or visit the **statue of the Fallen Angel**, one of the few monuments in the world dedicated to the devil.





CHUECA: THE LGBTIQ+ DISTRICT PAR EXCELLENCE

Stroll around Madrid's gay district and discover some amazing little corners. You'll see stately buildings that contrast with the area's multicultural atmosphere. You can enjoy the alternative atmosphere in the local art galleries, shops, restaurants and street cafes.

There is an incredibly wide **culinary choice** in Chueca. You'll find it hard to choose a restaurant. The **Plaza de Chueca** square is in the heart of the neighbourhood and in its narrow streets you'll find everything from typical Madrid bars to the coolest and most avant-garde venues. You can mingle with the local residents and indulge in the popular tradition of going out for tapas. Watch the world go by from one of the numerous pavement cafes, the perfect place to sample the cuisine of Madrid.

One of the trends in Spain is to visit restored markets in innovative gastronomic spaces. In Chueca you can visit the **San Antón Market**. Along with the traditional stalls, you'll find a variety of places where you can sample all the delicacies of international cuisine. And if you prefer, in the restaurant on the top floor, you can have the products you've bought in the market cooked to your taste.

To discover the real essence of Chueca, you'll have to sample its nightlife, amongst the most exciting in the city. You'll find bars, pubs, cafés and clubs to suit all tastes: you can enjoy a sophisticated cocktail in a quiet setting, have a drink in a lively outdoor café or dance till dawn in a fashionable club.

If you're into shopping, you'll need to keep your credit card under control. In Calle Fuencarral, one of the best shopping streets in Madrid, you'll find a wide variety of international fashion labels. This neighbourhood is full of exclusive boutiques, alternative shops, and of course, places specially designed for the LGBTIQ+ community. In Calle Augusto Figueroa you'll find one of the best selections of shoe shops in Madrid.

▼ TAVERN IN THE CHUECA DISTRICT
CALLE TINTOREROS, MADRID
Photo: Turismo Madrid

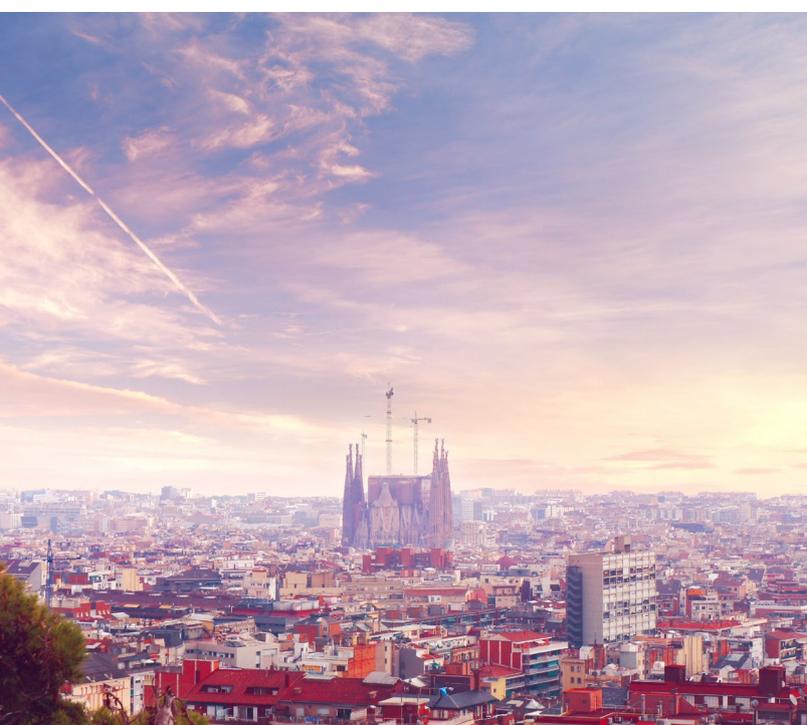




BARCELONA:

A MODERN AND COSMOPOLITAN CITY

Come and discover its cosmopolitan character, its exceptional location on the shores of the Mediterranean, and its cultural attractions. You'll find most of the LGBTQ+venues in the Gayxample area, although gay life can be found in every part of the city of Barcelona. When you mingle with the locals you'll discover why the Catalan capital was a pioneer in the campaign for the rights of the LGBTQ+ community.



WHAT NOT TO MISS IN BARCELONA

Would you like to know what to visit during your trip to Barcelona? Here we'll tell you what places not to miss when you set out to discover the city.

If you want to enjoy a magnificent view of Barcelona, the best idea is to climb the towers of the **Sagrada Família Basilica**. Antonio Gaudí's masterpiece is a genuine icon of the city. To learn more about the work of this Modernist architect, we recommend visiting the **Casa Milá** building on the Paseo de Gracia.



◀ **LA BOQUERÍA MARKET**
BARCELONA
Photo: Jan Kranendonk/123rf

◀ **BARCELONA**

◀ **BARCELONETA BEACH**
Photo: Marco Rubino/123rf.com

This walk will take you to the **Gothic Quarter**, the heart of Roman and Medieval Barcelona. You'll be amazed by the beauty and the lively atmosphere. It's a great place to wander through the alleyways and enjoy the bars, restaurants and bohemian shops. Discover why the **Born District** is so fashionable: it offers such pleasures as strolling along the cobbled streets and browsing in the vintage clothes shops, or having a drink at a pavement café in one of the picturesque squares.



