

3-DAY TRAVEL GUIDE

3 Days in Madrid for Food & Market Lovers

A 3-day Madrid itinerary for food lovers: Mercado de San Miguel and a La Latina tapas crawl, El Rastro and a paella class, then Gran Vía and the rooftop.



AT A GLANCE

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*Day One***Old Madrid, Bite by Bite**

Syra Coffee / Royal Palace of Madrid / Plaza Mayor

02

*Day Two***Madrid Classics & Spanish Flavors**

El Retiro Park / Crystal Palace / El Rastro flea market (Sundays only)

03

*Day Three***Gran Vía & the Bernabéu**

úmami · Churros & Specialty Coffee / Tour Bernabéu / Gran Vía

HABSBURG MADRID · SOL · LA LATINA

Day One: Old Madrid, Bite by Bite

Today we're eating our way through Habsburg Madrid, starting with coffee and the Royal Palace before wandering through Plaza Mayor, Mercado de San Miguel, and San Ginés. After Puerta del Sol, we'll see a flamenco show and keep the evening going with a tapas crawl through La Latina.



STOP 1 / 9:00 AM

Syra Coffee

Syra Coffee is a Spanish specialty roaster with small cafés around Madrid serving espresso drinks, cold brew, matcha, and single-origin coffee. I stopped in for coffee and absolutely LOVED the cortado! The quiet Sol...



STOP 2 / 10:00 AM

Royal Palace of Madrid

The Royal Palace of Madrid is Spain's official royal residence, with room after room of royal art and ceremony to explore. Walking through the ornate interiors felt like royalty had just stepped...

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STOP 3 / 12:00 PM

Plaza Mayor

Plaza Mayor is Madrid's grand central square, enclosed by red-brick buildings and arcades in the historic Austrias district. I came at 9 p.m. for sunset and kept checking my phone because the sk...

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STOP 4 / 12:30 PM

Mercado de San Miguel

Mercado de San Miguel is a historic glass-and-iron market beside Plaza Mayor, now filled with individual food and drink counters. My favorite bite was the octopus-and-potato skewer, and I also liked the mackerel toast. The...



STOP 5 / 2:00 PM

Chocolatería San Ginés

Chocolatería San Ginés has been serving churros and thick hot chocolate from the same little Madrid passage since 1894—and it's open 24 hours. The thin churros I had were SO crispy, and dipping them into that rich, flavorful...



STOP 6 / 2:30 PM

Puerta del Sol

Puerta del Sol is Madrid's fully pedestrian central square, where historic streets converge around the Real Casa de Correos. You can see the Bear and Strawberry Tree, Kilometer Zero plaque,...

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STOP 7 / 3:30 PM

Flamenco Show

If you're in Spain, you just have to see a flamenco show for yourself! Essential Flamenco was the one I went to. It's an intimate tablao in a tiny vaulted-brick cellar. It was my first flamenco show, an...

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STOP 8 / 5:30 PM

La Latina tapas crawl

A tapas crawl through La Latina means moving between the bars of Cava Baja and Cava Alta, ordering a drink and a small plate at each stop. You can mix traditional croquettes, bravas, boquerones, and huevos rotos with...

EL RETIRO · SALAMANCA · PASEO DEL PRADO

Day Two: Madrid Classics & Spanish Flavors

Today starts in El Retiro, where we'll walk through the park to the Crystal Palace before browsing El Rastro. Then we're joining a paella class and wrapping up with a visit to the Prado.



STOP 1 / 9:00 AM

El Retiro Park

El Retiro is Madrid's enormous green escape, filled with gardens, fountains, monuments, exhibition spaces, and an iconic lake that you can row a boat on! Walking here felt like paradise, especially when the rose garden burst...



STOP 2 / 12:00 PM

Crystal Palace

The Crystal Palace is a beautiful glass-and-iron exhibition pavilion beside a pond in El Retiro. Water reaches the palace steps, where ducks and turtles make the whole setting feel alive. I spotted the most beautiful black...

