
Ultimate Guide for living in Castelldefels for nomads



Alternative Guide to Living & Thriving in Castelldefels

Curated by locals at Green Living Coliving – June 2025 edition

1 Why Castelldefels?

Castelldefels is Barcelona's laid-back beach town where **5 km of sand** meet the limestone hills of **Garraf Natural Park**. With 300 sunny days, Zone-1 train links (15 min to Sants), and world-class sports facilities, it balances Mediterranean slow life with city convenience.

2 Orientation Cheat-Sheet

Zone	Vibe	Must-Know
Passeig Marítim	Surf shacks, cycle lane, sunrise joggers	Public volleyball nets at Street 13 & 15
City Centre	Local tapas bars, markets, RENFE station	Wednesday produce market on Plaça Joan XXIII
Bellamar	Villa views, pine scent	Best sunset spot: Mirador del Port Ginesta
Les Botigues	Boat marinas, secret coves	Start the coastal path to Sitges here

Transport Basics – Barcelona ⇌ Castelldefels

From Barcelona-Sants Station

- **Train (RENFE Rodalies R2 Sud):** departures every 15 min, 15 min ride.
- **Tickets:** Single €2.55 • **T-Casual** (10 rides, Zone 1) €11.35 • **T-Usual** (unlimited 30 days, Zone 1) €21.35.
- Follow signs to trains towards “**Aeroport**” or “**Vilanova i la Geltrú**” and hop off at **Castelldefels**.

From Barcelona Airport (BCN)

- **Train (R2 Nord)** from Terminal 2 → 12 min to Castelldefels (same fares as above).
- **Bus L99** from Terminal 1 → Castelldefels bus station every 30 min (25 min ride, same ATM tickets).
- **Taxi / ride-hail:** ±€20, 10 min door-to-door.

Late-Night Options

- **Night bus N16** every 20 min: Castelldefels ⇌ **Plaça Catalunya** (≈40 min).

Getting to Plaça Catalunya by Day

- **Train:** Castelldefels → stay on the same R2 Sud service, change at **Passeig de Gràcia** (one stop before Sants) and walk 3 min to the square. Total ≈28 min.
- **Metro:** change at Sants to L3 (green) → Plaça Catalunya – quick if you already need the metro.

Tap & go: contactless bank cards/phones work on all trains, buses & metro.

 **Ready to explore? Reserve your stay at Green Living Coliving Barcelona and get your T-Casual on arrival!**

3 Beach & Water Alternatives

- **Sunrise SUP Yoga** – calm sea + pastel sky; book at Escola Catalana de Surf.
- **Foil Surf Demo Days** – Club Garbí hosts free trials every first Saturday.
- **Citizen Science Snorkel** – help record seagrass health (Garraf coast, Sundays).
- **Full-Moon Swim** – local group meets by Chiringuito Iguana (bring glow sticks!).

3.1. Beach & Water Activities

- Beach volleyball (public courts)
 - Paddleboarding, surfing, kitesurfing, SUP yoga
 - Jet ski, boat, and kayak rentals at Port Ginesta 📍 portginesta.es
 - Surf lessons at Escola Catalana de Surf 📍 escolacatalanadesurf.com
 - Sunset sailing trips
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3.3. Sports & Active Lifestyle

🏆 Canal Olímpic de Catalunya – The city's sports hub

- Kayak, rowing, paddleboarding 📍 canalolimpic.cat
- Wakeboarding at the Cable Park 📍 wakeparkcastelldefels.com
- Pitch & Putt Golf 📍 canalolimpic.cat
- Zip lines, running trails & lakeside yoga
📍 canalolimpic.cat

Also:

- Tennis & padel clubs

- Bike routes along the coast and into the hills
- Horse riding at Centre Equestre La Marinada 🐾 centreequestrelamarinada.com

Budget tip: public showers, lockers & Wi-Fi along the promenade are free.

