

# Living Room Concerts – Weekend “Planazo” in Madrid

In Madrid there are hundreds, if not thousands of things to do on any given weekend. Doing a quick Google search for live music, for example, will show you multiple Top Ten lists of the most well-known spots. However, you won't find a live music venue more intimate than that of [Living Room Concerts](#). It's just like it sounds: concerts held in people's living rooms and you're invited.



Born in, yes, a living room, it was Nichole Hastings' idea to bring emerging and little known artists and their original music into the spotlight. In nomadic spirit, [LRC](#) moves around Madrid to different pre-approved flats in all barrios spreading new independent music around the city to as many



guests as the particular living room (and guest list) can hold.



LRC has even put down roots in one fixed location in Malasaña, a cultural community center called [el Salón del Artista](#). On arrival, be prepared to be ushered in with a warm welcome from the owner of the flat and then find a seat so you can comfortably listen to the original music and stories behind the songs from, often bilingual, artists.



Once inside, it's easy to see that the diverse crowd has arrived expecting to meet new people and listen to original music that they couldn't hear anywhere else.





During any given concert you could hear independent Spanish artists singing in English or a multicultural group singing in some combination of languages. Because of this, the concerts feel inclusive and not limited to any particular group or musical taste.





If you're in Madrid alone or with friends, LRC will sit you within feet of an independent artist and among members of the Living Room Concerts' community in Madrid.

## Info

- Follow LRC on [Facebook](#) & [Instagram](#)
- To attend, the reservations work on the honor system but you do have to sign up through their [Facebook](#) page or their [MeetUp.com](#) page.
- Price: The event has a very reasonable cover which can

be turned into a “cover + open bar” for 3 euros more. Towards the end of the concert you can make a donation which goes right to the artists you’ve just met.

• **Links to artists** who’ve recently performed: [Taiacore](#), [BeMyFiasco](#), [David Roma](#)

**By Caitlin Mackenzie**

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## **Macera TallerBar, a modern twist on an old tradition**

There are handmade cocktails and then there are *handmade cocktails*. [Macera TallerBar](#) is a pioneer in the latter. One look inside this hip bar and you may be confused—there aren’t any familiar spirits lining the simple glass shelves.





Don't worry, though. What you'll find is much better. Because instead of the well-known brands of gin, vodka, or rum, there's only Macera's own hand written labels.



The idea behind Macera's name is also what makes its bar shelves so unique. Founder Narciso Bermejo took inspiration from *paxtaran*, a Basque liqueur made by soaking crushed sloe fruits (a blackish berry) in liquor. This traditional technique, called maceration, infuses the host liquor with the color and flavor of whatever ingredient is added.





Wanting to put a modern twist on a piece of Spanish heritage, Bermejo began experimenting with liquors and their complimentary flavors. The result is the many unique spirits that make up Macera's menu today. Think rum infused with cinnamon and orange, gin with rosemary and thyme or red fruit, and whiskey with cherries.

The cocktail menu starts with a list of classics, which are then personalized with your choice of flavor infusion. Turn the page to find the spirits categorized by type with a list of all the different varieties of macerated flavor. If you prefer, you can simply pick one of these and a mixer of choice. No matter which combination you choose, all drinks are accessibly priced at 7€.





Macera's interior is modern and clean with an industrial vibe. In front, a handful of wrought iron tables face glass doors that slide open on nice days. The openness makes you feel like there's always room for one more, a good thing since this



place gets packed in the evenings. When you visit make sure to take a look towards the back, where lit shelves showcase the spirits on deck, all full of spices, herbs, and fruits working their magic.



If it's too early for a tippie, Macera is also an excellent workspace. To keep you going, there are green juices, natural sodas, and coffee, as well as a small selection of toasted sandwiches and homemade desserts. It goes without saying that all of these are made with the same care as their cocktails.

## Info

- [Website](#) & [Facebook](#)
- **Address:** Calle San Mateo, 21

- **Metro:** Tribunal or Alonso Martínez
- **Phone:** 910 11 58 10

## By Danielle Owens

A former Oregonian, Californian, and Bogotana, Danielle is (for now!) settled in Madrid. Since 2014, she's chronicled her experiences living abroad on her blog, [No Longer Native](#) ([Website](#) & [Facebook](#))

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# Salmon Guru, seriously fun spirits near Plaza Santa Ana

The terms *craft cocktails* and *celebrity mixologist* can make eyeballs roll faster than you can say Vesper Martini. Because with all the clapping of mint leaves and fancy garnishes, it's easy for a place to take itself too seriously.

And while the folks behind [Salmon Guru](#) do have some serious credentials (proprietor is mixology mastermind Diego Cabrera), you won't find any stern-faced barmen shaming your request for vodka here. The only thing serious at this spot is the bartenders' love for well-made drinks.





The dark, unassuming exterior on Calle Echegaray does little to reveal the neon lights and quirky decor inside. The front room is all 50s-era bungalow, with a bar and palm-print swivel chairs to one side and low seating against dark wood paneling on the other.

But don't stop there. Follow the neon glow toward the back room and you'll find yourself in the middle of a pop-art light extravaganza, with neon lightning bolts on the ceiling and familiar comic book faces on the walls.





As soon as you sit down you'll have a menu and glass of water plunked in front of you. If you've lived in Madrid for any



length of time, you know how rare it is to find a spot who'll bring you a free glass (let alone keep it filled).

Just like the decor, the menu is an eclectic mix. You'll find perfectly executed classics listed alongside their in-house inventions. If you're not sure where to start, don't be shy!

The bartenders are more than happy to recommend a drink based on what you like. Even better is to simply ask about their favorites, which is how I found myself sipping a Laphroaig-infused old-fashioned that isn't on the menu.



Pasión, a blend of rum, coconut milk and passion fruit





Vesper Martini & classic Manhattan

Need one more reason to check out Salmon Guru? **The place is a must for whiskey lovers.** If you don't see your favorite amongst the extensive selection of American bourbon and rye on the shelves, ask to see their secret whiskey menu.

All in all, if you're looking sip impeccably made drinks somewhere that's hip while being unpretentious, definitely check out Salmon Guru.

## Info

- [Facebook](#)
- **Address:** Calle Echegaray, 21
- **Metro:** Sevilla or Anton Martin
- **Phone:** 91 000 61 85

**By Danielle Owens, [Website](#) & [Facebook](#)**

*A former Oregonian, Californian and Bogotana, Danielle is (for now!) settled in Madrid. Since 2014, she's chronicled her experiences living abroad on her blog, [No Longer Native](#).*

