

Conference Guide

Conference Venue

Conference Location: Hotel H10 Tribeca

Hotel H10 Tribeca - the ideal starting point

With a fantastic location close to Paseo de la Castellana, the H10 Tribeca stands in Madrid's main business district. Recently refurbished by renowned interior designer, Lázaro Rosa-Violán, the hotel takes its name from New York's Tribeca neighbourhood due to its marked industrial inspiration. The hotel offers 140 comfortable rooms, the modern Soho Restaurant, the Lobby Bar, a library and two Meeting Rooms.



Address: Calle de Pedro Teixeira, 5, E-28020, Paseo de la Castellana, Madrid, Spain

Tel: +34 915 97 15 68

E-mail: h10.tribeca@h10hotels.com

URL: <https://www.h10hotels.com/en>

History of Madrid

The site of Madrid has been occupied since prehistoric times, as has been shown by numerous objects found during different excavations along the banks of the River Manzanares. Madrid's population was initially Iberian and later Roman, and is possibly the Mantua found in certain ancient references and the Roman Miacum from the "Antonine itinerary", although some historians dispute this. It is now commonly believed that the original name of the settlement here was Matrice, a pre-Muslim word, which refers to the waters of the area and particularly to the stream running down the Calle de Segovia. However, Madrid as such does not achieve a mention in chronicles until the late tenth century, at which time there was already a fort or castle where the Royal Palace stands today. This fort was occupied by the Moors, who having named the River Manzanares al-Magrit ("source of water"), referred to the area as Mayrit (from which Magerit, then Madrid) and around which the borough of Madrid developed in the following centuries. The old arab walls surrounding this settlement can still be seen today (more info here). Between several different warriors, the Moors kept rule until Madrid was finally conquered in 1085 by Alfonso VI in his advance towards Toledo. This king ordered the main mosque within the fort's walls to be "purified" and consecrated as a Catholic church under the guidance of the Virgin of the Almudena, the name deriving from a religious icon found near the "almudín" or wheat deposit. La Virgen de la Almudena later became Madrid's female patron saint, whose saint's day is celebrated on 9th November and who gives her name to Madrid's cathedral. In the



year 1329, King Fernando V assembled The Court of Madrid for the first time. A little later, due to the Reconquista, Moors and Jews formed a concentrated population in the area that still today carries the name of Morería, but in 1494 the "unbelievers" were expelled and the mosque and other indicative buildings disappeared. Later, Madrid was taken by the followers of Enrique of Tostamara and ceded by Juan I to King Leon V of Armenia who was then dethroned by the Sultan of Babilonia. Having been destroyed by fire during the reign of Enrique II, the city was rebuilt by his grandson Enrique III, who reincorporated Madrid under the Crown of Castille and who also founded El Pardo, situated just outside the city. Enrique VI gave Madrid the title of "Very Noble and Loyal" and celebrated here his magnificent wedding with Doña Juana of Portugal. The death of the king caused the formation of two distinct bands within the Castille kingdom - the two sides disputing the succession of the throne. Isabel and her supporters overcame Doña Juana's followers and the victorious "Catholic Kings" (Isabel and her husband Fernando) solemnly entered the city to reside in a mansion in the Plaza de la Paja owned by Don

Pedro Lasso de la Vega. During the war of Communities, the Borough of Madrid took sides with the "Comuneros", although this did not prevent Emperor Carlos V bestowing on the city the title of "Crowned and Imperial". As remnants of these times we can cite the Church of San Jerónimo, the Church of del Paso and the Tower of Lujanes, this last in the Plaza de la Villa, opposite the Ayuntamiento or City Hall where Francis I of France was held prisoner after his defeat at Pravia in Italy. Carlos V was certainly enamoured with Madrid, amongst other things because he managed to cure himself here of tertian fever. However, it was his son, Felipe II who moved the Imperial Court to Madrid in 1561, although without making any official declaration. The population of the borough at this time was around 25,000. From this time Madrid was now the kingdom's capital, apart from the brief years between 1601 and 1606 when Felipe III installed his court in Valladolid. Madrid enjoyed significant changes during the 18th century, when city gates, bridges and new buildings gave it a new appearance. The Royal Palace (also called the Eastern