Barcelona is also a **gastronomic paradise**. If you like gourmet foods, you'll love the urban markets.

▼ **CASA BATLLÓ**
BARCELONA





You'll have a chance to mix with the local people, treat yourself to a glass of cava with oysters and listen to live music in the most famous of these markets: **La Boquería**, on Las Ramblas. We also recommend the **Market of Santa Caterina** and the great **Llibertat** market in the Gràcia district. Sample the best of Mediterranean cuisine in its restaurants, some of them with Michelin stars. Local dishes such as "*escalivada*" (smoky grilled vegetables) and "*calçotada*" (large, tender onions char-grilled and served with romesco sauce), home-made deserts like "*crema catalana*" (a type of *crème brûlée*) and its famous Cava will captivate your taste buds. In the city centre you'll find all kinds of places to enjoy international, vegetarian, creative and fusion cuisine.

Would you like to visit a museum? Discover the collection of Romanesque art in the **National Art Museum of Catalonia (MNAC)**, located in the impressive Montjuïc National Palace. In the **Barcelona Museum of Contemporary Art (MACBA)** you'll be able to see works from the second half of the 20th century. The **Picasso Museum** is home to the largest collection of works by this artist in the world.

GAYXAMPLE: AN EXAMPLE OF DIVERSITY

Barcelona's gay district is known as Gayxample. Here you'll find numerous venues catering specially to the LGBTIQ+ community. If you want to have a coffee, buy a book, enjoy a cocktail or go shopping, you're bound to find the perfect place to do it here.

You'll find a wide variety of venues with a great atmosphere amongst the streets of **Balme** and **Calàbria**, **Gran Vía de les Corts Catalanes** and **Provença**. How about a drink in a pub or on a hotel terrace overlooking the city?

You can also go dancing in one of the city's fashionable clubs. Most of them have different vibes so you're sure to have fun whether you like electronic music or prefer dancing to disco classics.





LA RAMBLA
BARCELONA

And of course, this is also a great place for **shopping**. The streets are lined with designer clothing stores, art galleries, wine merchants and a wide variety of shops. If you're looking for haute couture and Spanish luxury brands your best bet is to take a

walk along the tree-lined **Rambla de Catalunya**. In the **Mercat del Ninot** you'll get a chance to browse around a genuinely traditional market, with numerous stalls selling everything from food to lingerie.



BENIDORM: FUN BESIDE THE MEDITERRANEAN

The kilometres of beaches, Mediterranean cuisine and a wide selection of cultural attractions and LGBTIQ+ leisure options will make you fall in love with BENIDORM. It has a special micro-climate, with an average temperature of 19°C, so you can enjoy it all year round.

WHAT NOT TO MISS IN BENIDORM

Would you like to know what to do in Benidorm? Here are a few options.

Take a walk along the seashore on the urban **Poniente Beach**, the longest in the city and equipped with a full range of amenities. **Levante Beach** is the busiest, on the bustling seafront promenade you can enjoy an ice cream, eat a paella or have a drink overlooking the sea.

If you're a nature lover, we recommend visiting the **Sierra Helada Nature Reserve** where you'll find attractive hiking routes and cliffs that will take your breath away. Are you an animal lover? You can see numerous animals at **Terra Natura**, along with a wide variety of plants.

Another park, this time a theme and fun park, will guarantee an adrenaline rush. **Terra Mítica** takes you on a journey through the history of Greece, Egypt and Rome, brought to life by numerous shows and attractions.



If you enjoy shopping, you'll have a great time here. The commercial area, almost all pedestrianised, runs from the **Plaza Triangular** to the Avenida de **Los Almendros**. Visit the numerous outlets specialising in top labels and international designers, or wander through one of the busy outdoor markets.



