

# SPAIN

Budget-Friendly



A Backpacker's  
Travel Guide





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# INTRODUCTION

**Spain** is one of the **most** budget-friendly and diverse places in **Europe**, with stunning architecture, rich culture, delicious food, and passionate local traditions—all at a cost that won't break the bank. Whether you're a backpacker, digital nomad, or tourist simply looking to do the sights on a budget, Spain has an infinite number of budget-friendly experiences to be enjoyed.

## In this guide, you'll discover:

- ✓ The best budget destinations in Spain
- ✓ Insider tips on saving money on transport, accommodation, and food
- ✓ Free and affordable activities in every city
- ✓ A checklist to plan the perfect low-budget trip





# WHEN AND WHERE TO GO?



Spain is a diverse and interesting nation with something for all types of tourists, no matter if you are drawn to vibrant city life, beach resorts, or quaint old towns. In order to best plan your vacation, it is essential to schedule your visit according to your finances, interests, and type of travel. The following is a more detailed guide to help you decide

**when and where to go:**

## **Spring (March to May):**

**Weather:** Mild and pleasant, with temperatures ranging between 15°C and 25°C (59°F to 77°F). Ideal time for outdoor activities and sightseeing.

**Crowds:** Reasonable, with fewer tourists compared to the summer.

**Events:** Semana Santa (Holy Week) is a grand event, especially in cities like Seville and Malaga, comprising luxurious processions and celebrations.

**Best For:** Urban explorations, trekking, and admiring flowering landscapes.

## **Summer (June to August):**

**Weather:** Very hot, especially in the interior, with temperatures often exceeding 30°C (86°F). The coastal regions are cooler due to sea breezes.

**Crowds:** Crowded, as this is peak tourist season, also particularly in coastal regions and big cities like Barcelona and Madrid.

**Events:** There are celebrations like San Fermín in Pamplona (known for the running of the bulls) and La Tomatina in Buñol (an enormous tomato-throwing party) that take place.

**Best For:** Beach vacations, island-hopping (for example, Mallorca, Ibiza), and clubbing.



## **Autumn (September to November):**

**Weather:** Mild and sunny, from 20°C to 28°C (68°F to 82°F). September is warm enough for beachgoing.

**Crowds:** Fewer tourists than in the summer months, so it's a great time to hit popular destinations without the tourists.

**Events:** Autumn celebrations, such as La Rioja's wine harvest celebrations, are popular at this time of year.

**Best For:** Wine excursions, cultural touring, and autumn foliage viewing in northern regions

## **Winter (December to February):**

**Weather:** Cool, ranging from 10°C to 15°C (50°F to 59°F) in the majority of areas. Northern regions might be cold, but the Canary Islands are mild.

**Crowds:** Light, except around the Christmas and New Year periods.

**Events:** Christmas markets, Three Kings' Day celebrations, and Carnival during February (mainly in Tenerife and Cadiz) are highlights.

**Best For:** Pyrenees or Sierra Nevada skiing, exploring cities without the crowds, and holiday festive atmosphere.



**No matter when you visit, Spain's diverse areas and lively cities offer something each time. If you are drawn by the vibrant energy of summer or the serenity of winter, there is always a good time and place to see this captivating country.**



# MADRID



## Why Visit?

Madrid is Spain's vibrant capital city, renowned for its high-rated museums, vibrant nightlife, and old-town squares.

Despite it being a big city, there are options to travel affordably with free museum days, affordable tapas, and plenty of parks.

## Best Time to Visit:

Spring (March-May) & Fall (September-November): Pleasant weather, less tourism, and lower accommodation.

Winter (December-February): It's chilly but perfect for budget travelers as hotels are cheaper and there are fewer tourists.

