

Where to Take Your Mom in Madrid – Round 2

Knowing where to take your mom in Madrid can be tough, especially if she's already visited you five or six times. So here's a follow-up to my [first version](#) of this post with some fresh ideas, some favorites, and some recommendations from fellow Naked Madrid writers – and my mom, too, of course. She also helped me edit this whole piece. Thanks ma!

Not to mention these ideas are great for any out-of-town guests. Here goes:

1. Museo del Romanticismo for an intimate art experience



Madrid has several charming museums worth visiting, and if you're like me, you'll appreciate their small size. My mom and I loved [Museo de Artes Decorativas](#) and [Museo Naval](#); but we enjoyed [Museo del Romanticismo](#) the most. Something about wandering around someone's former mansion makes it unique, and each room tells a different story. Just stay on the grey carpet or the attendant will scold you, like she did my mom when she wanted to take a closer look at the 19th-century furnishings and art! Plus it has a wonderful tea room.

For more ideas, check out [Madrid's obvious and not-so-obvious museums \(and how to get in for free!\)](#)

2. Mad Improv events for fun and laughter



This was such a great discovery. My mom has been to Madrid several times over my ten years of living here, yet we never quite found the right way to spend an evening out that didn't

just involve food. [Mad Improv](#) is an English-speaking theater group that holds shows (right now on Thursdays at La Escalera de Jacob) and regular workshops and jams at [VeraContent](#) (Naked Madrid's sister company).

Jams cost 3€ and include a first drink. Anyone is welcome to get up and join in on improv games, or you can just watch if you're on the shyer side – understandably so, as you'll see some pretty impressive improvisors up there. Either way, you're going to laugh a whole lot. I promise.

Here's a [full post on Mad Improv](#) to find out more.

3. Juana la Loca for excellent Spanish food



[Juana la Loca](#) is an exceptional family-run restaurant in La Latina, serving Spanish food with lots of fusion and lots of love. Everything you eat here is exquisite, from the *pintxos*

at the bar to the main dishes. I had been several times before I finally got the chance to speak to one of the family members, the son, who explained everything on the menu with such passion. Culinary arts clearly run in the family.

4. Bosco de Lobos and Ana la Santa for cozy and chic dining



I wanted to include a few more restaurants on this list so I asked for recommendations from [Cat](#), one of Naked Madrid's most active writers. With no hesitation at all, she said: "[Bosco de Lobos](#) and [Ana la Santa](#) are both mum pleasers!" Bosco de Lobos is situated in a beautiful courtyard of an architecture school in Chueca, and its casual-chic look immediately lures you in. Ana la Santa also has a great location, right in Plaza Santa Ana. Cat especially recommends going here when it's cold outside, as it's the perfect place to warm up.

Check out [Cat](#)'s articles on [Bosco de Lobos](#) and [Ana la Santa](#) – I'd definitely take her word for it.

5. Chuka for Japanese ramen and gyozas



Once you've had your taste of Spanish food, you shouldn't feel bad about going to an [international restaurant](#). Really, it's okay. Madrid's culinary scene is full of fusion cuisine from all over the world, and Madrileños love it. [Chuka](#) is one of our all-time favorites for ramen, gyozas and baos. And we just found out the owners are actually two Americans who have been living in Madrid for over a decade. Go figure!

Here's a full post on [Chuka](#). Another great restaurant nearby is [L'Artisan Furansu Kitchen](#), offering French-Japanese fusion cuisine and a *menú del día* that changes daily.

6. Salmon Guru for fun cocktails



Before going into Chuka we had a half hour to kill so we walked down the street and got a drink at [Salmon Guru](#). This funky bar has a great cocktail selection and truly unique decor. If we'd stayed a little longer and sampled another round, my mom thinks we might have solved the mystery of what "Salmon Guru" actually means.

Read our full post on [Salmon Guru here](#).

7. Swinton & Grant for when you're working



Coffee shops are always great places to park your mom while you're working (or napping). If she hasn't brought her own book with her, she'll surely find something to read at [Swinton & Grant](#) – a café that sells art books and also has a

downstairs gallery – while enjoying a *cortado*, a spicy ginger soda, or a beer.