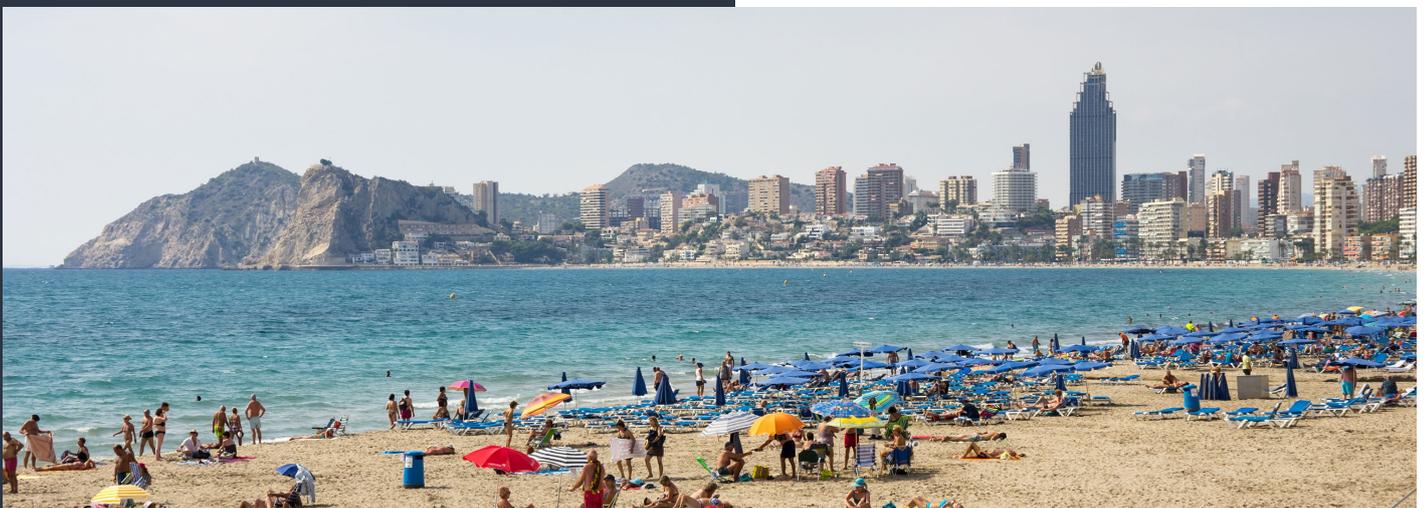
PAELLA

THE HISTORIC OLD TOWN: THE LIVELIEST PART OF THE CITY

Benidorm has numerous venues catering specially to the LGBTIQ+ community. You'll find most of them in the historic old town.

Eating well is easy in Benidorm. You'll find a range of typical rice restaurants, and restaurants specialising in fish and seafood. If you prefer international cuisine, you'll find a wide variety of options. For a more informal meal, the best idea is to head for the "callejón de las tapas" ("tapas alley"), which runs from the **Plaza de la Constitución** to **Calle Santo Domingo**.

At **nightfall** you'll be dazzled by the bright neon lights. In Benidorm you'll find LGBTIQ+ bars and pubs to suit every taste. You can take in shows and performances with the top drag queens of the moment, or dance till dawn at one of the beachfront fiestas.



▲ **LEVANTE BEACH**
BENIDORM
Photo: Yulia Belousova/123rf.com

SITGES: INCREDIBLE BEACHES ONLY 20 MINUTES OUTSIDE BARCELONA

If you're going to Barcelona, save a few days to enjoy Sitges. With picturesque streets and beaches, and a wide range of attractions for the LGBTIQ+ community this is the perfect place to visit in combination with the Catalan capital. This small coastal town is home to numerous museums, restaurants, clubs, shops, and long promenades. Come and see for yourself!

PLAYA DEL MUERTO BEACH
SITGES





HISTORIC CENTRE OF SITGES
BARCELONA

WHAT NOT TO MISS IN SITGES

Sitges has several museums that are well worth a visit. The **Romance Museum** offers a chance to see the architecture of a typical Mediterranean house with its central courtyard. And if you love painting, a good idea is to visit the home and studio of the painter and writer Santiago Rusiñol, the location of the **Cau Ferrat Museum**. You'll be able to see works by El Greco, Zuloaga and Picasso.

Do you like horror films? If you do, make sure your trip to Sitges coincides with the Catalonia International Film Festival. Better known as the Sitges Festival, you're sure to love this event specialising in horror and fantasy films. For ten days you can watch films and take part in other related activities.

AN OPEN AND PICTURESQUE CITY

In the streets of Sitges you'll find numerous venues catering specially to the LGBTIQ+ community. You can also swim on beaches with a gay vibe like Bassa Rodona beach.

Like Barcelona, Sitges has a **very cosmopolitan cuisine** with numerous restaurants serving international food. And if you'd like to try the culinary specialities of Catalonia and other regions of Spain, there are also many places to choose from. Try the local rice dishes and fish. A real treat!

The **nightlife** in Sitges also has a lot to offer. You'll have no problem finding a bar, pub or club where you can have fun and meet people. Some venues with a great atmosphere can be found in the streets of **Bonaire** and **Bonaventura**. You can also have a drink while enjoying the sea breezes on any of the terraces along the seafront promenade.

You'll find **shopping** in Sitges is a real pleasure. If you like fashion, the streets of **Sant Francesc**, **Parellades**, **Major** and **Jesús** are lined with big-name designer shops alongside popular establishments with more affordable prices. Sitges also has several bookshops with a very inviting atmosphere. You can spend a pleasant interlude browsing before buying a good book to read on the beach.

