



*View of the  
Royal Palace  
of Aranjuez*

# Gastronomic tours through the Community of Madrid



**Comunidad  
de Madrid**



50 AÑOS EN SOL

HOTEL TIO PEPE  
SEÑOR MARRONERO Y MARRONERA  
CALLE VALENTI 8-15

The history of Madrid's gastronomic heritage dates back to 1561, the year in which Philip II moved the Royal Court to the city. The arrival of foreign ambassadors to the most powerful court in Europe — which entailed extended periods of permanence in the capital— also led to the arrival of foreign cooks with foreign products and recipes, serving to considerably widen the city's gastronomic range.

In addition, the importation of products from Latin America and the subsequent arrival of the House of Bourbon in Spain contributed decisively to turning Madrid's gastronomy and culture into a melting pot, where recipes and habits from various countries melded together.

This cosmopolitan vision, which began 500 years ago, has been maintained over time and is the reason why the gastronomic offer found today in the Community of Madrid is one of the richest to be found in any national region. Madrid's gastronomy is not just the cuisine of Madrid, it is a sample of all the cultures — national and international— found in our Community, and a market that is open to all kinds of everyday and exotic products. Regional Spanish, Japanese, Chinese in all its variations, Peruvian, Mexican and many other types of cuisine can all be found in a wide range of restaurants that cater to all levels of the market. A stroll through the markets of Madrid also allows us to appreciate the immense variety of products on offer to food lovers, allowing them, in many cases, to taste them in the markets themselves.



*Lakasa restaurant,  
Madrid*

The terraces and bars of the Community of Madrid, from the capital city itself to the World Heritage-listed towns and villages that surround it, offer a wide range of pinchos and raciones (snacks and portions), allowing any visitor to enjoy the gastronomic richness of our Region.

This guide does not seek to be an exhaustive reference of the entirety of this gastronomic offer, rather, it aims to collect some of the most representative places in the Community where this richness can be found. While all places featured here are certainly well worth a visit, not all those worth a visit could be included!



And our advice will always be to get lost in the neighborhoods of Madrid and the villages of our Community, discovering products, recipes, bars and restaurants.

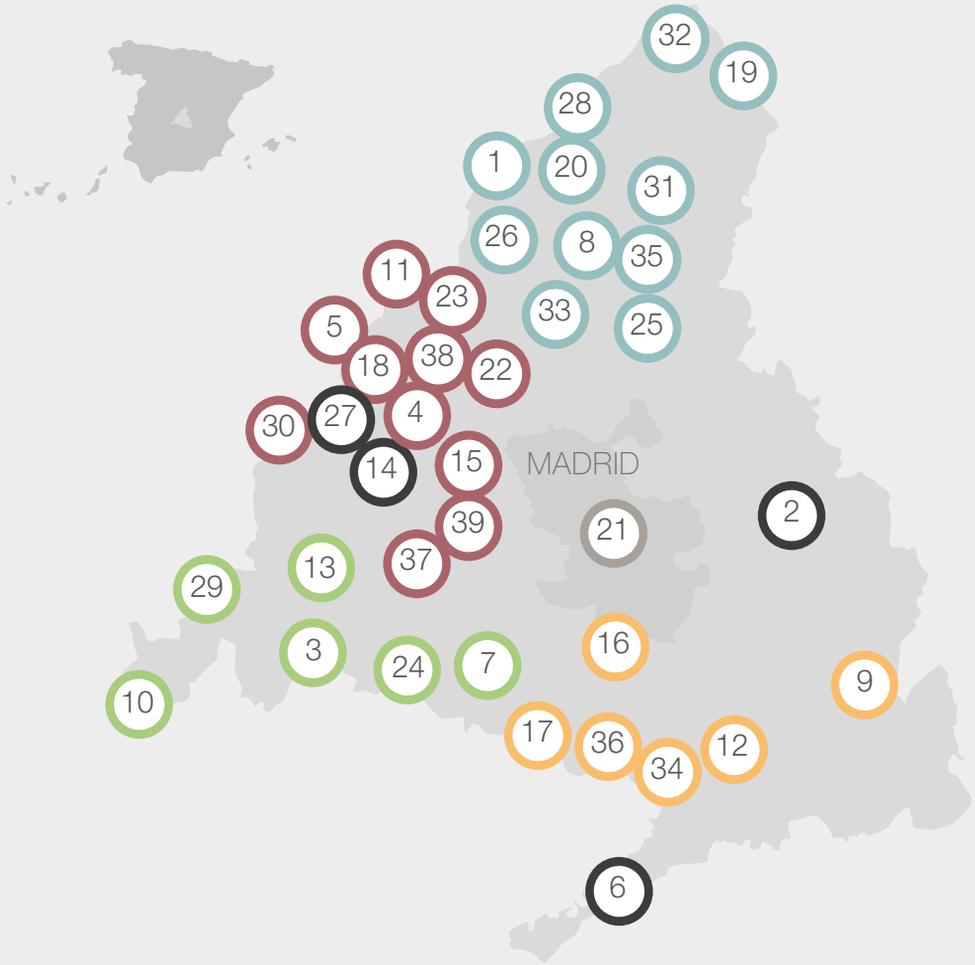
*In order to provide the most up-to-date information possible, we have included direct links to the websites of the establishments listed. To access them, just click on the name of each establishment that appears in bold..*



Academia Madrileña de Gastronomía

 **academia**  
madrileña de gastronomía



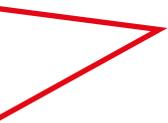


- |                                |                           |                                 |
|--------------------------------|---------------------------|---------------------------------|
| 1. Alameda / Pinilla del Valle | 14. El Escorial           | 27. San Lorenzo de El Escorial  |
| 2. Alcalá de Henares           | 15. El Plantío            | 28. San Mamés                   |
| 3. Aldea del Fresno            | 16. Getafe                | 29. San Martín de Valdeiglesias |
| 4. Alpedrete                   | 17. Griñón                | 30. Santa María de la Alameda   |
| 5. Alto del León               | 18. Guadarrama            | 31. Sierra de la Cabrera        |
| 6. Aranjuez                    | 19. La Hlruela            | 32. Sierra del Rincón           |
| 7. Arroyomolinos               | 20. Lozoya                | 33. Soto del Real               |
| 8. Bustarviejo                 | 21. Madrid                | 34. Titulcia                    |
| 9. Carabaña                    | 22. Matalpino / Morzarzal | 35. Valdemanco                  |
| 10. Cenicientos                | 23. Navacerrada           | 36. Valdemoro                   |
| 11. Cercedilla / Los Molinos   | 24. Navalcarnero          | 37. Villafranca del Castillo    |
| 12. Chinchón                   | 25. Pedrezuela            | 38. Villalba                    |
| 13. Colmenar de Arroyo         | 26. Rascafría             | 39. Villanueva de la Cañada     |

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# Madrid

## **Everything is in Madrid**

The city of Madrid offers all kinds of gastronomic offers: from the market stalls to the luxury restaurants, regional and international cuisines, meats, fish, vegetables, grills and tapas are at your disposal, without forgetting the unique offer of Centennial Restaurants and Taverns.



# Gastronomic markets

**One of the characteristics of  
Madrid's markets is their  
transformation into authentic  
gastronomic centers**

Shopping and leisure centres, Madrid's markets are a great option to get closer to Madrid's gastronomy.

*San Antón market,  
Madrid*

Madrid's markets have become true gastronomic centres where, in addition to buying magnificent products, it is possible to meet up with friends for an aperitif, lunch or to settle in for a late afternoon drink, with the possibility of mixing products from different stalls to create a menu that suits everyone's tastes. Here you will find food stalls with a casual atmosphere and a full range of multicultural offerings.

## San Ildefonso market

Located in Calle Fuencarral, it has 20 stalls, 2 terraces and 3 bars spread over its three floors. Here you can find a complete gastronomic offer. Starting on the street level, Akma offers Asian cuisine with a touch of Madrid, while on the first floor, visitors can choose from a wide variety of places for pinchos and tapas, alongside informal Mexican cuisine at Paco's Tacos and Venezuelan arepas at La Arepera. If you prefer something more local, try Tapas y Arroces or the various cuts available at Ibérico Grill, accompanying your meal with a beer from Barra Beer or wine from Dinvinus. If you fancy dessert, be sure to try the crêpes from Cultura Café (savoury crêpes also available), accompanied by a coffee of one of the many varieties they import from all over the world.



