

30th International Conference on Low Temperature Physics

7-14 August 2025, Bilbao, Spain





30th International Conference on Low Temperature Physics

[Bilbao tourist offices](#)

[Tourist information Bilbao](#)

Below is a brief guide of Bilbao, a city of contrasts whose historical roots combine with a cosmopolitan atmosphere that envelops the visitor right from the start. A walk through its streets brings a multitude of experiences and we can appreciate the city transition from an industrial centre to one of design.

The Bilbao of Today

As a result of the international recognition awarded by the *Guggenheim Bilbao Museum*, the city has been able to position itself as an example of regeneration. In this environment, you will have the opportunity to appreciate Bilbao at its most cosmopolitan and modern, with its most significant museums, as well as the most recent buildings designed by well-known architects such as Cesar Pelli, Arata Isozaki, and Alvaro Siza.

MUSEUMS QUALITY

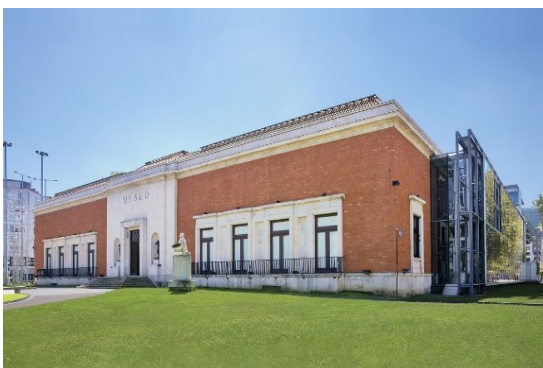
[The Guggenheim Bilbao Museum](#),

designed by Frank Gehry, was one of the most ambitious cultural projects of the 21st century. Its contemporary art collection includes works by leading artist of the second half of the 20th century, with renowned names such as Eduardo Chillida, Yves Klein, Willem de Kooning, Robert Motherwell and Andy Warhol.

Current exhibitions are:

Joan Miró. Absolute Reality. Paris, 1920–1945 and Masterpieces from the Guggenheim Museum Bilbao Collection.

Monday to Sunday 10:00 to 19:00



[Vizcaya tourist offices](#)

[Tourist information Vizcaya](#)

When it's time for something to eat you will discover why the numerous varieties of Basque cooking enjoy worldwide recognition and the importance of the cultural scene, with its own language and multiple traditions makes Bilbao an interesting place to visit.



[Bilbao Fine Arts Museum](#), contains important examples of ancient, modern and contemporary paintings. It has a special interest in the Spanish school of art and in Basque artists, by whom it has a large collection of works.

Monday to Saturday 10:00 to 20:00 (closed Tuesdays)

Sundays and public holidays 10:00 to 15:00



30th International Conference on Low Temperature Physics

Itsasmuseum (Bilbao Maritime Museum), is based on elements and objects that tell the history of maritime activity on the “*Ría de Bilbao*” and its port, as well as maritime culture in general, with special attention to the pieces that relate the lives and accomplishments of the men and women who made the maritime history of this town.

Besides the boats that are exhibited in the museum's dykes, there is a collection of scale model boats constructed in the famous Bilbao Estuary.

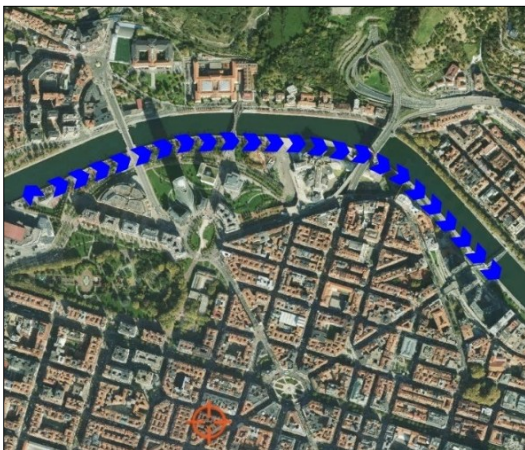
Monday to Sunday 10:00 to 19:00



ART INSIDE AND OUT

Memorial Walkway. This space presents an open-air garden museum that can be explored in approximately 15 minutes. It is located along the river estuary with sculptures by notable contemporary artists such as: Dalí, Chillida, Koons, Bourgeois, Kapoor and Valdés among many others.

