Four weekends on foot.

A self-guided walking guide to Barcelona and its surroundings.

01 / BADALONA / 5 km / Easy · Out and back

Badalona seafront

A signed waterfront walk past fishermen's beaches, the promenade and the old Anís del Mono factory. Pause on the promenade near Pont del Petroli. Walk through Carrer del Mar to Escola del Mar, then follow the waterfront past Platja dels Pescadors and Pont del Petroli to Port de Badalona. Retrace the seafront to the start. The route passes the pier from shore.

Google Maps start pin | Local route guide

02 / EL PRAT DE LLOBREGAT / 5.2 km / Easy · Wetland trails

Llobregat Delta wetlands

Walk through reedbeds and open wetlands to the Cal Tet lagoon. The bird hides make a natural stopping point. Start at the Espais Naturals del Riu information point and follow official Itinerary 2 via Ca l'Arana and Cal Tet. Check the reserve's opening hours before setting out.

Google Maps start pin | Local route guide

03 / CASTELLDEFELS / About 10 km / Easy · Out and back

Castelldefels beach walk

A flat training walk along the Mediterranean. The full seafront is roughly five kilometres each way, with an easy turnaround whenever you want a shorter walk. Begin at the Baixador end of the seafront. Follow Passeig Marítim east past Lluminetes toward the La Pineda end of the beach, then return the same way.

Google Maps start pin | Local route guide

04 / BARCELONA / About 12 km / Hilly · Loop

Montjuïc training loop

A longer training walk with about 290 m of climbing. Take a break at Mirador de l'Alcalde for a view over the port. From Jardins de les Tres Xemeneies (near Paral·lel metro), pass Mirador del Poble-sec, Mirador de l'Alcalde and the Olympic Ring. Continue via Mare de Déu del Port, El Polvorí and Font Màgica before looping back. The city itinerary lists the full sequence of landmarks.

Google Maps start pin | Local route guide