San Ildefonso market





*Vallehermoso market,  
Madrid*

## La Paz market

Located in the Salamanca neighbourhood, this is one of the city's most chic markets. From the outside you can hardly see it, but once you enter through a small alleyway, you find a wide range of gourmet outlets. Here you will find various exquisite things to try and several establishments offering a range of delicatessen.

For a quick bite, try the artisanal sandwiches at Magasand, while if you want something more typically Spanish, Casa Dan offers one of the best spanish omelettes in Madrid. You can also find rice dishes at Bar Cebreros, home cooking at La Cazuela Verde, and a typical Andalusian cone of fried delicacies at Oñate. If you are looking for gourmet products, head to Oh Delice!, where you can sample items from small French producers. If you prefer Italian, you can find superb pastas and homemade pizzas at Matteo Cucina and Il Forno di Matteo, while you can also find Mexican cuisine at Doce Chiles and excellent pastries at Ciento Treinta Grados. If you still need more, try the Venezuelan cuisine at Casa Mestiza, the ceviches at Distrito Ceviche, or the Portuguese cuisine at Maninhas Sardinha



La Paz market





*San Antón market,  
Madrid*

## **Antón Martín market**

Located in the heart of the city, this is undoubtedly the most versatile market in Madrid. The more than 20 stalls offer a great range and quality of gastronomic delights in a friendly atmosphere. You can find Italian snacks, wines and authentic Sicilian at Benito Aperitivos, and great pizza and porchetta at Fiaschetteria La Saletta. Buns&bones invites you to eat with your hands, while you can find great home cooking at Caracola, ceviches at El Mono de la Pila, and Taiwanese at Casa Bora. You can also find oysters, smoked fish and other fresh seafood at El Tarantín de Lucia, sweets in Majo's Food, and cheap, freshly made sushi at Yokaloka.



[Antón Martín market](#)



## San Antón market

On the other side of the Castellana, in the Chueca neighbourhood, you can visit the Mercado de San Antón, which occupies three floors of a completely remodelled building. On the lower floor you can purchase fish, meat, cheese and charcuterie of the highest quality, while on the middle floor you find a wide range of products and tapas. The third floor has a pleasant terrace where you can have a drink and dinner, enjoying a view of the city's skyline.



San Antón market

## Vallehermoso market

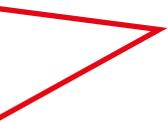
A “maverick” offering in one of the most popular food markets in Madrid. On the first floor you will find oriental cuisine at Tripea, spice at Kitchen 154, and Japanese at Washoku. If you prefer Italian, there's Di Buono and San Pietro Pizza, and you can find something Mexican at Guey. For something quick, you can grab a special sandwich at Craft 19 or a hot dog at La Virgen, both accompanied by craft beers, which you can also get at Drakkar. For something more substantial, there is the grill at Prost Chamberí. If you go to the ground floor, make sure to browse the stalls of artisan producers and taste their various products. Don't miss a visit to El Escapate, with its torreznos (fried pork rind) and gildas (a marinated pincho on a toothpick), which are among the best in Madrid..



Vallehermoso market







# Centennial restaurants

## **Twelve restaurants with more than 100 years of history**

Places that have managed to maintain the values of tradition and quality and the savoir-faire of Madrid's cuisine. Many chapters of the city's history have been written within their walls, making them the ideal place to get to know Madrid's cuisine

*Dining room in  
Lhardy, Madrid*

A unique phenomenon in the world: twelve establishments with more than a hundred years of service behind them. Some of them hosted Miguel de Cervantes within their walls, others were originally mills that wanted to be inns and the Spanish Socialist Party was founded in another of them. Pieces of the city's and the country's history that have maintained their essence after more than a century. Luxurious dining rooms, illustrated taverns and traditional roasting ovens are just a taste of what's on offer in the oldest bars in Madrid.

Open since the late 19th century (1892), the **Bodega de la Ardosa** originally sold wines from Toledo. Nowadays, it specialises in beers and its famous Spanish omelette and tapas are not to be missed.

**Botín** (1725) is listed in the Guinness Book of Records as the oldest restaurant in the world, and a huge range of notable figures have passed through its dining rooms to taste its famous roast suckling pig. Writers such as Galdós, Hemingway, Graham Greene and Frederick Forsyth even mentioned this place in their books.

**Café Gijón** (1888) was the venue for some of the capital's most legendary gatherings, and this writers' café is famous for its callos a la madrileña (Madrid-style tripe). It continues to be a meeting place for writers, painters, sculptors, journalists and actors... a place of lively gatherings where social, cultural and political discussion is the daily special



*Casa Alberto,  
Madrid*

On the topic of literature, Miguel de Cervantes wrote part of his work in **Casa Alberto** (1827) where the stewed oxtail and meatballs are unmissable classics. Be sure to try the vermouth made according to their own recipe, and the typical elements of a Madrid tavern, such as the basin with its little book, the taps, the unique onyx counter, the tables and stools, wrought iron columns, wooden plinths, shelves and wine racks, flasks and a set of measures for serving wine.

Next to the Puerta del Sol, **Casa Labra** (1860), remains unchanged and specialises in all things cod. One claim to fame is the fact that the Spanish Socialist Workers' Party was founded in its dining room on the 2nd of May, 1879, a day of particular resonance in the city's history.

*Callos a la  
Madrileña in the  
Café Gijón,  
Madrid*



For more than two centuries, **La Taberna de Antonio Sánchez** (1768) has been a meeting place for bullfighting enthusiasts and is currently the oldest tavern in Madrid to have resisted refurbishment. Here you can still see the gas lamps that used to light the place, the bottle lift from the cellar and the walls painted with medallions bearing the faces of old bullfighters, Frascuelo, Lagartijo and Cara Ancha, who often came to drink a glass or two of wine with a “torrija”. A place to enjoy Madrid’s “homemade” cuisine.

At **La Casa del Abuelo** (1906) you cannot miss out on the grilled and garlic prawns, preferably accompanied by their sweet wine “El Abuelo”, in any of the establishments open in Madrid.



*Casa Botín, Madrid*

One of Madrid's most famous dishes is "gallina en pepitoria", and **Casa Ciriaco** (1887) is the best place to try it, together with their essential "empanadillas". Be sure to visit its basement dining room. Notable episodes from this building include Mateo Morral throwing a bomb hidden in a bouquet of flowers at Alfonso XIII's passing wedding procession from the fourth floor, while regular visitors have included the famous journalist and writer Julio Camba and Antonio Mingote.

**Casa Pedro** (1702) was founded as an inn for muleteers, stockbreeders and all those passing through Madrid on the road to France. Illustrious figures such as the young King Alfonso XIII, King Don Juan Carlos I, as well as artists, bullfighters, politicians, journalists, businessmen and thou-



*Casa Ciriaco,  
Madrid*

sands of madrileños have been seated at its tables and have expressed their gratitude over the years. The restaurant's cuisine is very hearty, with typical dishes such as callos and escabeches, and the restoration of the establishment's old wine cellar is a must-see.

**Lhardy** (1839) was the first restaurant to open in Madrid and trying its “cocido madileño” in one of its magnificent dining rooms is an essential experience for any visitor. Among the dining rooms at Lhardy, the Japanese lounge was General Primo de Rivera's favourite. At the opposite end of the political spectrum, it was also here that the decision was taken to appoint Niceto Alcalá Zamora as president of the Republic.



*La Posada de la Villa,  
Madrid*

At **Malacatín** (1890) you can enjoy the typical “cocido madrileño” in an authentic tavern atmosphere, but don’t forget traditional dishes such as tripe, cod with tomato or “pisto manchego”.

At the end of the 17th century in Madrid there was only one flour mill in Madrid, which in 1642 became the first Posada de la Corte, where food and lodgings were offered to all travellers arriving in Madrid. Nowadays, **La Posada de la Villa** specialises in traditional cuisine such “cocido madrileño” made in a clay pot over the ashes of straw and holm oak, and suckling lamb roasted in a clay pot in the old Arab oven.



Centennial Restaurants in Madrid



# Stars and fine dining

## **Restaurants with Michelin stars and emblematic dining rooms**

Grand dining rooms, innovation, Spanish, Japanese and international cuisine, offal and even a flamenco tablao.

