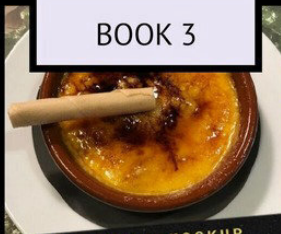


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MARIA NAEL-PRUPES

Food and travel through the eyes of a millionaire

BOOK 3



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Maria Nael-Prupes

Food and travel through the eyes of a millionaire. Book 3

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Аннотация

My friend Nael is a traveler, a true gourmet, a connoisseur of beauty and art. In the book I invite you to an exciting journey through the eyes of a millionaire in Spain, Ecuador and the Galapagos Islands. The photos for this book are kindly provided by my friend Nael. All the photos of the paintings were taken by Nael (the book contains only those paintings that were allowed to be photographed).

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Food and travel through the eyes of a millionaire Book 3

Maria Nael-Prupes

Nael, thank you for bringing inspiration into my life.

© Maria Nael-Prupes, 2026

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The Prologue

In the third book, I promised to tell you about my friend Nael's trip to Spain, Ecuador and the Galapagos Islands. It will be a story about the most beautiful cities in Spain, museums and Michelin restaurants, about the unique culture of Ecuador, and one of the most amazing and unique natural places on the planet – the Galapagos Islands – through the eyes of a millionaire.

My friend is a traveler, a true connoisseur of beauty and art. In 2025, he celebrated his 40th anniversary of traveling the world.

«Ever since, I have been enjoying every step I put my feet on new land», – wrote Nael.

He has an interesting philosophy of life, because he considers every day of his life his birthday and enjoy every moment of his life. Nael recently shared with me his travel plans for the next ten years, but he already has plans for the next period.... As a psychologist, I want to mention this personal trait, which is characteristic of the centenarians of our planet. Plans that sometimes go beyond life allow you to keep your mind clear and prolong your life.

I invite you to embark on a new exciting journey through the eyes of a millionaire.

All the photos presented in the book are kindly provided by my friend Nael. The book contains only a small part

of the huge collection of beautiful photographs that Nael shared with me.

All the photos of the paintings in the book were taken by Nael (the book contains only those paintings that were allowed to be photographed).

Thank you for your inspiration, my beloved friend Nael!

PART I

Spain

Madrid

04.06.2023

Nael chose a Eurostars Madrid Tower to stay in Madrid. He wrote: «My home in Madrid, the highest suite in the city with overwhelming views of the capital».



Fig. 1. Eurostars Madrid Tower hotel.

«Being the capital of an ex empire Madrid is a big metropolis with grand public and private buildings. Neat, well organized,

and clean city. The people are rather kind and staying long here seemed quite comfortable», – Nael wrote.

On this date Nael sent photos of his dining experience in Madrid. Here is the list of Michelin-starred restaurants in Madrid that he has chosen to visit:

Paco Rancero (two Michelin star)

DSTAgE (two Michelin star)

Deessa (two Michelin star)

Gofio (one Michelin star)

A'Barra (one Michelin star)



Fig. 2. Santa Cruz palace.



Fig. 3. Exterior of Church of San Jerónimo el Real.



Fig. 4. Cathedral of San Isidro el real.



Fig. 5. Plaza de la Villa.



Fig. 6. Congress of Deputies.



Fig. 7. Victory arch.



Fig. 8. Almudena Cathedral.



Fig. 9. Almudena Cathedral.



Fig. 10. Almudena Cathedral.



Fig. 11. The National Library.



Fig. 12. Plaza Mayor.



Fig. 13. Plaza Mayor.



Fig. 14. Theatre Albeniz.



Fig. 15. Puerta del Sol.



Fig. 16. The bear and the strawberry tree.



Fig. 17. Church of San Isidro.

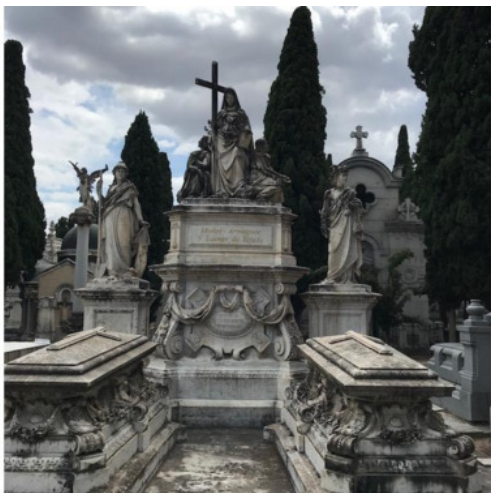


Fig. 18. San Ysidro Cemetery.



