

Syngene

Putting Science to Work

Barcelona

Unlocked

Syngene's Insider Guide



¡Saludos! Welcome to the ultimate guide to experiencing Barcelona's charm and culture, tailored exclusively for attendees of CPHI Barcelona. As you navigate the world of pharmaceutical innovation, allow us, Syngene International, to also guide you through the rich tapestry of this Catalan city, where history, art, and gastronomy converge to create an unforgettable journey. Join us in exploring Barcelona's hidden gems, from iconic Gaudí masterpieces to culinary delights, and make the most of your visit to CPHI by immersing yourself in all that this vibrant city offers.






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CPHI Barcelona

CPHI Worldwide, a prominent pharmaceutical and biotechnology event, is set to take center stage in the vibrant city of Barcelona. This global gathering serves as a crucial platform for industry professionals to network, exchange knowledge, and explore the latest innovations in the pharmaceutical field. Against the backdrop of Barcelona's rich culture and dynamic business environment, CPHI Barcelona promises to be an exceptional opportunity for attendees to engage with industry leaders, discover cutting-edge solutions, and advance the future of healthcare. Cheers to you for being a part of a transformative event that blends business with the beauty and energy of Barcelona. Having said that, don't forget to visit Syngene at Booth #3P39.

To know more, [click here](#) 





What to expect from the guide?

When attending CPHI Barcelona, you can expect the Barcelona travel guide to be your trusty companion, providing invaluable insights and recommendations tailored to your needs. Here's what you can anticipate:

1. **Local Expertise:** The Barcelona travel guide will offer expert advice on navigating the city, including tips on transportation, cultural etiquette, and hidden gems.
2. **Restaurant Recommendations:** Whether you're seeking traditional Catalan cuisine or international fare, the guide will feature top dining spots to satisfy your palate.
3. **Sightseeing Highlights:** Discover Barcelona's iconic landmarks and must-visit attractions, from the awe-inspiring Sagrada Família to the historic Gothic Quarter.
4. **Local Culture:** Immerse yourself in the city's vibrant culture by exploring local markets, art galleries, and experiencing the lively atmosphere of Barcelona's streets.
5. **Shopping Recommendations:** Find out where to shop for unique souvenirs, fashion, and artisanal products in Barcelona's diverse neighborhoods.

In short, the Barcelona travel guide during CPHI Barcelona will be your go-to resource for making the most of your visit, combining business with the pleasures of this remarkable city.



Barcelona in October

a. Tiempo (Weather) ¹

October is a month of major temperature change from the beginning of the month, when the warmth of September still lingers, to the end, when the cool temperatures of autumn set in. Additionally, as the month goes on, it gets dark earlier and earlier in the evening, culminating with the end of daylight, saving time on the last Sunday in October in Spain.

Average high: 73 degrees Fahrenheit (23 degrees Celsius)

Average low: 58 degrees Fahrenheit (14 degrees Celsius)

October is historically the wettest month of the year in Barcelona, a city that is famously sunny and dry, with about three inches of rain expected. Historical averages predict only about six days of rain in October, so even though it's relatively wet, you very well might have all sunny days on your trip.

If you're visiting Barcelona toward the end of October, you can expect temperatures to be noticeably lower than the monthly average. It's still possible to go to the beach and dip your toes into the Mediterranean in October, though, especially if it's early in the month. The sea temperature runs about 72 degrees Fahrenheit (22 degrees Celsius) in October on the shores of Barcelona.



b. ¿Qué llevar? (What to carry?)

When traveling to Barcelona in October, it's important to pack clothing that will keep you comfortable in the mild and sometimes changing weather conditions. Here's a list of clothing items to consider bringing:

1. **Light Layers:** Barcelona's October weather can be unpredictable, so it's a good idea to pack lightweight, breathable layers that you can easily add or remove.
2. **T-shirts and Tops:** Bring short-sleeve shirts and a few long-sleeve tops for layering. You can wear short sleeves during the warmer days and add a long-sleeve shirt or light sweater in the evenings.
3. **Light Sweaters or Cardigans:** A light sweater or cardigan is essential for cooler evenings or if you encounter cooler days.
4. **Jeans or Trousers:** Pack a couple of pairs of comfortable jeans or trousers for daytime outings and cooler evenings.
5. **Dresses and Skirts:** If you like dresses and skirts, pack a few that can be layered with leggings or tights for warmth.
6. **Outerwear:** Bring a lightweight jacket or a raincoat with a hood. Barcelona may have occasional rain showers in October, so it would be wise to be prepared.
7. **Footwear:** Comfortable walking shoes are a must for exploring the city. Consider packing a pair of closed-toe shoes for cooler days and a pair of sandals for warmer ones.
8. **Swimwear:** Pack swimsuit if you plan to take advantage of Barcelona's beaches or hotel pools. The Mediterranean Sea is still relatively warm in October.
9. **Accessories:** Don't forget accessories like sunglasses, a sunhat, and a small umbrella or raincoat for unexpected rain showers.
10. **Adapters:** If you are travelling from a region with a different type of electrical outlet, bring a universal power adapter to charge your devices.

Remember that Barcelona has a relaxed and casual vibe, so there's no need to overpack or bring formal attire unless you have specific dressier plans. By packing a mix of lightweight clothing items and versatile layers, you'll be well-prepared to enjoy your trip to Barcelona in October, whether you're exploring the city's historic sites, dining at outdoor cafes, or strolling along the beautiful beaches.



CPHI Venue

Cómo Llegar (How to get there)

Fira Barcelona Gran Via is one of the major convention and exhibition centers in Barcelona, Spain, and it's well-connected to the city's transportation network. Here are the common ways to reach Fira Barcelona Gran Via:

1. **Flight:** For people reaching Barcelona by flight, the airport is just 10 km from the venue. You can take any of the following modes of transport to reach Fira Barcelona Gran Via from the Barcelona – El Prat Airport.
 - Single Journey Ticket: Around €2.40 per ride.
 - T-10 Ticket (10 rides on public transport, including metro): Approximately €11.35.
 - Hola Barcelona Travel Card (unlimited rides on public transport for a certain number of days): Prices vary based on duration (e.g., 2 days for €16.30, 5 days for €38.65).
3. **Bus:** Several bus lines also serve Fira Barcelona Gran Via. Depending on your location in Barcelona, you can use buses to reach the venue. Look for buses that stop at or near “Plaça d’Espanya,” which is a major transport hub close to the Fira.
 - Single Journey Ticket: Similar to the metro, around €2.40 per ride.
 - T-10 Ticket: Approximately €11.35 for 10 rides.
4. **Tram:** Tram Line T1 also connects to the Fira Barcelona Gran Via. The closest tram stop is “Fira,” providing an additional transportation option to reach the venue.
 - The tram system in Barcelona is integrated with the metro and bus network, so the same ticket options and prices generally apply.

5. Taxi: Taxis are readily available throughout Barcelona. You can easily hail a taxi or use a ride-hailing app to request one. Just tell the driver you're heading to "Fira Barcelona Gran Via" so that he drops you off at the correct entrance.
 - Taxi fares start at around €2.10, with additional charges based on distance traveled and time spent in the taxi. A typical short ride within the city center might cost €10 to €20.
6. Uber: Uber is functional in Barcelona with certain limitations on waiting time. So, you can rely on Uber for transportation but keep the other options in mind if you don't get an Uber on time.
 - It will cost the same as a Taxi.
7. Car: If you're driving, Fira Barcelona Gran Via is well-connected to major roads and highways. There's ample parking available on-site. Remember that parking can be expensive, and it's often more convenient to use public transportation.
 - If you're driving, you'll need to consider the cost of fuel and parking. Parking fees can vary widely depending on location but can range from €2 to €5 per hour or more in central areas.
8. Walking: Depending on your location in Barcelona, you may be able to walk to Fira Barcelona Gran Via, especially if you're staying in the nearby Sants-Montjuïc district. Be sure to use a map or GPS app to navigate.
 - Walking and cycling are free modes of transportation once you have the necessary equipment (comfortable walking shoes or a bicycle). You may also consider renting a bicycle, which can cost around €10 to €20 per day.
9. Bicycle: Barcelona has a growing network of bike lanes, and you can rent a bicycle from various bike-sharing services. Cycling to the venue can be an eco-friendly and convenient option if you stay nearby.