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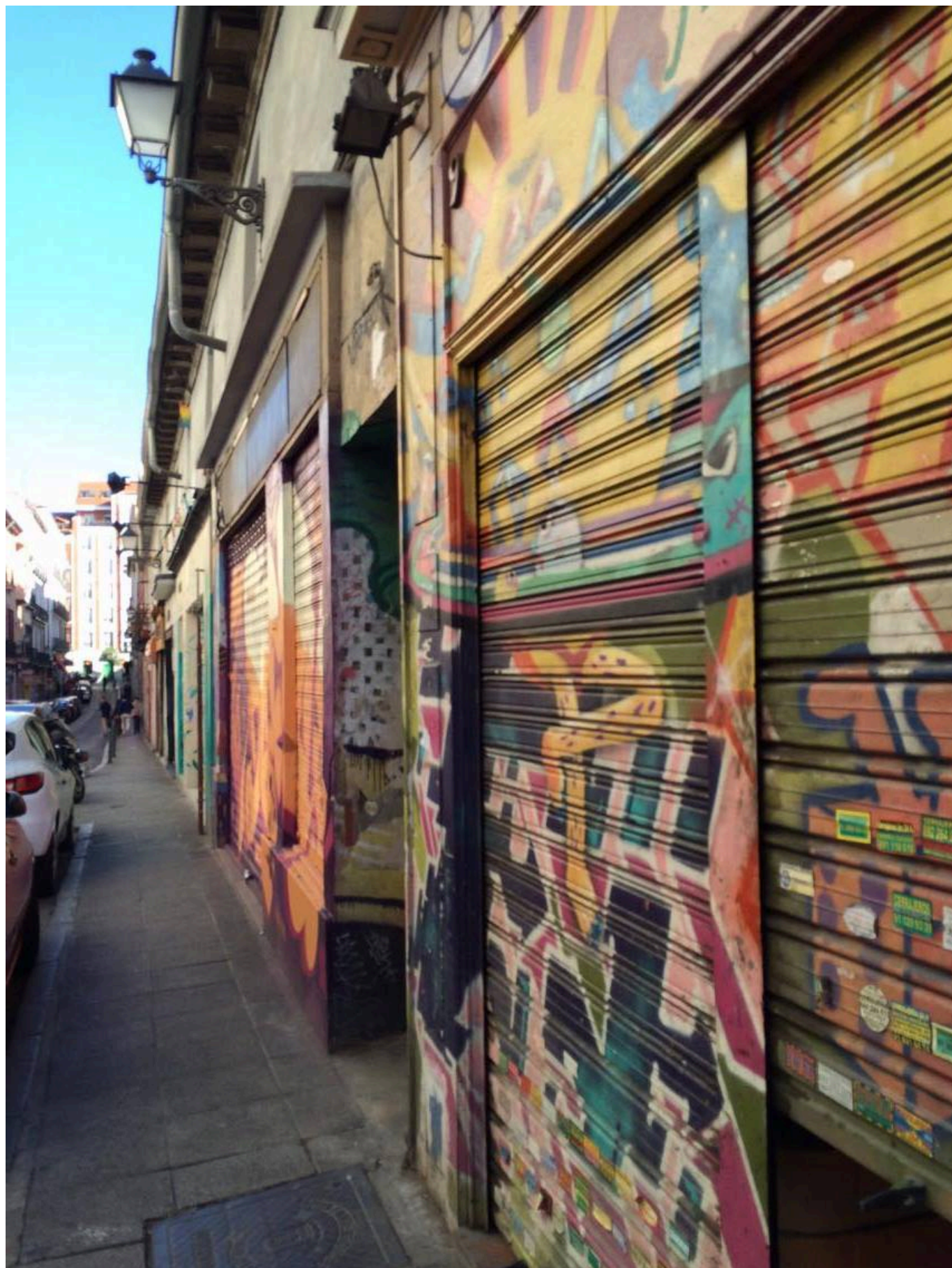
## A Mini Guide: how to make the most of rainy Madrid

**When the sun shines on the big city...** Madrid is spectacular, especially in the sun. The authentic Spanish architecture on every building looks picturesque against a backdrop of blue skies, and even the areas coated in graffiti look artistic and vibrant in a summery light. You can walk pretty much anywhere; take a stroll in El Parque Retiro; sip sangría in Plaza Mayor; visit a rooftop in almost any barrio.













But with some Autumnal showers it can be difficult to experience Madrid to the full, so here are a few ideas to keep

you busy come rain or shine...

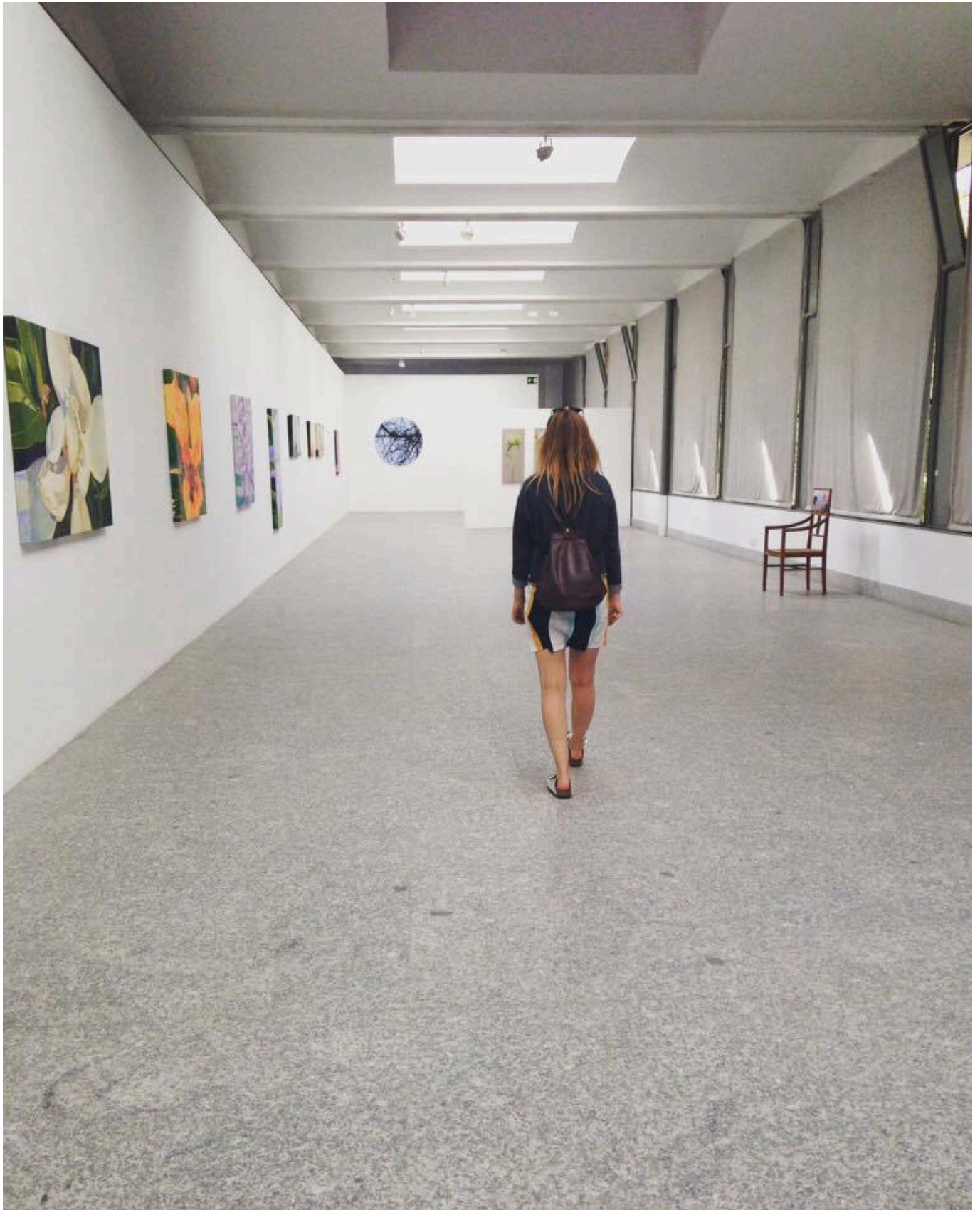
## Get even more culture in you

It goes without saying that rainy days are perfect museum days. Stay warm and dry inside beautiful exhibition rooms, and feel like you have really experienced at least a snippet of the art and culture that Madrid has to offer, even on a miserable day.