TORREMOLINOS: THE MOST GAY FRIENDLY TOWN ON THE COSTA DEL SOL

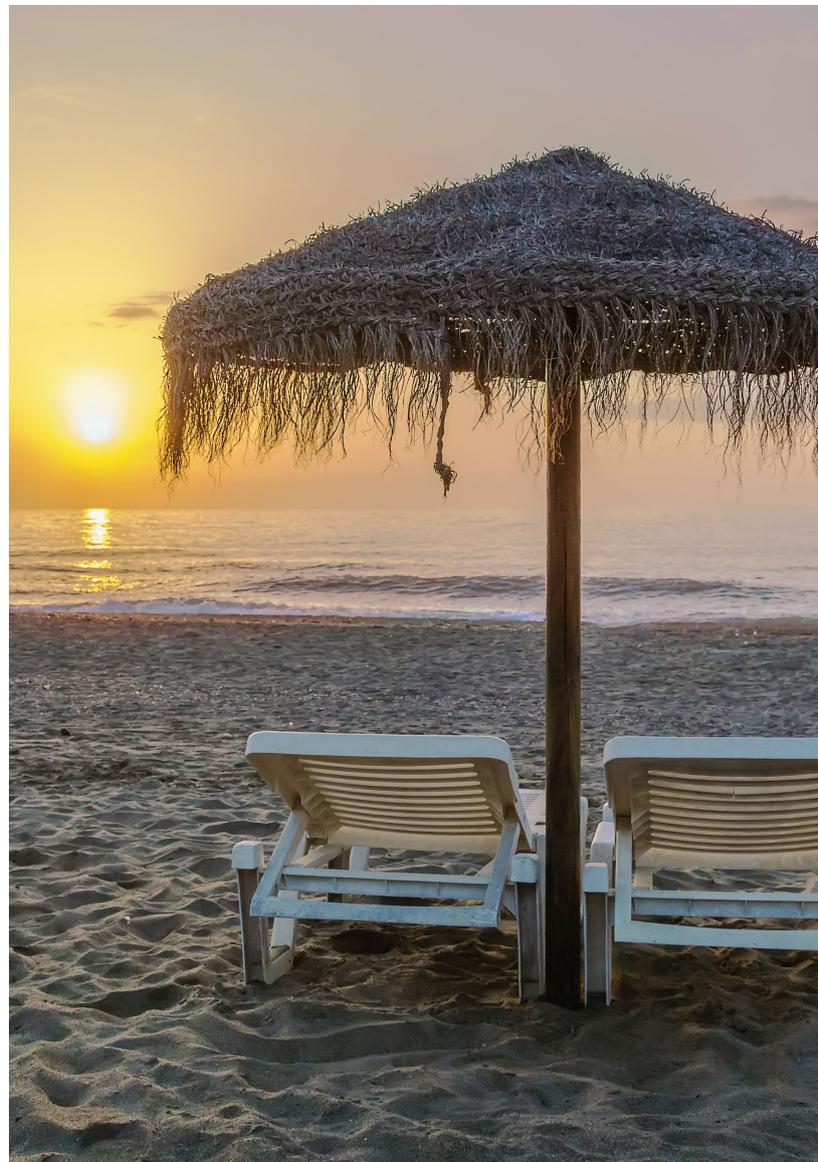
Since the tourist boom in the 1960s it's always been an open and cosmopolitan city. Come and enjoy its calendar of LGBTIQ+ events, particularly in summer.

WHAT NOT TO MISS IN TORREMOLINOS

You'll have a great time in Torremolinos, but be sure to have some time left over to do a little sightseeing. We tell you what there is to see.

When you go to Bajondillo beach, take a good look at the **Torre Pimentel**, between Calle San Miguel and Cuesta del Tajo. It was previously known as the Torre de los Molinos and gave the city its name. Very near that same beach you'll find the **Casa de los Navajas**, a beautiful palace in the Neo-Mudéjar style. Check what's on and come and see one of the exhibitions, concerts or theatre performances organised there.

When you tire of the hustle and bustle of the seafront promenade, you can relax away from the busy tourist areas in the **El Calvario district**, it's one of the most traditional neighbourhoods in Torremolinos. This is a great place to have a drink and mingle with the locals in any of the typical bars. Highlights include the **Plaza Blas Infante** and the **Fuente de los Manantiales** fountain.



▲ TORREMOLINOS BEACH
MÁLAGA



LA NOGALERA, THE DISTRICT WITH THE BEST ATMOSPHERE

This square in the residential estate of **La Nogalera** is the epicentre of LGBTIQ+ tourism in Torremolinos. You'll also find numerous businesses catering specially to this sector. Why not stop and enjoy a drink on one of its terraces? In the **La Carihuela** and **Los Álamos** areas you'll also find several venues with a lively atmosphere both day and night.

To enjoy the local cuisine, what about a few **tapas** in Carihuela, one of the best areas for gastronomy? Try the "**pescaíto frito**" (assorted fried fish) and the "**espetos**" (sardines threaded on a stick and charcoal-grilled). And if you want a special treat, book a table in an exclusive restaurant. Another option is to visit the bars in the Calvario district. You'll be amazed!

You can have lunch or dinner in one of the many restaurants, or go partying in the pubs and beach-clubs.

At **night**, the best atmosphere can be found around the **Plaza de la Nogalera**. Take a stroll around this pedestrianised square and you're bound to find a place to sit down and enjoy a drink. In the adjoining streets you'll also find a wide range of shopping, culinary and leisure options.

If you want to go **shopping**, the best place is the **Calle San Miguel**, the main shopping centre. Shops specialising in crafts can be found alongside the major brand names in fashion, footwear, jewellery and souvenirs. In the narrow streets leading off the **Avenida Carlota Alessandri** you'll find traditional shops and businesses.

DONOSTIA/ SAN SEBASTIÁN: CULTURE AND GASTRONOMY BY THE SEA

You'll find numerous reasons to stay here: the natural beauty, the friendliness of the local people, the delicious culinary attractions and the outstanding cultural agenda. And if you add its commitment to respect and equality, there couldn't be a better place to visit, could there?

LGBTIQ+ DESTINATIONS





LA CONCHA BEACH
SAN SEBASTIÁN, GUIPÚZCOA

WHAT NOT TO MISS IN SAN SEBASTIÁN

Would you like to know the classic places to visit in this beautiful city? We'll tell you.