Palace - Palacio de Oriente, standing next to the large Plaza de Oriente square) was constructed on the site of the ruins of the Alcazar or old Moorish Castle which had been destroyed by fire in 1734. After 1738 Juan B. Sachetti directed the construction work on the Palace, helped out to some extent by Ventura Rodríguez and developing on original plans made by Juavera. The work was practically completed by 1760. The reign of Carlos III (1759 - 1788) helped to greatly improve the appearance of the city. The work on the Royal Palace was totally completed (as we know it today), as was the construction of the city gates of Puerta de Toledo, Puerta de Segovia (no longer standing) and Puerta de Alcalá, together with the Royal Theatre, the building that now houses the Ministry of Finance (Hacienda), the Natural Science Museum, the Botanical Gardens and the temple of San Francisco El Grande, amongst others. Also, the Retiro Park was significantly improved and several new buildings built: Casa de Cisneros, the General Hospital,

the College of San Carlos, the Royal Mint, Casa de los Geranios and the fountains of Cibeles, Neptune and Apollo. The reign of Carlos IV gave Madrid the Buenavista Palace (today the Ministry of Armed Forces) and other notable mansions such as that of the Dukes of Liria in Princesa Street and that of the Count of Altamira in Calle de la Flor. On the 2nd of May 1808 a popular revolt started in the Puerta del Sol, initiating the War of Independence. There are numerous place names in Madrid dedicated to these patriotic disturbances, the most significant being of course the Plaza Dos de Mayo in Malasaña. Once General Castaños had repelled the invaders in Bailén, he entered Madrid on 23rd August 1808. However, there were further battles when Emperor Napoleon presented himself in Chamartín and also in December of the same year when José Bonaparte entered Spain, only to be expelled three years later under pressure from the Anglo-Hispanic army led by Wellington. The last of the French left Madrid on the 27th May 1813 and the following year King Fernando VII entered the city. In 1835 the famous University of Alcalá de Henares was transferred to Madrid, where the Faculty of Science was added, becoming the Universidad Complutense de Madrid. The city continued to be improved during the reign of Isabel II with old houses in the Puerta del Sol being pulled down and the Congreso de los Diputados or Parliament, Royal and Zarzuela Theatres and the Canal de Isabel II (Madrid's water lifeline) being built. Also, in 1857, Madrid's gas lighting system was inaugurated. Since then Madrid's urban progress has accelerated to reach, today, the level of one of Europe's most beautiful capital cities - pleasing both for its intense animated spirit and its suitable mix of modern and classical appearance. By this time Madrid had grown in size and population reaching the figure of 3 million inhabitants in the metropolitan area and nearly 6 million people in the whole province of Madrid.

Source: <http://www.gomadrid.com/history>

How to get to Madrid

By Air

Adolfo Suárez Madrid-Barajas (MAD) receives all international flights arriving in Madrid. It is located just 12 kilometres northeast of the capital, allowing passengers to save considerable time and money travelling to and from the airport.

Barajas now has four terminals in operation. T4 was opened in February 2006 and has received various awards for its design by architects, Antonio Lamela and Richard Rogers. T4 received almost 26.8 million passengers in its first year of service. During the same period, the airport received a total of 46.3 million passengers. Furthermore, Madrid-Barajas has 138,000 m² of shopping and leisure facilities to kill time before catching a flight. Crèches, areas for prayer, restaurants and exhibitions are some of the many options.

Adolfo Suárez Madrid-Barajas (MAD)

Address: Av. de la Hispanidad, s/n, 28042, Madrid

Country: Spain

Telephone: +34 913 211 000

URL: <http://www.aena.es/en/madrid-barajas-airport>

Getting to the Airport

Metro: Line 8 (Nuevos Ministerios-Aeropuerto T4) links the capital to Barajas international airport. It takes less than 20 minutes to reach terminal T4 and just 12 minutes to reach the other terminals. Check prices here. When travelling around Madrid on public transport, you need to get a Tarjeta Multi. This is a non-personal contactless public transport card that can be topped up and used by multiple people. It has a validity period of ten years, and it is used to contain non-personal public transport tickets for use within the Region of Madrid.

Bus: Airport Express Bus: 24-hour service from Atocha (between 6 am and 11.30 pm) and Cibeles, stopping at O'Donnell (intersection with Doctor Esquerdo), T1, T2 and T4.

- Line 101 from Canillejas (T1, T2, T3).
- Line 200 from Avda. de América (T1, T2, T4).
- Interurban Line 822 San Fernando-Airport (T1, T2, T3).
- Interurban Line 824 Alcalá de Henares-Aeropuerto (T1, T2, T3).
- Interurban Line 827 Tres Cantos-Metro de Canillejas (T4).
- Interurban Line 828 Universidad Autónoma - Recintos FERIALES (T4).

Shuttle Bus: Free service linking the four terminals. Running every 5 minutes from 6.30 am to 11.30 pm, every 20 minutes from 11.30 pm to 1.50 am and every 40 minutes from 1.50 am to 6.30 am.

Taxi: To take a taxi you must wait at a taxi rank. There is a fixed rate of €30 for services between the airport and the city centre (within the Calle 30 ring road).

Cercanías (local train): The suburban train network runs between Príncipe Pío station and Adolfo Suárez Madrid-Barajas Airport Terminal 4, on the new C-1 line. Trains depart every half hour and you can check ticket prices here. AVE ticket holders can travel from the train station to the airport free of charge.

