



WELCOME GUIDE 2025

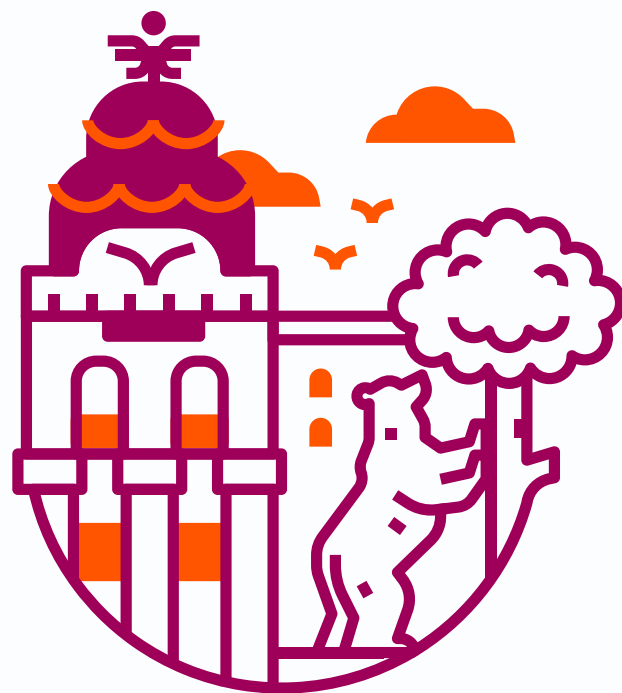
MADRID EDITION



Grupo
Jóvenes
Cardiólogos

Curated by the Spanish Young Community
for the ESC Young Community



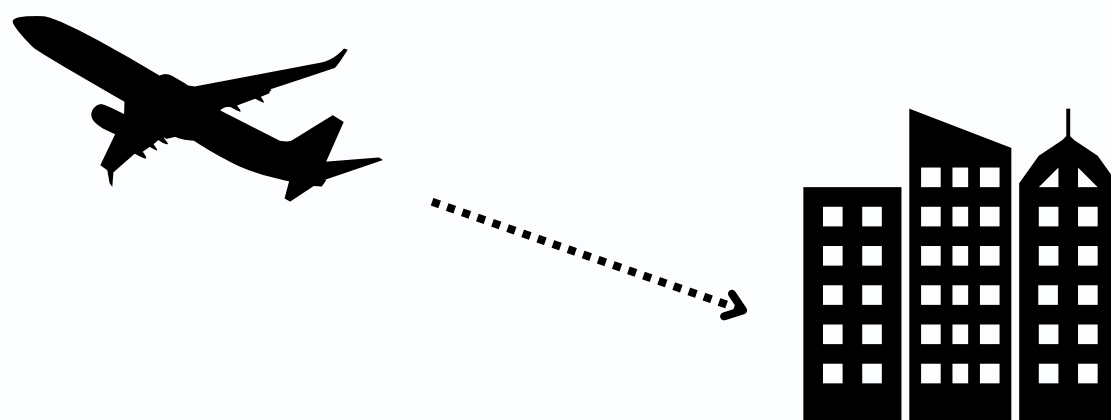


MADRID

INTRODUCTION

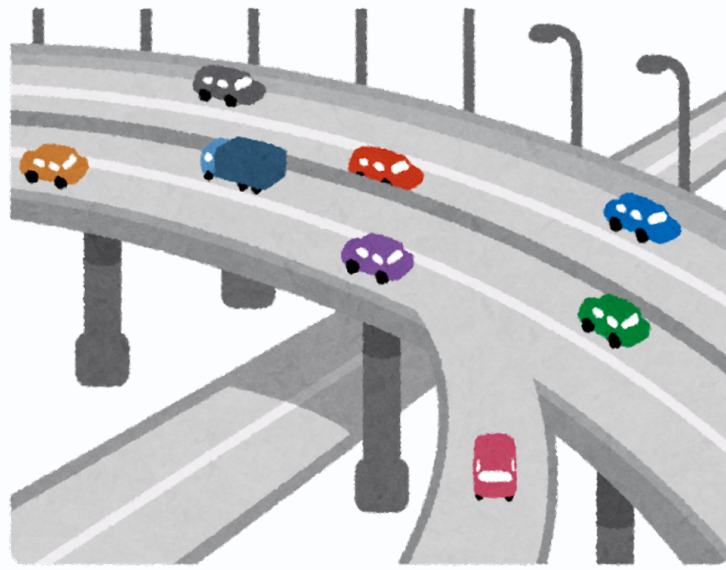
Welcome to Madrid, a vibrant city full of culture, history, great food, and nightlife.