## Budget Tips & Free Activities:

✓ Free museum visit (Prado Museum: free 6-8 PM, Reina Sofía: free 7-9 PM)

✓ Explore El Retiro Park – A beautiful green paradise with free historical sites

✓ Walk through Puerta del Sol & Plaza Mayor – Lively squares teeming with history

✓ Cheap eats: Try €1 tapas in La Latina or menu del día (lunch of the day) for €10-





# BARCELONA



## 📌 Why Visit?

**Barcelona** is famous for its surreal Gaudí architecture, stunning beaches, and artistic **atmosphere**. While some attractions are an expensive affair, plenty of free things to do make it a great destination for budget travelers.



## 📌 Best Time to Visit:

**Spring** (April-May) & Autumn (September-October): Pleasant weather and less crowd  
Winter (November-February): **Cheap** flights and hotel prices



## 📌 Budget Tips & Free Activities:

- ✓ Explore Parc Güell (free outside of paid zone) – Gaudí without a tag
- ✓ Go on free walking tours in the Gothic Quarter and El Born
- ✓ Relax at Barceloneta Beach – Free and wonderful to watch sunset
- ✓ Get into museums for free on Sundays (Picasso Museum from 3 PM)
- ✓ Be cheap with food: Buy a bocadillo (Spanish sandwich) for €3-5 or take something from street markets such as La Boqueria



# SEVILLE



## Why Visit?

**Seville** is the pulsating heart of Andalusia, renowned for flamenco shows, stunning Moorish architecture, and **delicious** tapas. It's also an extremely budget-friendly city in Spain.



## Best Time to Visit:

Spring (March-May): Feria de Abril festival & perfect weather  
Fall (September-November): Hotel deals & fewer tourists

## Budget Tips & Free Activities:

- ✓ Free Flamenco Shows at La Carbonería or street performances
- ✓ Visit Plaza de España & Maria Luisa Park – Popular sites for free
- ✓ Stroll through the colorful Triana district – Local, not touristy area
- ✓ Budget tapas bars: El Rinconcillo (Seville's oldest bar) for cheap tapas



# GRANADA



## Why Visit?

**Granada** is Spain's number one value destination. It's famous for the stunning Alhambra Palace, stunning mountain views, and the strange Andalusian culture.

## Best Time to Visit:

Spring (April-June): Best time for outdoor pursuits

Fall (September-November): Mild climate, fewer visitors

## Budget Tips & Free Activities:

- ✓ Free tapas with every drink – A Granada tradition!
- ✓ Alhambra Gardens & Mirador de San Nicolás entry for panoramic views
- ✓ Sierra Nevada National Park hike – A nature lover's delight!
- ✓ Hostel and guesthouse accommodation at a budget of €15-25/night





# VALENCIA



## 📌 Why Visit?

**Valencia** is Spain's hidden gem, with a mix of beautiful beaches, historical sites, and modern architecture—all at **budget** prices!

## 📌 Best Time to Visit:

Spring (March-May): Perfect weather and fewer crowds  
Fall (September-November): Budget hotels, still warm enough for beach holidays

## 📌 Budget Tips & Free Activities:

- ✓ Visit the futuristic City of Arts & Sciences (free outdoor space)
- ✓ Relax on Malvarrosa Beach – No entrance fee!
- ✓ Go to Turia Gardens – A vast green park built on a riverbed
- ✓ Try authentic paella at street markets for under €10





# SANTIAGO DE COMPOSTELA



## Why Visit?

This historic pilgrimage village in **Galicia** is perfect for nature lovers, foodies, and travelers wanting a peaceful experience in Spain.

## Budget Tips & Free Activities:

-  Walk along a section of the Camino de Santiago pilgrimage trail – Free and priceless
-  Visit Santiago Cathedral (free entry before 9 AM)
-  Enjoy free tapas with drinks at local taverns
-  Stay at albergues (pilgrim hostels) for €6-10/night

## Best Time to Visit:

Spring (April-June): Green scenery and lovely weather  
Fall (September-October): Great for outdoor sports & hiking





# CÓRDOBA



## Why Visit?

**Córdoba** is an elegant Andalusian city known for its architecture mixing Roman, Moorish, and Spanish. Its breathtaking Mezquita (Mosque-Cathedral) and charming flower-filled whitewashed courtyards make it Spain's **loveliest** city.



