

MADRID
GLUTEN
FREE:

A TOURIST
GUIDE
FOR
COELIACS



FACE
Federación
de Asociaciones de
Celiacos
de España

WELCOME TO MADRID

Welcome to Madrid, the vibrant capital of Spain. A city that seamlessly blends history, culture, and modernity. With a population of over 3 million, it is the largest city in the country and one of the major economic and cultural centers in Europe.

Founded in the 9th century as a Muslim fortress, the city's rich history is reflected in its stunning architecture, ranging from majestic palaces and ancient temples to sleek modern skyscrapers. Madrid is also home to some of the world's most important art collections, housed in renowned museums such as the Prado Museum, the Reina Sofía Museum, and the Thyssen-Bornemisza Museum.

The city is equally famous for its lively nightlife, delectable cuisine, and charming neighborhoods, each with its own unique character. From bustling markets and vibrant plazas to tranquil parks and gardens, Madrid offers an endless variety of experiences for visitors.

The welcoming and cheerful spirit of Madrid's residents, affectionately known as "gatos", makes visitors feel instantly at home. In short, Madrid is a city that not only boasts a rich historical and cultural heritage but also serves as a hub of innovation and modernity, offering its visitors an unforgettable experience in the heart of Spain.

Below, we would like to recommend some of the city's main tourist attractions:

- **Puerta del Sol:** here you will find the "**Kilometer Zero**" which is the point from where the distances of Spain's radial roads are measured. In the same square, you can see the Statue of the Bear and the Strawberry Tree (Oso y el Madroño), one of Madrid's symbols. Don't forget to take a picture with this beloved landmark!
- **Plaza Mayor:** a short walk from **Puerta del Sol**, this impressive historic square awaits you.
- **Royal Palace of Madrid:** the palace is a stunning example of architecture and art. Don't miss the Royal Armory and the Sabatini Gardens.
- **Almudena Cathedral:** right next to the Royal Palace, this modern Cathedral offers spectacular views from its dome. Explore its architecture and the Neo-Romanesque crypt.
- **Temple of Debod:** an ancient Egyptian temple in **Parque del Oeste**. Enjoy a walk and panoramic views of Madrid. It is especially beautiful at sunset.
- **Prado Museum:** one of the most important museums in the world. Here you can see masterpieces by Velázquez, Goya, and Bosch. It will take you at least two hours to explore its collections.
- **Retiro Park:** a short walk from the Prado Museum, this park is perfect for a relaxing stroll. Do not miss the **Crystal Palace** and the pond with its **Monument to Alfonso XII**.
- **Reina Sofía Museum:** this museum houses an impressive collection of modern and contemporary art, including Picasso's famous "Guernica." You can also explore works by Dalí and Miró.
- **Gran Vía:** stroll along this iconic avenue, known for its shops, theatres, and impressive buildings.
- **Plaza de Cibeles and Paseo del Prado:** admire the **Cibeles Fountain** and the stunning **Cibeles Palace**, now Madrid's City Hall. Walk along Paseo del Prado and enjoy the beautiful gardens and fountains.

On this website, you can find a wide variety of plans and recommendations to enjoy the authentic essence of Madrid: <https://www.spain.info/en/destination/madrid/>

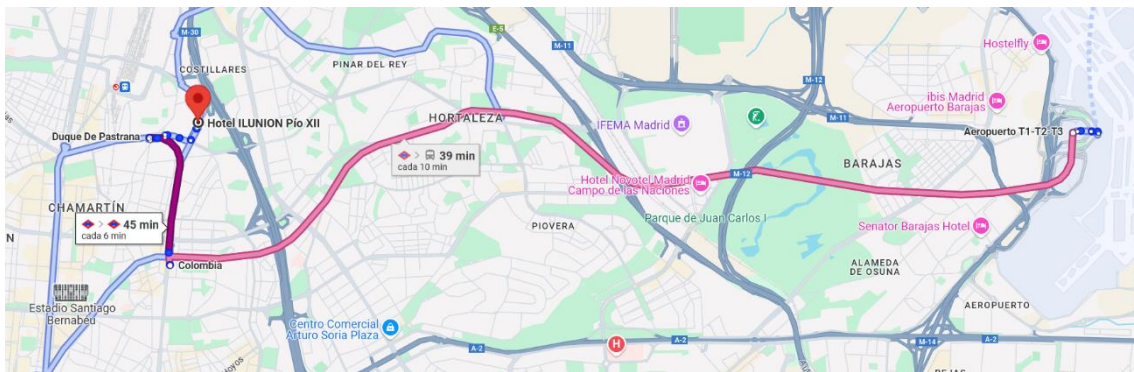
1. Where will you be staying?