Fig. 19. Church of the Holy Cross.



Fig. 20. The antique door.



Fig. 21. Refugiados.



Fig. 22. Restaurant Paco Rancero (two Michelin star).



Fig. 23. Restaurant DSTAgE (two Michelin star).



Fig. 24. Restaurant DSTAgE (two Michelin star).



Fig. 25. Restaurant DSTAgE (two Michelin star).



Fig. 26. Restaurant DSTAgE (two Michelin star).



Fig. 27. Restaurant DSTAgE (two Michelin star).



Fig. 28. Restaurant Deessa (two Michelin star).



Fig. 29. Restaurant Gofio (one Michelin star).



Fig. 30. Restaurant Gofio (one Michelin star).



Fig. 31. Restaurant Gofio (one Michelin star).



Fig. 32. Restaurant Gofio (one Michelin star). Canariedad Máxima is one of the three tasting menus of the Gofio restaurant in Madrid.



Fig. 33. Restaurant Gofio (one Michelin star).



Fig. 34. Restaurant Gofio (one Michelin star).

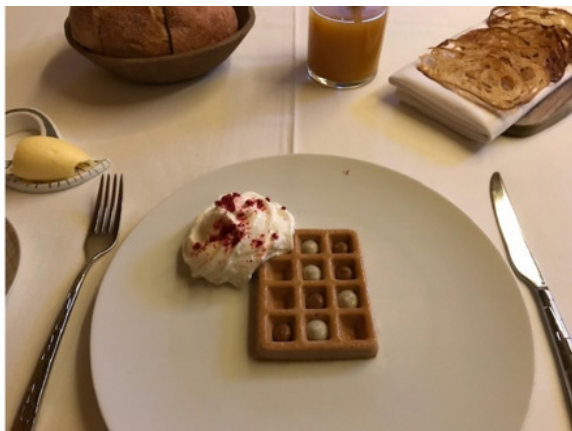


Fig. 35. Restaurant A'Barra (one Michelin star).



Fig. 36. Restaurant A'Barra (one Michelin star).

11.06.2023

On this date Nael also sent me photos from Michelin restaurants that he visited:

Smoked Room (two Michelin star)

Zuara sushi (one Michelin star)

Coque (two Michelin star)

GAYTÀN (one Michelin star)



Fig. 37. Restaurant Smoked Room (two Michelin star).



Fig. 38. Restaurant Smoked Room (two Michelin star).



Fig. 39. Restaurant Smoked Room (two Michelin star).



Fig. 40. Restaurant Smoked Room (two Michelin star).



Fig. 41. Restaurant Smoked Room (two Michelin star).



Fig. 42. Restaurant Smoked Room (two Michelin star).



Fig. 43. Restaurant Smoked Room (two Michelin star).



Fig. 44. Restaurant Zuara sushi (one Michelin star).



Fig. 45. Restaurant Zuara sushi (one Michelin star).



Fig. 46. Restaurant Zuara sushi (one Michelin star).



Fig. 47. Restaurant Zuara sushi (one Michelin star).



Fig. 48. Restaurant Coque (two Michelin star).



Fig. 49. Restaurant Coque (two Michelin star).



Fig. 50. Restaurant Coque (two Michelin star).



Fig. 51. Restaurant Coque (two Michelin star).



Fig. 52. Restaurant Coque (two Michelin star).



Fig. 53. Restaurant Coque (two Michelin star).



Fig. 54. Restaurant Coque (two Michelin star).



Fig. 55. Restaurant Coque (two Michelin star).



Fig. 56. Restaurant Coque (two Michelin star).



Fig. 57. Restaurant GAYTÀN (one Michelin star).



Fig. 58. Restaurant GAYTÀN (one Michelin star).



Fig. 59. Restaurant GAYTÀN (one Michelin star).



Fig. 60. Restaurant GAYTÀN (one Michelin star).



Fig. 61. Restaurant GAYTÀN (one Michelin star).



Fig. 62. Restaurant ROBUCHON.