4 Hills, Trails & Mindfulness

- **GR-92 Ridge Hike** – 12 km loop, panoramic sea + mountain views; start at La Pleta Centre.
- **Silent Walks** – monthly guided mindfulness trek (donation-based).
- **Forest Bath & Journaling** – Vera (Green Living) leads a 90-min shinrin-yoku session; sign-up on the community board.

5 Culture Under the Radar

- **Castelldefels Castle Mapping Show** – pirate legends projected on 10th-century walls (summer Fridays, €9).
- **Open-Air Cinema on the Sand** – indie films Wednesdays in July & August (free).
- **Street Art Hunt** – 22 murals hidden downtown; grab the map at Tourist Info.
- **Live Flamenco in a Wine Cellar** – Cal Miquel, last Thursday each month (book ahead).

6 Eat & Drink Like a Local

6.1 Km-0 Favourites









Spot	Highlight	Book
El Petit Banquet (Gavà)	Pota Blava chicken & artichokes IGP	WhatsApp +34 644 222 100
Raíces	Smoked sardine toast, natural wines	Instagram DM
Takua Playa	Nikkei ceviche + sunset	walk-in

6.2 Ruta de la Tapa (Spring & Autumn)

€4 = tapa + drink at 40 bars. Crowd-voted champion 2024: **La Pava’s black-rice croquette**.

6.3 Must-Try Restaurants

 **CBC Area – Castelldefels Beach Club**  [Google Maps](#)

Restaurant	Style	Best For
 Embarcadero	Elegant Mediterranean	Dinner with a view, fresh seafood
 Péndulo	Creative & Modern	Trendy dinners, wine and ambiance
 Cheché	Signature Cuisine	Unpretentious gourmet experience
 New Canasta	Updated Traditional	Paella, seafood, Spanish classics
 Playafels	Authentic Mexican	Margaritas, tacos, casual nights
 Raíces	Fusion & Identity	Inventive tapas with soul
 Chalo de Tapas	Modern Tapas	Local vibe, great flavors, relaxed feel
 UMI by Isako	Japanese Fusion	High-end Japanese cuisine with visual flair

6. Beach Bars & Chill Clubs

Beach Club	Style	Best For
 Tibu-Ron	Classic with DJ	Cocktails, beach sunsets, afterbeach
 Iguana	Boho-chic, healthy	Fresh eats with a view
 Duna Beach	Sophisticated & calm	Brunch or dinner by the sea
 Fosbury Café	Lounge by the water	Breakfast, coworking or sunset meals
 Takua Playa	Tribal Nikkei Fusion	Creative cuisine and great energy

7 Nightlife with Flow

- **Iguana** – beanbags + acoustic sets at golden hour.
- **El Descaro** – open-mic Wednesdays, poetry & jazz.
- **CBC Club** – dance floor ignites after 00:30 (reggaeton/pop).
- **Lasal** – deep-house terrace by the port, ends at 3 am.

Night bus **N16** runs every 20 min back to Barcelona.

8 Family-Friendly Freebies

- Sandcastle workshops (Sat 10 am, July–Aug, by Street 11).
- Public skate & calisthenics park – Av. de la Pineda.
- Picnic & paddleboats – Lake at Canal Olímpic.

9 Day Trips in One Hour

Destination	Travel	Why Go
Sitges	12 min train	Art-deco seafront + boutiques
Montserrat	Train + rack railway (60 min)	Cliff monastery & boys' choir
Penedès	R4 train to Sant Sadurní (35 min)	Cava cellars & bike vineyards

Alternative Castelldefels – Nightlife & Wellness Edition


Curated by Green Living 



1. TAPAS & WINE TRAIL

Perfect for starting the night informally, deliciously, and with style — ideal between 7:00 PM and 10:30 PM.

Spot	What to Order	Vibe
Raíces	Smoked sardine toast, artisan croquettes	Creative and local
Chalo de Tapas	Tataki, bravas, hummus with roasted peppers	Modern with great energy
La Pava	Thai mussels, ceviche, black rice	Always a surprise
La Piccola	Italian bruschettas, good wines	Italian vibes
Cheché (bar)	Signature tapas in small plates	Sophisticated yet relaxed
Can Moyas	Traditional tapas, stews, classic beers	The most local you can get

 **Pro tip:** Start at Raíces and walk down to the beach, stopping at 3–4 places. It's better on foot!




2. COCKTAIL TIME – CHARMING BARS







After tapas, it's time for a slow cocktail or relaxed drink.