You should visit the impressive **Buen Pastor Cathedral**, the largest religious building in San Sebastián, the spire of which is visible from practically everywhere in the city.

Another of the icons of San Sebastián is the sculpture called the **Peine del Viento**. You'll find it at the end of Ondarreta beach, at the foot of Mount Igeldo. Watch a while and see how the waves break onto one of the best-known works by the brilliant sculptor Eduardo Chillida.

The **Basilica of Santa María del Coro** will take you from Modern to Classic Art, originally Baroque it also has Gothic, Churrigueresque and Neoclassical elements, and a beautiful Plateresque portico.

In September, if you book in time, you can attend the **San Sebastián International Film Festival**. During this event you'll see well-known faces from the world of Spanish and international film strolling around the city.

The north of Spain in general and San Sebastián in particular is known for its **gastronomy**. You can enjoy hearty soups and stews or the typical *pintxos* (elaborate gourmet canapés), seated or standing, in a luxurious venue or in a popular local bar or restaurant. You're guaranteed to eat well. Do you fancy a special treat? Book a table in one of the city's Michelin-starred restaurants.

A CITY WITH LOTS OF ATMOSPHERE

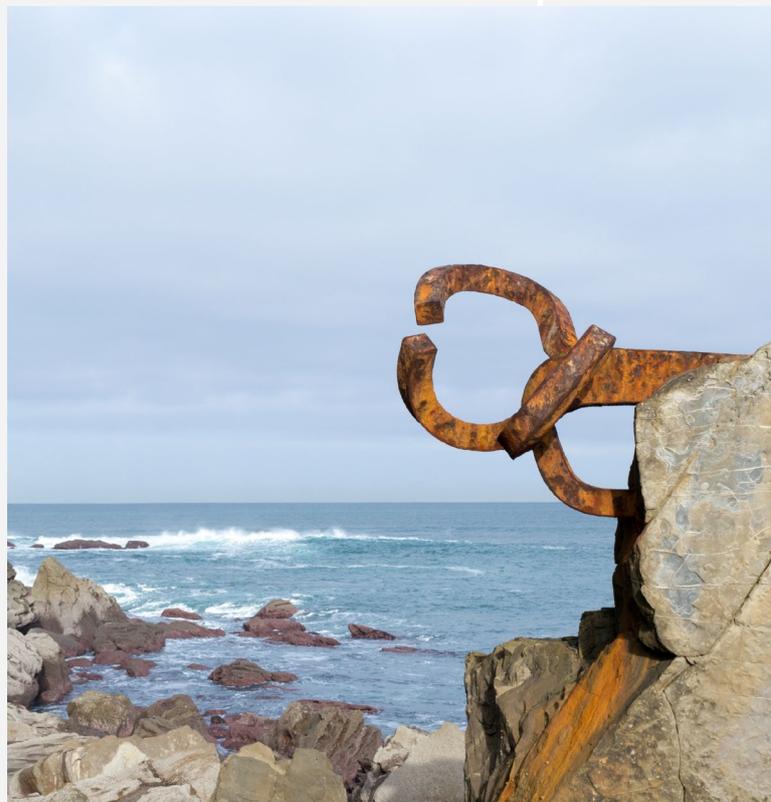
In San Sebastián you'll find venues with a LGBTIQ+ atmosphere throughout the city, from the **old town** to **Amara**.

Whether you're going out in the daytime or at night, you can choose between three areas, each with its own identity. The **Parte Vieja** or Old Town is one of the most popular areas. You'll find all kinds of bars there. The most modern venues are to be found in the **Calle Reyes Católicos**. Feel like something a little quieter? Then try the bars around the surfing neighbourhood of **Gros**.

And if you want to go **shopping**, there's plenty to choose from. See how traditional trade survives alongside renowned shops. To renew your wardrobe, you'll find all the best international labels and small exclusive firms in the city centre. You'll find a mixture of art galleries, antiques, mountains and surf in the Gros district.



▲ PINTXOS



▲ EL PEINE DEL VIENTO SCULPTURE
SAN SEBASTIÁN, GUIPÚZCOA

IBIZA: THE ISLAND WITH THE LEGENDARY NIGHTLIFE

You're bound to have heard about the festive and cosmopolitan atmosphere on this island in the Balearics. But Ibiza has a lot more to offer than just partying: you'll fall in love with its villages, its people, its beaches and its evocative landscapes. You'll also find a wide range of cultural attractions. And another thing the island offers is numerous attractions for the LGBTIQ+ community.

WHAT NOT TO MISS IN IBIZA

Tour the **coast** of Ibiza. It's dotted with beautiful beaches and coves of all kinds: large, small, secluded, urban, peaceful, lively... There are so many to choose from. The nudist beach at **Es Cavallet** has a LGBTIQ+ atmosphere.

In the north of the island it's well worth visiting the **Can Marçà cave**. It's hidden inside a cliff in the Port de Sant Miquel. This spectacular cave is over a hundred thousand years old.

Another recommended visit is to **Dalt Vila**, the old town of Ibiza, designated a World Heritage Site by UNESCO. You can walk

around its Renaissance city walls and climb its cobbled streets to the Gothic **cathedral** at the highest point. Its Baroque-style chapels contain numerous works of art and the views are spectacular. Other places well worth visiting are the **Almudaina** and the **castle** where you'll find the section of Arab fortification that is preserved inside the rooms on the ground floor of the castle.