Car: Adolfo Suárez Madrid-Barajas Airport is linked by road to the main Madrid access routes and ring road. The airport can be reached by various routes:

- From the M-40: Exit 8. M12 Toll Road through the tunnel (T4) Exit 9A. Via M14 (T1, T2, T3) and M13 (T4)
- From the A-2: Exit 12. Via the M14 (T1, T2, T3) and the M13 (T4). Exit 12. Via the M12 Toll Road (T4)
- From the M-11: Exit 7. Via the M12 Toll Road (T4). Exit 9. Via the M13 (T4) End of M-11. Via the M14 (T1, T2 and T3) and the M13 (T4).
- From the R-2 Madrid-Guadalajara: Exit 3. Via the M12 (T4).
- From the A-1 Burgos: Exit 17. Via the M12 and the M-13 (T1, T2, T3, T4) Exit 17. Via the M12 Toll Road via Exit 7 (T4).

Adolfo Suárez Madrid-Barajas Airport has over 10,000 parking spaces. There are seven public car parks: P1, P2 and P4 (located at terminal buildings T1, T2/T3 and T4), have 2,392, 4,437 and 7,795 spaces respectively; the Express car park for short stays has 39 spaces; the VIP car park for T1, T2 and T3, the VIP car park for T4 (reservations for VIP spaces should be made by phone on 902 102 020) and there is also a long stay car park with 1,655 spaces.

By Car

Madrid is the centre of Spain's road network. Kilometre 0 is located at the Puerta del Sol, alongside the Real Casa de Correos, from which point all roads start and connect Madrid with the rest of the Iberian Peninsula. A dense road network runs through the city, of which the six national motorways can be highlighted.

- A-1. Madrid-Irún. Motorway of the North It leads to the Plaza de Castilla, where the two famous towers forming the gateway to Europe are found. If you wish to visit the Northern Sierra of Madrid, you must take this motorway.
- A-2. Madrid-Barcelona. Motorway of Aragon It passes through the Henares corridor and connects Madrid with Adolfo Suárez Madrid-Barajas Airport.
- A-3. Madrid-Valencia. Motorway of Valencia It is also the road to Albacete, Alicante and Murcia.

- A-4. Madrid-Seville. Motorway of Andalusia This motorway links the capital to the South of Spain and connects with other roads leading to Malaga, Cadiz and Almeria.
- A-5. Madrid-Badajoz. Motorway of Extremadura This motorway goes all the way to the Portuguese border and is an alternative route to the west of Andalusia.
- A-6. Madrid-A Coruña. Motorway of A Coruña After passing through the municipality of Villalba, it becomes the AP-6 toll motorway, which leads to the town of Adanero in Avila. It has a reversible lane on the stretch close to the city, which changes depending on the amount of traffic.

Arterial Roads and Ring Roads

In recent years, the transport links have been modernised, in order to cater for the incredible growth of the city. Particularly noteworthy additions have been the M-40, M-45 and M-50 roads, providing access to the region's peripheral municipalities. All these roads and the Calle 30 can be accessed from any of the national motorways. Calle-30 is the ring road closest to the centre, providing access to the capital's most emblematic streets. Thanks to the works carried out in recent years, including tunnels and the creation of connections between districts, traffic has been redistributed.

If you wish to find out more on Madrid's road network please visit:

<https://www.esmadrid.com/en/madrid-by-car>

Finally, Madrid now has new arterial toll roads. Their aim is to reduce traffic on national motorways, following the same route in order to reduce travelling time to and from the capital. These motorways are:

- AP-41: Madrid-Toledo
- R-1: Under construction. It will run parallel to the Madrid-Irún Motorway.
- R-2: Madrid-Guadalajara
- R-3: Madrid-Arganda del Rey
- R-4: Madrid-Ocaña
- R-5: Madrid- Navalcarnero

By Train

Madrid is the centre of the extensive Renfe railway network, arriving in the capital from all over Spain and offering convenient transport throughout the country. Mid-Distance, Long Distance, High Speed and Suburban trains depart from and arrive at the two main stations: Atocha and Chamartín. International trains to and from France and Portugal also depart from and arrive in Madrid.

Mid-Distance

The Mid-Distance lines bring passengers to the capital from all over Spain. Trains from major cities arrive at and depart from Chamartín (calle Agustín de Foxa, s/n) and Atocha (Plaza del Emperador Carlos V, s/n) stations daily.

International Destinations

Two long-distance lines connect Madrid with Lisbon and Marseille.

- Madrid (Chamartín)-Lisbon (Santa Apolonia): The daily Trenhotel Lusitania train takes 9 hours and 5 minutes.
- Madrid (Puerta de Atocha)-Marseille (Saint Charles): A daily AVE service takes 7 hours, stopping in other French towns: Perpignan, Narbonne, Béziers, Montpellier, Nimes, Avignon and Aix-en-Provence (<http://www.renfe-sncf.com>).

For more information on the timetables and routes please visit:

<https://www.esmadrid.com/en/madrid-by-train>

By Coach

Méndez Álvaro coach station has the highest flow of traffic in the capital. It is busy at any time of the day. Together with Avenida de América coach station, they are the first reference for many travellers on setting foot in Madrid.