Your accommodation will be at **Hotel Ilunion Pio XII Chamartín**, located at **Avenida Pio XII, 77**.

To reach **Hotel Ilunion Pio XII** from **Madrid-Barajas Airport**, you have several convenient transportation options.

By Metro:

1. **From the Airport: take Line 8 (Pink)** from the "Aeropuerto T1-T2-T3" or "Aeropuerto T4" station towards "Nuevos Ministerios".
2. **Transfer at Colombia:** get off at the "Colombia" station. Switch to **Line 9 (Purple)** towards "Paco de Lucía".
3. **Get off at "Duque de Pastrana" station:** the hotel is about a 5-10 minute walk from this station.



To find out information about available tickets for metro travel, you can check their website: <https://www.metromadrid.es/en/travel-in-the-metro/card-types>

Taxi:

Taxis in Madrid have a fixed fare of €33 from the airport to any location within the city centre.

Ride hailing services (VTC):

In Madrid, there are various ride-hailing companies such as Uber, Cabify, and Bolt. The fares for these services typically range between €15-25, depending on current demand. To use these services with your own app, follow the airport signs directing you to the VTC pickup area.

Airport Express Shuttle:

Madrid has a transport service that connects the city centre with Barajas airport. The line works 24/7 and every day.

The shuttle service, known as the "**Expres Aeropuerto**", takes approximately 30 minutes to reach T1, with an additional five minutes to T2 and five more to T4. During the day, the journey typically takes 15-20 minutes, while at night it can take up to 35 minutes.

The ticket price is 5 euros, and you can pay directly on the bus in cash (*maximum change: 20 euros*) or using contactless payment with a bank card or mobile phone.

This special airport shuttle is easily recognizable by its yellow colour.

You can find information that is more detailed by clicking on the [following link](#).

Map of the location of the stops at the airport - Airport Express



2. [FACE's Eating Out Programme](#)

FACE (Spanish Federation of Celiac Societies) and its regional societies advise some restaurants and venues to offer safe gluten-free options to coeliac people under their GF Eating Out Programme.

If you are traveling to Spain you can identify the venues that participate on this programme with an specific badge that includes the current yea. This badge is always situated on the main door or window of the venues that work hand by hand with FACE and its regional members:



Eating out program badge

To find out which venues are included on FACE's GF Eating Out Programme, you can use the FACEMOVIL app (more information below).

Here you can find some restoration brands that are included on FACE's GF Eating Out Programme.: [Restoration brands](#).

FACE recommends going to venues that are part of GF Eating Out Programme. If you can't find any venue or you prefer going to another restaurant, please indicate upon arrival that you are coeliac. This text may be useful to you:

"Hola. Tengo enfermedad celiaca. No puedo comer gluten, es decir, alimentos que contengan trigo, centeno, cebada o avena. ¿Disponen en su establecimiento de opciones sin gluten seguras para

personas celiacas?". ("Hello. I have celiac disease. I cannot eat gluten: foods containing wheat, rye, barley or oats. Do you have safe gluten-free options for people with celiac disease in your establishment?").)

In Spain, you can find a variety of gluten-free craft beers. However, FACE only recommends consuming ELS licensed gluten-free beers (look for Crossed Grain Trademark on the label).

You can check the available gluten-free beers on the FACEMOVIL app.

Which typical dishes do we recommend?

- **Cocido Madrileño:** this is the most iconic dish of Madrid. It's a stew made with chickpeas, vegetables (such as potatoes, carrots, cabbage), meats (beef shank, bacon, chorizo, blood sausage), and some sausages. It is served in three courses: first the broth, then the chickpeas and vegetables, and finally the meats.



You can try the authentic gluten-free Cocido Madrileño at **El Bola**. We recommend you make a reservation:

Calle Bola, 5 28013 Madrid (MADRID)

+34915476930

labola@labola.es

www.labola.es

- **Calamari Sandwich:** this simple but delicious sandwich is a classic of the capital. It consists of battered and fried calamari served in a crunchy bread roll. It is typical to enjoy it in bars around the city center, especially in Plaza Mayor.



You can try a gluten-free version at **La Chocolatería 1902**, located at Calle de San Martín, 2, Centro, 28013, Madrid. <https://chocolateria1902.com>

- **Various Tapas:** such as broken eggs with ham, patatas bravas, croquettes, etc. You can enjoy them at **La Lina**, Plaza de la Cebada, 2, Centro, 28005, Madrid.



<https://restaurantelalina.com>

- **Churros with Chocolate:** churros are fried dough strips, usually in the shape of a loop or spiral, served hot and crispy. In Madrid, they are typically paired with a cup of thick, delicious hot chocolate, perfect for dipping the churros.