This can also be a free way to enjoy Madrid! Just as though you were wandering through tourist sites in the sun, like the grounds of Palacio Real or within Plaza Mayor, many art exhibitions in Madrid are free to the public.

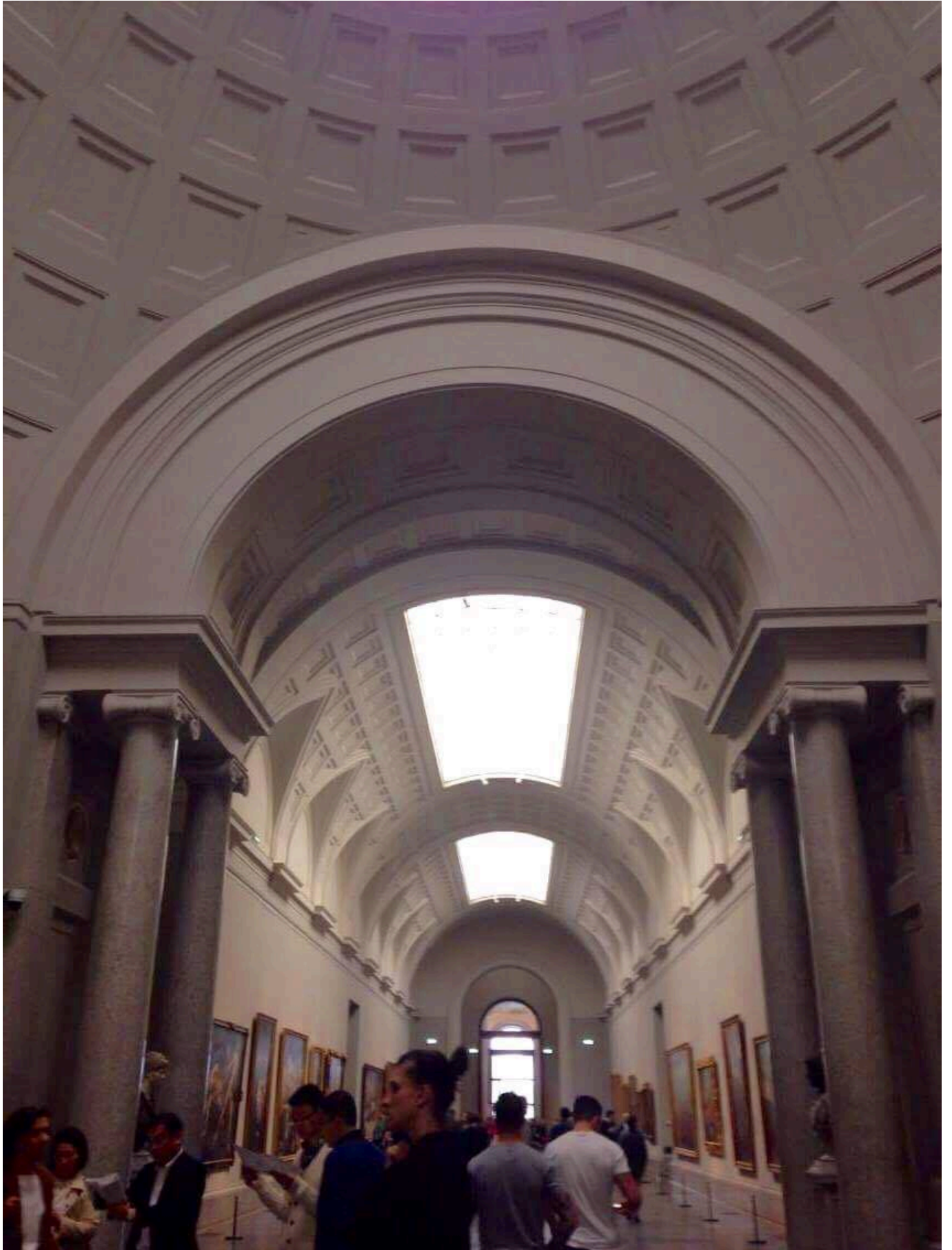
To get started with art in Madrid, a true tourist or cultured expat must visit the [city's main art museums](#). **El Museo del Prado** houses Spain's finest works ever produced, and is free from 6 to 8pm every day. **La Reina Sofia** boasts the breathtaking Guernica (*Pablo Picasso*) and four floors of thought-provoking artwork; it is free on Sunday mornings and afternoons. To get even more authentic, **El Museo Taurino** is Spain's bullfighting history museum, and is free to the public every day of the week.





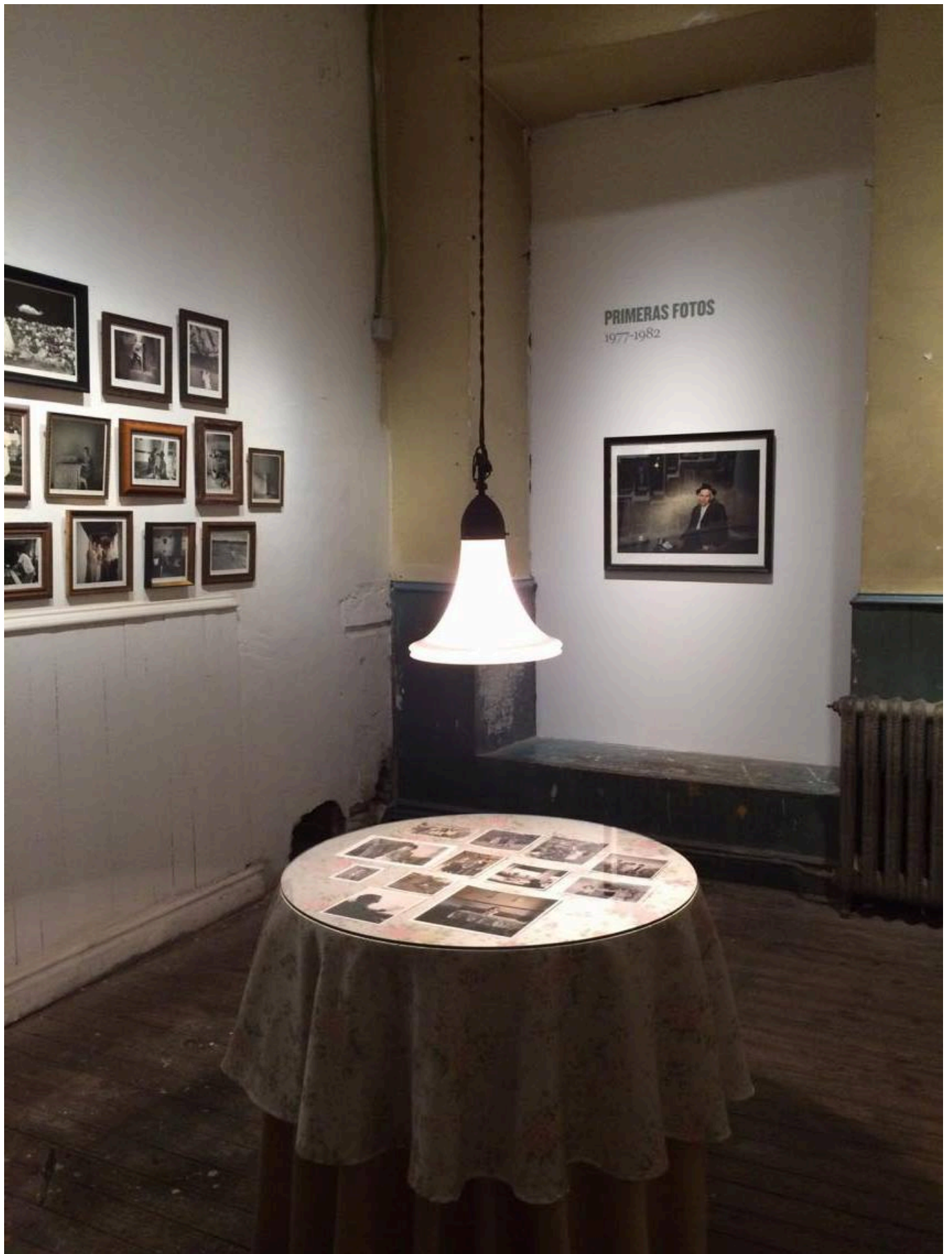
For [less well-known exhibitions](#), keep checking websites to find the best ones, as lots are exhibited for limited time periods. Photography exhibitions seem to populate the Embajadores area: [La Tabacalera](#) is home to many temporary