Fig. 63. Restaurant ROBUCHON.



Fig. 64. Restaurant ROBUCHON.



Fig. 65. Restaurant ROBUCHON.

18.06.2023

Nael shared his impressions of visiting the bullfight. He wrote: «Bullfighting... No doubt it is one of the most exciting things to see in Spain! An incredible event that has a lot of excitement... especially when it involves horses. Two hours of thrilling moments with the cheering of Spanish fans and the chasing of the bulls to horses». I remember how going to a bullfight in Barcelona. I can't say that I liked this sight. For me, the sight of animals being killed rather evokes negative emotions.

And here is the list of Michelin-starred restaurants in Madrid that Nael has chosen to visit for this week:

Ramón Freixa (two Michelin star)

Ugo Chan (one Michelin star)

Deessa (two Michelin star)



Fig. 66. The building where the bullfight takes place.



Fig. 67. Bullfighting.



Fig. 68. Bullfighting.



Fig. 69. Restaurant Ramón Freixa (two Michelin star).



Fig. 70. Restaurant Ramón Freixa (two Michelin star).



Fig. 71. Restaurant Ramón Freixa (two Michelin star).



Fig. 72. Restaurant Ugo Chan (one Michelin star).



Fig. 73. Restaurant Ugo Chan (one Michelin star).



Fig. 74. Restaurant Ugo Chan (one Michelin star).



Fig. 75. Restaurant Ugo Chan (one Michelin star).



Fig. 76. Restaurant Ugo Chan (one Michelin star).



Fig. 77. Restaurant Ugo Chan (one Michelin star).



Fig. 78. Restaurant Deessa (two Michelin star).



Fig. 79. Restaurant Deessa (two Michelin star).



Fig. 80. Restaurant Deessa (two Michelin star).



Fig. 81. Restaurant Deessa (two Michelin star).



Fig. 82. Restaurant Deessa (two Michelin star).



Fig. 83. Restaurant Deessa (two Michelin star).

24.06.2023

On this day, Nael sent me a letter titled «Fine Arts Madrid». In Madrid he visited these museums:

Naval Museum

Museum Thyssen-Bornemisza

National Museum

Museum of America

Museum of history of Madrid.

Prado Museum

Royal palace



Fig. 84. Juan Sebastian Elcano. The first circumnavigation of the globe. Naval Museum.



Fig. 85. Juan Sebastian Elcano. Naval Museum.



Fig. 86. Fernand Magellan. Naval Museum.



Fig. 87. Alba de América. Naval Museum.



Fig. 88. Augusto Ferrer Dalmau. My Flag. Naval Museum.



Fig. 89. Bernardo Bellotto. Museum Thyssen-Bornemisza.



Fig. 90. Gaspar van Wittel. Museum Thyssen-Bornemisza.



Fig. 91. Martin Johnson Heade. Museum Thyssen-Bornemisza.



Fig. 92. Frederick Childe Hassam. Museum Thyssen-Bornemisza.



Fig. 93. Paul Gauguin. Museum Thyssen-Bornemisza.



Fig. 94. Van Gogh. Museum Thyssen-Bornemisza.



Fig. 95. Joos van Cleve. Museum Thyssen-Bornemisza.

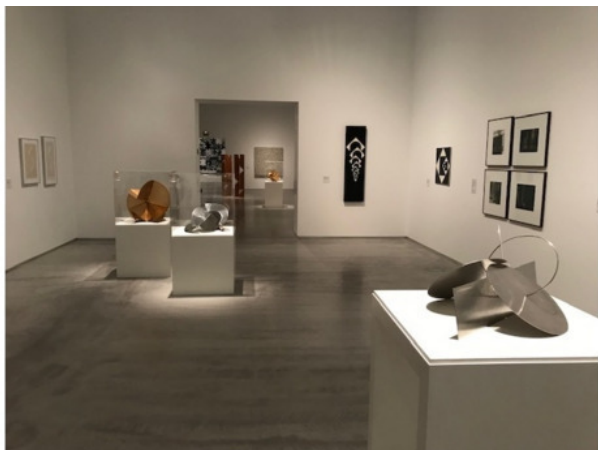


Fig. 96. National Museum.



Fig. 97. Joan Miro. National Museum.



Fig. 98. National Museum.