The river estuary and its bridges. Walking for the river estuary and its bridges is an option to explore the history of the city. The Zubizuri Bridge or the Arrupe footbridge are icons of the New Bilbao, while San Antón Bridge, La Merced or the Arenal bridge are great representative's symbols of the city's past.



Tourist services to do the itinerary

Boat Tours:

(+34) 946 424 157
www.bilboats.com

Bus Tours:

Hop on hop off
www.bilbaocityview.es

Waking Tours

(+34) 944 79 57 60
www.bilbaoturismo.net

THE BILBAO OF ALWAYS

Declared a historical-artistic monument, visiting the old neighborhood in Bilbao allows you to discover the heritage and history of the city. For example, taking a walk through the “Seven Streets”, from Somera to Barrenkale Barrena street, where the city originated and where the port was.

You will adore the charming shops and the atmosphere charged with the enjoyment of the local people who love to frequent these streets and plazas.

THE PLEASURE OF DISCOVER

Traditional Seven Streets.

- Somera as the first.
- Artekale is the second.
- Tendería the third.
- Belostikale the fourth.
- Carnicería Vieja the fifth.
- Sixth, Barrenkale
- Finally the seventh, Barrenkale Barrena.



AND IF YOU KEEP WALKING...



The Cathedral of Santiago, built in the fifteenth century, in a Gothic style, is a pilgrimage point along the Northern Route of St. James' Way and it has been renovated several times, the last time in 2000.



The Arriaga Theatre is inspired in the Paris Opera and was opened in 1890. Today, the Arriaga continuously hosts the city's programmes of music and theatre.

FOR THE FOOD LOVERS

On the other hand, the old town it is one of the emblematic places to taste the well-known "pintxos" (*miniature creations that can be found in any bar*) and combine with an activity known as "txikiteo" (*going from bar to bar drinking small glasses of wine*).



Plaza Nueva, new because there was another old square and new because it never fails to reinvent itself.

It is a porticoed square full of bars and restaurants, making it an ideal place to taste the famous "pintxos".

The **Ribera Market** is a typical neighborhood market, famous for the variety of foodstuffs and quality of its local products. The building has a stunning original stained-glass window inside while the outside is traditional style.

TYPICAL PRODUCTS

Products

- Idiazábal cheese
- Tinned seafood
- Cod pil-pil style
- Hake Biscay style
- Marmitako tuna stew
- Baby squid

Drinks

- Txakolí White wine
- Sagardoa natural cider
- Rioja Alavesa wines

Cakes & Confections

- Carolina (*puff party topped with meringue*)
- Pastel de arroz (*pastry base with creamy topping*)
- Pastel Vasco (*Basque tart*)
- Bollo de Mantequilla (*sweet butter bun*)
- Arrese truffles

THE URBAN BILBAO

The Ensanche of Bilbao exhibits bourgeois elegance that can be appreciated in the architecture surrounding of **Plaza Moyua**, the city's focal point.

There is also the **Gran Via Don Diego López de Haro**, Bilbao's main arterial road, named in honour of the town's founder. Moreover, there is a significant amount of commercial activity in its layout

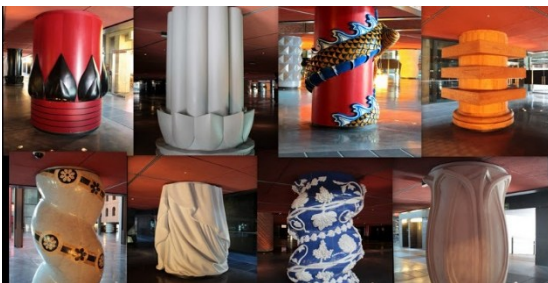


ENTERTAINMENT AND CULTURE



A **The Azkuna Zentroa "Alhondiga Bilbao"** is located just five minutes walking from Plaza Moyua. That building was formerly a wine and liquor store converted into a cultural centre in the 20th century.

The exterior classicism contrasts with the interior design by Philippe Starck, one of the most renowned designers nowadays. The atrium contains 43 columns that represent the cultures of different countries around the world.



