

# TASTING SPAIN

A Culinary Adventure in Barcelona & Madrid  
June 17—24, 2018

Hosted by Downtown Market Grand Rapids + Onward Travel



ONWARD TRAVEL 

EST 2014





The Downtown Market Grand Rapids is a well-loved destination for gourmet products, culinary education, and food and wine experiences. To take this passion international, the Market is headed to Spain to explore gastronomy and local culture in Madrid and Barcelona. Grab your passport because a small group of travelers are invited to participate in this one-of-a-kind culinary and cultural tour.

Join Mimi Fritz, President & CEO of the Downtown Market, as she shows you some of her favorite markets and destinations! *Tasting Spain* begins in seaside Barcelona, a city known for its diverse architecture, beaches, and a vibe of pure enchantment—then we're off to Madrid to enjoy art, tapas, and flamenco.

*Tasting Spain* will be filled with excellent meals and market visits, private tours, a cooking class in La Boqueria market, guided excursions to the countryside, plus time to shop and sightsee at your leisure. Spain will ignite your senses and this tour captures it all: the flair for style and design, works by Gaudi and Picasso, Tapas bites to gourmet delights, beaches in Barcelona and boulevards in Madrid. *Vamonos!*

Imagine yourself...

Cooking (and eating!)  
Catalan specialties.

Gazing at Segovia's  
Roman aqueduct.

Tapping your toes to  
Flamenco tunes.

## Welcome to Barcelona!

DAY 1: SUNDAY JUNE 17

- Dine on *paella* at a special lunch hosted by a Barcelona-based food writer.
- Cap off the day at the colorful and captivating Magic Fountain.

We'll commence our tour today at a fabulous family-run restaurant in La Barceloneta, Barcelona's seaside neighborhood. Join your traveling group, hosts Molly and Mimi, and food writer Jeff Koehler for a memorable lunch. Jeff has resided in Barcelona since 1996 and written many books and magazine articles about the local food and cuisine. We're dining today at Can Majó, Jeff's favorite "rice place" where we'll have a gorgeous *paella* lunch.

After lunch, check in and get settled at Hotel Nouvel, our comfortable, centrally located hotel. Enjoy a siesta as we'll be keeping later hours during our time in Spain. We'll reconvene late afternoon for a guided orientation city tour by private minibus featuring the places that best represent Barcelona: Paseo de Gracia, Plaça de Catalunya and Ramblas. Plus we'll visit Gaudi's Güell Park with breathtaking city views. We'll end at Restaurante La Clara for a delicious welcome dinner featuring Catalan specialties such as *Ibérico* ham, fried artichokes, cod with white beans, and more... all complemented by good Spanish wine and olive oil.

To seal the deal on this wonderful day, we have one more treat... a stroll by Barcelona's Magic Fountain to see a spectacular display of colour, light, motion, music and water acrobatics.

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Meals Lunch, Dinner



The enchanting Magic Fountain lights up the Barcelona evening.

## Exploring Art & Cuisine

DAY 2: MONDAY JUNE 18

- Tour Barcelona with a local expert focused on chocolate, design or Picasso
- Sample Spain's best natural wines.

Enjoy a delicious breakfast spread at the hotel as you will each morning. Today you get to choose your own adventure! We've lined up three wonderful, highly informative, and specialized walking tours. Choose the tour that captures your interests:

- \* **Chocolate:** Europe's infatuation with chocolate began in Barcelona. Indeed, it can be said that the world's love of cocoa began when Christopher Columbus returned to the port of Barcelona from the Americas, cocoa beans in tow. Dive into the history, culture, and process of chocolate making in one of the world's best chocolate cities.
- \* **Design:** Good architecture and design is revered and abundant in Barcelona. From the whimsical fantasies of Gaudí and his fellow modernistas, to the cutting-edge show pieces of the world's starchitects in the new neighborhoods, astounding design hotels, restaurant interiors, and beautifully crafted pieces of industrial and decorative design make up the city's everyday landscape. During this Barcelona Design Tour covering the Eixample district, home to many of the city's art nouveau masterpieces, we'll see first hand how the city's vibrant design culture has developed.
- \* **Picasso:** No artist shaped the twentieth century more than Pablo Ruiz y Picasso. Born in 1881 in Malaga, southern Spain, Picasso's immense talent was spotted at a young age and was first fostered under the tutelage of his father, also an artist, when the family moved to Barcelona in 1895. This in-depth Barcelona Picasso Tour focuses on these formative years of Picasso's life. Led by a local art historian, visit the Picasso Museum and other sites related to his time in the city, his first inspirations and the influence of the bohemian circles in Barcelona at the time.

Following your 3-hour tour, enjoy lunch on your own and free time to spend as you please. There are many museums, beaches, and shops to enjoy.

Is all this sightseeing making you thirsty? Early evening we'll meet at Bar Brutal, a natural wine bar. We'll arrive before the bar opens for a guided tasting of Spain's best natural wines paired with Bar Brutal's creative, gourmet cuisine. Natural wines are made with no chemicals, little intervention, and wild fermentation. They're unfiltered and fun. Cheers to that!

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Meals Breakfast, Dinner



## Boqueria!

DAY 3: TUESDAY JUNE 19

- Engage your senses visiting and cooking at La Boqueria.
- Explore Barcelona as you wish.

Today we're headed to market Mecca: La Boqueria. Situated in the Old City, La Boqueria is a world-famous market filled with color, sound and activity. There has been a market operating in this location for hundreds of years. We'll be treated to a special welcome and then roll up our sleeves for a cooking class at the Boqueria Food School, featuring some of Spain's best loved dishes.

Enjoy the afternoon and evening as you wish. Onward Travel will provide suggestions for free time. Perhaps you want to hit the beaches, museums, or shopping streets! A fabulous, walkable city awaits you.

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Meals Breakfast, Lunch

## La Sagrada Familia & Girona

DAY 4: WEDNESDAY JUNE 20

- Experience Gaudi's unfinished masterpiece.
- Tour Girona, a historic Medieval city.

Prepare to be wowed this morning at La Sagrada Familia, considered Gaudi's masterpiece. This grandiose work is unfinished and fascinating, architecturally complex and full of religious symbolism. Gaudi devoted more than 40 years to the church and after his death, in 1926, the work has continued according to his original plans and drawings. We'll have a guided tour of the complex.

Midday we're headed north of the city to Girona, a historic Medieval city with a walled old quarter, and Gothic cathedral. We'll enjoy a walking tour of Girona to see how difficult religious and cultural influences have defined the city over time. After the tour and a light lunch take time for additional shopping and sightseeing.

Once back in Barcelona, it is time for a stunning dinner experience! This evening we're dining at Bodega 1900, one of the restaurants owned by Albert Adrià, a well-known chef from El Bulli fame. The restaurant features a vast Vermouth collection and the menu is focused on traditional recipes, revived for today, with a twist of Adrià's molecular gastronomy. We'll enjoy an unforgettable tasting menu.

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Meals Breakfast, Lunch, Dinner

## Barcelona to Madrid

DAY 5: THURSDAY JUNE 21

- Travel by train between two great cities.
- Get acquainted with Madrid as you enjoy an evening of Tapas.

This morning we have time for one last hurrah before we depart Barcelona. We'll walk to Mercado Santa Caterina where beautiful architecture and food meet. The market has an undulating, brightly colored roof, and lively vendors.

We'll take a noontime fast train 3 hours to Spain's capital city, arriving mid-afternoon. Madrid is an expansive city known for its architecture, art collections, and boulevards. Rest up this afternoon or join Molly and Mimi on a walk to the city center for *churros* and chocolate at San Ginés Chocolateria.