shows for renowned Spanish photographers and artists.





When you think of Spanish culture, you think of Flamenco. A quintessentially Spanish dance art that is both vibrant and dynamic. [La Villa Rosa Flamenco](#) is the oldest flamenco bar in the *world*. It opened in 1911, and has since promoted the Flamenco art with regular shows. Enjoy a class of vino in this relaxed, lively atmosphere.





# Fooooooooood: cake, churros and tapas with a twist

When it's rainy, chilly, or just a bleak day, we often entertain ourselves with food. I mean, eating is great at any time, but there seems to be something about a miserable day that makes you feel peckish for a tasty gastronomic experience. Luckily, any street in the centre of Madrid is largely populated by tapas bars and restaurants. But these can too often feel very same-same.

When it comes to eating tapas and savouring every single taste because you have never tasted anything quite like it before, think: [LA MUSA](#). It's what foodie dreams are made of. Forget your standard croquette, and think *Croqueta 2.0*. Forget your standard patatas bravas, and think of *La Patata Bomba* filled with meat and served on bread crumbs and a magical pea puree. If you are lucky enough to go to [La Musa](#) you will enjoy the fusion of Asian and Spanish cuisines in one, revolutionary tapas menu. Find La Musa in both La Latina and Malasaña.



As well as typical Spanish bars, Madrid boasts a plethora of cool artisan cafes to choose from. Cosy up on a Central Perk



style sofa with a caramel macchiato and a slice of red velvet cake. There is always a buzz running through such places, whether that be from the coffee grinder or the many chatty customers: they really seem to be a hub for expats and travellers sheltering themselves from the drizzle. Some personal favourites in Malasaña include:



**La Bicicleta**: an industrial-chic, modern and artistic café with homemade cake and great coffee. It has a work station for those with laptops, and slowly transforms throughout the day from a bustling café to lively and casual bar by night. Here, I would recommend their **Chai Vanilla Latte** (not many places do it Madrid!) and a slice of **fluffy carrot cake**. Be careful not to head there in peak hours (2-5pm) as you will struggle for a table.



[HanSo Café](#): a hidden gem. By hidden I mean there is literally no sign on its exterior. Inside it is pretty minimal too, with



concrete walls, floor and bar area. The grey tones are contrasted with the warm low-hanging lighting, and the soft sound of music and subtle smell of sourdough toast adds some atmosphere.

Fresh cakes are constantly brought out by HanSo's friendly owners, with some *postres* looking colourful and fruity with an Asian twist. There is a large central table for social hipsters and a few window seats for more private coffee dates. They have a never-ending list of frappes – so you will be spoilt for choice.

When you think of Madrid in cold or rainy weather, you will warmly dream of **chocolate con churros**. In fact, you can kill two birds with one stone. You get your daily dose of 'culture' by trying typical Spanish delicacies, whilst also satisfying your chocolate cravings...



**Artesanos 1902**: 'La mejor churreria' – this churros joint stands wide and proud on Calle San Martín (between Sol and



Opera), complete with twinkly fairy lights that make it all the more inviting. What better way to spend your day eating churros than in a place that has made them their speciality for over 100 years?

They serve their rich chocolate accompaniment in either dark or milk flavours, and also have waffle and crêpe options just in case their mouth-watering churros don't tickle your fancy.

## Still up high: panoramic views without getting soaked

One of Madrid's main attractions is the ability to take in the majestic skyline at sunset from one of its [many rooftop terraces](#). In the rain however, this is still possible! Just find somewhere *indoors* that is still high up with panoramic views of the city.



To many, **El Corte Ingles** is just a large department store with everything you may want from furniture to fashion. But it can also be on your list of 'things to see and do' in Madrid. The

9<sup>th</sup> floor in Sol is a foodie hub, with many street food stands and joints offering all types of world cuisines.

Called [Gourmet Experience](#), El Corte Ingles' 9<sup>th</sup> floor has cafes and restaurants with window tables that provide customers with an almost birds-eye view of the city. It provides a warm and dry haven to enjoy while feeling on top of the world.



[Mercado San Anton, Chueca](#): here you will find 4 floors of foodie market heaven, topped with a rooftop restaurant and bar. Fear not, 70% of this floor is covered to keep you dry from the rain, and you still feel as though you are high up in the city air with the ability to take in the views.





**Faro de Moncloa**: a viewpoint standing tall in the heart of Madrid's university district, Moncloa. Visitors have access to two panoramic lifts that will take them up to the 92-metres-high, glass viewing room. Although yes, a view so high of Madrid would probably look better on a sunnier day, it's still a tourist activity that grants a breathtaking view sheltered from rain or wind.

## **By night: secret gardens and sandy beaches**

A problem with rain is that you can't access a sandy beach or an enchanted forest without getting soaked. That's where Madrid's bohemian and artistic student area, Malasaña comes in handy.



**El Jardín Secreto:** a bar disguised by indoor plants, trees, fairy-lights, unicorn heads, bird cages and swinging princess-style chairs. For a simple cocktail with friends, you can enter this enchanted world *and* keep dry from the rain. It's most definitely Instagram worthy: you won't be able to keep your eyes from gazing around the room at all the Midsummer-Night's-Dream-style décor.





**Ojalá**: a tastefully decorated cocktail bar and eatery upstairs, and a sandy beach downstairs. I don't know who came up with the idea to create an indoor beach bar, but it's genius. Relax on their floor level seating whilst running your hand through the sand and enjoying a nice copa, cocktail or milkshake. Who says Madrid doesn't have any beaches?!

