

Metropolitan

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BARCELONA **BE PART OF IT**

Summer Reads

BOOKS BASED IN BARCELONA



LAND OF GIANTS

SOLSONA AND
LA RIBERA SALADA

SOUND OF THE
UNDERGROUND

MUSIC ON THE METRO

MAKE A SPLASH

OUTDOOR SWIMMING POOLS



new in town



A TASTE OF LUXURY

LÍNIA. GRAN VIA DE LES CORTS CATALANES 619-621.

➔ LINIABARCELONA.COM

Dedicated chef Sergio Ruiz is at the helm of this new restaurant, serving up classic Mediterranean-inspired cuisine inside the city's newest luxury hotel, the Almanac, which opened late last year. Ruiz's team, which includes Ferran López, Joan Lleixà and Lucila Canero, has created a menu for every taste—from charcoal-grilled wild duck magret to the typical Catalan *escalivada* (smoky roast vegetables)—made using locally sourced ingredients. Canero is also an outstanding pastry chef, with a corner in the hotel selling take-away sweet treats. The chic interior, designed by Jaime Beriestain, hints at Art Deco splendour with undertones of classic luxury. Black marble and velvet furnishings continue the theme in the accompanying bar and two private dining areas, all of which are accessible from the street.



EAT THE RAINBOW

HEALTHY EATING CAN BE FUN AND DELICIOUS

Health. It's a word that's been used so often that it's almost meaningless. But when it comes to your diet, it's a word that means a lot. The right kind of food can help you live longer, feel better, and look better. It's all about the colors. The rainbow of colors in your diet is a sign of good health. The more colors you eat, the better you'll feel. So, eat the rainbow. It's the best way to stay healthy and happy. For more information, visit www.healthline.com.