*View of the Church of  
Santiago Apóstol from  
restaurant*

Madrid has a select number of restaurants recognised by the Michelin Guide where avant-garde and sophistication go hand-in-hand to perpetuate the best traditions of haute cuisine. These venues are fundamental pillars of Madrid's gastronomy and benchmarks in the sector - schools of the trade in many cases. They remain oblivious to fashions, but not to innovation, offering only the best to the most demanding of diners. The Community of Madrid is represented with 22 restaurants in the Michelin Guide 2020, though the pandemic has forced the closure of some of them. Once again, the full diversity of Madrid's gastronomic offer can be truly appreciated in these venues, with award-winning fusion and Japanese cuisine, offal and "green" cuisine, and even a flamenco tablao.

But beyond the Michelin Guide, there are other fine dining restaurants where quality cuisine is combined with exquisite care for the environment.

### Three stars

The only three-star restaurant in Madrid is **DiverXo**, a restaurant offering unique and innovative cuisine that naturally fuses elements of traditional Spanish cuisine with techniques and products from different Asian and South American cuisines. A true festival for the senses by chef David Muñoz, named world's best chef 2021.

### Two stars

**Coque** is a search for excellence that combines care for the product with impeccable technique, all of this in a setting with four well-defined spaces: kitchen, dining room, wine cellar and cocktail bar. The Sandoval brothers, Mario in the kitchen, Rafael in charge of the wine cellar, and Diego in the dining room, have won three na-



*La Tasquería,  
Madrid*

tional prizes from the Royal Academy of Gastronomy in recognition of their magnificent work.

At **DSTAge** you can enjoy cuisine with a clear commitment to technique developed throughout the extensive career of its chef and owner, Diego Guerrero. A restaurant with “industrial” décor and creativity as its hallmark.

**Ramón Freixa Madrid** is located next to the secret garden of Hotel Único, offering cuisine that seeks to combine the traditional with innovative, avant-garde concepts.



*A'Barra,  
Madrid*

A visit to **Paco Roncero Restaurant** is to visit the heart of Madrid in the incomparable setting of the Real Casino. Its wonderful terrace is the perfect setting to discover the cuisine of this great chef.

## **One star**

It is in the one-star section that you can find the greatest range of different kitchens. At **Saddle**, you can enjoy a magnificent traditional dining room that combines solid cuisine with a good range of cocktails and a carefully selected wine list. At **Cebo** you will find Mediterranean influences over a strong base of Spanish gastronomy. If you want to discover regional cuisine, **Gofio** will surprise you with its Canarian cuisine, where products and wines make up a creative and original offer. **La Tasquería** will show you how offal can be treated with a subtlety and elegance that never ceases to amaze. If you are looking

*El Invernadero,  
Madrid*



for a more conventional proposal, **Clos** offers cuisine based on produce accompanied by an excellent wine list in a well-kept and welcoming setting. **Corral de la Morería** is something truly unique: a gastronomic restaurant next to the best flamenco tablao in the world, where, in addition to the restaurant's impeccable culinary offer, you can also taste some of the best fortified wines to be found.

If you want to experience Rodrigo de la Calle's "green cuisine", at **El Invernadero** you can enjoy a menu where vegetables take centre stage. The original **Yugo The Bunker**, **Kabuki Wellington** and **Kabuki** are three great examples of the wide range of Japanese cuisine on offer in Madrid. **A'Barra** and **Club Allard** allow you to enjoy impeccable cuisine with attentive service in two elegant and cosy dining rooms. **Gaytán** offers a perfect synchro-



*Saddle, Madrid*

ny of cuisine, while avant-garde and tradition come together at **Lúa** with dishes that are defined as traditional cuisine of the 21st century.

If you want to get out of the capital, a trip to San Lorenzo de El Escorial is the perfect excuse to visit **Montia**, a small restaurant with a cosy dining room and a local offer with a wide range of natural wines. In Valdemoro, **Chirón** offers elegant cuisine based on products from Madrid

## Fine restaurants

Elisabeth Horcher represents the fourth generation of one of the most emblematic restaurants in Madrid. Since its foundation in 1943, **Horcher** has represented the tradition of good dining. With magnificent Central European cuisine, special mention must be made of dishes such as the pressed partridge, the “Don Victor” consommé, the stroganoff, and the traditional Baumkuchen (“tree cake”,



*Horchel, Madrid*

a German dessert made in the restaurant), classics of the house that have endured over time, without forgetting its soufflé potatoes. All this in an environment where the customer is the absolute protagonist.

At the Mandarin Oriental hotel you will find three different spaces to enjoy magnificent cuisine directed by the three-starred chef Quique Dacosta. Enjoy elegant creations at **Deessa**. The lunch and dinner menus and an “afternoon tea” that reflects the best traditions of the Ritz Hotel in the fine surroundings of **Palm Court** from 8am to 11pm and, if you want something more informal, one of the best terraces in Madrid.



# Tapas and outstanding bars

## **Tapas can be much more than a casual meal.**

Top restaurants with bar service, specialised taverns, terraces... the range of tapas in Madrid is much wider than a bar where you can have a few “pinchos” or “raciones”. In Madrid, the concept is much broader



*Casa Rafa,  
Madrid*

*Santa Ana square,  
Madrid*



From haute cuisine restaurants to neighbourhood bars, tapas in Madrid can cover anything from simple “patatas bravas” with a glass of beer to some “patatas a la importancia” with a glass of champagne. In addition to traditional bars and taverns, this section includes top restaurants with high quality bars where you can have tapas or lunch, alongside establishments that offer great meals based on tapas and raciones (snacks and portions)..

## Ponzano

We can start our tour in one of the liveliest areas of Madrid, Calle Ponzano and its surroundings. Here you can find **El Doble**, a traditional bar where beer can be accompanied by freshly cooked seafood or marvellous tinned mussels and cockles. A similar but more extensive offer can be found in the two branches of the seafood restaurant **FIDE** , while if you want some pinchos, the terrace of



*Casa Dani,  
Madrid*

**El Lateral** is a good option. For something more substantial **Sala de Despiece**, **Bar Ponzano**, **La Máquina y Arima** offer magnificent bars and highly recommended dining rooms. Don't forget **Cerveceria Lola** o **El Secreto**, either, but the best thing to do is to stroll along the street and enter any of the lively establishments until you reach **Santerra**, with its unbeatable croquettes.

Nor should you miss the parallel street, Alonso Cano, and its surroundings. Here you can start in the gastronomic area of the Chamberí market and go on to find one of the most famous spanish omelette in Madrid at **Sylkar**. Just opposite, you can have a couple of fino sheries at the- **Taberna Palo Cortado**. Don't end your tour without visiting **Los Torreznos**, pero insistimos, paseen con calma y descubut we insist: take your time walking around to discover the many great tapas places in the area.



*Florida Retiro,  
Madrid*

## El Retiro

A stroll through El Retiro is a pleasant way to get to know Madrid's main park, but you are also in the heart of one of the best tapas areas in the city. It is impossible to list all the places, but starting with the **Florida** in the Retiro Park itself, you can continue across the street to have a "caña" (glass of beer) with a Spanish omelette "pincho" in **Martín**, one of the oldest taverns in the area. A little further up, the classic **Sanchís** is next to **Arzábal** one of the places most responsible for the success of the area. Around the corner are two other classics: **La Montería** with its "salmorejo" and fried fish, and **La Raquetista** with spectacular "torreznos" and a surprising menu of tapas and raciones. Nearby you can't miss **La Castela** with its raciones like main courses, and **Taberna Laredo** with its magnificent list of wines and a good dining room. Not far from there is **La Catapa**, another of the area's pioneers that deserves a



slight detour. Another good option is **Salino** with its half raciones and wines by the glass. We continue with one of the best bars in Madrid, **Hermanos Vinagre**, with a range of traditional snacks of a quality that is difficult to match. If you feel like enjoying yourself, you are just a stone's throw away from **Restaurante Rafa**, a first-class seafood restaurant with a a spanish potato salad of more than justified fame and an exceptional product.

Now we are next to “Bulbiza”, a boulevard where you can enjoy the terraces of various establishments, among which **La Retasca** stands out with its tapas and raciones. Heading back towards the Retiro, the friendly **Pirulo** restaurant is worth a stop, with **Kulto** offering a substantial menu. To top it all off, **Barrio Húmedo** is a piece of León in Madrid.

## Outstanding bars

We have already mentioned a few places in the Ponzano and Retiro areas that could be perfectly integrated in this section, and places like Rafa, Laredo, la Catapa or Arzábal are undoubtedly great bars in Madrid.