Hola Barcelona Travel Card! Unlock unlimited access to the metro, bus (TMB), and FCG train and tram rail network for 2 (48 h) OR even 3 (72 h) consecutive days with just one travel ticket.





Lugares para visitar (Places to visit)

For starters, Booth #3P39 at CPHI Barcelona to meet us! But jokes apart – Fira Barcelona Gran Via is located in the Hospitalet de Llobregat area, just to the southwest of the city center of Barcelona. While the immediate vicinity may not be known for its tourist attractions, Barcelona’s city center is easily accessible from Fira Barcelona Gran Via by a 30-minute car ride. Here are some popular tourist attractions and areas to explore in Barcelona, all within relatively easy reach:

- a. **La Rambla:** This famous tree-lined street in the heart of Barcelona is known for its vibrant atmosphere, street performers, shops, and restaurants. It’s a must-visit destination and can be reached by metro or taxi.
- b. **Gothic Quarter (Barri Gòtic):** Explore the historic heart of Barcelona, filled with narrow medieval streets, historic buildings, and charming squares. Don’t miss the Gothic Cathedral of Barcelona and the Plaça Sant Jaume.
- c. **Park Güell:** Designed by architect Antoni Gaudí, this park is a UNESCO World Heritage Site known for its colorful mosaics, unique architecture, and panoramic views of the city. You can take a taxi or use public transportation to get there.
- d. **Sagrada Família:** Gaudí’s iconic basilica is a short metro ride away from Fira Barcelona Gran Via. Its intricate facades and stunning interior make it one of Barcelona’s most famous landmarks.
- e. **Casa Batlló and Casa Milà:** These two Gaudí-designed buildings are located on Passeig de Gràcia and are known for their distinctive and imaginative architecture.
- f. **Montjuïc:** This hill offers various attractions, including the Montjuïc Castle, the Magic Fountain (Font Màgica), the Montjuïc Olympic Stadium, and the Montjuïc Botanical Garden.
- g. **Barceloneta Beach:** Enjoy the Mediterranean Sea at Barceloneta Beach, which is easily accessible by metro or taxi.
- h. **La Boqueria Market:** This bustling food market is located just off La Rambla and is a great place to sample local produce, snacks, and cuisine.
- i. **Camp Nou:** Football fans can visit FC Barcelona’s famous stadium, Camp Nou, which is accessible by metro.
- j. **Poble Espanyol:** This open-air architectural museum is a recreation of a Spanish village, showcasing various architectural styles from different regions of Spain.
- k. **National Art Museum of Catalonia (MNAC):** Located on Montjuïc Hill, MNAC houses an impressive collection of Catalan art, including Romanesque and Gothic masterpieces.

Remember that Barcelona has an efficient and extensive public transportation system, including the metro, buses, and trams, making it easy to explore the city’s attractions from Fira Barcelona Gran Via.



¿Qué comer? (What to eat?)

a. Comida famosa en Barcelona (Must-have food in Barcelona)

Barcelona is a culinary paradise known for its diverse and delicious food offerings. When visiting the city, be sure to try these must-have foods and dishes to savor the flavors of Catalonia:

1. **Tapas:** Tapas are small, flavorful dishes that are perfect for sharing. Try classics like patatas bravas (fried potatoes with spicy tomato sauce), albondigas (meatballs), and gambas al ajillo (garlic shrimp).
2. **Paella:** Spain's most famous rice dish, paella, is a must-try. You can find variations with seafood (paella de mariscos), meat (paella de carne), or a combination of both (paella mixta).
3. **Crema Catalana:** This dessert is similar to crême brûlée but with a Catalan twist. It features a creamy custard base topped with a caramelized sugar crust.
4. **Pan con Tomate:** A simple yet delicious dish consisting of toasted bread rubbed with ripe tomatoes, garlic, olive oil, and a pinch of salt. It's often served as a tapa or with breakfast.
5. **Fideuà:** A seafood dish similar to paella, but instead of rice, it features short, thin noodles cooked with a flavorful broth, saffron, and an assortment of seafood.
6. **Botifarra:** Catalonia's answer to sausage, botifarra comes in various forms, but the most popular is botifarra amb mongetes (sausage with white beans).
7. **Escalivada:** This is a roasted vegetable dish typically made with eggplants, red peppers, and onions, drizzled with olive oil and garnished with anchovies or tuna.
8. **Calçots:** Since you're visiting in the winter months, don't miss the opportunity to try calçots, a type of green onion. They are grilled and served with a rich and nutty romesco sauce.
9. **Catalan Cream:** Similar to crema catalana, this dessert is a custard with a caramelized sugar topping but is often flavored with cinnamon and lemon zest.

