



LAE MADRID
La Aventura Española

We ♥ our *Barrio*

Real places. Real Spanish. Right here in our *barrio*.

At LAE Madrid, we believe that learning Spanish is not just about grammar and vocabulary; it's about connection. It's about hearing yourself confidently order a *café con leche* at your local bar. About chatting with the shop owner down the street. About truly integrating and communicating; not just visiting and passing through.



That's why we created this guide.

We ♥ our Barrio is not a tourist checklist. It's your invitation to live more deeply, more sustainably, and more intentionally in our local neighbourhood in Madrid. The places you will find here are not famous. They are the authentic experience of living and thriving in Madrid.

These off the tourist track businesses are part of the heartbeat of our neighborhood (around Manuel Becerra, Lista, and Diego de León). They are where our students go to eat, study, recharge, and connect. Supporting them means you are not just consuming Spanish culture; you are becoming part of it.

Whether you are here for two weeks or a full year, this guide will help you immerse yourself in Madrid in the most meaningful way: by investing in the local people, places, and traditions that make this city feel like home.

Speak the language. Support the neighborhood. Live the culture. **We ♥ our Barrio.**



Eat & Drink Like a Local

[La Cazorla](#) – Traditional Spanish cuisine with heart. Ideal for a quick *caña* (small beer) in between classes.

[Entre Cáceres y Badajoz](#) – Local favorite for authentic Extremaduran food at wallet-friendly prices. They are the masters of *tapas* - you'll never leave this place hungry!

[Taberna del Olivo](#) – Good quality food, including seafood and rice dishes, with a great terrace that's perfect for year-round drinks and long post-lunch chats (*sobremesas*).

[Vinalium Ortega y Gasset](#) – Boutique wine shop with expert recommendations and a fantastic Rioja selection.

[Colonial Overseas - Tea and Coffee Shop](#) – A charming shop filled with international teas and coffees perfect for grabbing a coffee on the way to class, or buying the perfect gift for a coffee lover!

Move, Breathe, and Belong

[Body Fix Center](#) – A neighborhood gem for workouts, recovery, and staying fit while abroad.

[D'Ambra Dance Project](#) – Learn salsa, bachata, or contemporary dance in a fun and inclusive studio atmosphere.

[Herbolario Salud Mediterránea](#) – Everything from herbal teas to natural supplements, with knowledgeable staff to guide you.



Culture & Everyday Life

[TuuuLibrería](#) – A treasure trove of secondhand books where you pay what you can. This donation-based bookstore is a haven for budget readers and language learners.

[Mercado de la Guindalera](#) – The beating heart of the barrio. Fresh produce, friendly faces, and a slice of local life. We use this place to buy fresh ingredients for our cooking cultural activities.

Discount Tip

Some of these spots offer exclusive discounts to our community—make sure to mention you're part of the LAE Madrid community.

Learn Local. Live Local. Love Local.

Download this guide, grab a *café con leche* at your new favorite spot, and start writing your Madrid story - one local interaction at a time.

Want to know more about our courses? Contact us on info@laemadrid.com.