Let's start this tour at **Álbora**, a gastronomic restaurant with a luxury bar where, along with its magnificent Joseli-to ham, you can enjoy great raciones. In **Viavelez** you will enjoy a high level of cuisine in a stupendous bar where the "patatas a la importancia" are a stand out. In the **Vinoteca Garcia de la Navarra**, you can find magnificent raciones accompanied by a very good range of wines. Also highly recommended is **Santerra**, where you can have a magnificent meal based on raciones, while a must for seafood lovers is the bar **El Pescador**. Top-of-the-range tapas can be found in **Cuenillas**, **Coalla** and **Bar Manero** where you can also enjoy a very good selection of wines.

## Bars and taverns

The most popular places for tapas are the numerous bars and taverns that are spread all over Madrid. A good example is **Bar Alonso**, with its award-winning "callos", or **Docamar**, with its "patatas bravas". In places like **Nájera** you will find a magnificent offering, while the famous croquettes from **Quinto Vino** are perfectly complemented with various raciones. A stroll through the Barrio de las Letras will take you to classic establishments such as **La Dolores** with its beers, or **Los Gatos** with its offer of toasted sandwiches. You can also find **DisTinto**, a tavern where wine is the protagonist and

*Bonito with  
jalapeño jazpacho  
from Viavelez,  
Madrid*



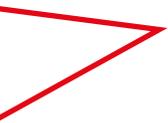
accompanies excellent raciones. We can also include in this category those places that are halfway between a bar and a restaurant, such a **A Mano** or **El Castizo de Velázquez**.

As we said at the beginning, this is just a small overview with some suggestions, our advice is still to choose an area (Ponzano, Retiro, Centro, Barrio de Las Letras, Latina, etc.) and stroll through its streets to discover the rich existing offer, where everyone is sure to find the proposal that best suits them.



SACHA

POSTALERIA  
Y FOGON



# Market cuisine

## **Bistrots, illustrated taverns, seasonal cuisine...**

Quality produce is always at the heart of any good gastronomic experience and there are many places where, in addition to the menu, you will always find suggestions based simply on what's best in the market at that given moment.

*Sacha,  
Madrid*

There are a good number of top-quality restaurants in Madrid where seasonal produce is the basis of the offer, and where you can find an elaborate cuisine in which technique meets maximum respect for original flavours. A restaurant concept that offers high-level culinary experiences in an atmosphere that is less formal than fine dining restaurants.

In this section we start with César Martín's **Lakasa** with its seasonal cuisine, exquisite service, impeccable wine list and extensive opening hours. Is well worth a visit to the traditional cuisine of **Maldonado 14** and **Taberna Pedraza** with dishes from different parts of Spain, **Triciclo** with their wonderful combination of bar and dining room, **Hortensio** with its elegant offer and we must not forget **Coquetto**, the second restaurant of the Sandoval brothers with its legendary suckling pig, among many other dishes.

**Arce**, **Desencaja**, **La Paloma** o **Treze** are also recommended if you want to enjoy a good offer of game dishes (and much more). If you are looking for traditional or modern "casas de comidas" (eateries), **De la Riva**, **Barraera**, **Sagrario Tradición** and **Don Dimas** and **La Ancha** are good choices, and if you want something half-way between market cuisine and a trendy restaurant, **Fismuler** is the place to go, as are **Bibo**, **Amazónico**, **Lobito de Mar**, **La Fonda Lironda** or the interesting grill of **Carbón Negro**.



*La Tasquita de Enfrente,  
Madrid*

Must-visit place is **Sacha**, a real must (and an institution for chefs visiting Madrid), with more than 40 years of experience, its roast marrow, sea urchin lasagne and pickled oysters in a bistro atmosphere and with a quiet terrace do not disappoint. **Viridiana** de Abraham García is another must, a forerunner of Madrid's nouvelle cuisine that offers unforgettable dishes such as stewed lentils with curry or free-range eggs with foie on mushroom mousse. **La Tasquita de Enfrente** is another of the city's institutions, with much more traditional cuisine from the hands of Juanjo López Bedmar. **Casa Lucio**, is another stand out, a place where film stars and celebrities from all over the world try the legendary "huevos rotos".



*Restaurante Lakasa.  
Madrid*

## Restaurants specializing in wines

If you are looking for places that specialise in wine **La-vinia** y **Angelita** will not disappoint with their good cuisine and superb wine lists. In **Vinoteca Moratín**, you will find a wide range of national and foreign wines, while **Media Ración** offers a good combination of dining room and bar, and a great wine list. **La Buena Vida** accompanies its excellent culinary offer with a magnificent wine selection, while **Berria**, offers more than 60 wines by the glass, alongside a simple offering of cuisine. Together with its careful wine offer, **García de la Navarra** stands out for its wonderful vegetables and traditional cuisine.



## Restaurants specializing in vegetables

Beyond the starred **El Invernadero**, in Madrid you can find magnificent restaurants with a wide range of vegetables. Starting with **Huerta de Carabaña** with its two establishments in the capital, and, in season, its spectacular restaurant in the middle of the actual Huerta de Carabaña vegetable plot. We also recommend **La Manduca de Azagra**, with vegetables brought directly from Navarre, including its exclusive crystal peppers and an extraordinary spanish omelette made to order. Vegetables from the **Huerta de Tudela** y en **Floren Domezain** also come from Navarre. With a more complete range of products, **Villoldo** is also worth a mention.



*Estimar restaurant, Madrid*

## Restaurants specializing in fish and seafood

It is said that Madrid is the best seaport in Spain, and while this may sound absurd, it is true that magnificent fish and seafood arrives to Madrid's markets every day. In **O'Pazo** and **El Pescador** you can find product brought directly from Pescadería Coruñesas. Their "sole Evaristo" is a must, which you can also find in their restaurant **Filandón** in Monte del Pardo. At **Estimar**, dishes such as sea urchin with prawn tartar and caviar are a declaration of principles, while **El Sr Martín** is characterised by its large grilled pieces that can be tasted in any of the three spaces. **La Trainera** is a classic that never fails, and **Bis-tromomika** and **El Telégrafo** are other trusted options. **Nado's** elaborate Atlantic cuisine is also very interesting.

*Steak Tartar of the  
Taberna de Elia,  
Pozuelo de Alarcón*



## Grilled cuisine

The representation of grilled cuisine has traditionally been assigned to brasseries such as **Julián de Tolosa** or **Pelotari** with their steaks and grilled fish, but be sure to visit **La Taberna de Elia** in Pozuelo where you will find top quality meats of different varieties and ages. Good options are also **Charrúa** and **Candeli**. At **Rubaiyat** they will serve you meat from their own livestock while at **Rocacho** the product comes directly from El Capricho, a world temple of meat. **Roostiq** offers wonderful cuisine with fire as the main attraction (alongside an excellent wine list), and in **Cadaqués** they serve Mediterranean rice and fish dishes. If you are lovers of Argentine grill, **Piantao** is your place for sure.



# Regional cuisine

**From the Mediterranean to the  
Atlantic, from north to south**

A representation of Spain's regional cuisines.

*Taberna Pedraza,  
Madrid*

Madrid has always been a melting pot of cultures, and this is especially true of its world of gastronomy. Here you can find a wide range of regional cuisines offered by restaurants that are perfectly established and integrated into the Madrid gastronomic scene..

Starting with Galicia, we have a good offer of fish and seafood in **Casa da Troya** and **Naveira do Mar**. It is also worth trying the Betanzos spanish omelette at **La Penela** Penela and an authentic pulpeiro cooking octopus in the traditional copper pot a **La Gran Pulpería**. More formal is **Los Montes de Galicia** and a good mix of Galician and Portuguese can be found in **Atlantik Corner**.

If you are looking for Asturian cuisine, **Asturianos** headed by the legendary Doña Julia, is a true icon of Madrid. **El Oso Oso** is a long-established restaurant and the traditional **Escarpín** is also worthwhile. The magnificent stews and fabada of **Casa Hortensia** are also a must. Traditional cuisine can be found in **La Hoja**, there is a well-kept dining room in **El Paraguas** and very good cuisine is on offer at **El Quinqué**.

Continuing with the cuisine of northern Spain, good Cantabrian restaurants include **Cañadío y La Maruca**, and a more extensive proposal at **La Bien Aparecida**. If you prefer Basque-Navarrese cuisine **Guetaria y Goizeko Wellington** are first class eateries, complemented by places like **Ordago**, **Costa Navarra**, the always reliable **Dantxari**, **Taberna San Mamés** and the traditional **Txistu y Asador Donostiarra**.