Let's commence the evening at impressive Mercado San Miguel where we'll wander the recently renovated market (one of Madrid's oldest!) and enjoy a glass of wine. Then we'll meet our local guide for a Tapas Tour! This is a unique opportunity to get acquainted with a two centuries old Spanish tradition. Learn about Spanish history and culture as you enjoy small portions of many different dishes.

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Meals Breakfast, Lunch, Dinner



Gaudi's *La Sagrada Família* is an absolutely unforgettable manifestation of the boundlessness of human creativity.

## Fun & Flamenco

DAY 6: FRIDAY JUNE 22

- Get inspired by the interesting and beautiful artwork at Museo del Prado.
- Partake in a high-energy night of urban markets and Flamenco.

Enjoy a leisurely morning... perhaps take a walk in Madrid's famed manicured park, Parque del Buen Retiro. At noontime we'll convene at Museo del Prado for a guided tour by an art expert. The Prado Museum opened in 1819 and the art collection is one of the best in the world. After the 2 hour immersion, stick around the museum of the afternoon or spend it as you wish.

Tonight it is time for a Market bar crawl! We'll have cocktails at Mercado De San Ildefonso, a trendy, high energy, street-food themed urban market in the Malasaña neighborhood. Then we're off to Mercado San Anton, another modern market, to enjoy dinner at the rooftop restaurant. The fun is not over -- we're off to enjoy a Flamenco performance! At one of Madrid's best tablaos (Flamenco venues) we'll be entertained by the dance, costumes, and cultural heritage.

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Meals Breakfast, Dinner



**Flamenco in Southern Spain** is an important part of local folk culture, with its origins dating back to the 18th century.

## Day Trip from Madrid

DAY 7: SATURDAY JUNE 23

- Visit Segovia, a World Heritage Site with historic gems.
- Toast your travelling companions after a wonderful week in Spain!

After a few fabulous days in Madrid it is time to escape the urban environment and visit captivating Segovia. Our local guide will take us to this charming town where we'll learn about Spain's history and see sites such as the Roman aqueduct, the symbol of the town, and the Gothic cathedral built in 1525. Segovia's Saturday market will be happening, so we'll enjoy a stroll, and we can't miss the famous castle, Alcázar. After the tour enjoy lunch on your own (the local specialty is suckling pig!) and time to explore.

We'll return back to Madrid early evening with time for a siesta before we convene for a farewell dinner to toast our time together and enjoy a last meal of top-notch Spanish cuisine.

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Meals Breakfast, Dinner

## Farewell

DAY 8: SUNDAY JUNE 24

- Head home with wonderful memories!

Travel home with wonderful memories! If you'd like to extend your stay, perhaps to take part in the famous Sunday El Rastro flea market or visit other areas of Spain, Onward is happy to assist. *Buen viaje!*

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Meals Breakfast

## TRIP INFORMATION tasting spain

BEGINS	Barcelona, Spain Mid-morning on Sunday, June 17, 2018
ENDS	Madrid, Spain Sunday, June 24, 2018 : No activities scheduled 6/24
MOBILITY	This tour includes walking for 15-30 minutes at a time, plus stairs and cobblestones. If you have limited mobility, please inquire and we will discuss options. We will be taking the train and travelers will need to handle their own luggage for the train transfer. Travelers may always opt out of activities they deem too physically challenging but refunds will not be provided.
TRIP LENGTH	8 days, 7 nights
LODGING	<b>Hotel Nouvel</b>   4 Nights   Located in a historic building in the center of it all in Barcelona's Barrio Gotic neighborhood. <b>Hotel Moderno</b>   3 Nights   A friendly, centrally-located hotel just off the Puerta del Sol pedestrian area in Madrid.
TOUR DATES & PRICE	June 17–24, 2018 Double Occupancy \$3,450 per traveler Single Supplement \$575 additional  Contact Onward if you are interested in a room upgrade. Please note that air travel is not included and a current passport is required for travel to Spain.