03

STOP 3 / 1:30 PM

El Rastro flea market (Sundays only)

El Rastro is Madrid's huge Sunday flea market, stretching from Plaza de Cascorro into side streets filled with antiques, vintage clothes, books, records, art, and all kinds of random finds. The surrounding streets also have...



Photo: GetYourGuide

STOP 4 / 4:00 PM

Madrid Paella Cooking Class

This paella cooking class begins at Antón Martín Market, where you shop for ingredients before heading into the kitchen. Then you'll cook a starter, mixed...

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Photo: GetYourGuide

STOP 5 / 8:30 PM

Museo Nacional del Prado

The Prado is Spain's powerhouse of historic painting, bringing Velázquez, Goya, Bosch, Titian, Rubens, and more under one roof. It's the most famous museum out of the 3 art museums that make Madrid's "Golden Triangle of Art"....

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GRAN VÍA · CALLAO · CASTELLANA

Day Three: Gran Vía & the Bernabéu

Today we're starting near Callao with churros and coffee, then heading north for the Bernabéu tour. Afterward we'll return to Gran Vía for lunch, shopping, and Museo del Jamón before finishing with rooftop city views.



STOP 1 / 9:00 AM

úmami · Churros & Specialty Coffee

úmami Churros & Specialty Coffee is a compact Callao café pairing churros with carefully made coffee and sweet bakes. I loved finding this low-key break from Gran Vía, and the banana bread totally...



STOP 2 / 10:00 AM

Tour Bernabéu

Tour Bernabéu takes you behind the scenes at Real Madrid through trophy rooms, club history, changing rooms, dugouts, and panoramic stadium views. The interactive archives and player displays give you much more to explore...

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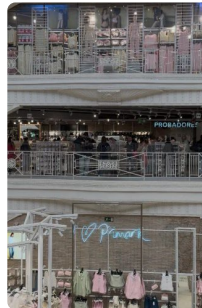


STOP 3 / 1:00 PM

Gran Vía

Gran Vía is Madrid's century-old showpiece avenue, stretching through the center with major shops, theaters, cafés, and rooftop spots. The avenue was built in three stages between 1910 and 1931, connecting Calle de Alcalá with...

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STOP 4 / 2:30 PM

Primark

Primark's flagship on Gran Vía is basically a giant department store filled with affordable clothing, beauty products, luggage, and home goods. I was genuinely shocked by how ginormous it felt—clothes, suitcases,



STOP 5 / 3:30 PM

Honest Greens Gran Vía 7

Honest Greens on Gran Vía is a bright, casual restaurant where you build your own plate from proteins, vegetables, bowls, and sides. It was one of my best meals in Spain—fresh, healthy, stylish, and surprisingly affordable!...



STOP 6 / 5:00 PM

MYKA Greek Yogurt

MYKA is a Madrid-born frozen yogurt shop serving tangy Greek yogurt with more than 30 colorful toppings to choose from. I still think about how refreshing and how DELIGHTFUL it was—I genuinely wish we had one at home! We even...



STOP 7 / 5:30 PM

WOW Department Store

WOW Concept is a seven-story shopping playground mixing fashion, beauty, tech, home finds, and emerging brands. The Gran Vía location is great, but I loved the I loved the Serrano location even more! These stores have huge...



STOP 8 / 7:30 PM

Metropolis Building

The Metropolis Building sits where Calle de Alcalá meets Gran Vía, with an ornate façade and a dramatic slate-and-gold dome. We stopped to see it while walking nearby, and that silhouette was impossible to miss. The gold...

GRAN VÍA · CALLAO · CASTELLANA

Day Three: Gran Vía & the Bernabéu

Continued - stops 9-10



STOP 9 / 8:00 PM

Museo del Jamón

Museo del Jamón on Gran Vía is a traditional ham shop, bustling bar, and full restaurant stacked under a ceiling of hanging jamones. I loved the lively local vibe, and the beer was honestly the BEST of our entire trip-ice-cold...

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STOP 10 / 9:30 PM

Sunset city views at 360° Rooftop Bar

The 360° Rooftop Bar sits on top of Hotel Riu Plaza España, with panoramic city views, live music, and a glass walkway high above Madrid. We walked into the...

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