Furthermore, it offers a wide variety of leisure services including a library, sports facilities, cinemas, and gastronomic offerings.

SHOPPING

Anywhere in Bilbao is good for shopping. Each area has its speciality, but there are always a variety shops, ranging from the most traditional to design stores or peculiar shops offering authentic Basque products.

We've divided up the areas here.

(Shopping streets)

- Colón de Larreátegui
- Máximo Aguirre
- Rodríguez Arias
- Ercilla
- Máximo Aguirre
- Marqués del Puerto



30th International Conference on Low Temperature Physics

ALTERNATIVE PLANS

Artxanda Funicular Railway: climb aboard this rack railway to enjoy panoramic views of the Bilbao skyline.

Cable Car departs every quarter of an hour.

Opening hours: *Monday to Saturday: 7:15 - 22:00* *Sundays and holidays: 8:15 - 22:00*



The Flower Market: Every Sunday morning there are several flowers stands in the “El Arenal” area. Enjoying a pleasant walk near to river estuary, you will find flowers and plants grown and picked by local producers.



Art Galleries

MICHEL MEJUTO GALLERY

www.michelmejuto.com

(+34) 944 23 69 98

JUAN MANUEL LUMBRERAS GALLERY

www.galerialumbreras.com

(+34) 944 24 45 45

VANGUARDIA GALLERY

www.galeriavanguardia.com

(+34) 944 237 691

OTHER USEFUL INFORMATION

Before you go, learn few words.

Basque Language → **Euskera**

Hello: *Kaixo*

Goodbye: *Agur*

Yes: *Bai*

No: *Ez*

Welcome: *Ongi etorri*

Good morning: *Egun on*

Good afternoon: *Arratsalde on*

Goodnight: *Gabon*

How are you?: *Zer Moduz?*

See you: *Ikusi arte*

See you later: *Gero arte*

Please: *Mesedez*

Thank you: *Eskerrik Asko*

You are welcome: *Ez horregatik*

Congratulations: *Zorionak*



GASTRONOMIC EXPERIENCES

Restaurant Recommendation

• AD HOC CASCANUECES

Speciality: creatives, fusion cuisine mixing flavours, cultures and techniques.

(+34) 94 497 98 98

www.adhocbilbao.com

Tuesday to Saturday 13:40 to 15:30 and
20:30 to 22:00

• AIZIAN

Speciality: signature Basque cuisine.

(+34) 94 428 00 39

www.restaurante-aizian.com

Monday to Saturday 13:30 to 16:00 and
20:30 to 23:00

• BASCOOK

Speciality: traditional Basque cuisine with innovative and fusion touches in what was a 19th century salt warehouse.

(+34) 94 400 99 77

www.bascook.com

Monday to Friday 13:00 to 18:00
Saturdays 13:00 to 18:00 and 20:30 to
22:00

• BASUKI

Speciality: creatives and traditional cuisine with a magnificent wine cellar and great cocktails.

(+34) 94 471 77 43/ 682 345 139

www.basukirestaurante.com

Tuesday to Sunday 13:30 to 15:45

• GUETARIA

Speciality: A charcoal grill is used for grilling the best quality of meat and fish.

(+34) 94 424 39 23

www.guetaria.com

Monday to Sunday 13:30 to 15:30
and 21:00 to 22:30

• IRUÑA

Speciality: traditional Basque cuisine and grilled meats in an elegant place decorated with tiles and murals.

(+34) 94 423 70 21

www.cafeirunabilbao.net

Monday to Sunday 13:30 to 15:30
and 21:00 to 22:30

• KUMA

Speciality: Japanese restaurant specializing in sushi fusion.

(+34) 67 748 33 48

www.restaurantekuma.com

Tuesday to Saturday 13:30 to 15:30 and
21:00 to 22:30

• LA DESPENSA DEL ETXANOBE

Speciality: traditional Basque food in a relaxed, eye-catching, modern setting.

(+34) 94 442 10 71

www.ladespensadeletxanobe.com

Monday to Saturday 13:00 to 15:30 and
19:30 to 22:30

• MUGARRA

Speciality: meat and seafood dishes paired with a wide choice of wines.