Another one of my mom's favorites, mentioned in the [previous article](#), is [Café La Libre](#), right by the Reina Sofia museum. She couldn't resist going back twice on her most recent visit. And we always make a pit-stop at [Desperate Literature](#) to check out their international book selection and delightful event calendar.

8. Templo de Debod for stunning views



This beautiful ancient Egyptian temple is perched on a hill providing breathtaking views of the city, making it the perfect spot to watch the sunset or have a picnic. [Templo de Debod](#) is also a great place to walk to after a visit to the Royal Palace or the [Cerralbo Museum](#) which are both a hop skip away. You'll find a free-entrance museum inside the temple – one of [Mad Improv](#)'s organizers, Summer, said her parents loved

it.

9. Casa Pueblo for another cocktail



I've been going to this bar since my first year in Madrid. You can bring anyone here – a date, a friend, a colleague. There's something warm and special about [Casa Pueblo](#) that makes me keep coming back. And my mom couldn't agree more. There's also a small stage in the back where they regularly put on live music.

10. The Rastro for a Sunday flea market experience



pic from [Madrid No Frills](#)

When I asked for a recommendation from [Leah](#), she said: “My mum absolutely loves the Rastro, of course. She wants to buy everything but can’t fit it in her suitcase, but she always manages to squeeze something in like a spoon!”

Leah has been writing about and capturing the Rastro for years on her awesome blog, [Madrid No Frills](#), and instagram accounts [@rastrolife](#) and [@portaitofmadrid](#). Here’s her latest Rastro-inspired post: [Seven eccentric museum-worthy collections found only in the Rastro](#)

11. Shopping day in Malasaña – and a mandatory drink afterwards



Mojitos at Cubanismo, a rooftop bar in Malasaña

When it comes to shopping, I like getting it over with in one shot on Calle Fuencarral (which merges with Gran Vía if you want to hit all the big stores like Zara and H&M). Afterwards, there's beer and tapas waiting for you at some of our favorite spots. I recommend going into one of the happening food markets in the area – [Mercado de San Ildefonso](#) or [Mercado de San Anton](#) – both with great outdoor seating areas.

Another amazing place for a post-shopping drink is El Paracaídas. This multi-story and multi-purpose concept store actually has two rooftops – our favorite is [Cubanismo, a tropical rooftop escape!](#)

12. Food tour for insight into Spanish

bar culture and cuisine



Another Naked Madrid writer, Melissa, recently went on the [Context Tavernas and Tapas Tour](#) in Barrio de las Letras. Melissa is a true foodie, and works as a full-time writer and translator at [VeraContent](#), where she researches Spanish food on a daily basis. She said the culinary tour was truly insightful, and a wonderful way to better understand the history and nuances behind Spain's delicious cuisine as you enjoy every bite.

Read Melissa's full article on the [Context Travel Tours](#) here.

Don't forget to read round one of [Where to Take Your Mom in Madrid](#) for more ideas!

You might also like: [Take a Peek Inside 5 Historical Madrid Bars](#)

Of course Madrid is full of more options that mothers will love, so please feel free to share in the comments!

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!](#)

Where to Take Your Mom in Madrid – Part 1

Wondering where to take your mom when she comes to visit you in Madrid? Here's a list of places (aside from the Prado and the Royal Palace) that are all hand-picked, tested and approved, if not by me then by my friends. All these ideas have definitely worked – and not just for my mom, but for a lot of out-of-town guests and other family members, too. Here goes!

1. [Madrid Food Tour](#), for a culinary experience full of insight



I can't recommend this tour enough. The guys at [Madrid Food Tour](#) are young and passionate about the city's food culture and history. They offer a variety of tours that take you through the city's most authentic neighborhood markets, tapas bars and restaurants. Plus you get to walk around the city while the tour guides give you insights into Madrid's history. I went on the [Huertas market tour](#) and wrote about it in [a previous post](#).