Fig. 99. Joan Miro. National Museum.



Fig. 100. Ceramic vessel. Museum of America.



Fig. 101. Diego Velasquez. Museum of America.



Fig. 102. Portaviatico. Museum of America.



Fig. 103. Custodia. Museum of America.



Fig. 104. Museum of America.



Fig. 105. Museum of America.



Fig. 106. Museum of history of Madrid.



Fig. 107. Museum of history of Madrid.



Fig. 108. Museum of history of Madrid.



Fig. 109. Prado Museum.



Fig. 110. Monument to Goya.



Fig. 111. Monument to Diego Velasquez.



Fig. 112. Royal palace.



Fig. 113. Royal palace.



Fig. 114. Royal palace.



Fig. 115. Royal palace.

30.06.2023

On this day, Nael again sent me photos of fine dining in Madrid. He visited restaurants Sobrino de Botin, restaurants in the hotel JW Marriott, Saddle (one Michelin star) and ROBUCHON again.

Restaurant Sobrino de Botin – a three hundred years old – the oldest continuously operating restaurant in the world.



Fig. 116. Garlic Soup. Restaurant Sobrino de Botin.



Fig. 117. JW Marriott.



Fig. 118. JW Marriott.



Fig. 119. JW Marriott.



Fig. 120. Restaurant Saddle (one Michelin star).



Fig. 121. Restaurant Saddle (one Michelin star).



Fig. 122. Restaurant Saddle (one Michelin star).



Fig. 123. Restaurant Saddle (one Michelin star).



Fig. 124. Restaurant Saddle (one Michelin star).



Fig. 125. Restaurant Saddle (one Michelin star).



Fig. 126. Restaurant Saddle (one Michelin star).



Fig. 127. Restaurant ROBUCHON.



Fig. 128. Restaurant ROBUCHON



Fig. 129. Restaurant ROBUCHON

Salamanca

03.07.2023

In early July, Nael went to Salamanca. He texted: «Salamanca is a hidden gem... it's the crown jewel of historic cities in Spain. Lots of magnificent cathedrals, churches, convents, palaces, and the oldest university in Spain. Plaza Mayor is the finest in Spain... magnificent».

Nael also sent me photos from Michelin restaurants that he visited:

Ment (one Michelin star)

En la Parra (one Michelin star)



Fig. 130. Plaza Mayor.



Fig. 131. Church Convent of San Esteban.



Fig. 132. Church Convent of San Esteban.



Fig. 133. The interior of the Church Monastery of San Esteban.



Fig. 134. The interior of the Church Monastery of San Esteban.



Fig. 135. Mural painting attributed to Fernando Gallego.



Fig. 136. Monastery of San Esteban.



Fig. 137. Roman Bridge.



Fig. 138. Roman Bridge.



Fig. 139. Salamanca.



Fig. 140. Cathedral of Salamanca.



Fig. 141. University of Salamanca.



Fig. 142. The church in Salamanca.



Fig. 143. Torre del Clavero.



Fig. 144. Restaurant Ment (one Michelin star).



Fig. 145. Restaurant Ment (one Michelin star).



Fig. 146. Restaurant En la Parra (two Michelin star).



Fig. 147. Restaurant En la Parra (two Michelin star).



Fig. 148. Restaurant En la Parra (two Michelin star).

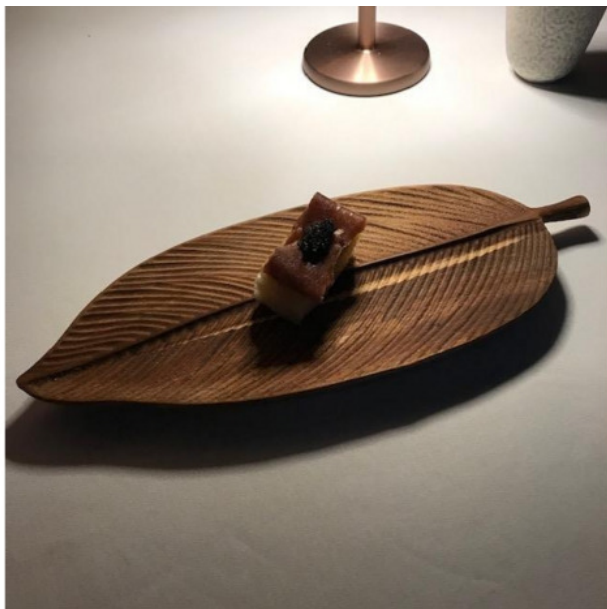


Fig. 149. Restaurant En la Parra (two Michelin star).