Would you like to find out more about the history of Ibiza? Then the place to go is the **Archaeological Museum of Ibiza and Formentera**. The itinerary begins with the first settlers and ends with the Catalan conquest in the 13th century.

A WIDE VARIETY OF LEISURE OPTIONS

In Ibiza you're guaranteed to **eat** well anywhere you go. Sample the island's typical fare or try a wide range of national and international cuisine. Amongst the liveliest areas for dining are the **outdoor restaurants in the port**, but you can also find quiet and pleasant places in some of the inland villages.

Enjoy a cocktail while you watch the sun set on one of the chill-out terraces in the coves around San Antonio. Or dance to sounds from world-famous DJs under the stars on summer nights in the island's clubs. Looking for something different? Enjoy a drink in the **port of Ibiza**, in the old fisherman's dwellings reconverted into bars. In the **Playa d'en Bossa** area you'll also find a large number of beach bars, pubs and clubs.

LGBTIQ+

And how about a little **shopping** after a day on the beach? Ibiza makes it easy: the shops stay open until midnight. Most of the shops are in **San Antonio, Santa Eulalia** and **Ibiza**. In the **port** you'll find everything from the most original fashions through to jewellery and music. Another good idea is to visit one of the hippy markets: you'll find them in **Es Canar** (Wednesday) and in **Las Dalias** (Saturday).

DALT VILA AND THE ALMUDAINA CASTLE
IBIZA

GRAN CANARIA AND TENERIFE

Do you know the secret of the Canary Islands? The temperature (between 18 and 25°C all year round) means you can enjoy the sunshine and the beaches any time of year. Gran Canaria and Tenerife are famous for taking special care of LGBTIQ+ visitors.

WHAT NOT TO MISS ON THE ISLANDS

There's no doubt that one of the Canary Islands' main attractions is the **beaches**. Come and enjoy them. Both in Gran Canaria and Tenerife, you'll find many to choose from. Many of them are frequented by the LGBTIQ+ community: Gran Canaria features the beaches of **Maspalomas** and **Playa del Inglés**, and in Tenerife, **La Tejita**.

Highlights of the **Cathedral** of Las **Palmas de Gran Canaria** include the columns in the shape of palm trees in the Gothic interior. After visiting the cathedral, you'll find a wide variety of museums. In the **Museum of the Canary Islands**, located in the heart of the historic district of La Vegueta, you can take a journey through local history. The **Néstor Museum** displays the work of the symbolist painter of the same name. Do you like modern art? Then come and visit the **Atlantic Modern Art Centre (CAAM)**.

There are numerous other things to do on both islands apart from sunbathing.

AMADORES BEACH
GRAN CANARIA



LGBTIQ+

If you're in Tenerife you can't leave without visiting the **Teide National Park**, which has been declared a UNESCO World Heritage site. You can marvel at its strange landscapes that seem to come from another planet, stroll amongst volcanic lava and breathe in the air on the highest mountain in Spain.

Another treasure of our World Heritage awaiting you on the island is the city of **San Cristóbal de la Laguna**. The streets in this picturesque city in the Canary Islands will transport you back in time. Its model colonial layout includes an imposing cathedral and a multitude of stately homes from the 17th and 18th centuries.

The **Museum of Nature and Man** in Santa Cruz de Tenerife is a chance to see the world's most important collection on the culture of the "guanches", a native people who inhabited the island of Tenerife before the arrival of the first European settlers.