So here you have it: just my personal selection of the endless activities available in this amazing city, during rainier weather. Other indoor pursuits include Madrid's many cinemas

and theatres, but the list could go on forever.

It is often way too easy to opt for a day in bed watching Netflix when the weather gets miserable, but that's no fun is it? You may be able to take advantage of Madrid's frequently fine weather and stunning outdoor spaces most of the time, but rainy Madrid weather brings with it the chance to discover quirky bars and cafes, taste amazing food and appreciate Spanish art in all its glory. Enjoy!

**By Rosie Dowsing**

**You might also like:**

- [Where to Take Your Mom in Madrid](#)
  - [Madrid's Best Rooftop Bars](#)
  - [Madrid's Obvious and Not-so-obvious Art Institutions](#)
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## **Where to Dance Bachata and Salsa in Madrid**

**Always wanted to learn how to dance bachata but didn't want to pay high costs for private lessons? Well, look no further!**

It is *muy de moda*, or very popular to dance bachata right now in Spain. Each year there seems to be more meet-up groups and more bars offering *noches de bachata* or *noches latinas*.



Located right by Templo de Debod, [The Host](#) offers three bachata classes followed by social dancing every Wednesday night.

For 8 euros you'll have entrance to the bar, access to three classes over the course of two hours and a drink (alcoholic or not) of your choice. You can choose to take all three classes or just one. If you're more of a "people watcher" there are plenty of seats at the bar and around the perimeter of the dance floor. Don't show up too early though because the first class starts when the bar opens at 9PM.



For new dancers, the first question often asked is "Do I need to bring a partner?" **You do not need to bring a partner but you can if you'd like!** The classes tend to begin with the basics, which everyone dances individually. Then, when you do partner up, the pairs rotate so often that by the end of the class you'll have danced with nearly everyone, you might even remember a few names or have made a new friend by the end of

the lesson. On this particular Wednesday, the classes were: modern bachata, Dominican bachata and lastly, sensual bachata.



After the classes end and the students watch or record as the dance instructors model all the steps learned, the social dancing starts! You get the chance to practice what you learned with friends from the class or meet others who are just arriving for the social dancing. The fun doesn't end until 3AM! **If you're more interested in salsa, you should join The Host on Thursdays for class (see below).** You'll also hear a little bit of salsa and kizomba throughout the night but Wednesdays are specifically for bachata at The Host!





## Info

- Address: Calle Ferraz 38
- Metro: Argüelles / Ventura Rodriguez / Plaza España
- [Facebook](#)

## Other classes at The Host:

Tuesday: Kizomba (classes 21:00-23:00 and social dancing until 3)

Wednesday: Bachata (classes 21:00- 23:00 and social dancing until 3)

Thursday: Salsa (classes 21:00-23:00 and social dancing until 3)

Friday: Bachata (classes 22:00-@24:00 and social dancing

until 5:30)

## Facebook pages and groups on Madrid's salsa and bachata scene:

1. [Salsa Madrid](#) (page)
2. [Salsa Madrid](#) (group)

## Here are some more salsa places to check out:

### [Azucar:](#)

For 8 euro you can enjoy classes and a drink at Azucar near Metro Atocha. It is a smaller nightclub but brings in dancers of many levels.

### [Tropical House:](#)

Near Metro Plaza de España is the best place to start dancing salsa or bachata as a beginner. Tropical also offers kizomba lessons on Fridays and Saturdays.

### [Cats:](#)

On Sundays at Cats (now called Sala Mitty) you can dance salsa and bachata. The crowd is great and there's plenty of room to dance as it doesn't get completely packed.

### [El Son:](#)

A close walk from Puerta del Sol, El Son offers classes from Monday through Thursday at 6 euro a class.



## [La Negra Tomasa:](#)

In Sol but doesn't feel like it. Live Cuban music every night and although there isn't a lot of space to dance, if you love salsa music, La Negra Tomasa is a must.

You may also like: [Where to get fit in Madrid](#)

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## **Manzana Mahou: Gourmet Art Experience**

[Manzana Mahou](#) is the concept sponsored by Madrid's most iconic beer, Mahou. It's located in Malasaña (between metro stops Tribunal and Alonso Martinez) at Palacio de Santa Bárbara, a beautiful palace built in 1866. For the third consecutive year, the outdoor space has been turned into a popular terrace designed to provide an oasis during Madrid's warmest months.



The idea behind Manzana Mahou is to bring together art, gourmet food and beer, to create a unique experience. It is open until October 8th, after which it will be temporarily closed until next summer. This year, the stars of the show will be chefs María Marte from [Allard Experience](#), Javier Goya, Javier Mayor and David Alfonso, from [Triciclo](#) and Roberto Ruiz from [Cascabel](#) by Punto MX.





These top chefs will be in charge of creating [exclusive dinners](#) inspired by the four resident artists at Manzana



Mahou. In addition to this, two restaurants, La Cabra and Tandem will offer a more casual dining experience. [La Cabra](#) is a Michelin Star restaurant that will also offer brunch on Sundays from 12pm to 4pm for only 25€, led by renowned chef Javier Aranda, who at just 29 is one of the most acclaimed chefs in Spain. Tandem, on the other hand, is Triciclo's little brother which has also become a leader in Madrid's restaurant scene.



This year, the outdoor space has expanded, enhancing the experience. Four artists will be exhibiting, Julia Llerena, María Platero, Françoise Vanneraud and PLAYdramaturgia. The latter are a group of artists that create a mix between visual and performing arts, while the first three are focused mainly on visual arts.





Entrance on Calle Hortaleza

Open Monday to Sunday, from 11am to 1am, Manzana Mahou is a great opportunity to try some of Madrid's greatest restaurants at a more affordable price while enjoying art and a few beers.

## Info

[Facebook](#) & [Website](#)

