

# **visitBarcelona** **Sustainable Tourism**

Sustainable Barcelona





## A CITY

committed to **sustainability**, where its many attractions can be enjoyed **with balance**, respecting their surroundings

that looks after the **environment** and where nature creates a genuine **green network**

that combines a **wide range of culture and cuisine** with attractive **natural heritage**

that prioritises **sustainable mobility** and is **accessible** for everyone

# LIVE IT.

Welcome to Barcelona! ►



# THE GREEN OF BARCELONA

With vegetation from the five regions of the world with a Mediterranean climate, the Botanical Garden of Barcelona provides a different journey for the senses in each season of the year.

The Garden conserves and documents Catalonia's natural heritage, spreads a botanical and naturalist culture and promotes knowledge and respect for nature.

More than a third of Barcelona is made up of **green spaces** so you can **enjoy nature without leaving the city**.

As you stroll through the city it's easy to come across one of its **parks and gardens**. The Nature Park of Collserola and the mountain of Montjuïc serve as the city's large green lungs, as well as a wonderful home for a **large variety of plants and animals**.

And closer to Barcelona there are even more green spaces with a huge **diversity of natural areas** of great scenic, ecological and cultural value. Information centres, signposted paths, guided routes, temporary exhibitions and other alternatives help to enjoy, get to know and learn to respect the natural environment.



**54**

spaces of natural interest in the city

**86**

parks and gardens

**235,000**

trees in the city

**17.71** m<sup>2</sup>

green surface area per inhabitant

**12**

nature parks in Barcelona province



Criteria of sustainability and respect for the environment are applied in the conservation and management of Barcelona's urban green spaces

**ISO 14001  
Certificate**



Barcelona strives to be a city where nature and the metropolis interact and enhance each other to the benefit of people

**Green and  
biodiversity  
plan 2012-2020**

# THE BLUE OF BARCELONA

In addition to the unbroken blue of Barcelona's sky are the **blue tones of the water along its coast**, merging in perfect harmony with the golden sand of its beaches.

The **beaches** provide a large open-air space to enjoy contact with the sea and sun, as well as inviting visitors to **get to know the marine flora and fauna**, with an interesting **diversity of seabed, sand and coastline**.

Barcelona's aquatic environment is completed by its **rivers**. **The Llobregat and Besòs** also tinge the city blue and allow visitors to enjoy great scenery and a wealth of nature along their banks.

**4.5** km  
of beaches in  
Barcelona city

**100 %**  
of beaches accessible

**+100**  
beaches very close to the city,  
in the counties of Maresme,  
Baix Llobregat and Garraf

**115** hectares  
of green spaces at the Besòs  
Fluvial Park

**927** hectares  
of protected natural spaces  
in the Llobregat Delta



An environmental policy is applied when managing Barcelona's beaches that includes a commitment to continued improvement and prevention of contamination

**ISO  
14001:2004  
Certificate**

A combination of sky, sand, water and biodiversity make up the beach of Barceloneta which, together with Sant Sebastià beach, is the city's largest and most traditional.

During a stroll along the seafront you can visit the Beach Centre, a place dedicated to raising awareness of environmental issues and enhancing the Barcelona coastline, revealing how the area and its marine biodiversity have changed over the years.



# A TASTE OF BARCELONA

The Mercat de la Concepció is one of the numerous markets offering healthy food in Barcelona. Its Modernista architecture holds a wide range of local produce and organic products, grown using environmentally-friendly methods.

One of the features that make this market so special is its large section devoted to plants and flowers, adding a touch of colour and helping to expand nature throughout all corners of the city.

An excellent way to get to know the city is by experiencing its gastronomic delights. Savouring the taste of Barcelona means discovering the **Mediterranean Diet**, with its nutritional, healthy and tasty dishes, declared of Intangible Cultural Heritage by UNESCO.

There are several ways to savour the city: from **guided routes to discover typical Barcelona products** and its gastronomic history through the Barcelona Walking Tours Gourmet, to the visits proposed by the Food & Wine programme to get to know Barcelona's **culinary and winemaking traditions**.

There's a wide range of restaurants in Barcelona that use fresh, locally sourced produce. There's also a growing number of vegetarian and vegan restaurants, as well as shops selling organic products.

**39**

markets with local produce

**+15**

slow and local food restaurants

**+30**

food and wine activities at [Barcelona Tickets](#)



Barcelona is the first city in the world to declare itself "vegetarian and vegan-friendly"

**Barcelona Veg-Friendly**



The Green Spot



# CULTURE AND LEISURE IN BARCELONA

It's easy to fall in love with the Palau de la Música after just one visit.

This architectural jewel, declared a World Heritage Site by UNESCO in 1997, immerses visitors in a world full of details and references to nature so typical of *Modernista* architecture.

The Palau has implemented an environmental management system in line with European regulations (EMAS or Eco-Management and Audit Scheme) as well as the international standard ISO 14000, two certificates that endorse the effective environmental management of its facilities, activities and services.

It's almost impossible to be bored in Barcelona. The city offers a **huge assortment of cultural and leisure activities**, with exhibitions, concerts, festivals, shows, walks and a long etcetera of options in which sustainability plays an increasingly important role.

There are many different ways to get to know the city, both original and ecological. One **environmentally-friendly** way to discover the places that make Barcelona such a wonderful city is on foot or by bicycle.

The city also has a wide range of shops combining both **tradition and innovation**. Going shopping in Barcelona's streets is an excellent way to get to know the real Barcelona, with its long-established shops, original crafts, independent designers and small workshops making up a unique shopping experience.

**5**

cultural facilities with EMAS (Eco-Management and Audit Scheme)

**+50**

guided walking tours in Barcelona



In Barcelona you can get fit while discovering the most special parts of the city

**Walking our way to health**



# BARCELONA'S FACILITIES

Barcelona has an extensive network of information offices and points for its visitors. One of these points is located in the Gothic quarter or Barri Gòtic, on the ground floor of Barcelona City Council. Here our staff, who've been trained to help visitors with special requirements, provide information on a wide range of tourism products and services for everyone.

One example of this service is the Gothic Easy Walking Tour, an accessible guided tour around the city's historical centre.

Barcelona welcomes everyone to enjoy the city, 365 days a year.

There are all kinds of ways to **enjoy the city without barriers**, with something for everyone: easily accessible beaches with assisted bathing services in the summer, adapted museums, shows with audio description, guided tours with sign language interpreters, etc.

Barcelona is increasingly prepared for accessible tourism and implements accessibility criteria in its town planning, transport, information and communication technologies and public buildings, facilities and services.



**100 %**

of the buses are accessible

**95 %**

of the underground stations are suitable for wheelchair users



Montjuïc cable car and the tram have a universal accessibility certificate



Barcelona has a specific website with information on accessibility, which also provides details on accessible tourist products and services

[www.barcelona-access.com](http://www.barcelona-access.com)



A video invites people with different kinds of disability to visit the city

**Easy  
Barcelona**