Fig. 150. Restaurant En la Parra (two Michelin star).



Fig. 151. Restaurant En la Parra (two Michelin star).

Valladolid

07.07.2023

«The ex capital of Spain, before moving to Madrid. Here the great explorer Christopher Columbus was buried. The first ever square in Spain is here, Plaza Mayor. Here the decision to cross the Atlantic Ocean was made, and then incidentally finding the new world, The Americas that has changed the course of history and the world for ever», – Nael wrote.

Nael also sent me photos from Michelin restaurants that he visited:

Trigo (one Michelin star)

Refectorio (one Michelin star)



Fig. 152. Valladolid.



Fig. 153. San Pablo Church.



Fig. 154. San Pablo Church.



Fig. 155. Valladolid University.



Fig. 156. Cavalry Academy Building.



Fig. 157. Plaza Zorrilla.



Fig. 158. Valladolid City Hall.

Fig. 160. Fuente Dorada.



Fig. 161. The Church of St. Mary the Ancient.



Fig. 162. San Pablo Church.



Fig. 163. Former convent.



Fig. 164. Sculpture by Juande de Huni.

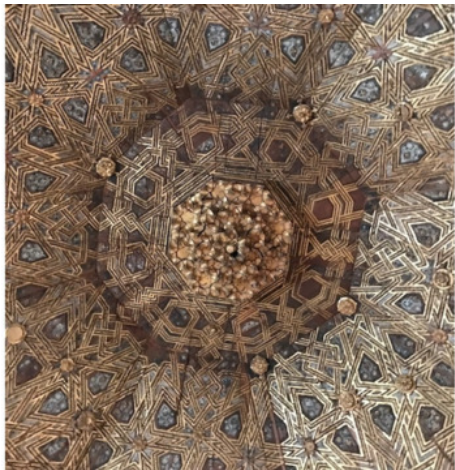


Fig. 165. Islamic Art.



Fig. 166. Gregorio Fernandez the Dead Christ.



Fig. 167. Sculpture of Christ.



Fig. 168. Courtyard of the Fabio Nelli Palace.



Fig. 169. Plaza de la Rinconada.



Fig. 170. Santa Cruz Palace.



Fig. 171. Courtyard of the Santa Cruz Palace.



Fig. 172. University Chapel.



Fig. 173. Convent of the Philippine Augustinians (Oriental Museum).



Fig. 174. Restaurant Trigo (one Michelin star).



Fig. 175. Restaurant Trigo (one Michelin star).



Fig. 176. Restaurant Trigo (one Michelin star).



Fig. 177. Restaurant Trigo (one Michelin star).

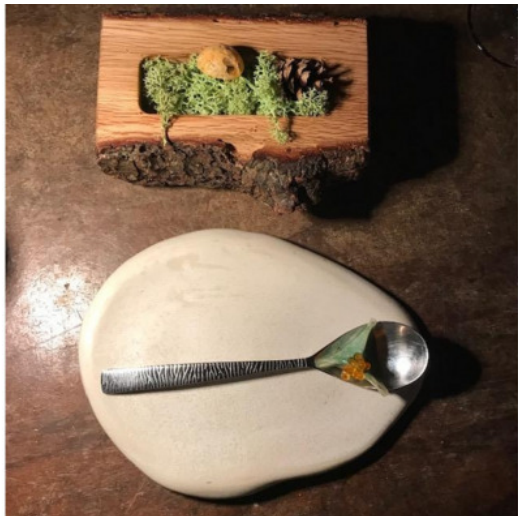


Fig. 178. Restaurant Refectorio (one Michelin star).



Fig. 179. Restaurant Refectorio (one Michelin star).



Fig. 180. Restaurant Refectorio (one Michelin star).



Fig. 181. Restaurant Refectorio (one Michelin star).



Fig. 182. Restaurant Refectorio (one Michelin star).



Fig. 183. Restaurant Refectorio (one Michelin star).