Méndez Álvaro Coach Station

Méndez Álvaro, 83, Metro and Suburban Train: Méndez Álvaro (L6).

Phone: (+34) 91 468 42 00.

Main Companies:

- Alsa. (+34) 902 42 22 42. Its network of coaches covers most of Spain. They also travel to several cities in Morocco and some European countries (Germany, Andorra, Austria, Belgium, Slovakia, France, Great Britain, Holland, Italy, Luxembourg, Moldavia, Poland, Portugal, the Czech Republic, Romania, Switzerland and Ukraine).
- Socibus. (+34) 902 22 92 92. Running to and from Seville, Cadiz, Cordoba, Huelva and Jerez de la Frontera.
- Auto Res. (+34) 902 02 09 99 Services linking Madrid to Badajoz, Benavente, Caceres, Castellon, Cuenca, Merida, Orense, Pontevedra, Salamanca, Valencia, Vigo, Zamora and Lisbon (Portugal).

Avenida de América Coach Station

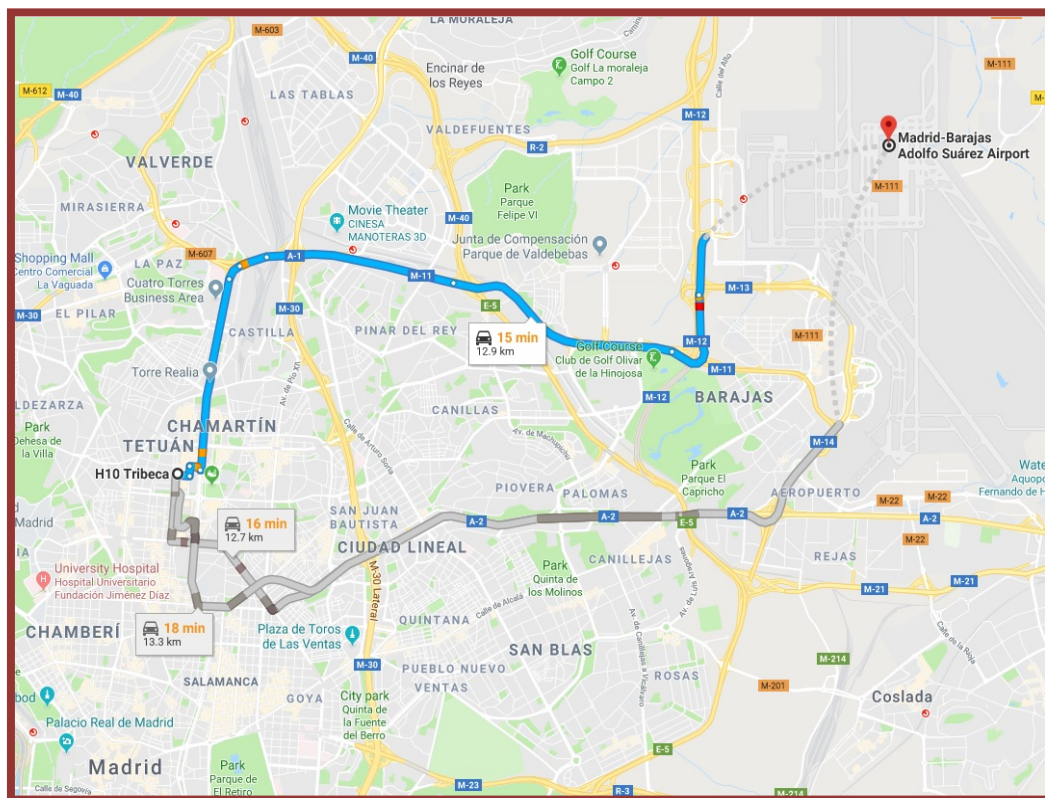
Avenida de América, 9, Metro: Avenida de América (L4, L6, L7, L9).

Numerous inter-urban bus lines that link Madrid with surrounding towns.

- Continental-Auto. (+34) 34 902 33 04 00. Services to Bilbao, San Sebastian, Vitoria, Burgos, Santander, Pamplona, Logroño, Soria and Granada.
- Alsa. (+34) 902 42 22 42. Various coaches depart from this station to twelve Spanish cities, including Barcelona, Huesca, Lerida, Tarragona and Zaragoza.
- Inter-urban Coach Lines

Various inter-urban coaches depart from Aluche, Conde de Casal, Moncloa, Plaza de Castilla, Plaza Elíptica, Príncipe Pío and Ronda de Atocha to link the city of Madrid with surrounding towns in the region and Central Spain. For example, Alsa runs the Madrid-Toledo service from Plaza Elíptica and La Sepulveda runs the Madrid-Segovia service from the Moncloa interchange.