This guide is designed to help you make the most of your stay during ESC Congress 2025: from how to get around the city to where to eat, have a coffee, or enjoy a free afternoon.



FROM THE AIRPORT TO THE CITY

- **Metro (Line 8):** Direct connection from all terminals (T1-T4) to the city. Get off at Nuevos Ministerios to connect with the city center or at Campo de las Naciones for IFEMA.
- **Taxi:** Flat fare of €30 from the airport to anywhere within the city center.
- **Airport Express Bus:** 24-hour service. Stops at Atocha, Cibeles, and O'Donnell. €5 fare.
- **Ride Apps:** Uber, Cabify, and Bolt operate in Madrid.



TRANSPORTATION WITHIN THE CITY

- **Madrid Metro:**
Fast, safe, and efficient. Line 8 connects the Airport (Terminals 1-4) directly with Campo de las Naciones.
- **Bus:**
Slower but ideal for enjoying the urban scenery.
Flat rate: €1.50 (or with transport card).
- **BiciMAD:**
Electric bike rental service. Perfect for short distances in good weather.
- **Walking:**
Areas like Retiro, Malasaña, or La Latina are perfect to explore on foot.



BREAKFAST AND COFFEE NEAR IFEMA

- Santa Gloria Coffee & Bakery (Campo de las Naciones)
 - Panaria
 - Rodilla
 - Café & Té
- Levadura Madre Natural Bakery



NEARBY DRINKS AND BARS

- El Jardín de Serrano (quiet terrace)
- Beer Station (craft beers)
- Terraza Zielo (at El Corte Inglés, amazing views)
- Plateau (Bar inside IFEMA, modern style)



DINNERS NEAR IFEMA

- La Canica — modern fusion cuisine
- Al Punto — meats and rice dishes
- La Tagliatella — Italian
- Restaurante La Vaca Argentina — grill
- Tapas Market Barajas — assorted tapas



ACTIVITIES NEAR IFEMA

- Parque Juan Carlos I
Ideal for walking, bike rentals, or skating.
- Plenilunio Shopping Center / El Corte Inglés
Campo de las Naciones
Shopping, cinema, and dining.



MADRID CENTER - 25 MIN BY METRO



BREAKFAST AND BRUNCH

- Federal Café (Malasaña / Conde de Barajas)
 - HanSo Café (Malasaña)
 - La Rollerie (various locations)
- Café de la Luz (vintage and cozy)



CASUAL DINNER (AFFORDABLE)

- Federal Café (Malasaña / Conde de Barajas)
 - HanSo Café (Malasaña)
 - La Rollerie (various locations)
- Café de la Luz (vintage and cozy)



DINNER WITH STYLE

- Sala de Despiece (Chamberí)
- Benares (Michelin - modern Indian cuisine)
- La Primera (Gran Vía, modern Cantabrian cuisine)
- Picalagartos (rooftop on Gran Vía)



MADRID CENTER – 25 MIN BY METRO



BAR & COCKTAIL LOUNGES

- Salmon Guru
- 1862 Dry Bar (Malasaña)
- Macera TallerBar
- La Vía Láctea (alternative classic)



GRAN VIA ROOFTOPS

- Picalagartos Sky Bar – Trendy rooftop
- Círculo de Bellas Artes. Famous rooftop with 360° views of Madrid
 - Doña Luz – Tropical-style rooftop.
- The Mint Roof. Laid-back vibe, food truck-style bar.
- RIU Hotel Rooftop – Panoramic 360° views (entry fee applies)
 - Casa Suecia – Elegant rooftop with DJs.
- Ginkgo Sky Bar – Rooftop restaurant + live music and DJ sets.



MAIN ATTRACTIONS IN MADRID

- The Prado Museum
 - Retiro Park
- Puerta del Sol, Plaza Mayor, and Gran Vía
 - Temple of Debod
- Live musical on Gran Vía, Madrid's dazzling Broadway-style avenue! → You can find tickets at <https://www.entradas.com>
- Free Tour of Madrid's historic center → Plan your visit at <https://www.guruwalk.com>
- Live Flamenco show at Corral de la Morería or Las Tablas—two of Madrid's most iconic venues!
→ Book tickets directly through their official website or third-party platforms like Tiqets, Viator, Expedia or Civitatis.



**ENJOY
AND HAVE A NICE
ESC CONGRESS IN MADRID !**