Bar	Specialty	Atmosphere
Tibu-Ron Lounge	Mojitos, live music	Golden hour, beach vibes

Duna Beach Club	Signature cocktails	Chill, ideal for long chats
Takua Playa	Exotic Nikkei drinks	Tribal and creative
La Canasta	Classic gin & tonics	Elegant and social
Django	Natural wine and cocktails	Stylish local hangout

 **Mood:** No loud clubs. Just music, connection, good vibes, and soulful spaces.

3. NIGHT PLANS (Without Losing Your Flow)

-  **Sunset beach walk** – From Port Ginesta to the canal
 -  **Acoustic concerts** – At Iguana or CBC during summer
 -  **Outdoor cinema** – July & August under the stars
 -  **Slow dinner & deep conversation** – At UMI, Embarcadero, or Takua
 -  **Journaling ritual on the rooftop** – Green Living exclusive
 -  **Pop-up events** – Showcookings, wine tastings, mini jam sessions
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4. SECRET SPOTS (For When You Want More)

- **La Cova Fumada (Garraf)** – Historic vermouth bar
- **El Rincón del Vino** – Private tastings & food pairings
- **Summer night markets** – Local art, design & food
- **Hidden terraces** – In the old town, waiting to be found



“You don’t need to party hard to have a great night—but if you want to, you’ll find your place.”



Local Nightlife Snapshot

- 📍 Just 20 minutes from Barcelona, with beach nightlife and local soul
- 👥 Mix of locals, students, tourists & digital nomads
- 📅 Best nights: Friday & Saturday (or every night in summer)
- 🎵 Music styles: reggaeton, pop, electronic, acoustic, chill



Sunset & Pre-Party Spots

- **Tibu-Ron Beach Club** – The local favorite. Mojitos, golden hour, and the first drinks with music
- **Iguana** – Classic beach chiringuito. Start the night slow
- **Mi Piacce** – Beautiful decor, top cocktails, try the “Futura Natural” (mezcal + pineapple)
- **Ray’s Bar** – International spirit, open people, laughter and great vibes



Live Music & Creative Vibes

- **El Descaro** – Soulful spot. Concerts, jam sessions, open mic, spoken word
- **Fossar 13** – Stylish bar with cocktails and weekend DJs



Cocktail & Chill Bars

- **Buda Bar** – Asian-inspired, intimate and elegant. Great for dates or classy nights
- **Pura Vida Bar** – Small, vibrant, Latin touch, strong caipirinhas



Clubs & Dancefloors (from midnight on)

- **CBC (Castelldefels Beach Club)** – Young crowd, great music, dancefloor explodes after 12:30 AM
- **Péndulo** – Cozy, soft lighting, DJs spinning reggaeton, house, pop hits
- **Jarana Club** – For reggaeton lovers, theme nights and high energy
- **Tibu-Ron Caribbean & Classic** – Two rooms: reggaeton in one, house/pop in the other
- **Kahala** – Tiki-themed, cocktails in pineapples, retro party energy



Electronic & Underground Scene

- **Lasal** – For deep house, tech, and minimal fans. Alternative crowd and quality sets
- **Rebel by Nature (pop-ups)** – Spontaneous raves in nature or industrial spaces (follow on Instagram)



Late-Night Eats & After Hours

- **Frankfurt Roberts** – Iconic spot for big sandwiches, bravas & homemade sauces
- **Roberts Club** – Downstairs: chill lounge. Upstairs: reggaeton dancefloor
- **Torre Barona Pizza** – The post-party pizza you'll crave
- **Xurrería Castelldefels** – End the night with churros and hot chocolate at sunrise



Playafels Zone – Tapas & Pub Central

All nightlife happens in just a few busy streets filled with:

- Modern tapas bars

- Shot bars
- Shisha terraces
- Urban and reggaeton music
- Mini clubs open till late

Perfect for bar-hopping or spending the whole night in one lively area.