Visa: As a rule, you'll be granted a visa if you can provide evidence of sufficient funds to cover your travel expenses, return flight ticket and hotel reservation for your stay. However, requirements for obtaining your visa may vary between countries. For full details on how to apply for a visa, you should contact the Spanish Embassy in your country. Visit the Ministry of Foreign Affairs website for a list of Spanish embassies around the world. If you're coming to Spain on holidays, you'll need a short-stay or Schengen visa, which allows you to stay or travel around Schengen countries for no longer than three months (90 days) within a six-month (180-day) period from the date when you first enter the Schengen Area. If you're visiting Spain for other reasons, you'll have to apply for a long-stay national visa, which allows you to live, work, study or do research in the country. This entry requirement doesn't apply if you're a citizen of the European Union, Iceland, Liechtenstein, Norway or Switzerland.



How to get from the Airport to the Hotel

By Car

Adolfo Suárez Madrid-Barajas airport is about 16 kilometers and about 16 minutes by car from the H10 Tribeca. Take M-14, M-13 and M-11 to Paseo de la Castellana. Take the exit toward Pº Castellana/Pza. Castilla from M-11. Continue on Paseo de la Castellana. Drive to Calle de Pedro Teixeira.

By Taxi

All terminals have clearly signed taxi ranks outside the arrivals area. Official taxis are white with a red stripe and have the Madrid City Council coat-of-arms on their doors. To take a taxi you must go to the appropriate taxi rank. Avoid people who offer taxi services inside the terminals. Make sure that the taxi driver starts the meter at the beginning of the journey (minimum fare). Ask for a receipt in the event of a complaint. The journey costs €30 for trips between the airport and Calle 30. No supplements can be added to this flat rate fare, which is also not eligible for the maximum rate for services booked online or by phone, provided the passenger is present at the meeting point at the agreed time. If the journey is less than 10km in distance and has not been booked online, the minimum taxi fare will be 20 euros. If it is more than 10km in distance (or the equivalent initial time), the price will increase in line with the corresponding fare.

For more information on taxi fares visit:

<http://www.aena.es/en/madrid-barajas-airport/taxi.html>

By Metro

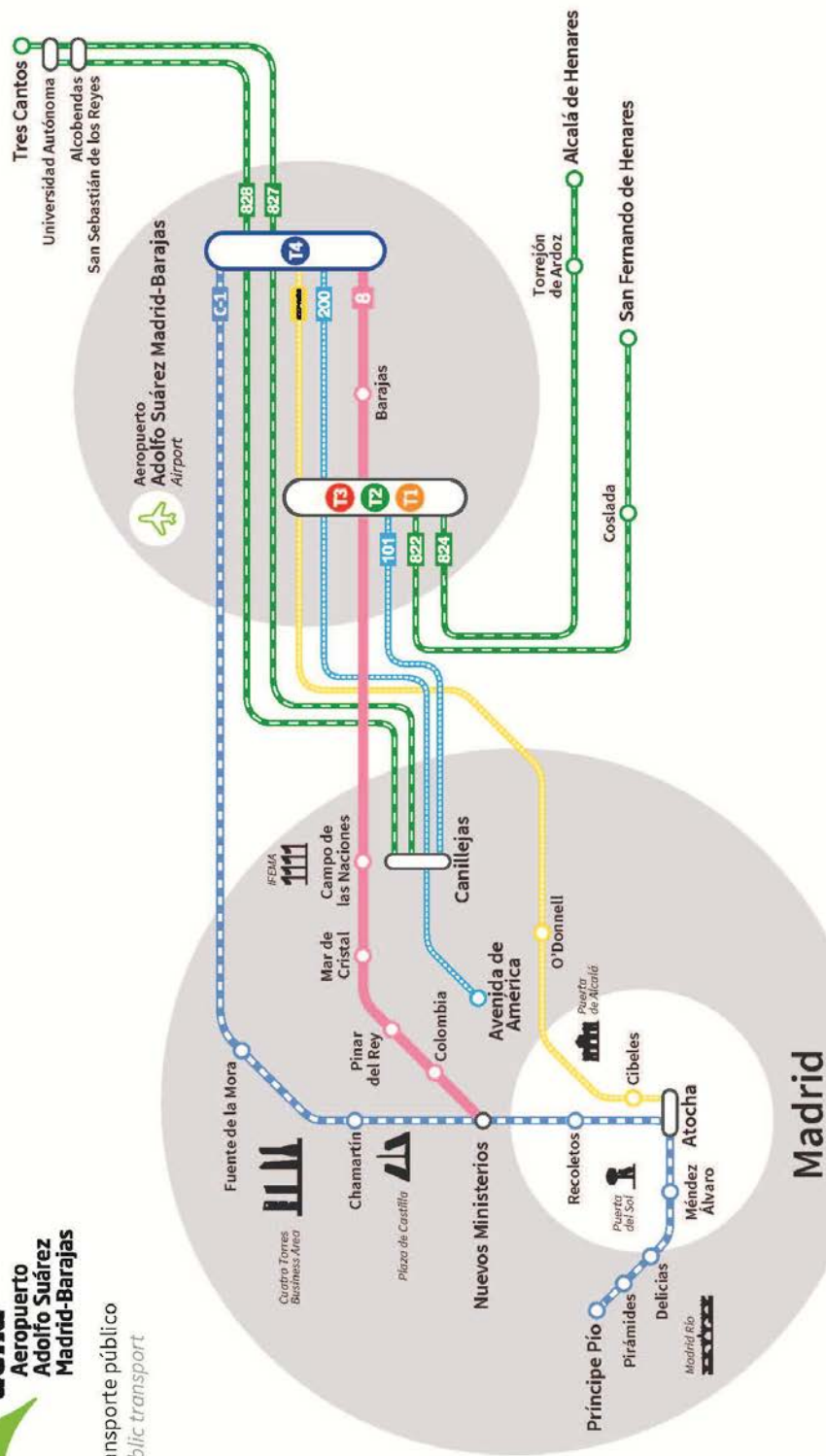
Metro line 8 runs from Nuevos Ministerios station in central Madrid to all the airport terminals in approximately 12-15 minutes.

