

'MY NO-FRILLS BAR' CONTRIBUTOR GUIDELINES

This is your chance to give your local no-frills bar the shout-out it deserves. Up to 25,000 people per month could read this, so let's make some noise!

Article details: 300 to 600 words with 5 to 10 photos, written in first person.

Title

Name of bar + descriptive title, e.g. Bar Luís: a no-frills gem in Quintana

Introduction paragraph

- **A quote from you, a friend, a fellow patron or the owner**, e.g. "there aren't many bars like this left in Madrid", **or**
- **A real-life snapshot of a time when you were in the bar**, e.g. My sister and I go up to the bar to pay. Raúl pulls his index finger out of the mantle cavity of a raw squid and takes her tenner. She asks me to tell him to keep the change. He asks me to tell her he said, "thank you".

Description of the bar

The design, the atmosphere, any special features, wear and tear etc. e.g. The striped awnings, the aluminium door handles, the terrazzo flooring and the brown ceramic tiles of Madrid's archetypal no-frills bars are all physical gateways to a period of glory and fervour that still secretly reverberates through Spain.

Your personal angle

What is special about this bar? Why have you chosen to feature it on Madrid No Frills? e.g. The customers pile in week after week, and not a single tourist is treated differently to a local.

Closing paragraph

Make a call to action – why not?

e.g. Find your local bar and make it your local too.

Info

- Bar address, nearest metro or Cercanías, opening hours, web (if applicable)
- Your name, website and social media (all optional)