Wellness Route – Castelldefels for Conscious Living

Curated by Green Living



1. YOGA & CONNECTION SESSIONS



Bacham Yoga

- Beachside classes
- Vinyasa, Yin, Full Moon Yoga & local retreats
- Ideal for reconnecting with your body and energy



Castelldefels Beach



Instagram: [@bachamyoga](https://www.instagram.com/bachamyoga)



Community Beach Yoga

- Sunrise or sunset sessions led by local groups
- Open-air spaces, natural silence, true presence



Ask Vera (Happiness Officer) for weekly schedules 



Private In-House Classes

- Bookable yoga, breathwork & sound healing sessions
 - Led by trusted professionals, premium experience
 - Perfect for individuals or small groups
-



2. MESSAGES & HOLISTIC THERAPIES



Therapeutic Massages (Marta or Lorena)

- Relaxing or deep tissue therapy, with aromatherapy
- In-room sessions at Green Living 🏠
- 60 or 90-minute options
✉️ Book through Vera



Reiki & Aromatherapy

- Energy balancing for transformation or deep rest
- Included in our Wellness Packs



Sound Healing

- Tibetan and crystal bowls, 432Hz frequency
- Group or private sessions on the rooftop, beach, or meditation space



3. NATURE EXPERIENCES



Sunrise Yoga on the Beach

A Green Living tribe favorite ritual

- Gentle activation, conscious breathing, ocean views
- Bring your mat and welcome the day with intention



Mindful Hike in Garraf Park

- Early morning gentle trail walks
- Walking meditation + journaling at the finish
👉 parcs.diba.cat/web/garraf



Forest Picnic & Yoga

- Organized by Vera or guest coaches
 - Healthy food, slow practices, group connection
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4. RETREATS & MINI ESCAPES



Sakya Tashi Ling Buddhist Monastery (Garraf)

- Spiritual visit, guided meditation & workshops
- A magical spot just 15 min from Green Living

👉 sakyatashiling.org



Green Living Express Retreats

- 1 or 2-day wellness immersions
- Includes: sound healing, mindful meals, silence, meditation, journaling



Next dates on our internal event calendar



5. MINDFUL EATING & CONSCIOUS FOOD



Recommended Spots:

- **Maná Healthy Food** – Bowls, juices, and veggie dishes
- **Iguana** – Clean eating by the beach
- **Dharma Coffee** – Herbal infusions, slow coffee and peace
- **Raíces** – Creative cuisine with quality ingredients



Extras at Green Living:

- Local kombucha available
- Organic snacks in the house

- Optional detox menu for long stays
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6. GREEN LIVING WELLNESS RITUAL (Weekly Flow)

Day	Ritual Suggestion
Monday	Yoga Flow + Journaling
Wednesday	Mindful Hike + Sound Healing
Friday	Massage + New/Full Moon Ritual
Sunday	Slow Breakfast + Group Meditation



Contact Vera (Happiness Officer) to:

- Book private sessions
- Join group activities
- Design your own wellness itinerary

 vera@greenlivingprojects.es


Alternative Sports Guide – Castelldefels Edition

Move, enjoy and grow in one of Europe's top active-lifestyle destinations

1. FUNCTIONAL TRAINING & ATHLETIC PERFORMANCE


Vilroy Training Club

High-performance functional training with soul.

- 1:1 sessions, small group training, top-tier coaches
- Sporty mindset, great design, real results
 vilroytraining.com

Andrés Gimeno Tennis & Padel Club

A classic Castelldefels spot with a strong community spirit.

- Tennis & padel lessons, tournaments, gym, sauna & social life
 clubandresgimeno.com
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2. WATER SPORTS (Pro-level ready!)

