

# L0L0      Polos      Artesanos: Popsicles for grown-ups (and so much healthier)

Madrid has no shortage of [amazing ice cream parlors](#), and considering the oppressive heat waves we've been under lately, it's no wonder that people are craving frozen treats. But what about ice cream's neglected cousin, the popsicle? The snack that every American child (at the very least in the New York Tri-State area) craved at the end of a long day at day camp? It's been revived, and majorly upgraded in Malasaña, becoming the new *it spot* of the summer.

Truth be told I should have written about this a long time ago, but it took me a little while to actually get myself there to try them. When I, currently prohibited from eating ice cream because I can only consume non-fat dairy products, found out about [Lolo](#), I jumped for joy as I knew that at last I could have popsicles and not have to only eat Bimanan ice cream that you can buy at a pharmacy.



When you walk inside [Lolo](#), you get a playful décor that reminds you of a little *chiringuito* on a beach somewhere in Cádiz or on the Mediterranean or your childhood. You can also



get coffee, tea, and other drinks to go with your popsicles, but let's face it, what most people come here for are in fact the frozen fruit on a stick.



Every day, [Lolo](#) posts its menu outside of ten different flavors. But we're not talking about your standard cherry, grape, and Sunny Delight-tasting orange. You do have some flavors that are indeed more classic, like chocolate...

...but many of the flavors play with sweet and savory.



Such as Orange and Lemon


While some of the flavors may be creamier, like strawberry-banana with yogurt, others are just straight-on refreshing and are the ingredients themselves and water. You'll find some that have truly off-the-beaten-path flavor components, such as lemongrass. There's even an avocado-flavored popsicle (which I have yet to try, but have on my pre-August-in-New-York checklist). This is reminiscent of the new savory gelato trend happening in Rome.

So now that I've covered the "popsicles for grown-ups" part of

the title due to the major gourmet flavor upgrade (perfect for the foodie in all of us), it's time that we move on to the healthier part. All of Lolo's popsicles are 100% natural. This means, that unlike the popsicles of our childhood there's no extra funny stuff like chemicals or 100 times more sugar than necessary. For those who have to be really strict about eating (like me), LOL0 lets me in on the summer frozen treat fun.

My personal picks? I've tried the *sandia y pepino* (watermelon and cucumber) and the *frambuesa y agua de jamaica* (raspberry and Hibiscus tea).



A close-up photograph of a large, thick, red popsicle. The popsicle has a textured, slightly grainy surface. A hand is visible at the bottom, holding the white, crinkled paper wrapper of the popsicle. The background is a dark, out-of-focus surface.

But first, popsicles from Lolo

A logo for 'MADRID SPAIN'. The word 'MADRID' is in large, bold, white capital letters. Above the letters 'M', 'A', and 'D' is a white silhouette of a building with a central dome and two side towers. Below 'MADRID', the word 'SPAIN' is written in smaller, white capital letters, with the 'S' and 'N' being larger than the 'P', 'A', and 'I' in between.

**MADRID**  
SPAIN

Watermelon and cucumber. Please forgive the use of a Snapchat photo.

I prefer the raspberry one, but I'm still wanting to try avocado. And I'll celebrate publishing this article with two LOL0s, one being avocado!

Now, one last thing. LOL0 has its own hashtag, #LOL0Selfie, for all of the selfies you may just happen to post with your popsicles. Like I added later on to this one (I took my friend visiting from Barcelona to LOL0. He was very impressed).



My frambuesa y agua de jamaica #LOLOSelfie with my friend visiting from Barcelona

Now go to Malasaña and get your very own LOL0!

## **LOLO Polos Artesanos**

**Address:** Calle del Espíritu Santo, 16

**Hours:** Every day from 12:00 pm – 1 am

**Metro:** Tribunal (Lines 1 and 10)

[Website](#)

[Facebook](#)

[Twitter](#)

[Instagram](#)

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## **Madrid summer film festivals – open-air cinemas, special screenings and more!**

Summer in Madrid is great if you like film, because you'll find tons of open-air screenings and the city's theaters and



museums offering special deals (i.e. tickets cost around 3€). For example, Madrid's **Palacio de Cibeles** sets up a big screen underneath its glass roof. The cultural center, **Conde Duque**, and the **French Institute** put on films in their courtyards.