(+34) 94 423 39 14

www.restaurantemugarra.com

Monday to Friday 10:30 to 20:00
Saturdays 10:30 to 14:00

• NERUA

Speciality: signature Basque cuisine in a minimalist setting. Awarded of one Michelin star.

(+34) 94 400 04 30

www.neruaguggenheimbilbao.com

Tuesday, Wednesday, Thursday and
Sunday 13:00 to 15:00
Fridays and Saturdays 13:00 to 15:00 and
20:30 to 22:00



30th International Conference on Low Temperature Physics

• PORRUE

Speciality: fish and seafood on the grill, rated the 8th best restaurant in Spain.

(+34) 94 4231 313

www.porrue.com

Monday to Saturday 13:00 to 15:30 and
20:30 to 23:00

Sundays 13:00 to 16:00

• ZARATE

Speciality: traditional cooking and fresh sea product. Awarded one Michelin star.

(+34) 94 441 65 21

www.zarate.restaurant

Lunches: Tuesday to Sunday 13:30 to 16:00

Dinners: Thursdays 21:00 to 22:30 and
Fridays/Saturdays 21:00 to 23:00

• SERANTES III

Speciality: traditional fish and seafood dishes with good selection of wines.

(+34) 94 424 80 04

www.restauranteserantes.com

Monday to Sunday 13:00 to 15:30

and 20:30 to 22:30

• ZORTZIKO

Speciality: modern Basque cuisine based on quality produce and traditional local cooking.

(+34) 94 423 97 43

www.zortziko.es

Wednesday to Saturday 13:30 to 15:00 and
20:30 to 22:00

Sundays 13:30 to 15:00

• VICTOR MONTES

Speciality: traditional Basque cuisine with a wide selection of pintxos and whiskeys.

(+34) 94 415 70 67

www.victormontes.com

Monday to Sunday 13:30 to 15:30

and 21:00 to 22:30

Monday to Saturday 13:30 to 16:00 and
20:30 to 23:00

• YANDIOLA

Speciality: local cuisine with creative flourishes.