## Best Time to Visit:

Spring (April-May): World-famous Patio Festival transforms the city into a garden paradise

Fall (September-October): Perfect weather, fewer tourists

## Budget Tips & Free Activities:

- ✓ Free entrance to Mezquita early in the morning (8:30-9:30 AM)
- ✓ Stroll through old Jewish Quarter (Judería)
- ✓ Visit Alcázar de los Reyes Cristianos (entry €5, but free on Wednesday)
- ✓ Stroll over the Roman Bridge for spectacular sunset views
- ✓ Try local salmorejo (cold tomato soup) at street tapas bars for €3-5



# SAN SEBASTIÁN



## 📍 Why Visit?

**San Sebastián** in northern Spain's Basque Country is renowned for its world-class cuisine, stunning beaches, and scenic mountains. It is **perfect** for foodies and nature enthusiasts on a budget.

## 📍 Best Time to Visit:

Summer (June-August): Perfect for beach lovers, but pricier accommodations

Fall (September-November): Pleasant weather, fewer tourists, and cheaper accommodations

## 📍 Budget Tips & Free Activities:

- ✓ Relax on La Concha Beach – One of Europe's most beautiful beaches (free!)
- ✓ Climb Monte Urgull or Monte Igeldo for views of the city
- ✓ Try pintxos (Basque tapas) for €2-3 per item in the Old Town
- ✓ San Telmo Museum free on Tuesdays
- ✓ Visit charming nearby fishing villages (Getaria, Hondarribia) by cheap bus





# BONUS



## Spain Travel Tips on an Overall Budget

- ✓ Take **BlaBlaCar** for cheap long-distance trips (€10-20 per journey, cheaper than buses and trains)
- ✓ Book buses in advance (ALSA and FlixBus offer super-cheap early-bird prices)
  - ✓ Make use of free museum days (most museums offer free entry on Sundays or specific times)
  - ✓ Use public transport passes (Madrid, Barcelona, and Valencia offer affordable multi-day cards)
  - ✓ Stay in budget hostels, guesthouses, or Couchsurf for free lodging
- ✓ Dine at local markets for affordable fresh food (Mercado de San Miguel, La Boqueria, etc.)
- ✓ Enjoy menú del día (**daily set menu**) – A complete meal for €10-12 with a beverage included
- ✓ Go on a free walking tour (available in most big cities) and tip as much as possible
  - ✓ Cycle city bikes or walk – Spanish cities are extremely pedestrian-friendly
  - ✓ Visit churches and cathedrals early morning – Some of them are free or offer discounted entry before 9 AM
- ✓ Travel by flight in shoulder season (March-May & September-November) for cheaper flights and accommodations





# SAVING ON TRANSPORTATION

Spain has lots of affordable transportation options. Here's how to travel around without overspending:



## Trains:

- 📌 **Renfe & AVE Budget Tickets** – Book ahead (on the Renfe website) for up to 60% discounts.
- 📌 **Renfe Spain Pass** – Ideal for visitors taking multiple train journeys.
- 📌 **Regional Trains** (Media Distancia & Cercanías) – Less expensive and handy for short-distance travel between cities.



## Car Rentals & Other Alternatives:

- 📌 **RentalCars & DiscoverCars** – Get the best deals on car rentals.
- 📌 **Avoid Tolls** (Peajes) – Use toll-free roads (carreteras nacionales) to save money.
- 📌 **Car Sharing Apps** (Zity, Free2Move, Cooltra) – Low-cost electric car and scooter rentals.

**With these tips, you'll be comfortable traveling throughout Spain without spending a lot of money on transport!**



## Buses:

- 📌 **ALSA & FlixBus** – The most affordable intercity bus companies in terms of price.
- 📌 **BlaBlaCar** – A safe ride-sharing service that is often cheaper than buses or trains.