But you can check out all the tours [here](#) and then choose the one that appeals to you most! The tours are given in English and can be personalized if you have particular food preferences or needs. Just ask them! Another note – I recommend **starting out the trip with this tour** so your mom can get a better feel for the city and its gastronomic offerings.

2. [Bar Lambuzo](#), a family-run Andalusian restaurant



This is one of **my favorite restaurants in Madrid**. What makes Lambuzo perfect is that it is an authentic, Andalusian-style taverna in the heart of Madrid, run by a whole family, and each member has his or her role. For example, you'll find Pepe, the father, working the front and Luis, one of the sons, working the bar. They specialize in food from the South of Spain, so get ready for a variety of fried fish, rice dishes and other delicious treats. Lambuzo now has two locations, although my favorite is the one near Opera, which you can read more about in my previous post [here](#).

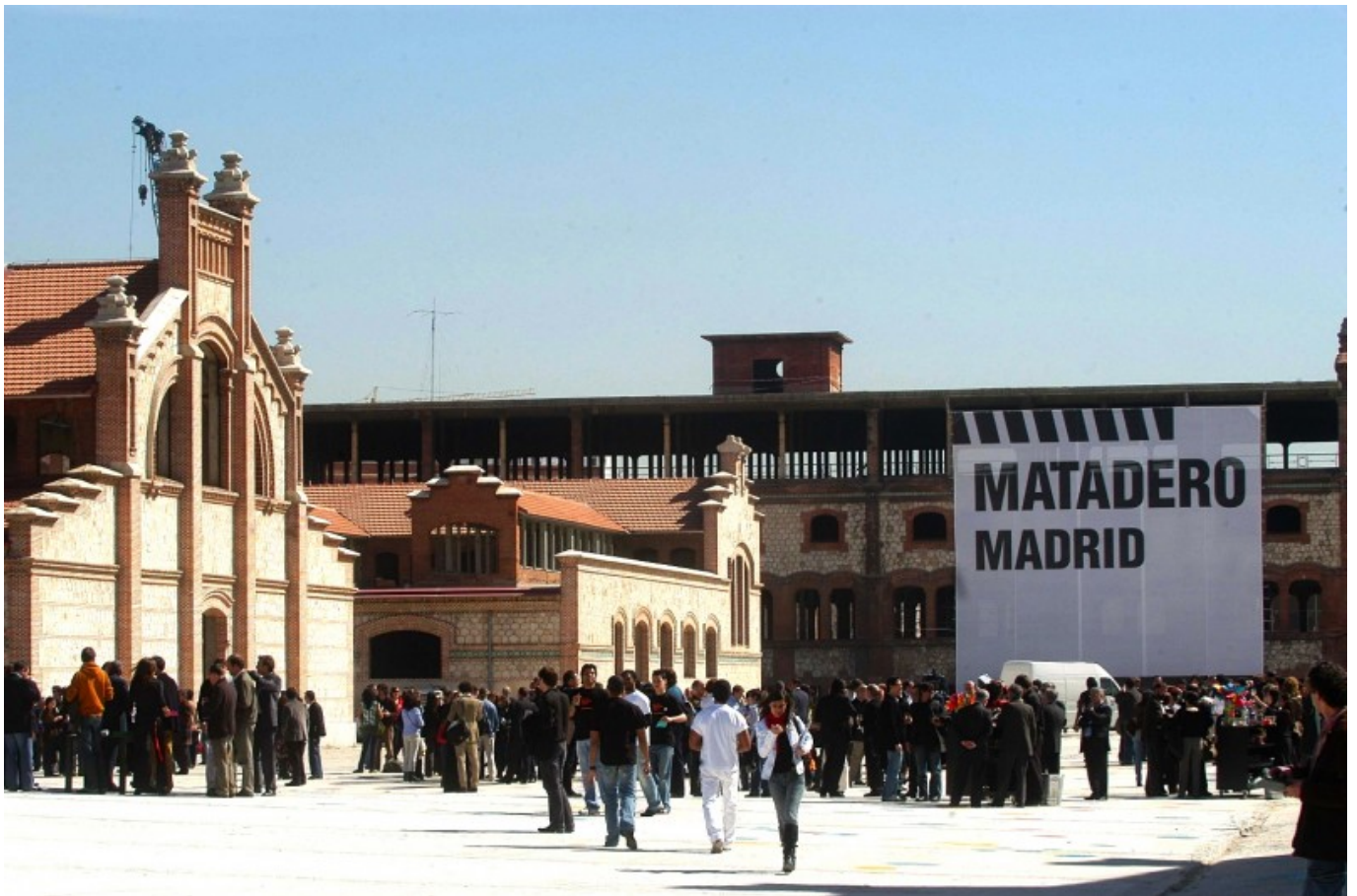
3. [Museums](#), Museo Sorolla & Thyssen in particular