**Address:** Calle Hortaleza, 47

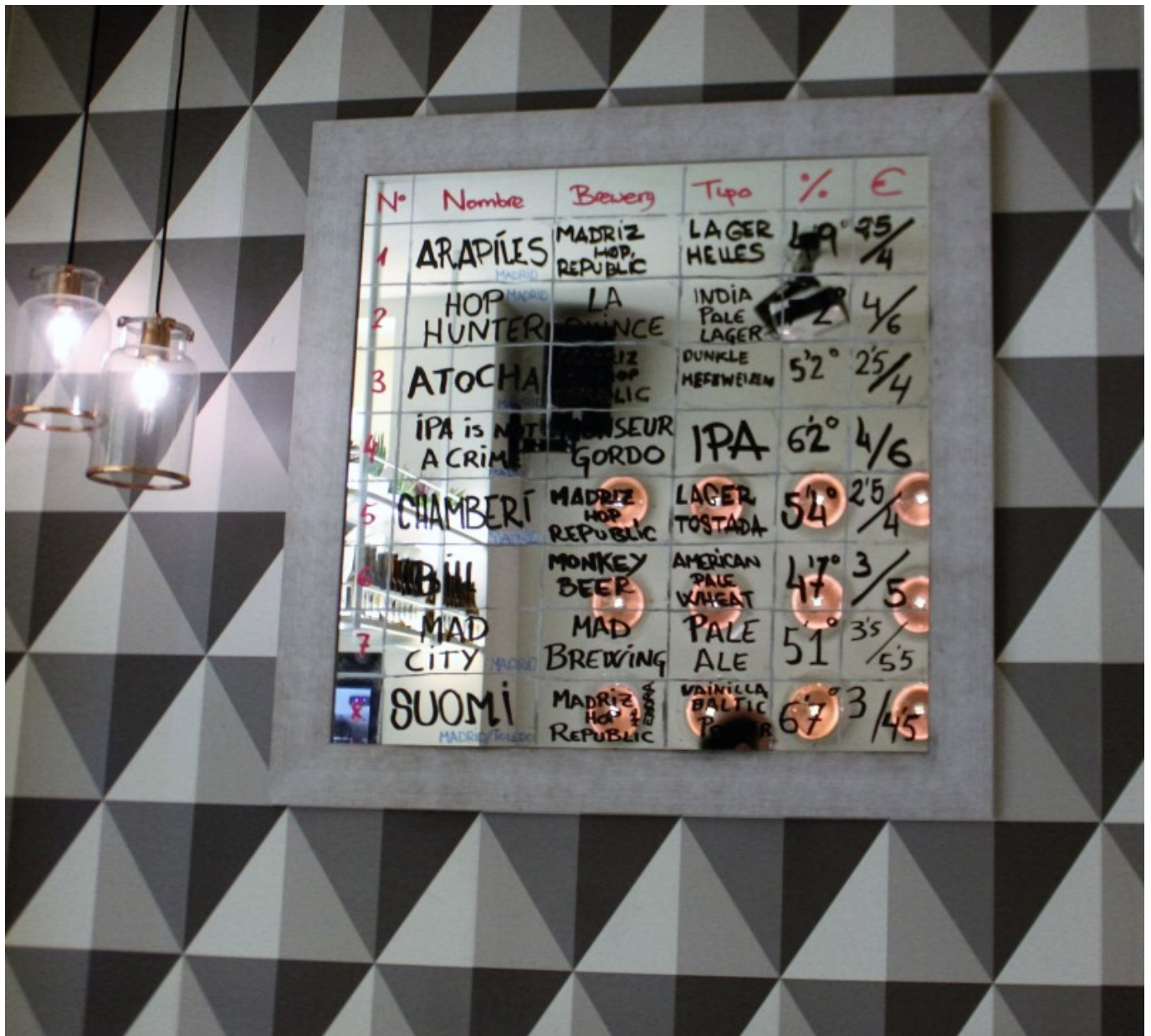
**Metro:** Alonso Martínez & Tribunal

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# Cervezas Madriz: Craft beer with Vietnamese treats in Chamberí

There is no doubt that Madrid has a long-standing relationship with beer, but the city's newly thriving craft beer scene is revitalizing the bars of its diverse neighborhoods. [Cervezas Madriz Hop Republic](#) attracts those in search of a damn good craft beer and does not disappoint. Each week, their eight taps rotate to include their own artisanal beers as well as a selection of other local and craft beers.





[Cervezas Madriz](#) exemplifies the balance-and-blend authenticity of Madrid from the heart of Chamberí on Calle Cardenal Cisneros. The chic bar draws inspiration from the city itself by naming its craft beers after barrios (including their very own Chamberí) while adding a unique spin to the menu by featuring Vietnamese-inspired tapas. The cat, symbol of Madrid residents, can be seen throughout the bar on every label and menu.



It was Thursday night; my friend Annette and I were seated on the last pair of bar stools except for those in the back corner. The lively atmosphere was amplified by the sounds of chatter and laughter while the bartender, Javi, gave us an overview of the beer list and suggested we try a tasting flight of some of the most popular.

And so we did.





Bar-goers are invited to educate themselves while they enjoy themselves at [Cervezas Madriz](#). The menus feature profiles on selected brews and enumerate the proper way to taste beer.



Following the steps, Annette and I tried the four beers on our flights. While my favorite was the Chamberí and hers was the blonde Arapíles, they all were perfectly paired with our tapas of dumplings and spring rolls.

Find your new favorite artisanal brew? Not to worry, Cervezas Madriz can bottle it for you take bring home.

Madriz offers a fresh, new atmosphere where craft beer connoisseurs can taste the spirit of Madrid.



# Info

[Facebook](#) & [Web](#)

**Address:** Calle Cardinal Cisneros 21

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## Madrid with Kids! – Tips from a Mom

Whether you're planning a trip to Madrid or a long-time resident looking for new ideas, Madrid is full of great options to keep your little ones entertained.

You might also like my article on [workout tips for moms in Madrid](#).

## Parks

Madrid is home to several great parks that offer lots of fun activities.



**Madrid Rio:** Why not go for a run with your baby along the park lining the Manzanares River? Parents running with a jogging stroller in Spain used to get a lot of odd stares. The running boom has changed all that and made jogging strollers a trend that's here to stay. Get yours at [Baby Running](#) – an online store with top-of-the-line sport strollers.

**Casa de Campo:** Casa de Campo is a huge park housing the [amusement park](#), [zoo aquarium](#) with more than 6,000 animals, and a scenic lake with outdoor cafes and boats for rent. If you'd like to avoid traffic jams and screaming kids on the metro, try the [cable car](#) for a scenic view of Madrid along the way. You may want to make sure you are out of the park before it gets dark as escorts tend to make their appearance later in



the day.

**Retiro:** Look for a puppet show at the [outdoor theatre](#) on weekends and enjoy the many other street performers surrounding the pond at the center of the park. You can also rent row boats if you're feeling confident in your deltoids, or sit back and relax on the solar boat. If you are looking to get some exercise, [Diverbikes](#) across from the O'Donnell entrance rents all different kinds of bikes, and surreys.

Rain driving you and your kids up the wall? Check out the second floor of the [library](#) in the park for a space dedicated to babies and children.

## Theme parks and zoos

In addition to the amusement park and zoo aquarium in Casa de Campo, your children will also love seeing the animals at [Faunia](#) in Valdebernardo. Visitors can interact with cage-free animals, and even feed them. The manatee exhibit and petting zoo tend to be a big hit.

If you have a car, the 30 kilometer drive to [Warner Theme Park](#) is the worth the trip. With five different park areas, including Hollywood Boulevard, Superheroes World, Cartoon Village, the Old West and WB Movie World Studios, there are plenty of options to keep everyone in your family happy. Younger kids will love seeing Batman, Bugs Bunny, Daffy Duck and Superman while older kids and parents check out the latest roller coasters, log fumes and rapid rivers.

You also have the largest water park in Europe about 15 minutes from Madrid in Villanueva de la Cañada. [Aquópolis](#) can get very packed during the peak season so you may be better off going to one of Madrid's [outdoor pools](#) on hot summer weekends.



Summer pool by UCM

## Sports fans

Kids dreaming of becoming the next Cristiano Ronaldo will forever thank you for taking them to the tour of the [Santiago Bernabeu stadium](#). Mini Real Madrid fans will be in heaven as they visit the players' locker room, the President's Balcony and even sit on the players' bench.

Little ones hoping to join Cholo's squad will love seeing the [Atlético de Madrid Museum](#). Atlético fans will adore looking at the trophies, memorabilia and collection of shoes and balls dating back to 1903.

## Kid-friendly museums

If your kids hear the word "museum" and start to groan, several museums in Madrid could change all that.