LEISURE AND FUN

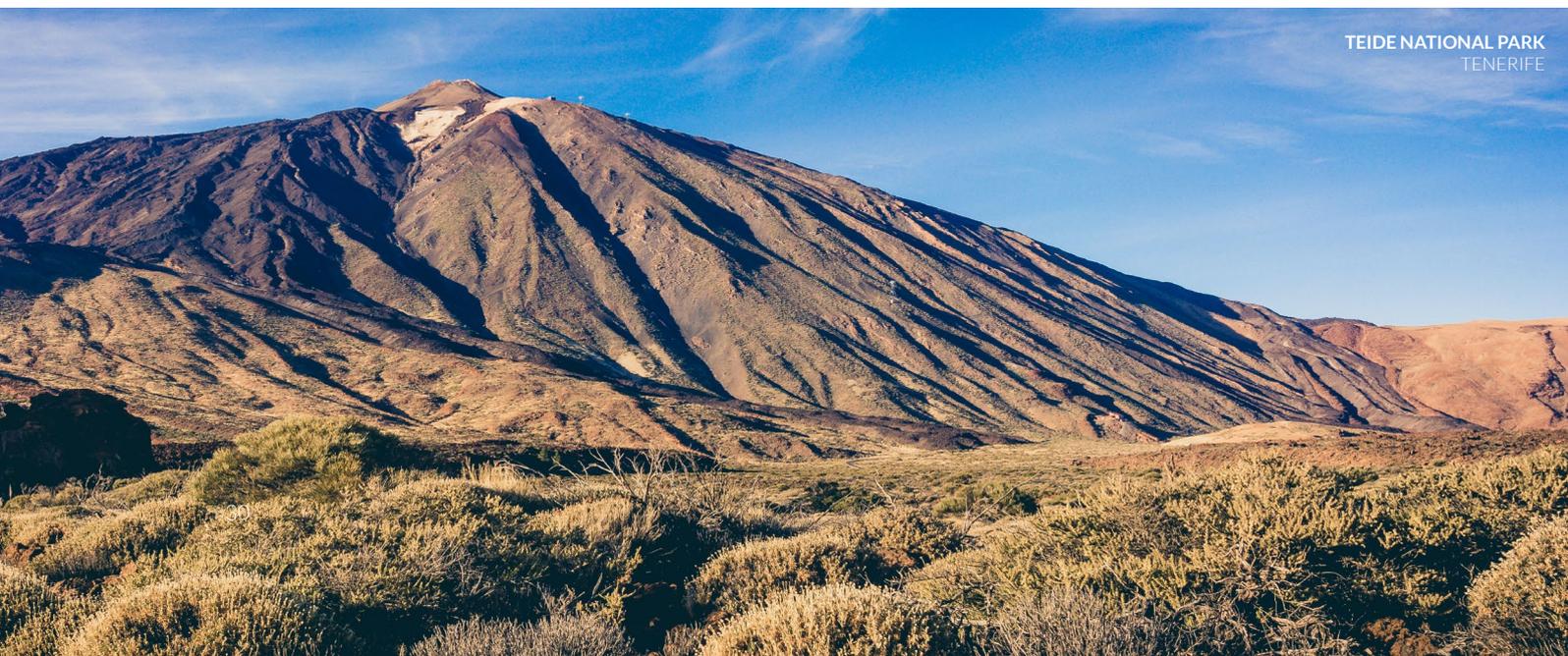
You'll find a vast selection of tourist attractions on both islands. You'll also discover that many venues have made a special effort to welcome the LGBTIQ+ community.

Eating well on either of the two islands is no problem. You should try some "**papas arugás con mojo**" (tiny potatoes with a spicy sauce) and delicious fish in one of the many restaurants that offer typical fare. If you prefer something else there are also many international options to choose from.

A large part of the leisure options are concentrated around the beaches. The best selection of bars, restaurants and clubs in Gran Canaria awaits you at **Playa del Inglés** and **Maspalomas**. In Tenerife, head for **Santa Cruz** or **Playa de las Américas**.

There is also a wide variety of options for shopping. You can choose between boutiques with top international labels and small businesses selling arts and crafts. Everything from the latest fashion trends to sports accessories, perfumery and nautical items.

The best place for shopping in Gran Canaria is the tourist area in the south of the island or the capital. Some of the best shops can be found in the historic Calle de **Triana** and the surrounding area. In Tenerife you'll find many places to choose from in **Puerto de la Cruz**, **Santa Cruz** and **San Cristóbal de La Laguna**.



TEIDE NATIONAL PARK
TENERIFE

LGBTIQ+ EVENTS AND FESTIVALS

If you're coming to Spain, you can celebrate Gay Pride in spectacular style in numerous cities. But there are many more events in the LGBTIQ+ calendar. Make a note of some of the most important festivals.

▼ GAY PRIDE FESTIVALS
MADRID





LGBTIQ+

▲ GAY PRIDE MARCH NEAR THE PUERTA DE ALCALÁ
MADRID

MADRID PRIDE (MADO)

Madrid hosts world-famous **Gay Pride** festivities. Particularly since it was named **World Pride City** in 2017. For several days the city fills with rainbow flags and a multitude of events are staged in Chueca and other points in the capital. You'll have trouble choosing which one to go to!

Dance to Latin, pop or rock beats in a range of venues, enjoy a cabaret show, take part in a high-heeled race or attend the **Mr Gay Pride Gala**. But amid so much fun, MADO also has a strong element of social protest. You can attend **talks and conferences** and, of course, take part in the **demonstration** that each year champions the rights of the LGBTIQ+ community.

BARCELONA PRIDE

Each summer Barcelona hosts the number one **gay pride event on the Mediterranean**. Come and discover its distinctive atmosphere of social commitment; each Pride is dedicated to a specific theme. Take part in the activities in the **Plaza España**, the **Moll De La Fusta** and the **Gayxample**.

You can join in the foam party, a charitable obstacle race and numerous sports competitions. And don't miss the spectacular **Miss Drag Queen** gala. Children are also welcome at Barcelona Pride: **Pride Kids** offers a range of entertaining options for younger visitors.

FESTIVAL CIRCUIT AND GIRLIE CIRCUIT BARCELONA

Are you up to two weeks of partying? Come to Barcelona in August and join in with this massively attended festival. You can take part in its famous **pool parties**, **dance** to the sound of the music from the latest DJs and have a great time at the **party at the Illa Fantasia waterpark**. The festival includes **cultural and sports activities** and talks on the subject of LGBTI+.

GAY PRIDE SITGES
Photo: LAKOV/123rf.com



BENIDORM GAY PRIDE

In September, **Benidorm Pride** closes the European Pride calendar. You're guaranteed a fantastic time in this **great tourist resort** that never sleeps. Come and join in with the **week of celebrations** that culminates in the **Gay Pride Parade**. The epicentre of the festival is the old town where you'll find numerous LGBTIQ+ venues.