## Inner City Public Transport:

- 📌 **Metro & Buses** in Madrid & Barcelona – Buy multi-day or tourist passes for unlimited use.
- 📌 **T-Casual Card** (Barcelona) & **Abono Transportes** (Madrid) – Save money on daily transportation.
- 📌 **BiciMad & Bicing** – Rent bikes in Madrid and Barcelona for ecological and economical travel.





# HOW TO SAVE ON ACCOMMODATION

## Budget Hotels & Hostels:

### **Booking.com & Hostelworld**

– Book and compare budget hostels and hotels.

### **Pensiones & Hostales** –


Small family-run guesthouses much cheaper than hotels.


### **Stay Outside Tourist Areas** –

Prices drop significantly just outside the city center.





## Apartments & Short-Term Rentals:

 **Airbnb & Vrbo** – Best for long stays or groups who are sharing the cost.

 **Spotahome & Uniplaces** – Best for long stays (a month or more) at discounted prices.

## Alternative & Free Stay Options:

 **Couchsurfing** – Free stay with locals and receive insider travel tips.

 **Workaway & Worldpackers** – Volunteer in exchange for free stay and meals.

### **House Sitting**

(TrustedHousesitters) – Free stay in exchange for taking care of a home or pets.

## Camping & Alternative Stays:

### **Wild Camping** (Check Local Law!)

– Allowed in some rural areas, but always look into laws.

### **Camping Sites & Eco-Lodges** –

Budget and nature-encircled stays.

### **Paradores** (Historic Stays) –

Bargain luxury if booked in advance.





# BUDGET-FRIENDLY FOOD & BEVERAGES

## Budget Meals:



📌 **Tapas Bars** – Get smaller, yet delectable portions. A few restaurants (mainly in Granada) even provide free tapas with orders!

📌 **Menu del Día** (daily set menu) – A fixed meal menu (starter, main dish, dessert, and beverage) for €10-15 at nearby eateries.

📌 **Comida para Llevar** – Many restaurants offer takeaway options at lower prices.



## Saving on Drinks:

📌 **Tinto de Verano over Sangria** – A cheaper, local alternative (red wine + lemon soda).

📌 **Local Wine & Beer** – Supermarkets offer very good local wines at €3-5 per bottle.

📌 **Botellón Culture** – In most areas, people drink outdoors with friends rather than visit a bar.

**Using these pointers, you get the best Spanish foods without wasting a fortune!**



Healthy eating in Spain does not need to break the bank! The following are the top tips to relish good Spanish food at a **low cost:**



## Supermarkets & Local Markets:

📌 **Mercados Municipales** – Fresh produce, meats, and cheeses at lower prices than supermarkets.

📌 **Lidl, Mercadona & Carrefour** – Affordable supermarkets with good-quality food.

📌 **Dia & Aldi** – Budget grocery stores for even cheaper options.



## Cooking Your Own Meals:

📌 **Stay in a hostel with a kitchen** – Cook simple meals to save money.

📌 **Purchase fresh seafood at local markets** – Cheaper and of better quality than restaurants.

📌 Experiment with **street food** in Spanish streets – sandwich Bocadillos, empanadas, and churros are cheap and satisfying.



# FREE & CHEAP ACTIVITIES IN SPAIN

## Free Museum & Attraction Days:

📍 **Prado Museum** (Madrid) – Free entry Monday to Saturday (6-8 PM) & Sunday (5-7 PM).



📍 **Reina Sofía Museum** (Madrid) – Free Monday, Wednesday-Saturday (7-9 PM) & Sunday (12:30-2:30 PM).

📍 **Picasso Museum** (Barcelona) – Free entry Thursday evenings (5-8 PM) & first Sunday of the month.

📍 **Alhambra Gardens** (Granada) – Free to visit (full palace tour requires a ticket).

📍 **Royal Palace** of Madrid – Free entry Monday to Thursday (4-6 PM, Oct-Mar; 5-7 PM, Apr-Sept).