*Cocido  
madrileño*

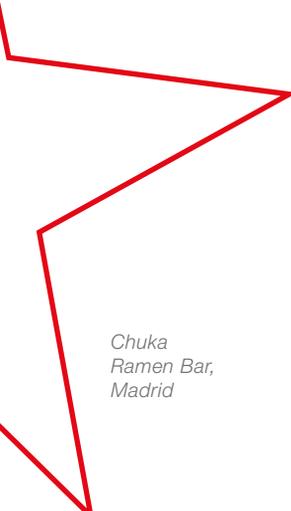


**Can Punyetes** and **Casa Jorge** offer Catalan cuisine and at **Samm**, **La Barraca**, **Berlanga** and **Casa de Valencia** you can sample the best paellas, though if you prefer Murcian rice dishes, you can't go wrong at **El Caldero** or **El Ventorrillo Murciano**.

For the best Andalusian fried food, head for **La Bahía Taberna**, though if you prefer tortillitas de camaron or urta a la roteña, washed down generously with quality wines, your destination is **Surtopía** or **La Malaje**, which has a terrace that invites you to try the whole menu. **La Giralda**, **El Pescaíto**, **Cazorla** and **La Gaditana** are also good ambassadors of Andalusian cuisine.

And we must not forget the traditional cuisine of Madrid! As well as the typical “casas de comidas” and taverns such as **Casa Mundi**, **Paulino** or **El Puchero**, you must try typical cocido madrileño. Good places to sample this popular dish are the elegant dining rooms of **Lhardy**, **La Cocina de Frente**, **La Gran Tasca**, **Casa Carola**, **la Cruz Blanca**, **La Daniela** and **La Bola**.





# International cuisine

## **Madrid's ability to integrate cultures and people can also be seen in its culinary offer**

Restaurants from all over the world that, in many cases, enrich their offer with local products and techniques.

*Chuka  
Ramen Bar,  
Madrid*

Madrid is a cosmopolitan city where people of more than 60 nationalities rub shoulders. Madrid also receives more than six million foreign tourists annually, giving the city a multicultural spirit that is reflected in its wide gastronomic offer that takes us around the world.

## American cuisine

The American continent boasts some of the best produce on the planet. Great fruit, vegetables, coffee and meat create a cuisine of excellent quality, yet very different from one country to another.

Of all of them, Peruvian and Mexican have aroused the most culinary interest and evolved the most in recent years. Peruvian cuisine is a true phenomenon and Peru has become a gastronomic tourist destination worldwide.

In addition to its native cuisine, Peruvian cuisine has been influenced by dishes brought to Peru by waves of Italian, Chinese, Japanese and other immigrants. The fusion with Chinese cuisine gave rise to “Chifa” cuisine, while that with Japanese cuisine is known as “Nikkei”.

Madrid has a good number of restaurants representing both, and it is also possible to find Peruvian cuisine adapted to Spanish tastes, such as that offered by **Ronda 14**. Very good food is to be had at **Tampu** and very authentic cuisine at **Piscomar**. With an update of traditional dishes, **Paschi** is very interesting, while indispensable Nikkei cuisine can be found in **Gaman** by Luis Arévalo.

*Tiradito, a variation of ceviche, is one of the most characteristic dishes of Nikkei cuisine*



As with Peruvian cuisine, a group of Mexican chefs have led a revolutionary movement to modernise popular traditional cuisine and make it one of the most attractive cuisines in the world today. In Madrid **Barracuda MX** is the most modern on offer, while **Entre Suspiro y Suspiro** is a more traditional eatery. You will always find good tacos at **Tepic**, in **La Tomata**, **Salón Cascabel** and **Taquería Mi Ciudad**. You can also find great molcajetes at **La Taquería del Alamillo**.

Very original are the proposals of **Picsa**, an Argentinian restaurant specialising in pizza, a milestone in its genre, and **Gumbo**, which offers the little-known Creole cuisine of New Orleans in the heart of the Malasaña neighbourhood.

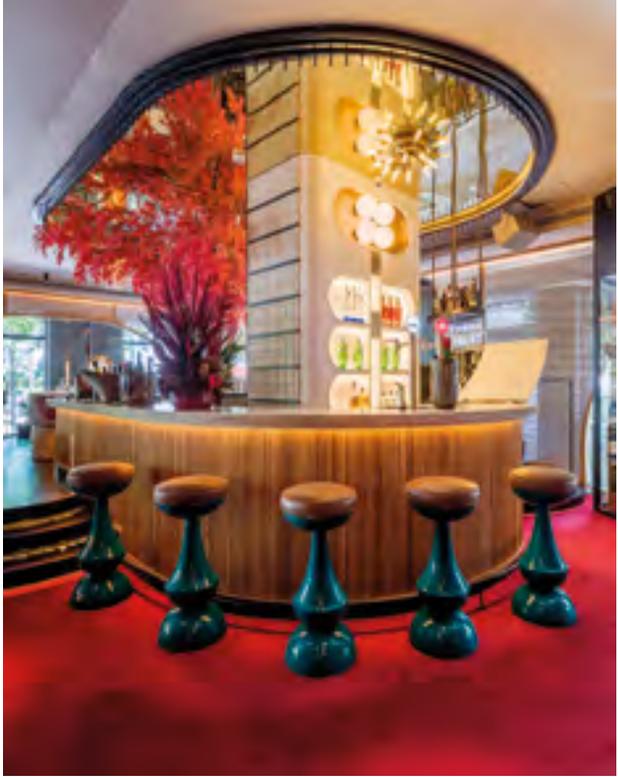


99 Sushi Bar,  
Madrid

As for hamburgers, and with a markedly American influence, there are a multitude of increasingly popular options in Madrid. You only have to go to **Goiko**, **Alfredo's Barba-coa**, **Juancho's BBQ**, **New York Burguer**, any branch of **Hamburguesa Nostra** in the city, or to **Burnout** to find burgers of a very good standard. If you like daiquiris to accompany traditional Cuban recipes, don't miss **Zara**.

## Oriental cuisine

If one cuisine has triumphed in the Community of Madrid, it is Asian cuisine in all its variants, with Japanese being that which has probably developed the most in Madrid. There are good places where respect for the recipes, the cut and the quality of the product prevails, such as **Ebisu**,



*Don Lay,  
Madrid*

**Kappo, Soy de Pedro Espina, Izariya, Miyama, Ichiban, Saisho o Sushi Bar Hannah** and you can also visit **Torikey**, el primer Yakitori japonés de Madrid. the first Japanese Yakitori in Madrid. On the other hand, **99 Sushi Bar** or **Umiko** respectfully combine Japanese techniques and products with their Spanish counterparts

If you are after Chinese, Madrid offers various options of this ancient cuisine at different price points. There are restaurants with luxury facilities in prestigious hotels such as **Tse Yang** at Hotel Villamagna or **Asia Gallery** at Hotel Palace. There are very nice dining rooms and a comprehensive offer at **China Crown** or **Don Lay**.



*Casa Lafu,  
Madrid*

There is also a select group of restaurants offering authentic, unpretentious cuisine. For this, it is advisable to venture into the streets of Usera, Embajadores and Vallecas, where the offer is varied and of high quality for the more daring. In between, good Sichuan cuisine is on offer with hot pot and spicy dishes at **Casa Lafu**, **Sichuan Kitchen** and **Chao Tian Men Hot Pot**, where you can find food with a high level of authenticity in pleasant surroundings. At **El Bund**, you will find very good dim sum and Chinese cuisine from different regions.

There is also a good representation of Southeast Asian and fusion cuisine. **StreetXo**, is a good representative of Spanish-Asian fusion cuisine with more than a nod to street cuisine, while other restaurants faithful to this style are **Chifa**, **Lamian** or **VietNam** with authentic flavours



*Lamian,  
Madrid*

mixed with fresh herbs in dishes that will interest everyone and highly recommended the careful cuisine of **Baan**. Another original example of this type of cuisine is **Nakei-ma** and if you like ramen, **Chuka Ramen Bar** is the place for you. There are also many good places in the capital that offer Thai and Korean, where kimchi, coconut milk and lemon grass are the basic ingredients of a cuisine full of flavours.

In the aforementioned **Kitchen 154** or **Tripea** you will find all these flavours, as well as in **Latasia** where Peru, Singapore and Spain merge, or in **El Flaco**, a Thai restaurant offering Andy Boman's curries, among the best in the city. Asian haute cuisine is available at **Soy Kitchen** and the elegant cuisine of Korean **Luke Jang** and the Asian-Mediterranean fusion of **Bacira** are highly recommended.