The [Wax Museum](#) has over 450 figures including Harry Potter, Snow White, The Simpsons and Frodo from “The Lord of the Rings”. Look online for special discounts for families.

The [Madrid Railway Museum](#) contains a selection of 19th century trains, related exhibits and a wide range of family friendly activities. Take a break afterwards and have a snack in the café located in a 1930s carriage. In Spring and Fall you can also take a ride to Aranjuez on an old-fashioned train, the [Strawberry Train](#) (*Tren de la Fresa*).

Madrid’s [Planetarium](#) lets little explorers observe other galaxies, planets, stars and black holes. Children’s workshops are also available for Spanish-speaking little ones.

With huge dinosaur skeletons and weekend workshops for children, the [National Museum of Natural Sciences](#) is another good option for families.

## Theatre and concerts for babies and kids

Madrid offers a wide range of theatre and concerts designed for babies and children. The bill is constantly changing so check [BabyTribu](#) and [Sapos y Princesas](#) for the latest options.

## Other ideas

Older kids who are into go-carts will love the [Carlos Sainz Center](#) in Madrid and Las Rozas.

Little ones may enjoy visiting [The Casa Museo del Ratoncito Pérez](#) – the Spanish version of the tooth fairy. The hours change so check their website before going.

Located inside the [Kinépolis](#) movie theatre, [The Magic Forest](#) is a children’s park with slides, climbing trees and mazes.

Nearly every neighborhood in Madrid has a **play center** (***ludoteca***). Find the one closest to you [here](#).

## By Marybeth Redheffer

Marybeth is the founder of [Baby Running](#), an online store selling sport strollers so you can stay fit with the little ones in the city! Check out her [website](#) and [facebook](#).

You might also like: [Workout tips for moms in Madrid!](#)

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# Workout Tips for Moms in Madrid!

If you are a former gym buff wondering how you can get some exercise that doesn't involve changing diapers or pushing a swing, fear not! Your workout days don't have to be over.

Also check out my previous article on [great child-friendly activities in Madrid!](#)





## Yoga

Mom and baby yoga is a great way to get out of the house, recover strength and flexibility and spend time with your baby. Most yoga classes go from 6 weeks until the baby starts crawling. Check out the Mom and Baby yoga classes at [Centro El Patio](#) near the Bilbao metro stop and [Zentro Yoga](#) close to the Retiro on Calle Claudio Coello.

Yoga for families is another good option for toddlers and children (the age requirement varies from center to center). [City Yoga](#) offers classes for parents and toddlers from 1-3 years and [Centro Infantil Nariz Roja](#) starts at 4 years.

## Gyms with daycare

Unfortunately gyms with daycare are few and far between in Madrid. Why deep-pocketed entrepreneurs aren't investing in gyms with daycare remains a mystery. If you are lucky enough to live near one of the gyms that offer daycare, be sure to ask the minimum age before going. Some won't take babies or

toddlers.

- [Virgin Atlantic Capitán Haya \(Tetuán\)](#)
- [Zagros Puerta Europa \(Chamartin\)](#)
- [Holmes Places \(Moraleja\)](#)
- [Reebok Sports Club \(Pozuelo\)](#)

## Try Baby Running

Going for a run with your baby or toddler is probably the most convenient way to get some exercise. Just make sure you have a proper jogging stroller – you don't want to hurt your little one in the process! If you're tight on space, opt for a model that can go from swivel to fixed wheel and it can also serve as your everyday stroller. Check out [Baby Running](#) for a selection of top-rated sport strollers.

## Try Baby Blading

If rollerblading is your thing, the BOB Revolution PRO is the first stroller to be certified for rollerblading. Get yours [here](#).

## Rent bikes

Places to rent bicycles are popping up all over the city. Go for a bike ride with your kids in a nearby park, or if you live in the center, the Paseo del Prado is closed for cars from 9AM-4PM on Sundays. Located across from the O'Donnell entrance to the Retiro, [Diverbikes](#) is also a fun way for the whole family to get some exercise.



# MamiFit classes

[MamiFit](#) classes are designed to help new moms in their postpartum recovery, with an emphasis on hypopressive exercises to strengthen the pelvic floor and core. The best part is that you can bring your baby, a few of his or her favorite toys and get in a workout (if your baby cooperates☺).

## Go swimming

Take your children for a swim at one of the many [indoor](#) and [outdoor](#) public pools. If your little ones could use some help learning to swim, some pools offer swimming lessons. Take advantage of class time to do some laps yourself!

## YouTube

Ignore your to-do list and use nap time to release some endorphins doing exercise at home. There are tons of good full-length exercise videos on YouTube. Some favorites are [All Around Fitness](#) and [Body Rock](#).

## By Marybeth Redheffer

Marybeth is the founder of [Baby Running](#), an online store selling sport strollers so you can go out for a run with the little one in the city! Check out her [website](#) and [facebook](#).

**You might also like:** [Madrid with kids – tips from a mom!](#)

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# **Madrid Now in Full Bloom. Hurry! – Parque Quinta de los Molinos**

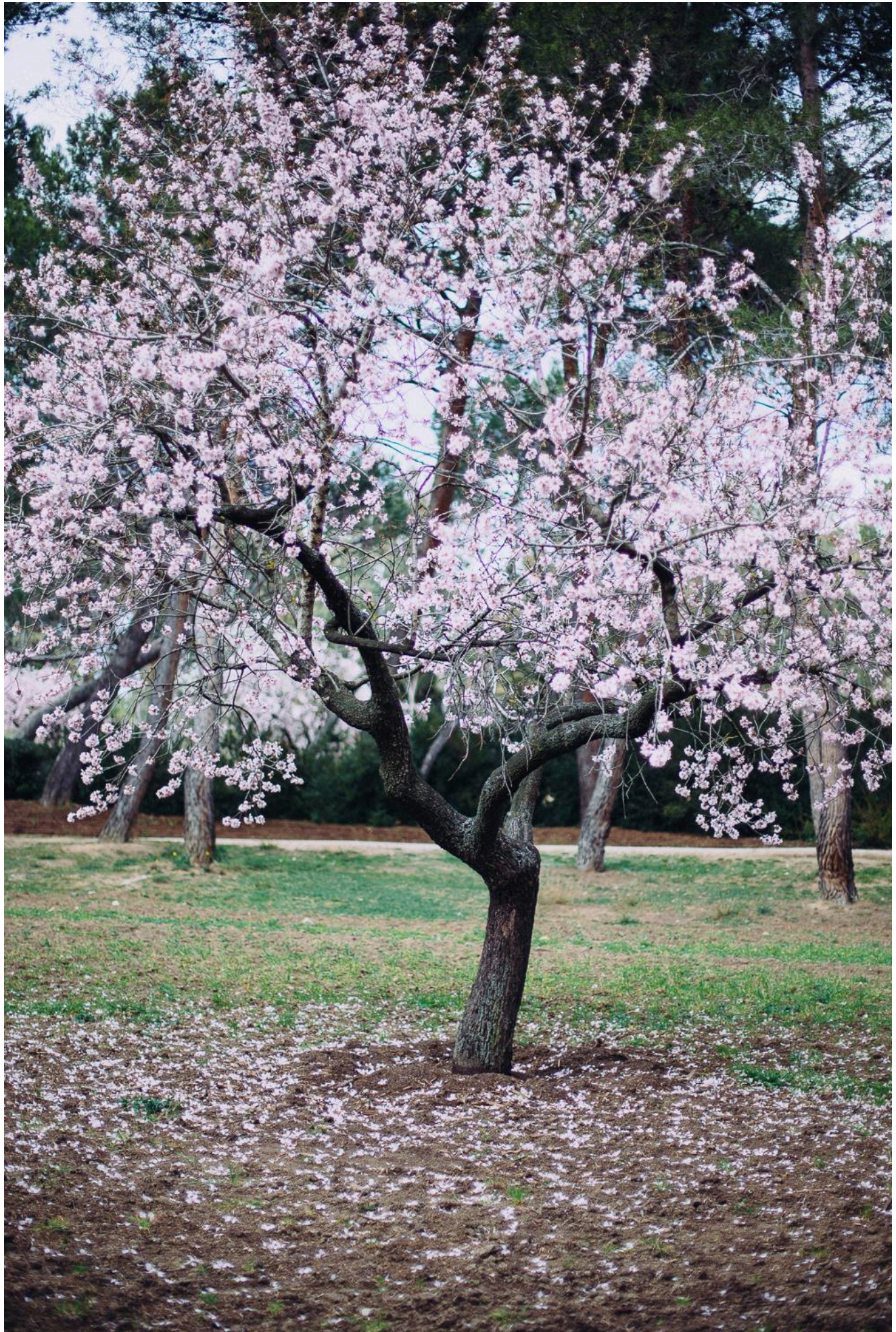
What do peach, cherry, apple, plum and almond trees have in common? They blossom. These pinks and whites were designed to remind us that spring is just around the bend. And almond trees are open right now, right here in Madrid. They are in full bloom for only two to three weeks so tick tock!