MASPALOMAS GAY PRIDE

The Canary Islanders claim that their Gay Pride is the most fun of all. Find out for yourself in May. The south of the island of **Gran Canaria** is covered in rainbows and the music goes on and on. Head for the **Yumbo Centrum** shopping centre, the official headquarters of the most massively attended event on the island of Gran Canaria. You'll find exhibitions, parades, excursions, festivities and concerts awaiting you there.

LOS PALOMOS

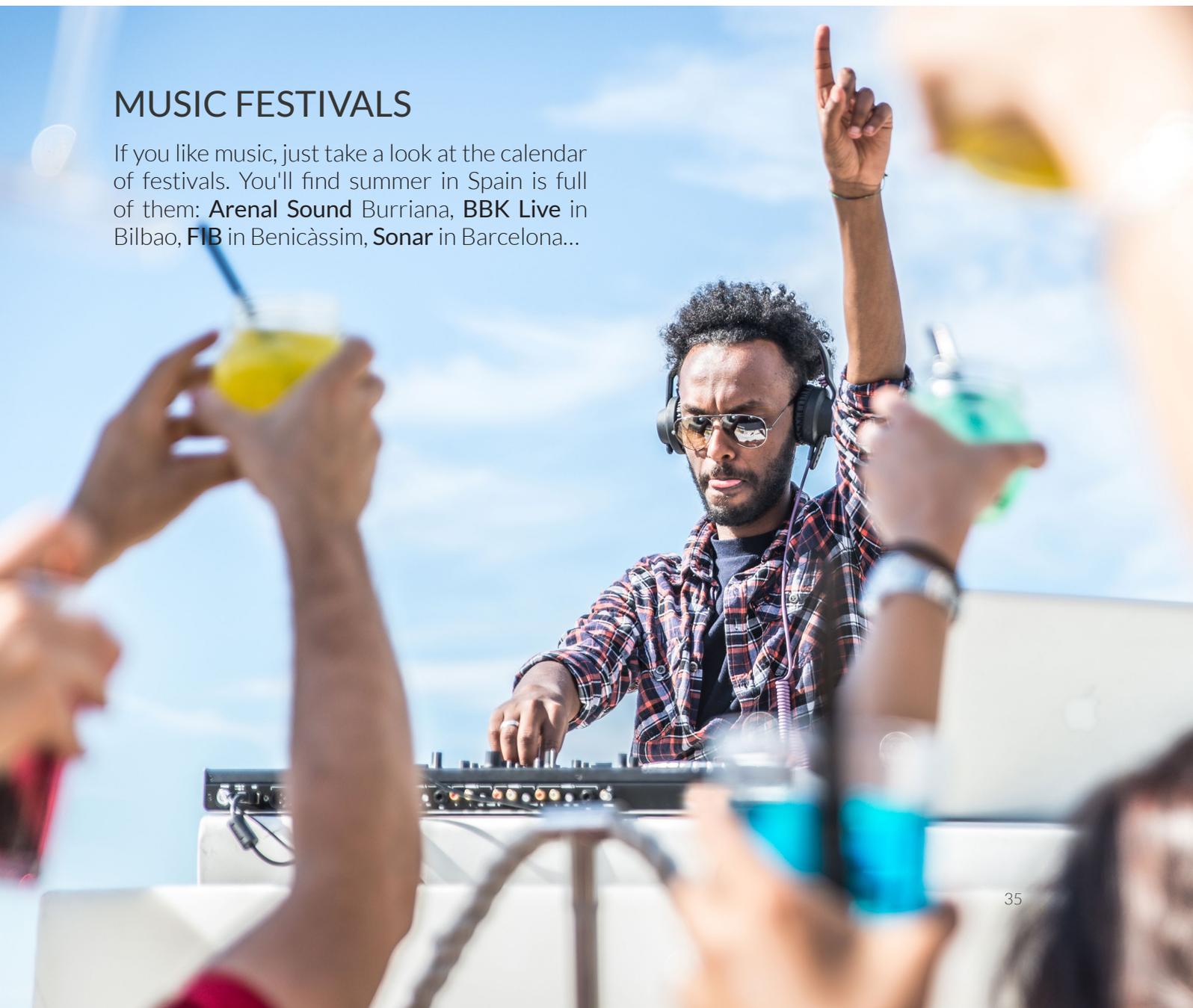
Gay Pride in Extremadura is celebrated in **Badajoz**. This fledgling LGBTIQ+ festival offers an exciting line-up of concerts, film screenings and exhibitions between **La Alcazaba**, the **Plaza Alta** and the **Puerta de Palmas** bridge in the city centre.

DRAG QUEEN GALA AT THE CARNIVAL IN GRAN CANARIA

Do you know Spain's carnival festivities? You'll be especially surprised by the festivities in the Canary Islands. The parades are spectacular for the originality of the colours and the eye-popping costumes. Come and experience an explosion of music, colour and energy at the **Drag Queen Gala**, one of the most popular events in the carnival in Las Palmas de Gran Canaria.

MUSIC FESTIVALS

If you like music, just take a look at the calendar of festivals. You'll find summer in Spain is full of them: **Arenal Sound** Burriana, **BBK Live** in Bilbao, **FIB** in Benicàssim, **Sonar** in Barcelona...





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