Stops at the airport:

- T4 Airport. Terminal T4. Floor -1
- T1, T2, T3 Airport. Terminal 2. Floor 1

Telephone number:

- Customer assistance: 917 796 399
- Information telephone: 902 444 403



PLACES TO VISIT

Royal Palace of Madrid

The Palacio Real, or Royal Palace, is Madrid's largest building and possibly its most beautiful. It is located next to the equally beautiful Plaza de Oriente square. It may come as surprise to our readers to learn that Madrid's Royal Palace is the largest royal palace in Western Europe. It was built on the site of the old Alcázar, the Moorish castle destroyed by fire in 1734, but the site has been occupied since the 10th century by the Moors, who having named the city's Manzanares river al-Magrit ("source of water"), referred to the area as Mayrit which became Magerit, then Madrid. The old city walls around this area may still be seen. The palace was initially designed by Filippo Juvarra to accommodate the court of Felipe V, a total of more than 3000 courtiers. Juan Bautista Sacchetti initiated the building project in 1737 and Francisco Sabatini and Ventura Rodríguez terminated the works. It is surrounded by the beautiful Sabatini and Campo del Moro parks. The palace itself contains furniture, tapestries, paintings and ceramics as well as other important works of art and frescos by Tiepolo. Velázquez, Goya, Giordano and Mengs are all represented here amongst the dozens of valuable tapestries and paintings, making the palace one of Europe's most important museums and receiving more than 880,000 visitors in 2006. It remains open to the public almost year round except on the days of official ceremonies and receptions, although the public can only access certain areas. It is located on Bailén street, and the nearest Metro station is Opera.

Address: Calle de Bailén, s/n, 28071 Madrid, Spain

Open Hours: October to March: Mon - Sat 9.30AM - 5PM, Sundays and holidays 9AM - 2PM



Plaza de Oriente

Visitors to Spain's capital city are often puzzled to discover that the Plaza de Oriente is located in the west of Madrid, while its name suggests an eastern setting. However, it lies on the east side of the Palacio Real, and that is why it is so named. Juan Bautista Sachetti, who designed the Palacio Real, had plans to build a large square in front of the palace in the 18th century. The landscaped gardens are enclosed in a kind of semi-circular design. It's a leafy area with plants and trees beside broad walkways, one of which is lined with the statues of Spanish kings from the medieval period. Plaza de Oriente was not finished in its present form until the reign of Isabel II. During this time the Teatro Real, the Royal Theatre, was also built opposite the palace on the east side of the square. Plaza de Oriente is a very popular place with visitors to the city, as well as with local people. There are many cafés that line the area where the visitor may rest a while and absorb the atmosphere, perhaps the most famous one being the Café de Oriente, which has a marvellous terrace to sit outside and enjoy the spectacular views of the square. Getting to Plaza de Oriente is easy. It is a short walk from Plaza de España, and the nearest Metro is Opera, and bus numbers 3, 15 and 20 will take you there.

La Plaza Mayor

The Plaza Mayor is Madrid's main square. It is located right in the centre of the city, just a few minutes walk from the Puerta del Sol. Since it is located in the historic centre of Madrid, staying in this area is ideal to see the city's sights and monuments. The square was originally planned by Felipe II and his architect Juan de Herrera, but was inaugurated in 1620 during Felipe III's reign, whose statue sits proud in the very centre of the square. Juan Gómez de Mora gave it its rectangular form, and after it had suffered three fires Juan de Villanova completed the work in 1853 by joining the four sides. Over the years, the square has had many different names. Located at the confluence of the paths towards Toledo and Atocha, it was originally the site of the "Plaza del Arrabal" market and thus took this name before later becoming the Plaza Mayor. Since then it has also been called the Plaza de la Constitución, Plaza Real and Plaza de la República before returning to the now famous Plaza Mayor name at the end of the Spanish Civil War. Public executions, crowning ceremonies, bullfights, Inquisition trials and diverse fiestas have all taken place right here in the square. The square is mostly surrounded by three-storey houses with balconies looking out onto the square and still lived in by the fortunate few.