## Free Cultural Experiences:

📍 **Flamenco Performances** at Local Bars – A few bars in Seville, Granada, and Madrid have free live flamenco (just order a drink).

📍 **Street Performances** in Barcelona & Madrid – Plaza Mayor, La Rambla, and Puerta del Sol have free music and performances.



📍 **Semana Santa & Feria de Abril** (Seville) – Fantastic free festivals with parades, music, and dancing.

Spain offers incredible experiences that don't require spending a fortune. Here's how to explore the country affordably:



## Explore Nature for Free:

📍 **Costa del Sol & Costa Brava** beaches – Enjoy beautiful Mediterranean beaches for free.

📍 **Hiking Montserrat** (close to Barcelona) – Great trails and scenery just an hour outside of the city.

📍 **El Caminito del Rey** (Málaga) – Impressive walkway on cliffs; tickets are inexpensive (€10) and some days are free.

📍 **Retiro Park** (Madrid) – Immensely large green area with lovely lake and free exhibits in the Crystal Palace.



## Free Walking Tours:



📍 Many cities offer “free walking tours” (tip-based) to explore historical areas with a local guide. Popular in Madrid, Barcelona, Seville, Valencia and Granada.



**With these free and low-cost activities, you can experience Spain's culture, history, and beauty without spending too much!**



# SPAIN TRAVEL CHECKLIST



1

## ✓ Essential Documents & Money

- ☐ Passport with at least 6 months validity
  - ☐ Visa if required
  - ☐ Travel insurance
- ☐ Debit/credit card with no foreign transaction fee
- ☐ A little cash in euros, preferably small bills for the markets and around public transport



**Before you head off on your budget-friendly Spanish escapade, make sure to check off every necessary thing on this list before your trip.**

2

## ✓ Packing Essentials

- ☐ Lightweight backpack or carry-on luggage
- ☐ Comfortable walking shoes (for cobblestone streets & long walks)
- ☐ Travel adapter (Spain uses Type F plugs, 230V)
- ☐ Reusable water bottle (many cities have free water fountains)
- ☐ Small lock for hostel lockers

3

## ✓ Clothing Guide (Seasonal Tips)

- ☐ Spring (Mar-May): Light layers, a jacket for cooler nights
- ☐ Summer (Jun-Aug): Breathable clothes, hat, sunglasses, sunscreen
  - ☐ Autumn (Sep-Nov): Light jacket, comfortable pants, mix of short/long sleeves
- ☐ Winter (Dec-Feb): Warm coat, scarf, gloves (especially for Madrid & northern Spain)



# 4

## ✓ Tech & Apps to Download

- ☐ Google Maps (offline mode) – Simple navigation
  - ☐ Omio/Renfe App – Train and bus tickets
  - ☐ BlaBlaCar – Affordable rideshares
- ☐ Duolingo/Google Translate – Handy for basic Spanish words
  - ☐ XE Currency – For live currency exchange
- ☐ Booking.com / Hostelworld / Airbnb – Booking hotels
- ☐ Too Good To Go – Save money on leftover restaurant food

# 5

## ✓ Budget Travel Essentials

- ☐ International student/youth discount card (if applicable)
  - ☐ Refillable coffee cup (some cafés give discounts for bringing your own)
  - ☐ Notebook or travel journal (to track expenses & document memories)
- ☐ Sunglasses & sunscreen (Spain is sunny year-round)

## ✓ Final Travel Tips

# 6

- ✓ Learn a few basic Spanish phrases ("¿Cuánto cuesta?" = "How much does it cost?", "¿Dónde está...?" = "Where is...?").
- ☐ Pack light – Spanish streets often have stairs, hills, and cobblestones.
- ☐ Be mindful of siesta time (some small shops close in the afternoon).
- ☐ Always validate your transport tickets before boarding!

**Now you're set for an unforgettable, budget-friendly adventure in Spain! ✈️**  
**Make the most of every moment, immerse yourself in the culture, and make memories that will last a lifetime. Buen viaje!**