Escola Catalana de Surf

Surf, paddle surf, SUP yoga, and performance coaching

 escolacatalanadesurf.com

Club Garbí (Kite & Wind Foil)

Kitesurf, windsurf, wind foil with experienced instructors

 clubgarbi.com

Wakeboard & Cable Park – Canal Olímpic

Wakeboarding & waterski for all levels

👉 wakeparkcastelldefels.com

Nautical Clubs: Castelldefels & Port Ginesta

Sailing, kayaking, open sea trips, nautical training

👉 nauticocastelldefels.com

👉 portginesta.es

3. CYCLING & MOUNTAIN BIKING

- Scenic rides through Garraf Natural Park (technical or mellow)
- Coastal route: Castelldefels – Sitges (moderate level)
- E-bikes available at Green Living
- Local MTB groups with sunrise rides

📌 *Bonus: Hidden trails deep in the natural park for advanced riders*

4. HIKING & TRAIL RUNNING

Garraf Natural Park


- Easy hiking routes (La Pleta, Bruguers...)
- Technical trail running on rocky ridges
- Mindful hikes with breathwork and meditation pauses

👉 parcs.diba.cat/web/garraf

5. SPORTS YOGA & RECOVERY

Bacham Yoga

Active yoga, vinyasa flow, sunrise beach classes

- Perfect functional stretching for surfers and runners
 [@bachamyoga](https://www.instagram.com/bachamyoga)

Green Living Recovery Sessions

- Rooftop yoga + journaling rituals
 - Breathwork, sound healing & mobility routines
-

6. GOLF & GYMS

Pitch & Putt – Canal Olímpic

9-hole course, lessons & rental equipment

 canalolimpic.cat

Terramar Golf Club (Sitges)

18-hole pro golf course by the sea

 golfterramar.com

Other Gyms

Local options near the beach: AltaFit, DIR, and boutique fitness spaces

7. OUTDOOR MULTI-ACTIVITIES

- ✓ Sunrise paddle surf
- ✓ Sunset surf sessions
- ✓ Calisthenics circuits on the beach
- ✓ Snorkeling and light freediving
- ✓ Sand training + cold water recovery

- ✓ Zipline & climbing wall at Canal Olímpic
 - ✓ Beach team games: volleyball, football, spikeball...
-



GREEN LIVING POWER ROUTINE (Weekly Suggestion)

Day	Suggested Activity
Monday	Functional training + sauna
Tuesday	Paddle surf + stretching
Wednesday	MTB + yoga flow
Thursday	Cable park or surfing 🏄
Friday	Mindful hike + mobility
Saturday	Kayak or wakeboard + healthy cocktail
Sunday	Golf + journaling + sunset walk 🌅

Living Greener – Green Living Coliving

Green Living is a solar-powered coliving & cowork at **Carrer de García Lorca 24** with Starlink Wi-Fi, rooftop yoga, and a tribe of mindful nomads.

- **Rooms:** deluxe doubles & singles, all-inclusive.
- **Facilities:** cowork, gym, jacuzzi, e-bikes, smart energy system.
- **Community:** wellness rituals, beach clean-ups, skill-shares.



Vera is the soul of Green Living. As Happiness Officer her mission is to connect, guide and facilitate—from helping you settle in to organising welcome rituals, mindful dinners or group sessions. She is your emotional point of reference, your guide and your first friend at home.
Languages: English, French, Italian & Spanish.



Contact & Bookings

vera@greenlivingprojects.es | [Text me](#)

“It’s not just where you live. It’s the footprint you leave while doing so.”
#GreenFootprint | Green Living Flex Living & Coliving



Book here:



Promo code: 25GOJUNE



Book here:



[Reserve your stay now](#)

11 Quick Contacts

- Tourist Info – Plaça del Castell, +34 936 641 500
- Emergency – 112
- Vera (Happiness Officer) – vera@greenlivingprojects.es
- Custom Map of all spots – <https://www.google.com/maps/d/u/0/edit?mid=1al34gX81V7Snq0vpEAQMrWnO0LUCj64&z=13>
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“It’s not about ticking sights off a list; it’s about syncing with the beach-mountain rhythm.”