Prado Museum

The Prado Museum is Madrid's top cultural sight, and one of the world's greatest art galleries. Located in the eponymous street, El Paseo del Prado, its dazzling display of works by the great European masters such as Velázquez, Goya, Raphael, Rubens, and Bosch (among other major Italian and Flemish artists), is housed in an 18th-century Neo-Classical building that opened as a museum in 1819. Its name derives from the district where it is located, formerly an area of market gardens known as the "prado" or meadow. The Spanish queen at the time had been impressed with the Louvre in Paris and wanted to showcase an enormous collection in her own country. The result is several thousand works at the present time, with a recent modern extension allowing more of them to be displayed. The sheer scale of the collection can make it daunting, so it is important to arrive with a few of the highlights in mind and concentrate on those. Perhaps the collection's most famous painting is Velazquez's "Las Meninas," showing princess Margarita and her two ladies-in-waiting as well as the artist himself with paintbrush and palette in hand.

Address: Edificio Villanueva, Paseo del Prado, s/n

Phone: +34 913 302 900

Opening Hours: Mon - Sat 10AM – 7PM

Sundays and holidays 10AM - 7PM

Thyssen-Bornemisza Museum

Occupying a Neo-Classical mansion from 1806, many critics see this museum as the world's most important private art collection. Assembled by Baron Heinrich Thyssen-Bornemisza and his son Hans Heinrich, it illustrates the history of Western art from the primitive Flemish and Italian painters, to 20th century Pop Art. The Spanish state bought it in 1993, and today this museum is a strong complement to the Prado and Reina Sofia museums, adding 20th century international artists to the Spanish ones you may have already seen at Reina Sofia. With this museum, you can truly appreciate the entire evolution of the history of art without leaving Madrid.

Address: Paseo del Prado, 8. 28014, Madrid

Phone: +34 917 911 370

Opening Hours: Tue - Sun 10AM - 06.30PM

URL: <https://www.museothyssen.org/>



Campus Universidad Complutense

The Complutense University of Madrid (Universidad Complutense de Madrid, or UCM), known affectionately as La Complu, is among the oldest of the world's universities. It is the most important public university in Spain occupying all of the district of Ciudad Universitaria as well as Somosaguas district. The university enjoys top national ranking for its Schools of Philosophy, History, Psychology, Sociology, Spanish Literature, Optometry, Journalism, and Pharmacy. It is also associated with the Spanish Royal Society of Physics as well as Mathematics. Its motto is, "Libertas Perfundet Omnia Luce," which roughly translated means, "Freedom Spreads The Light Over Everyone."

Address: Av. Séneca, 2, 28040 Madrid, Spain

Royal Botanical Garden

Madrid's botanical garden (El Real Jardín Botánico de Madrid) was inspired by Fernando VI, who in 1755 gave the order for its creation on the banks of the River Manzanares. Then, in 1774, Carlos III ordered it to be transferred to its current location in the Plaza Murillo, alongside the Paseo del Prado, where it was inaugurated in 1781. Designed by the architect Francesco Sabatini, with later work by Juan de Villanueva (the architect of the Prado Museum), the 20 acres of the gardens contain plants from five continents, with an especially large number originating from South America and the Philippines. Neatly laid out beds, medicinal plants and herbs, and several types of trees and shrubs make up the rest of the variety of flora. In total it is estimated to contain about 30,000 plants and flowers, and 1,500 trees. Especially attractive are the wild roses of many hues and varieties, and the Classical Romantic Garden with a duck pond. Madrid's pleasant climate allows it to be open year-round, with locals using it as a relaxing place for lunch, and visitors as part of their sightseeing itinerary. In the year 2014, it was Spain's fifth most visited "museum" with over 415,000 visitors. I

Address: Plaza de Murillo, 2, 28014 Madrid (opposite Museo del Prado)

Phone: +34 914 203 017

Opening Hours: Daily 10AM - 6PM

URL: <http://www.rjb.csic.es/>



Where to eat in Madrid

H10 Tribeca Soho

With a modern design and large picture windows providing optimum brightness, this welcoming restaurant offers a full buffet breakfast as well as a carefully selected snack menu inspired by Mediterranean cuisine for light lunches and evening meals.

Cuisine: Mediterranean

Address: Calle de Orense, 38, 28020

Location: Madrid, Spain

Phone: +34 91 597 15 68

Open Hours: Mon-Fri 1PM–11.30PM

Sat 12.30PM–3PM, 8.30–11.30PM

Sun 1PM–3.30PM



Tasca La Farmacia

Meeting point, place for discussion between vital forces, cultural venue. La Farmacia has been this and much more since time immemorial: a veritable institution. And as man does not live on conversation alone, this establishment offers the best remedies for body and soul.