*Gargouillou with mustard vinaigrette of Lafayette, Madrid*

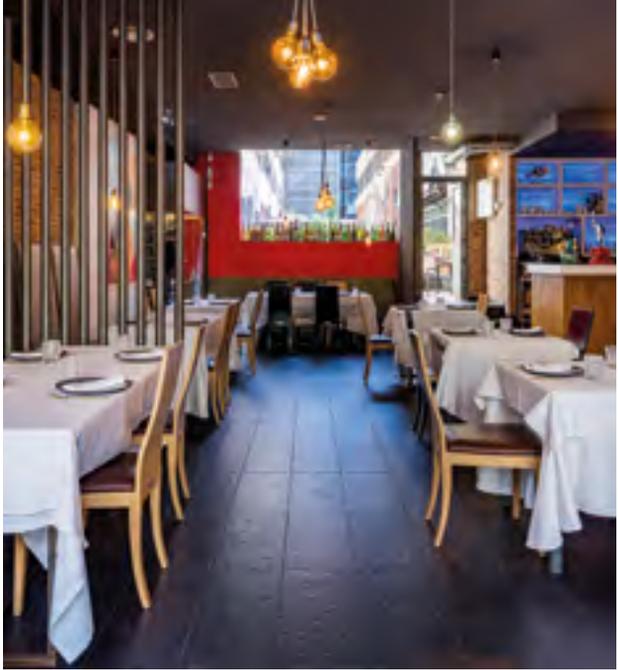


To finish this tour, let's not forget the Indian cuisine of **Tandoori Station, Bangalore, Swagat** and **Curry Masala** while in **Benarés** you can find a high-quality dining room and a pleasant indoor terrace where you can have a cocktail and snack on some Indian specialities.

## European cuisine

European cuisine should also not be missed in Madrid. **Le Bistroman** and **Brasserie Lafayette** are two good examples of superb French cuisine, with well-designed menus and a good selection of wines.

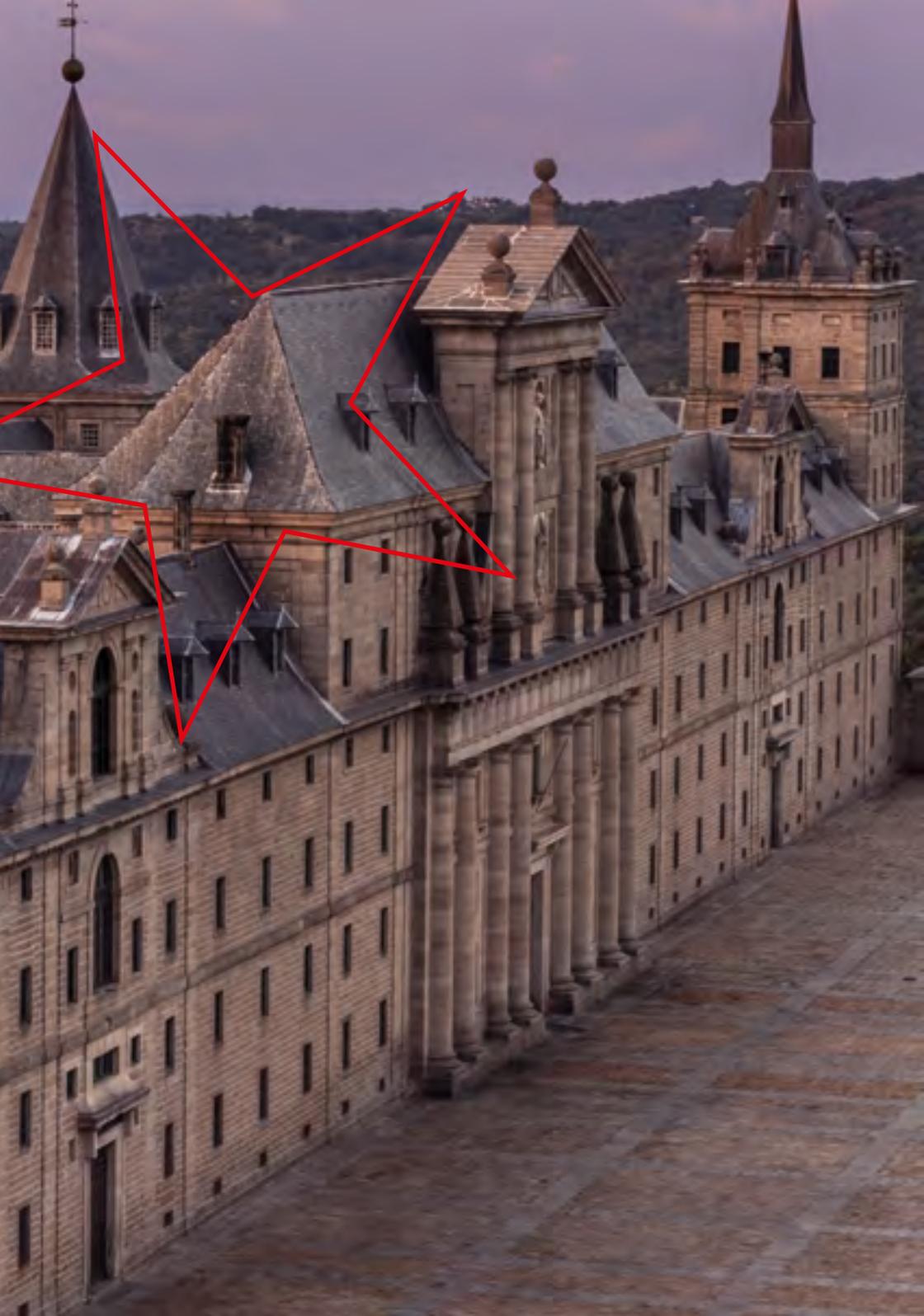
If you want to try informal German cuisine, you can enjoy a good pork knuckle or sausage at **Fass** and if you like Russian cuisine, you have a worthy representative in **Rasputín** with its blinis, borsch and a selection of caviar.



*La Piperna,  
Madrid*

Of course, Portuguese cuisine is an obligatory presence, and **Tras os Montes** is a worthy representative. If you're looking for something more exotic, **Gayane's** is a Caucasian restaurant with a menu of Armenian cuisine and fine wines.

In terms of Italian cuisine **Trattoria Manzoni** and **Forneria Ballaró** are great places to find something above the typical pizzas you can find anywhere. You can find much more than pizzas at **Don Giovanni** -that together with its great cuisine unites an incomparable offer of truffle in season- and also in the original Spanish-Italian fusion offered in **Fokacha**. Not to be forgotten are the pastas at **Noi**, the traditional recipes at **Casa Marco** and the Sardinian cuisine of **Da Giuseppina** but if you want to enjoy the best mix of tradition and innovation, **La Piperna** is a must.



# World Heritage Sites

**There are three municipalities in  
the Community of Madrid that are  
World Heritage sites**

Excursions that combine culture, history and  
gastronomy just an hour from the city of Madrid.

*Monastery of  
San Lorenzo de El  
Escorial*



*Archiepiscopal Palace  
Alcalá de Henares*

## **Alcalá de Henares**

In Alcalá de Henares, gastronomy goes hand-in-hand with the spirit of a city that is both young and centuries-old. Be sure to take a stroll through its streets to follow in the footsteps of Cervantes, or following the route of the storks, with their majestic nests crowning churches and palaces, and enjoying the jovial atmosphere of this university city.

Here you will encounter the living history of the Complutense University of Madrid and discover the mark that Cardinal Cisneros left on this majestic city. Alcalá is the perfect destination for a leisurely tour of places of interest, taking the opportunity to sample tapas and raciones in the many bars and inns along the way.

A stroll through the arcades and the adjacent Plaza Mayor will allow you to discover the richness of this city's "little haute cuisine". If you prefer a quieter meal, you can



choose from a wide range of restaurants with traditional cuisine, such as that offered by **La Hostería del Estudiante** or that which can be found just opposite inside the Parador de Alcalá de Henares In **Ambigú** you will find a modern, informal restaurant with a warm and welcoming atmosphere, while in, en **Ki-jote** you will discover Japanese and fusion cuisine of a very high standard, just like in **Kuoco**.

What you can't miss in Alcalá de Henares is a visit to its pastry shops where, along with costradas and rosquillas de Alcalá, you'll find the Alcalá sweet par excellence: almendras garrapiñadas (candied almonds), a sweet made with a toasted sugar syrup in a recipe that nobody prepares like the cloistered nuns of the **Convento de las Clarisas de San Diego**, where they can be purchased directly through the lathe.