(+34) 94 413 36 36

www.yandiola.com

Monday to Saturday 13:30 to 17:00 and
20:00 to 22:45

Saturdays and Sundays 13:30 to 15:30 and
20:30 to 22:30

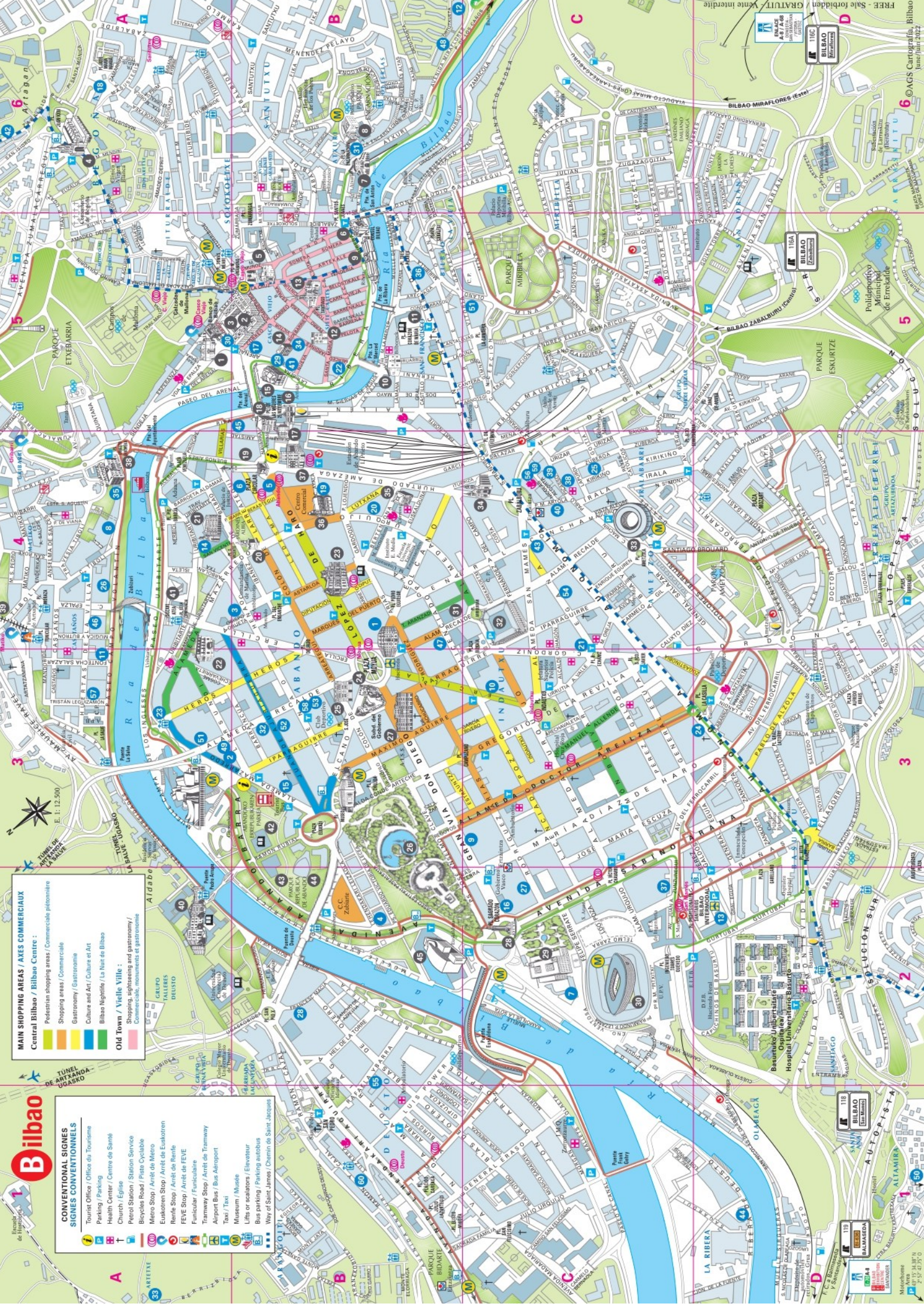
• ZAPIRAIN

Speciality: traditional fish and seafood dishes with local wines and typical Basque desserts.

(+34) 94 405 52 73

www.zapirain.es

Monday to Saturday 13:30 to 17:00 and
20:30 to 22:45



MAIN SHOPPING AREAS / AXES COMMERCIAUX
Central Bilbao / Bilbao Centre :

- █ Pedestrian shopping areas / Commerçiale pétronniere
- █ Shopping areas / Commerçiale
- █ Gastronomy / Gastronomie
- █ Culture and Art / Culture et Art
- █ Bilbao Nightlife / La Nuit de Bilbao

Old Town / Vieille Ville :

- █ Shopping, restaurants and gastronomy / Commerçiale, monuments et gastronomie

CONVENTIONAL SIGNES
SIGNES CONVENTIONNELS

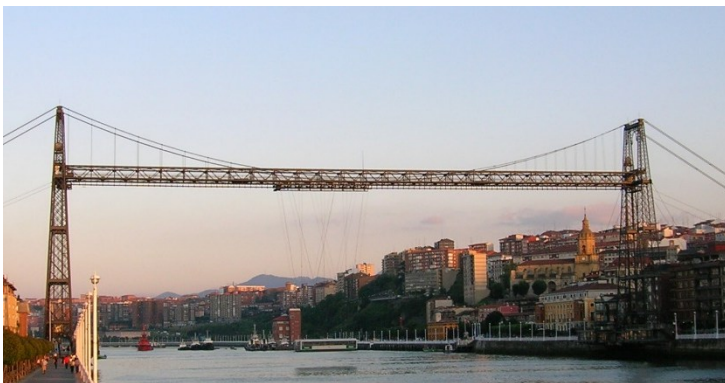
- Tourist Office / Office du Tourisme
- Bicycle Rental / Piste Cyclable
- Parking / Parking
- Health Center / Centre de Santé
- Church / Eglise
- Perpet Station / Station Service
- Metro Stop / Arrêt de Metro
- Bus Stop / Arrêt de Bus
- Funicular / Funiculaire
- Airport Bus / Bus Aéroport
- Museum / Musée
- Lifts or escalators / Elevateur
- Taxi / Taxi
- Way of Saint James / Chemin de Saint-Jacques



OTHER LOCATIONS NEAR BILBAO



BIZKAIA/VIZCAYA:



BIZKAIA BRIDGE

Just 20 minutes away:

Metro stop: Areeta / Portugalete

The transporter bridge linking Las Arenas (Getxo) and Portugalete, declared a heritage monument by the UNESCO World Heritage

SAN JUAN DE GAZTELUGATXE

On the headland of a small rocky peninsula that juts out into the sea, between [Bakio](#) and [Bermeo](#), rises the magical and legendary chapel of San Juan de Gaztelugatxe.