You also can try it at **La Chocolatería 1902**, located at Calle de San Martín, 2, Centro, 28013, Madrid.

<https://chocolateria1902.com>

3. [FACEMOVIL App](#)

As a courtesy gift, you have a free license available to use our FACEMOVIL app while you are in Madrid for the 36th AO ECS Annual Conference. Simply download the app to your mobile device and register using the email provided during your registration.



Please, note that the app is only available in Spanish.

The FACEMOVIL app is a valuable tool for finding establishments with safe gluten-free options, as well as for discovering gluten-free brands and food products.

What is FACEMOVIL?

FACEMOVIL is a food safety tool for people with coeliac disease. Thanks to this mobile app, a reference for the coeliac community, you can easily consult over 16,000 products included in FACE's digital gluten-free food list, as well as restaurants, hotels, and points of sale that offer safe gluten-free options.

What can you find in FACEMOVIL?

Packaged food products - Scanner

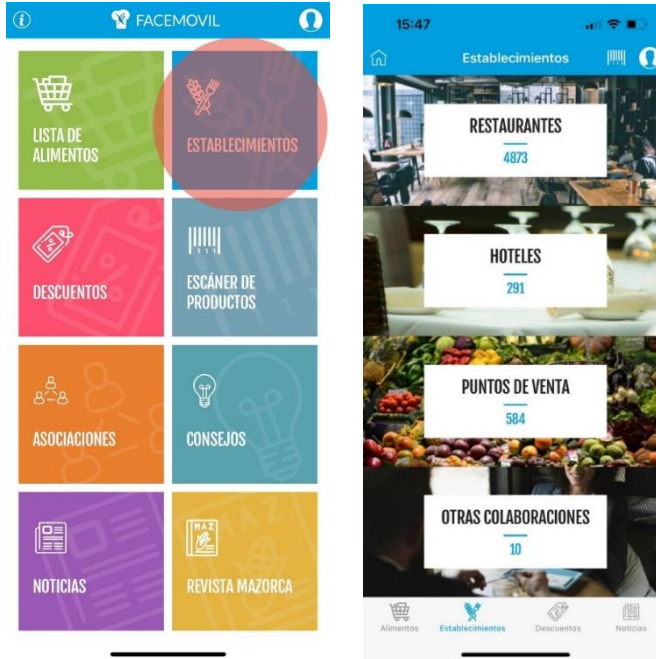
It includes a barcode reader to check the products listed in FACE's digital gluten-free food list.



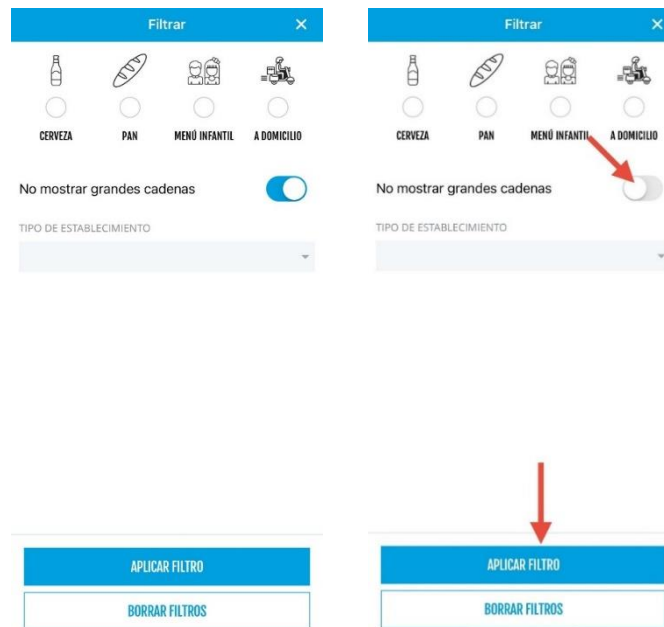
The Safest Gluten-Free Restaurant Network

The FACE Gluten-Free Eating Out Programme verifies the preparation of gluten-free dishes in the advised establishments to provide consumers with coeliac disease variety and safety.

First, click on the "**Establecimientos**" section, then access the "**Restaurants**" section to see all the safe venues nearby.



You have to disable the filter "**No mostrar grandes cadenas**" (*Do not show large chains*) to also see information about the advised large restaurant brands such as Burger King, Pizza Hut, Vips, Foster's Hollywood, Grosso Napoletano Senza Glutine, etc:



Adopt New Healthy Habits

Read nutritional advice to help you maintain a healthy gluten-free diet and better understand how to identify the symbols and labelling of products.