*Palacio Real de  
Aranjuez*

## Aranjuez

Although Aranjuez has long been one of the jewels of the Region of Madrid in historical terms, its quality as a gastronomic destination is not far behind.

An essential experience for lovers of good food is to visit **Casa Pablo** with a wide range of seasonal mushrooms and an emblematic pheasant dish. **Casa José**, is also essential, specialising in haute cuisine recipes based on fresh produce, without forgetting some magnificent seasonal game which can be tasted in the restaurant or in the atelier. The traditional cuisine of **Aguatintais** also recommended and **Carême** and its beautiful view of the Palace is worth a visit too. And if you like to try wines from different regions, the many fine quality dishes of



*Casa José,  
Aranjuez*

**Casa Delapio** can be accompanied by wines from more than 70 Spanish regions. You can also get raciones in its Galician-style tavern **A Terra Delapio**.

The produce grown in Las Vegas cannot be overlooked, so make sure to visit the market and go to the Huertas Históricas to see a unique site: a square from which twelve promenades emerge flanked by rows of large trees. Designed in the 16th century, this layout allows the three orchards to be connected, creating products such as the exquisite strawberries of Aranjuez, which are offered at some of the best tables in the world, or the incomparable “perico” asparagus.

*View of Real Monasterio  
de San Lorenzo  
de El Escorial*



## San Lorenzo de El Escorial y El Escorial

An excursion to San Lorenzo must include a visit to the monastery and a stroll through the area of the fish market and the university. Once this historical-cultural obligation has been fulfilled, we will be able to walk around the town and enjoy the rich gastronomic offer. You can choose to go to one of the restaurants located in the Plaza next to the Town Hall, where you will find a wide variety of traditional tapas and raciones of all kinds. At **Ku4tro** you will find hot and cold tapas and raciones, stews and soups and dishes from the vegetable garden. You can also take the opportunity to buy some artisanal cheeses from Madrid in **La Cabezuela**.

If you want to visit one of the most traditional and well-known restaurants in San Lorenzo you should visit **Charolés**, which boasts one of the best “cocido madrileño” in the whole region. If you book in advance,



*Valhalla,  
El Escorial*

you can also visit **Montia**, which has been awarded a Michelin star. At Montia, the origin of all the products is perfectly controlled and you will be able to taste mushrooms, herbs and vegetables picked by the chefs themselves, cheeses from the region and local meats in haute cuisine preparations accompanied by a surprising range of natural wines. At **Vesta** you will find a high standard of cuisine in a relaxed setting, while at **Cava Alta** you are sure to find dishes to suit all tastes.

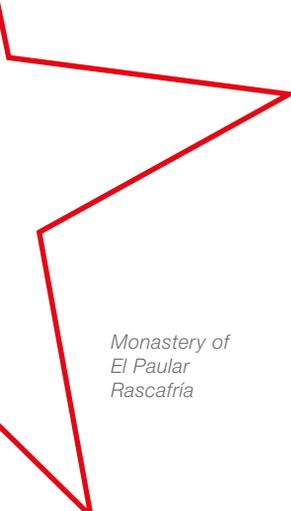
And a little further down, away from the hustle and bustle of San Lorenzo, a stroll through the quiet streets of El Escorial is worthwhile. Here, a visit to **Valhalla Experience** will allow you to enjoy modern cuisine in a surprising setting and with dishes sourced from the chef and owner's wide travels. If you are looking for something more traditional, you will find it in **La Rueda**. Hamburger lovers should visit **La Erreria**.



# Road to the North

## **Water, forests, history and gastronomy**

The coldest part of the region offers incomparable scenery and a strong gastronomical offer.



*Monastery of  
El Paular  
Rascafría*



*View of the Lozoya Valley*

## **North mountain range**

The area known as Sierra Norte is made up of 42 municipalities, which can be reached from the A1 motorway, and where you can find all kinds of things to do: visits to archaeological sites, magnificent forests in the Sierra de Guadarrama, charming small villages, and even an open-air museum and a museum dedicated to Pablo Picasso. All this more than justifies a getaway for a single day or preferably longer, spending the night in any of the many rural hotels that can be found.

In this area the cuisine is once again based on local products with simple preparations. Mushrooms, veal, charcuterie and game are elements that can be found on almost all menus, but we must not forget products such as the sheep and goat cheeses made using traditional methods at **Queso Artesanal Santo Mamés** in the small village of San Mamés, or those made in Valdemancos, and



the good range of vegetables such as corujas or blackberries and raspberries. The influence of neighbouring Segovia is also noticeable here, and it is normal to find dishes such as judiones de la granja in many establishments.

In Soto del Real, **La Cabaña** has a good grill complemented by an extensive menu, while at **La Estación Real** you are sure to have a good experience in an old train station. In Pedrezuela you will find great roast meats at **Mesón Gerardo** and **Mesón del Asado** - formerly "Casa Heliodoro". If your choice is to go to the Rascafría area and visit the Monasterio del Paular in **Caldea, Conchi, El Candil** y **La Cazuela** offer traditional cuisine in very pleasant rural surroundings. A must-see is the **Obrador de Chocolate Natural San Lázaro** where chocolate is handmade and which alone justifies



*El Corralón del Embalse,  
Pinilla del Valle*

the trip. If you go to the Lozoya Valley, visit the Valley of the Neanderthals in Pinilla del Valle. At lunchtime, in any of the villages in the area, you will find locally certified meat. Grilled Sierra de Guadarrama beef in restaurants such as **El Corralón del Embalse**, **El Pajar de Fuente Hernando** or **La Tejera de Lozoya** is not to be missed. If you want something a little different, you can go to **La Taberna del Alamillo** to try cakes and toasted sandwiches, as well as good charcuterie, local meat, game and seasonal mushrooms.

If you're there in autumn, the best thing to do is to head for the Sierra del Rincón mountain range, where the for-



*Taberna del  
Alamillo, Alameda  
del Valle*

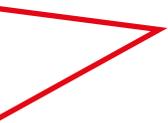
ests offer an incomparable spectacle. In this area at this time of year, you can taste the heartiest dishes of the Sierra Norte like bean stews, meat and potatoes, dried potatoes (a traditional dish) and delicious migas. As always, you can find all types of seasonal game (partridge, deer, hare, etc.) and good locally grown vegetables. **Casa Aldaba** Aldaba is a good place to try such delights.

Among many other attractions in Sierra de La Cabrera, you can visit the workshop-museum of Luis Berruti or take a stroll around the Plaza de la Constitución in Bustarviejo, where the wood-fired oven roasts prepared in **Machaco** are a great option for recharging your batteries.



Las noches de Cercedilla  
las llevo en mi soledad  
y son ya la última linde  
que yo quisiera mirar

Luis  
Rosales



# The nearest mountain range

## **Heritage, nature and gastronomy**

Monumental areas and large pine forests coexist with a great gastronomic offer.

*Poetas' balcony,  
Cercedilla*



*San Lorenzo de  
El Escorial*

## Central Guadarrama

The northwest area of Madrid is where the Monastery of El Escorial is located (see the recommendations in the World Heritage Sites section) and where many people of Madrid have traditionally kept second homes. It is an area of forests and mountains where a great gastronomic offer can be found. Close to Madrid, in the old train station of El Plantío, it is worth a visit to **Jiménez**. If you continue on to Villanueva de la Cañada you will find great creative cuisine at **La Partida** or you can continue on to Villafranca del Castillo to visit **Al Plato Maria**.

If you go up towards Cruz Verde, it is worth a gastronomic trip to Santa María de la Alameda, the last village in the region located 20 minutes from San Lorenzo del Escorial. The road will take you through a beautiful landscape until you reach this small village where, in the **Santa Maria** you can try extraordinary roast goat accompanied by the best seasonal mushrooms.



Another good option is Guadarrama. You can make a short detour to Alpedrete and recharge your batteries with the original menu at **La Sopa Boba**, or go up to Alto del León where, in the restaurant **Asador Alto del León** which is right at the top, you can enjoy some of the best meat in the area.

