

## Exercise for Health Summit Walking Tapas Tour Proposal

A simple evidence-based WALKING-TAPAS-WALKING proposal for you to enjoy...

Start from **PLAZA DE ESPAÑA**, (wherever you are based), cross the park and walk through **PALACIO REAL**, (beautiful views of the gardens and an impressive and huge Royal Palace).

In a very open space you will see the OPERA HOUSE (**TEATRO REAL**) in the opposite side of the Palace, and from there you can ask anyone for directions to go to **MERCADO SAN MIGUEL** (San Miguel Market, a former old food market transformed today in a cool foody-expensive place). You can stop here and enjoy 1 small and cold beer (called "CAÑA")...

From here you can just cross the street and walk into **PLAZA MAYOR** (a very old and beautiful historical square, former home of the City Council), and here you can stop in one of the bars in the corners and ask for a calamari sandwich (BOCATA DE CALAMARES) with another CAÑA (number #2)...

You then can cross the square walking to PLAZA SANTA ANA (another nice square full of bars and terraces), where you could choose to try PATATAS BRAVAS (spicy fried potatoes) at **CALLEJON DEL GATO** street with CAÑA #3.

Next stop could be a bit further walking to **MERCADO SAN ANTON**, a traditional food market that today brings a mix of foody-cool places with Spanish food shops, where you could enjoy a CAÑA #4 with your food choice available...

It is worthy to note that you can enjoy a beautiful old cinema (**FILMOTECA NACIONAL, CINE DORÉ.**)

Then you can walk back by **PUERTA DEL SOL**, taking PRECIADOS street up to PLAZA CALLAO, and from here just walking down GRAN VIA into PLAZA DE ESPAÑA again...

Some final notes:

You can choose to ask for a glass of red wine instead of the small beers. Good red wines to ask for:

MATARROMERA

ARZUAGA

LUIS CAÑAS

EMILIO MORO

Regarding food, please don't leave Madrid without trying a proper RACIÓN (plate) of IBERIC HAM (jamón ibérico PATA NEGRA)...