Most of us have heard of *Sakura*, which means season of the cherry blossoms in Japan. Unbeknownst to many, it is not only cities like Kyoto that have these springtime favorites. **The almond tree, in particular, is abundant in Parque Quinta de los Molinos.** Just in front of Suanzes metro station (línea 5 or green line) is the entrance to what is almost like another world. Amidst the backdrop of vivid and rambunctious Madrid, is a subtle and tranquil oasis.







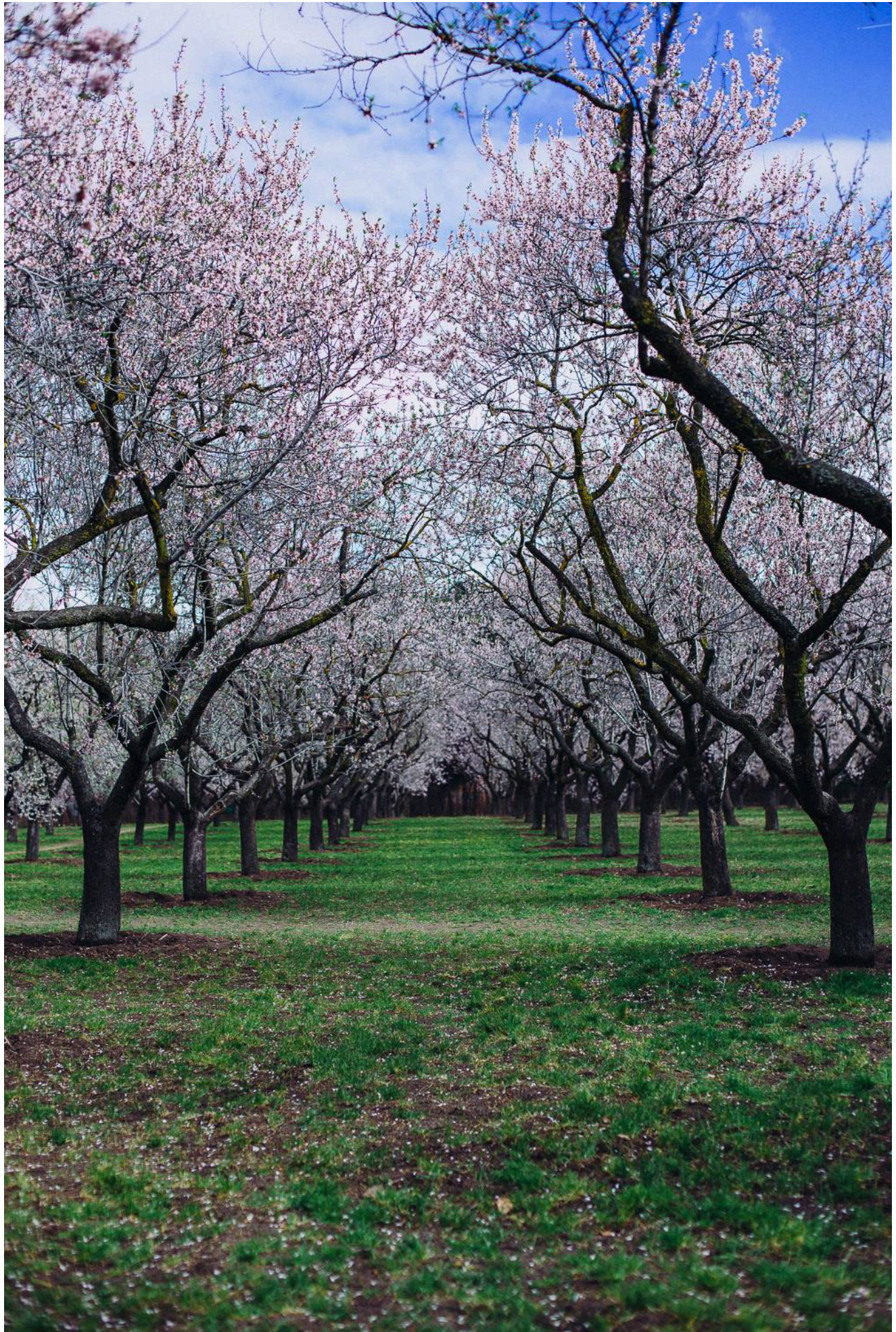
There are no stores or cafes in the park, but your friendly *alimentación* or food stores are available on Calle Alcalá, right around the exit of the metro. Before entering the park premises, grab a sandwich, a *refresco*, and maybe some nuts to share with the birds, and you are set for a lovely picnic under the almond trees.



It is said that the park was originally the property of a rich count, but later was donated as public space. The approximately 25-hectare park has hundreds of almond trees, and also olive groves, pines, and eucalyptus. You can literally see and smell spring here!

It was no surprise that tourists and locals had their cameras on-hand while ooh-ing and ahh-ing at the sights overhead. It's a great idea if you want to escape the hustle and bustle of the city center for a bit.







So go ahead. Plan to take a stroll. Bring your loved ones. Bring your pets. Leave your worries behind. Make your way to Parque Quinta *pronto*.

Article written by Roy Macaraig, [LinkedIn](#), and photographs by Jenny Peñas, [Website](#), Instagram @jeanina

## Parque Quinta de los Molinos

- **Address:** Calle de Alcalá, 527, 28027 Madrid
- **How to get there:** Metro: Suanzes (L5)
- **Schedule:** 6.30 to 22.00

*\*This article was updated in February, 2019*

## You may also like:

[Madrid city in bloom](#)