Leon

16.07.2023

Nael wrote: «With a majestic cathedral in a gothic style resembling the ones in France, and being in the middle of the religious Camino Santiago, as well as the magnificent San Marcos convent in which I has been turned into a luxurious hotel that I enjoyed staying in... let alone the fact that this city was a capital of the ancient kingdom of León... it's really worth the visit. With some parts of the Roman wall still intact the charm of the place is overwhelming. Even Antoni Gaudi has an amazing architectural wonder at the edge of the old city».

Nael also sent me photos from his dinner in restaurant Cocinandos (one Michelin star) that he visited.



Fig. 184. Leon Cathedral.



Fig. 185. The interior in Leon Cathedral.



Fig. 186. San Marcos convent.



Fig. 187. Basilica of San Isidoro de Leon.



Fig. 188. Casa de los Botines.



Fig. 189. Impressionism.



Fig. 190. Impressionism.



Fig. 191. Plaza de Santa María.



Fig. 192. Plaza Mayor.



Fig. 193. The old entrance to the building.



Fig. 194. Monastery of San Marcos.



Fig. 195. Monastery of San Marcos.



Fig. 196. Monastery of San Marcos.



Fig. 197. Church of San Juan y San Pedro de Renueva.



Fig. 198. Leon.



Fig. 199. Museums of modern art.



Fig. 200. Restaurant Cocinandos (one Michelin star).



Fig. 201. Restaurant Cocinandos (one Michelin star).



Fig. 202. Restaurant Cocinandos (one Michelin star).



Fig. 203. Restaurant Cocinandos (one Michelin star).

Santiago de Compostela

20.07.2023

«Being the most sacred place in Spain and the third in the catholic world after Jerusalem and the Vatican, Santiago de Compostela is a must to visit. How interesting to see the pilgrims arriving in groups to the Plaza in front of the cathedral cheering with joy and happiness for accomplishing their long mission. I was privileged to witness that every day from the balcony overlooking the square and the cathedral. Staying in the oldest hotel that actually designated for the pilgrims from the sixteenth century. So huge it has four courtyards and many wings, halls, and living accommodations.

Galicia has its own language, culture, and food... even the climate here is different... fresh cool breeze, temperatures in the mid twenties in the middle of summer», – Nael wrote.

Now the Parador de Santiago de Compostela is rightfully considered one of the oldest and most beautiful hotels in the world.



Fig. 204. Hotel Parador de Santiago de Compostela.



Fig. 205. Hotel Parador de Santiago de Compostela.



Fig. 206. Santiago de Compostela Cathedral.



Fig. 207. Santiago de Compostela Cathedral.



Fig. 208. Santiago de Compostela Cathedral.



Fig. 209. The relics.



Fig. 210. Santiago de Compostela.



Fig. 211. Church of San Fructuoso.



Fig. 212. Monastery of San Martino Pinaro.



Fig. 213. Monastery of San Paio de Antealtares.



Fig. 214. Santiago de Compostela.



Fig. 215. Convent of San Francisco.



Fig. 216. Convent das Nais Mercedarias.



Fig. 217. Hospital de San Roque.



Fig. 218. Octopus.



Fig. 219. Pancakes.



Fig. 220. Church of San Miguel de Agros.



Fig. 221. Santiago de Compostela.

Bilbao

23.07.2023

Nael wrote: «The savviest city I have been to since I left Madrid. Sophisticated infrastructure and well planned, especially the iconic museum by the river side. It's obvious how wealthy the city is. Along with its neighbors Santander and San Sebastián makes it the best place in Spain. Let alone the mild climate with cool breezes, and its unique language, The Basque. It deserves to be the capital of the Basque Country. Distinctive culture and cuisine».

Nael sent me photos from his dinner in restaurant Azurmendi (three Michelin star) that he visited.



Fig. 222. Bilbao.



Fig. 223. Deusto University.



Fig. 224. Interior of the Abando Indalecio Prieto train station.



Fig. 225. Church of St. Francis of Assisi.



Fig. 226. Bilbao.



Fig. 227. Bilbao.



Fig. 228. Bilbao.



Fig. 229. Museum of Fine Arts.



Fig. 230. Museum of Fine Arts.



Fig. 231. Museum of Fine Arts.



Fig. 232. Church of San José de la Montaña.



Fig. 233. Campos Elíseos Theatre in Bilbao.



Fig. 234. Pantxineta (Basque specialty).

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