10. **Seafood:** Barcelona is renowned for its seafood. Enjoy dishes like grilled sardines, fresh seafood platters, and bacalao (salted cod) preparations.
11. **Cava:** As the birthplace of cava (Spanish sparkling wine), Barcelona offers ample opportunities to sample this bubbly delight. Visit a local winery or enjoy it with your meal.
12. **Churros con Chocolate:** A popular Spanish breakfast or dessert, churros are deep-fried dough sticks served with a rich, thick hot chocolate for dipping.
13. **Catalan Cheeses:** Try local cheeses like mató (a fresh cheese) and aged varieties like Garrotxa and Tetilla.
14. **Turrón:** Especially popular during the Christmas season, turrón is a nougat-like sweet made with almonds and honey. It comes in various flavors and textures.

When dining in Barcelona, don't forget to pair your meals with regional wines like Priorat and Penedès reds, as well as the famous vermouth, a popular local aperitif. Barcelona's culinary scene is rich and diverse, so be sure to explore and indulge in the city's gastronomic delights.



b. Los mejores restaurantes (Best eateries)

Barcelona offers a wide range of dining options, from budget-friendly eateries serving traditional Catalan dishes to upscale restaurants showcasing innovative cuisine. Here's a list of must-visit eateries in Barcelona, spanning various price ranges:

Económico (Budget-Friendly):

1. **Els Quatre Gats:** This historic café-restaurant is known for its artistic ambiance and budget-friendly Catalan dishes. Famous artists like Picasso once frequented it.
2. **Can Paixano (La Xampanyeria):** A popular spot for locals and tourists alike, Can Paixano offers inexpensive sparkling wine (cava) and delicious sandwiches, making it perfect for a quick and affordable meal.
3. **La Boqueria Market:** Located on La Rambla, this bustling food market is a haven for food lovers on a budget. You can enjoy fresh seafood, tapas, fruits, and other local treats from various vendors.
4. **Tapaç 24:** A casual tapas bar with a modern twist, Tapaç 24 offers a range of affordable small plates and Spanish classics.



Gama media (Mid-Range):

1. Bar del Pla: A cozy restaurant in the El Born district known for its excellent tapas, including Iberian ham and grilled octopus.
2. Bodega 1900: Part of the Adrià brothers' culinary empire, Bodega 1900 offers an array of modern tapas and vermouth in a relaxed atmosphere.
3. Cervecería Catalana: A beloved tapas bar in Eixample, Cervecería Catalana is famous for its vast selection of tapas and its bustling ambiance.
4. El Nacional: Located in a beautifully restored industrial building, El Nacional houses four distinct dining areas, each featuring a different type of cuisine, making it perfect for diverse group dining.

Lujo (Luxury Dining):

1. Tickets: Also owned by the Adrià brothers, Tickets is a Michelin-starred restaurant that offers avant-garde tapas and culinary creativity in an artful setting.
2. Disfrutar: Another Michelin-starred gem, Disfrutar offers a tasting menu featuring inventive Catalan cuisine with a modern twist. It's a gastronomic delight.
3. Lasarte: With three Michelin stars, Lasarte is one of Barcelona's most renowned fine-dining restaurants, offering an exquisite tasting menu crafted by Chef Martín Berasategui.
4. ABaC Restaurant & Hotel: Located within a luxury hotel, ABaC has earned three Michelin stars for its impeccable contemporary cuisine, making it a top choice for a special occasion.