Arriving in the village of Guadarrama, you will find a good number of traditional bars inviting you for tapas, or you can go to a classic such as **La Chimenea**, where you can accompany the magnificently prepared grilled meat with its famous croquettes, or **Torreblanca** with a carefully selected offer, or also **La Calleja**. In Guadarrama itself, at the exit towards the quiet village of Los Molinos, you will find another of the area's classics: **Sala** where you can enjoy magnificent grilled prawns. Following the road and arriving at Los Molinos, you can make a gastronomic stop at **Asador Paco**, a restaurant where the traditional wood-

*Cercedilla*



fired oven offers some of the best roast lamb in the whole region and a surprising menu of homemade desserts and outstanding vegetables.

Nearby, in the typical village of Cercedilla, as well as a wide range of traditional eateries you can visit **Yeyu** and try another of Madrid's traditional dishes: escabeches (pickled dishes).

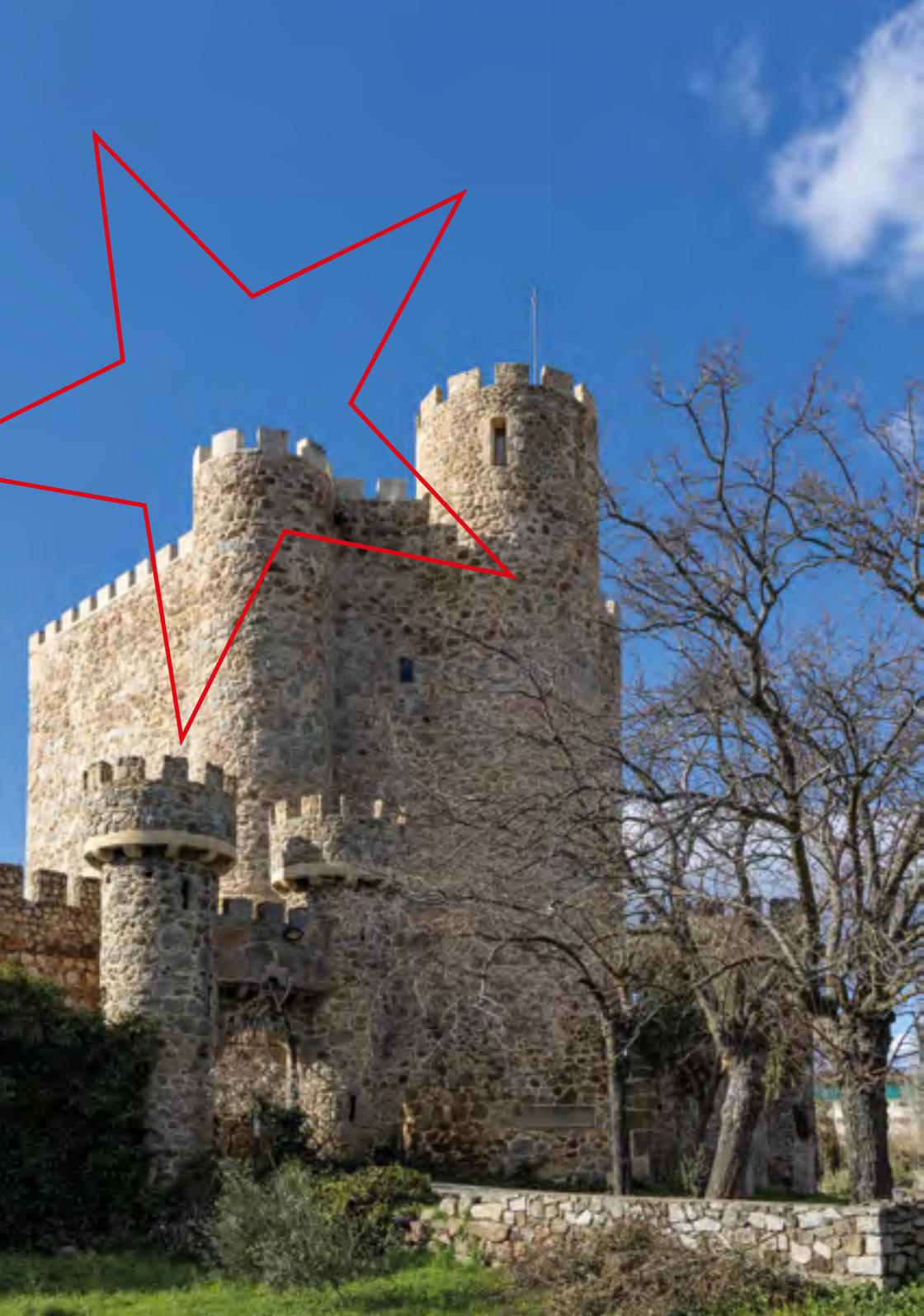
Next to Cercedilla, another of the must-see visits is the village of Navacerrada, one of the most typical in the area. You can see the reservoir of the same name and stroll around until it is time for an aperitif, which you can have in any of the numerous establishments located in the central square or in the surroundings. For lunch, clas-



*El Cenador de Salvador,  
Moralzarzal*

sics include **Felipe** or **El Mesón de Ana** or look for more options at **El Reloj** , **El Rumba** or **El Portillón**. If you're looking to visit a traditional grill, **La Fonda Real** and **Las Postas** are good options on the outskirts of Navacerrada. Following the same road back down to Madrid, a very good option is the **Azaya** restaurant in Matalpino, located at the foot of La Pedriza, and offering some outstanding meats and great seasonal game.

If you prefer to go down through Moralarzar, you will find the **Cenador de Salvador** Salvador by chef Salvador Gallego, where the restaurant, a cosy hotel and a well-known hotel school are located. And on the way to Villalba you can make a pleasant stop at **El Corral de los Vacos** or **El Gallinero**.



# Looking at Gredos

## **The route of reservoirs and vineyards**

Vineyards with hundred-year-old vines, wine cellars, brasseries and vestiges of the history of the Community of Madrid.

*La Coracera Castle,  
San Martín de  
Valdeiglesias*



*San Martín de Valdeiglesias*

## **West mountain range**

On the way to the Sierra de Gredos, you will find what, three centuries ago, were considered the best wines in the world, and today you can still find small wineries with vineyards where the Garnacha grape reaches very high levels of quality, complementing the great wine offer of the Community of Madrid. In addition to small vineyards, this is a mountainous area, which favours the finding of restaurants where game, mushrooms and other products are of very high quality, they also have good meat and, in general, enjoy a strong traditional cuisine. In the village of Cenicientos, we highly recommend a visit to the restaurant **La Carpintería**, where you can taste red

*Vineyard  
in the West Sierra*



partridge in all its variations (pâté, pickled, stewed, etc...) and its famous “corucho” stew. Nearby in San Martín de Valdeiglesias, on the way to the San Juan reservoir, you can make a stop at the **Mesón del Puerto** and if you go to Aldea del Fresno, the restaurant **El Jardín** dispone de un buen horno de leña. has a good wood-fired oven. In Colmenar del Arroyo, **Doña Filo** Filo is justly famous for offering some of the best offal dishes in Madrid. A visit to one of the wineries in Navacarnero is a must as are good roasts in **La Hostería de las Monjas**, **El Caserón de los Arcos** and **Las Cuevas del Carnero**. Nearby, in Arroyomolinos, **El Lagar** is also a good option.



# En route to the South

## **Where Madrid meets Castilla La Mancha**

There are very good tourist and gastronomic choices available in the southern part of the region, which stretches from the fertile plains and magnificent orchards by the rivers Tajo and Jarama to the route of the reservoirs.



*vegetable plot  
of Carabaña*



*Chinchón*

## Comarca de las Vegas del Tajo

Heading south you can find large areas of vineyards, olive groves and the fertile plains surrounding Aranjuez. In addition to the wide range on offer in Aranjuez, there is **Casa de Pías** And in Valdemoro, **Chirón** con su estrella Michelin with its Michelin star, is the destination par excellence, not forgetting **La Fontanilla**. If visiting Griñón, you should not miss **El Bistró de Mario Sandoval** with its pleasant surroundings and a carefully selected offer that more than justifies the trip. In the region of Las Vegas, a trip



*Mesón Cuevas,  
Chinchón*

to Titulcia and **El Rincón de Luis** is highly recommended, as is a visit to Chinchón with its wineries and Plaza Mayor. Here, in addition to the **Parador de Turismo, La Casa del Pregonero** does great work in the recovery of local products, and the **Café de la Iberia** is a hit.

If you go in summer, a visit to the **Huerta de Carabaña** Carabaña in the village of the same name is a must, with its original open-air restaurant set in the orchard itself



# Tourism of the Community of Madrid

[www.turismomadrid.es](http://www.turismomadrid.es)

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