My mother has been to the **Prado and Reina Sofia** twice now and although they're of course worth visiting, she actually preferred the **Thyssen** (so did my brother and sisters) and **Sorolla museums**. While the Thyssen's collection is considered one of the best in the world, the Sorolla's is less

expected – it is in the painter's former home and houses an outstanding collection of pieces that you can see as you walk through the charming rooms. Here's a post on all of [Madrid's obvious and not-so-obvious arts institutions \(plus how to get in for free\)](#) so you can add more to your list.

4. [El Matadero](#) & Madrid Río, for an off-the-beaten-path experience



I always jump at the chance to take friends and family to this place. A former slaughterhouse turned cultural center, **El Matadero** is a must for anyone into contemporary art and cultural activities. It is a huge space with different warehouses, each dedicated to their own type of art. For example, there's the theatre nave, the reading nave and the music nave, among many others. The Matadero also holds wonderful farmers' markets with local products and food trucks, as well as live music and activities for the little

ones. It's also situated along Madrid's river so if the weather is nice, I recommend taking a stroll afterwards or even hopping on a bike.

5. Casa Mingo, an old-school Asturian cider house



I have too many good memories of Casa Mingo, a century-old Asturian restaurant serving roasted chicken and cider by the bottle. Please take your mother here if she likes the good-old kind of restaurant that cannot be imitated no matter how hard you try. This is the real deal (plus it's incredibly cheap!) Here's a [previous post](#) I wrote on it.

6. Food markets, not just Mercado de San Miguel



Madrid has a thriving indoor and outdoor market culture. My mother's first experience with Madrid's market scene was Mercado de San Miguel, naturally. While I do suggest taking your mom there, don't forget about Madrid's other markets. On my mom's most recent visit, we went to [Mercado del San Ildefonso](#) in Malasaña and she was stunned by the architecture, vibrant food scene and open-air seating areas. Then there's [Mercado de San Antón](#) in Chueca which is never a bad idea for its gourmet food stands and amazing rooftop bar (check out other [rooftop bars here](#)). Plus, virtually every weekend there's an outdoor market (aside from **the Rastro**) and food festival in Madrid. Some of my suggestions are **Madreat**, **Mercado de Productores** and **Mercado de Motores**.

8. [Desperate Literature](#), a charming international bookstore



My mom adored this place, mainly because the owner, Craig, gave her a glass of whisky to drink as she browsed through the paperbacks and hardcovers, used and new. There's more to the story, though. [Desperate Literature](#) was opened in Madrid about a year ago by the guys who run a very special international bookstore in Santorini, Greece, where my mother had actually visited and my sister had previously worked for a summer. Maybe it's the music, the high quality book selection or the people from all over the world who run Desperate Literature with such care and love, or maybe it's because it's nestled in between the streets that bring you to Madrid's Royal Palace and Opera House.... I guess it just has that *je ne sais quoi*.

And if your mom is an avid reader, she'll get to donate the book she finished reading on her flight to Madrid and find herself a new one for the trip home! Here's a [full post on Desperate Literature](#).

9. [Toni 2](#) or [Bar Cock](#), for cocktails and more...