The Gaztelugatxe biotope stands out for its beauty and its blend of the natural and the man-made. An attractive path winds steeply down from Eneperi to the base of the promontory, where a striking 3-arched bridge takes walkers across to the 241 steps that lead up to the chapel.

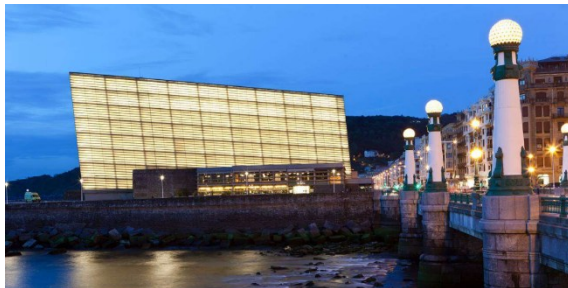


GIPUZKOA/GUIPÚZCOA:

The city of Donostia/San Sebastián is one of the most attractive cities in Europe. The Paseo de la Concha, from which the island of Santa Clara can be admired, proves its beauty. Its Belle Époque elegance coexists with the maritime character of its old port (Puerto Viejo). From Mount Igeldo you will get a spectacular panoramic view of the entire bay and its beaches.

The elegant Ondarreta district is also worth visiting, as is the neighbouring Peine de los Vientos (Wind Comb), the best-known work by Eduardo Chillida. In addition, the Old Quarter (Parte Vieja) of the city, where you can enjoy the pintxo bars, awaits you. Donostia is the cradle of great chefs and has exceptional cuisine on offer.

The city has been declared European Capital of Culture for 2016 and can be reached by car, by bus or, if you have time, by train.



You shouldn't miss:

- The spectacular views of the city obtained from Mount Igeldo.
- Taking a dip in the sea at the delightful La Concha beach.
- Strolling around the elegant neighbourhood of Ondarreta.
- Revelling in the youthful surfer atmosphere at Gros beach.
- Visiting the Kursaal Conference Centre, a spectacular architectural work by Rafael Moneo.
- Dropping by the Peine de los Vientos (Wind Comb), the emblematic work of Eduardo Chillida.
- Going to eat pintxos in the Old Quarter of Donostia, where the bars are an irresistible temptation.
- Visiting some of the excellent restaurants in the city, the birthplace of signature cuisine.

ARABA/ÁLAVA:

The city of Vitoria/Gasteiz is one of the most attractive cities in Europe. The Paseo de la Concha, from which the island of Santa Clara can be admired, proves its beauty. Its Belle Époque elegance coexists with the maritime character of its old port (Puerto Viejo). From Mount Igeldo you will get a spectacular panoramic view of the entire bay and its beaches.



You shouldn't miss:

- A guided tour to discover the history of the Cathedral of Santa Maria.
- Taking a stroll through La Florida Park, influenced by 19th-century French gardens.
- Exploring the network of streets that makes up the so-called Medieval Almond.
- Visiting the Plaza del Machete, one of the central points of the famous Vitoria-Gasteiz Mediaeval Market.
- Visiting the Church of San Miguel Arcángel, a Gothic-Renaissance church built mostly in the 14th century.
- Taking a tour of Salburua Park, one of the most important wetlands in Europe.
- Enjoying the merriment of the Fiestas de la Blanca, which are held in August.
- Savouring an aperitif at one of the terraces located in the Plaza de la Virgen Blanca.
- Stopping by the Vitoria-Gasteiz International Jazz Festival, one of the best in the world.
- Tasting the “vasquitos” and “neskitas”, the city’s typical sweets.



30th International Conference on Low Temperature Physics

7-13 August 2025, Bilbao, Spain