Cuisine: Local

Address: Calle del Poeta Joan Maragall, 19, 28020

Location: Madrid, Spain

Phone: +34 91 555 81 46

Open Hours: Mon-Sat 10AM–11.30PM

Sun closed

URL: <http://www.tascalafarmacia.com/en>

O'pazo

Quickly earned a spot in the thriving dining Madrid, till the point of being one of the few restaurants that was rewarded with a Michelin Red Guide star in its first edition in Spain. Today it is considered one of the best seafood restaurants in the world.

Cuisine: Seafood

Address: C/ Reina Mercedes, 20, 28020

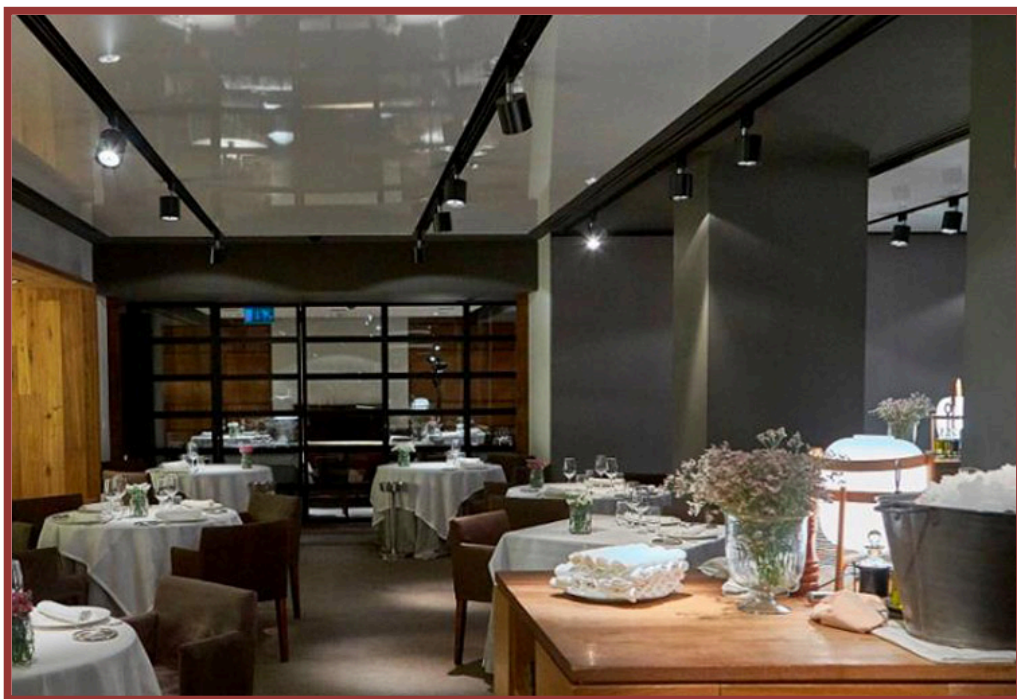
Location: Madrid, Spain

Phone: +34 91 553 23 33

Open Hours: Open daily 1.30PM - 4PM, 8.30PM - 12PM

Closed on Sunday

URL: <http://opazo.es>



Mi Dang

Mi Dang means "The home of delights" in traditional Korean. In Mi Dang you can experience the traditional flavors of Korean cuisine thanks to the recipes of more than 40 years of experience of their owners in a cozy and intimate atmosphere.

Cuisine: Korean

Address: Calle San Antonio, 6, 28020

Location: Madrid, Spain

Phone: +34 91 819 1920

Open Hours: Mon - Sat 1PM - 4.40PM, 8PM-11.30PM

URL: <https://www.restaurantemidang.com/>

La Casa de Mofongo

La Casa de Mofongo offers the most exquisite variety of Caribbean cuisine that you can find in Madrid.

Cuisine: Caribbean, South American

Address: Calle de Teruel, 9, 28020

Location: Madrid, Spain

Phone: +34 915 35 13 04

Open Hours: Mon - Sun 12AM - 12PM, Tuesday closed

URL: <http://casadelmofongo.com>



Honest Greens Castellana

Honest greens was created with the mission of making it easier to lead a healthy life. The food is real - always seasonal, fresh, unprocessed and without additives, preservatives or added sugars. The menu offers many gluten-free, vegan, plant-based and paleo dishes.

Cuisine: Breakfast

Address: Paseo de la Castellana, 89, 28046

Location: Madrid, Spain

Phone: +41 31 311 34 61

Open Hours: Mon - Thu 8.30AM - 4.30PM, 7.30PM - 12AM

Fri 8.30AM-12AM

Sat - Sun 9:30AM - 12AM

URL: <https://honestgreens.com/>

Sources:

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<http://www.tourspain.org/>

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