These are just a few of the many exceptional dining options in Barcelona. Keep in mind that reservations are often recommended, especially at upscale restaurants. Barcelona's culinary scene is diverse and vibrant, ensuring that every visitor can find a memorable dining experience to suit their tastes and budget. You can also go to [opentable.com](https://www.opentable.com) to look for restaurants near you and decide which one to go to based on reviews and ratings.

¡Buen provecho!



Compras en Barcelona (Shopping in Barcelona) ²

In Catalonia's lively capital, a rich artisanal heritage that stretches back centuries meets fresh, forward-thinking design trends, along with some of Spain's most wonderful markets. Here are four of the best independent shops in Barcelona, each telling a snippet of the city's ever-evolving story.

a. Best for vintage

Holala! Plaza

Barcelona has a thriving world of vintage design, with El Raval its main hub. For Ibiza-born Holala! Plaza, garments are collected from flea markets, textile factories and shops all over the world, then shown off in this wonderland of vintage design overlooking Plaça de Castella. Inside, there's a fun vibe, with posters all over the walls and decorative surfboards dotted around.

Most tourists make a beeline for the rails of preloved denim jackets, often including Levi's numbers. At any given moment, the constantly refreshed stock might also include Burberry trench coats, Hawaiian shirts, sequin-covered party dresses, Converse sneakers and floppy beach hats. El Raval hosts several popular secondhand markets, too, including El Flea and Fleadonia.

b. Best for souvenirs

Grey Street

A soothingly converted perfume shop in the thick of multicultural El Raval is the setting for this carefully displayed selection of products from small, local brands, where all products are vegan, cruelty-free and sustainability-focused. Australian owner Amy Cocker (who has been a Barcelona local for years) named Grey Street after where her grandparents lived in Canberra.

People end up taking home one of the beautiful home pieces. The Annick Galimont whale mugs are handmade in the town of La Bisbal d'Empordà, which is famous for its ceramics; M.A.E.V.O does whimsical one-of-a-kind ceramic mugs, too. Then there are Spain-made tarot decks, delicious incense and essential oils, colorful earrings, a few international treats like Rains backpacks, and more. You'll find several other boutiques and craft shops along the same leafy street, so plan on lingering a while.

c. Best for local design

La Manual Alpargatera

In the heart of the ancient Barri Gòtic, La Manual Alpargatera makes gorgeous artisanal espadrenyes (espadrilles), typical of rural Catalonia. In business since 1940, this shoemaker played a key role in bringing this rope-soled shoe into the fashion world; celebrity fans have included everyone from Penélope Cruz to Ralph Lauren to Salvador Dalí. Each pair of shoes is made by hand using traditional techniques that go back thousands of years, whether you fancy a classic rustic-style Pinxo set or some stylish lace-up wedges. You can also join an espadrille-making workshop to craft your own. This is one of Barcelona's historic comerços emblemàtics (emblematic businesses), which have been officially protected from development since 2014; there's a second branch in El Born.

d. Best for books

Llibreria Finestres

Fabulous bookshops are something of a Barcelona specialty. Be sure to browse at Llibreria Finestres in Esquerra de L'Eixample, for both the creatively styled interiors and the wonderfully varied book collection (in a range of languages). Local designers Quintana Partners have put a fresh stamp on the landmark early-20th-century building by Barcelona architect Enric Sagnier: now, it's a flowing delight of a bookshop, with lounge armchairs, a lush back garden, a lively events calendar and titles covering everything from botanical plants to the Spanish Civil War. Finestres has a second space devoted to comics and art just across the street.

A 10-minute walk east, Laie is another favorite, with book-stacked shelves beneath whitewashed arches in a traditional Eixample building. This humanities-focused Barcelona brand has several outlets around town, but the Carrer de Pau Claris branch is its flagship. Most titles are in Catalan or Spanish (local cinema, Catalonia's history, the Spanish arts, etc) and there's a lovely tile-floored cafe upstairs.





Meet our team at CPHI Barcelona, Hall: 3, Booth no: 3P39

Book a meeting




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References

¹ *October in Barcelona: Weather and Event Guide* (tripsavvy.com) 

² *Barcelona's 5 best shops* - Lonely Planet 

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