Sorry we didn't get around to writing up a list of all the [best places to see movies in Madrid this summer](#), but thankfully, our friends at [Spotahome](#) have done all the work for us ☐

Here's

Spotahome's article: [Madrid's best summertime cinemas!](#)

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## Best Natural Swimming Pools in Madrid (my top three)

Sometimes in life, you find yourself taking sides on what really matters: dogs or cats? living in the city or in a town? Here comes a difficult one: pizza or burger? From now on, you won't have to struggle on the next question in Madrid: **day trip to the ocean or hiking in the mountains?** Cause the answer is **piscina natural!!**

*Las piscinas naturales*, or **natural swimming pools/ponds**, are a pleasant alternative to the more common ones in the city (take a look at our previous post, [my top 4 city swimming pools in Madrid](#)). As far as I know, this kind of pool is **chemical free** and uses the water that flows from a river to fill the **pool**. Here in Madrid, we are lucky enough to live relatively close

to a few of them. Since **summer** has now come and it's going to stick around for a while, go give yourself a break and enjoy life in the "***Sierra de Madrid***".

**Here are my top three!**

(note—they're all open now but I highly recommend calling beforehand to confirm their hours, sometimes they change without warning)

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# **1. Piscinas naturales de Cercedilla (Las Dehesas)**



Cercedilla by Marcelo Concina



Cercedilla by ABC



## What you need to know:

Cercedilla's pool is my favorite because it's the closest to the city and the easiest one to get to. Before going, you should know that there is a "small" 30-60min walk from **Cercedilla's train station** to the pool. Although you can get a bus that makes it shorter, I'd recommend walking and enjoying the **landscape**. Also, that way you'll really feel you deserve the swim.

**Telephone:** 91 852 57 40 / 91 852 22 00 (Tourism office)

**Schedule:** 10am to 8pm (Season 2014: They are open since June 13th!!)

## How to get there:

- Quick link to [how to get to Cercedilla](#)
- [Bus from Cercanias train station to the pools](#)

## How much is it?

- **Working days:** 5,50€
- **Weekends:** 6,50€
- **Others:** Children and elderly 3,50€ / They also have group prices.

*\*Note: If it's the first time you go there, ask somebody to tell you in which direction you have to walk.*

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# 2. Piscinas naturales Buitrago de Lozoya

# (Riosequillo)



Buitrago de Lozoya by Kripsol



Buítrago de Lozoya by Canalgestión

### What you need to know:

My perfect day trip would be visiting **Buítrago de Lozoya** town in the morning, follow by spending the afternoon at the pool while enjoying the view. Buítrago's pool is a bit farther than the one in Cercedilla, and the public transportation is not as convenient. However, the town and the pool deserve a try.

**Telephone:** 91 293 20 47 (Info) / 91 868 00 56 (City hall) / 91 545 10 00 (Canal de Isabel II)

**Schedule:** 10am to 8pm (Season 2014: They are open since June 21st!!)

- **Working days(From Tuesday to Friday):** 11.30 am to 8.30pm
- **Weekends and holidays:** 11am to 9pm



- *\*Note: Mondays are closed. Better to go on a weekday.*

#### How to get there:

- Quick link to [how to get to Buitrago](#)
- *\*Note. Ask the bus driver where to get off, it's not the last stop and you don't want to get lost!*

#### How much is it?

- **Working days:** 2,50€
  - **Weekends:** 3€
  - **Others:** Children and elderly 1,50€
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## 3. Piscinas naturales Rascafría (Las Presillas)



Rascafría by [rascafría.eu](http://rascafría.eu)



rascafria by javidemadrid.tumblr.com

### **What you need to know:**

Last but not least, *Las Presillas* pool in Rascafria is the farthest pond from Madrid and the less convenient to go by public transportation. Although the entrance is free and looks like the most natural and authentic. Plus, the bar area is great!

**Telephone: 91 869 18 04 (Las Presillas) / 91 869 11 71 (Rascafria City hall)**

**Schedule: 9am to 9pm**

**How to get there:**

- Quick link [to how to get to Rascafría](#)

**How much is it?**

- The entrance is free!!
- Parking is 5€ a day.