### Trip price includes the following:

- Ground transportation to/from all scheduled activities.
- Accommodations at comfortable, well-located ★★★ hotels: Hotel Nouvel in Barcelona and Hotel Moderno in Madrid.
- Most meals: daily breakfasts, 4 lunches, and 6 dinners. We have fantastic gourmet experiences, wine included, of course!
- Local guide services throughout the tour to truly understand Spain.
- Activities, tastings, cooking class, and tours as detailed in the itinerary.

### ***Register now!***

Visit [onwardtravel.co](http://onwardtravel.co) to complete the registration form and submit payment. \$1250 deposit due upon booking, balance due by April 1, 2018.

**“I would sooner be a foreigner in Spain than in most countries. How easy it is to make friends in Spain!”**

**- George Orwell**

### **AIR TRAVEL:**

*Please confirm with Onward Travel that the tour is a “go” before booking non-refundable airfare. Contact Onward Travel for assistance or to coordinate with other Tasting Spain travelers.*

# TRIP INFORMATION tasting spain

## About The Downtown Market GR & Tour Host Mimi Fritz

The Downtown Market is a mixed-use facility that brings together local food production, education, and entrepreneurship opportunities. The indoor facility features a 23-vendor market hall with two full-service restaurants, while dozens of artisans line the outdoor market shed during special events. The Market offers several exceptional spaces throughout the site, including a rentable Incubator Kitchen, rooftop greenhouses, and the nation's first kid-friendly demonstration kitchen. The Market is LEED Gold certified, features a green roof, live walls, geotherm wells, a rain garden, and plenty of other innovative, sustainable features.

Mimi Fritz is the President/CEO of the Grand Rapids Downtown Market. She is passionate about creating strong urban places that are designed to support vibrant, healthy, and exciting communities. Her work, combined with her love of public markets, has led her to visit, study, and learn about public markets around the globe. She has visited and toured over 15 markets in Spain alone and recently attended an international public markets conference in Barcelona that focused on public markets around the world

## About Onward Travel

Onward Travel is a group tour operator owned and operated by sisters Molly Crist and Katerina Dhand. Onward Travel is focused on unique, thoughtful small group tours with itineraries that are researched and pieced together carefully to ensure authentic, engaging trips that foster genuine connection to places and people. A deep love of hospitality and adventure has been in Molly and Kat's blood for generations as Onward Travel is inspired by their family's cooking school on a farm in Bucks County, PA that offered culinary-focused travel to customers for over two decades.

Molly Crist will co-host *Tasting Spain*. She now resides in the Hudson Valley region of New York but she previously lived in Grand Rapids where she operated a food truck, The Silver Spork, and worked for the Downtown Market.

## Miscellaneous Travel Information

- Passports are required for American citizens travelling to Spain. Visas are not required. Note your passport should be valid for at least six months beyond the date of travel.
- To determine the current exchange rate, Google "USD to EUR."
- Travel Protection: Onward Travel recommends that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. Travel protection plans include coverage for Trip Cancellation, Trip Interruption, Emergency Medical and Emergency Evacuation/Repatriation, Trip Delay, Baggage Delay and more. For more information on the recommended plans or to enroll, contact Travelex Insurance Services at 800-228-9792 and reference location number 32-0704. For a summary of plan details on benefits, coverages, limitations and exclusions, please refer to the applicable Description of Coverage. Travel Insurance is underwritten by Transamerica Casualty Insurance Company, Columbus, Ohio; NAIC #10952. 1308294

## Get in Touch!

Contact Onward Travel with questions or special requests.  
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## Spain in June

Barcelona has a moderate Mediterranean climate year-round and it will be sunny and warm in June with the sea temps pleasant for swimming. Madrid is also dependably warm and sunny in June. Expect temperatures in both cities to be in the 70's. Onward Travel will provide packing notes in advance of the trip.