If you're wondering where to get a drink late at night, you can try [Toni 2](#), a sort of piano bar mostly for patrons of a "certain age" – only the classics are sung here, accompanied by a live pianist. It's an old-fashioned kind of bar with an extra long grand piano in the center (here's a full article on [Toni 2](#)). If your mother isn't so into the vintage karaoke scene, then I'd definitely recommend getting a cocktail at [Bar Cock](#), another beautiful old-fashioned bar off the Gran Vía. The only time I went here, Harrison Ford was there! Also,

across the street from Bar Cock is La Barraca, the restaurant mentioned next.

10. [La Barraca](#), for paella and other Valencian dishes



I've been asked a lot about where to get paella in Madrid and never knew what to say, until recently. One of Madrid's most active writers, [Dan Catalan](#), just discovered a place that his grandmother took him to in Madrid. It's a Valencian restaurant located in the city center called La Barraca, which specializes in rice and seafood dishes like paella, which he says is definitely mother-worthy. Just note that this restaurant is on the pricey side – maybe you'll take your mom here, but she'll have to pick up the tab... Check out Dan's post [here](#).

11. [Rooftop bars](#), like Casa Granada or Mercado de San Anton



Madrid has an impressive number of **rooftop bars** and we've written about 20 or so in our [4-part series](#). If I had to recommend just a few, I'd say [Palacio de Cibeles](#) and [Circulo de Bellas Artes](#) for stunning views, and then [Casa Granada](#) and [Mercado de San Anton](#) for great food and ambience. My mom loved **Casa Granada** back when it was in such desperate need of renovation that we actually felt our chairs were going to slip off the roof. It's since been refurbished so you'll still get the dining experience, just without the fear...

12. La Cava Baja, for “tapas bar” hopping



Lined with tapas bars and restaurants, La Cava Baja is the most happening street in La Latina. The first time I walked along it with my mother was during winter and it was very foggy outside. She said it looked like a fairy tale – as if a knight on a horse was going to appear riding through the mist. Even on a clear day, La Latina is a must if your mother (like mine) enjoys going into Madrid’s charming little bars and walking through the area’s old and windy streets. For specific recommendations on bars in La Latina, check out this article: [Coziest Wine Bars in La Latina \(with gluten free options!\)](#)

13. Flamenco, when in Spain...

I personally can’t recommend any particular flamenco performance in Madrid, but if you think your mother would

enjoy experiencing a tablao, our friends at [Madrid Food Tour](#) have compiled this list of [Where to See Flamenco in Madrid](#) and we trust them.

14. A nearby town, beyond Toledo



My mom went on a guided tour of Toledo a few years ago and didn't enjoy it so much because she didn't get to "roam around freely" as much as she would have liked. So while I'm not against taking a tour, I do think you should make sure to have enough time to wander around and explore the nooks and crannies of wherever you go. I've taken my mom on a number of day trips around Madrid and her favorite was when we drove to [Segovia](#) and [El Escorial](#) in one day. If you can get your hands on a car, I highly recommend it. You can also check out our article on [Madrid's 10 most beautiful surrounding towns](#) which all link to a description, map and transport details.

15. Pepe Botella & Plaza del Dos de

Mayo, for coffee and tea



Pepe Botella has long been my **favorite café in Madrid**, as anyone who's ever visited me will already know. Its ambience, location and simple drink menu has always set it apart from the rest of Madrid's cafés, for me at least. I recommend going here either before or after lunch and sitting with a book or a newspaper, or just chatting away. When I go in the afternoon, I like starting with a **coffee or tea**, and then welcoming in the evening with a **glass of wine**. Here's a [full post on Pepe Botella](#).

Any other suggestions? We'll be coming out with a part 2 so all recommendations

are more than welcome!

You'll also like:

- [Eating our way through Huertas with Madrid Food Tour!](#)
- [Madrid's Obvious and Not-so-obvious Museums \(and how to get in for free\)](#)
- [Madrid's 10 Most Beautiful Surrounding Towns \(and how to get to there\)](#)
- [Madrid's best rooftop bars – part 1](#)