



### 📍 TOUR DETAILS

Join us live from the heart of Budapest as we explore the beauty, history, and everyday life of Hungary's vibrant capital in real time. Together, we will wander through the city's lively downtown streets, taking in grand architecture, historic landmarks, public squares, and the atmosphere along the Danube while uncovering the stories that shaped Budapest into one of Europe's most fascinating cities. Along the way, we will also discuss Hungary's recent election and what it reveals about modern life and public opinion in Budapest today. This live and interactive journey offers a thoughtful look at both the historic and contemporary sides of the city while experiencing Budapest directly from the streets with our local guide.



### ★ MEET YOUR TOUR GUIDE: ADAM



Adam is a licensed guide with over a decade of experience, bringing Budapest's stories to life with depth and authenticity. Born and raised in the city, he has witnessed its transformation from a quiet, historic capital to a vibrant, multicultural metropolis. With a passion for sharing local perspectives, Adam offers unique insight into the Hungarian way of life, past and present.

**PRIVATE TOURS** | Your guide is available for private tours, live-streamed or in person. It's a special way to celebrate a birthday, anniversary, holiday, or special occasion - or to add to an upcoming trip. Please reach out to Wowzitude and we will be happy to connect you.

### 📍 WHAT TO EXPECT

Get ready for something special. We're traveling to a new destination with no passport, no plane ticket and no luggage. And yet you'll experience all the sights, sounds and stories with just your laptop, favorite snack and amazing guide.

**The tour will be live streamed** by your guide directly from Budapest. While on the tour you'll be able to see a full screen video of your guide and their surroundings, interact with them and other travelers.

### 🎵 MUSIC SELECTION

- **Sebestyén Márta - Szerellem, Szerelem:** <https://youtu.be/QBoOa3PzPg8?si=CHh4vm4RxXXhkgu2>
- **Queen - Tavaszí Szél Vízét Áraszt (Live In Budapest 1986):** <https://youtu.be/E5XxizdMKRk?si=SvYO7Fvlazj-c1f>
- **Bon-Bon - Valami Amerika:** <https://youtu.be/m1W0USyGOPA?si=iKKyB-GCVOctIqWe>
- **Omega - Gyöngyhajú Lány:** <https://youtu.be/Z7dvV1LnkGQ?si=pwdqF-9d07AYBaAq>



## Hungarian Pálinka Sour

### Ingredients (serves 1): Instructions:

- 2 oz Brandy (apricot or plum is most traditional)
- 0.75 oz fresh lemon juice
- 0.5 oz simple syrup (1:1 sugar to water)
- 1 egg white (optional, for froth and texture)
- Dash of Angostura bitters (optional garnish)
- Ice
- Dry shake (without ice) all ingredients for about 10 seconds to emulsify the egg white.
- Add ice and shake again until well-chilled.
- Strain into a coupe or rocks glass.
- Optionally top with a dash of bitters or a slice of dried apricot for garnish.



## Hungarian Goulash Soup (Gulyásleves)

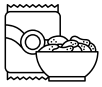
### Ingredients (serves 6):

- 2 tablespoons vegetable oil or lard
- 1 large yellow onion, finely chopped
- 2 tablespoons sweet Hungarian paprika
- 1.5 pounds beef chuck, cut into ¾-inch cubes
- 2 teaspoons salt (to taste)
- ½ teaspoon black pepper
- 1 teaspoon caraway seeds (crushed)
- 2 cloves garlic, minced
- 1 medium tomato, chopped
- 1 medium green bell pepper, chopped
- 6 cups beef broth or water
- 2 medium carrots, sliced
- 1 medium parsnip, sliced
- 2 medium potatoes, peeled and diced
- Optional: csipetke (small Hungarian pinched egg noodles) or egg noodles for serving

### Instructions:

1. In a large soup pot, heat oil over medium heat. Add chopped onions and sauté until soft and translucent, about 5–7 minutes.
2. Remove the pot from heat briefly and stir in paprika (this prevents it from burning and turning bitter). Mix well.
3. Add the beef cubes, return to heat, and stir until lightly browned on all sides.
4. Stir in salt, pepper, caraway seeds, and garlic.
5. Add tomato and bell pepper, cook for a few minutes, then pour in the beef broth (or water). Bring to a boil.
6. Reduce heat to low, cover, and simmer for about 1 to 1.5 hours, or until the beef is tender.
7. Add carrots, parsnip, and potatoes. Simmer uncovered for another 30 minutes, until vegetables are cooked through.
8. If using csipetke, add it during the last 10 minutes of cooking.





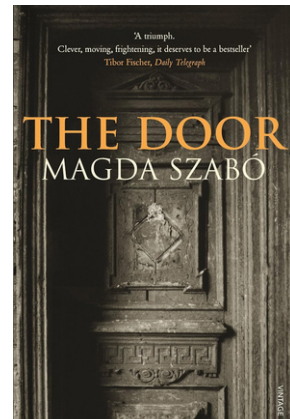
1. **Balaton Szelet (Chocolate-Covered Wafer Bar):** Named after Hungary’s famous Lake Balaton, this crispy wafer bar is layered with chocolate cream and coated in milk chocolate. It’s similar to a Kit-Kat but has a distinct taste and texture that’s uniquely Hungarian.
2. **Nagy Kockás Túrós Rudi (Curd Cheese Chocolate Bar):** Produced by the beloved Pöttyös brand, this chilled snack features sweetened curd cheese coated in a thin layer of dark chocolate.
3. **Győri Pilóta Keksz (Chocolate Sandwich Biscuits):** Made by Győri Keksz, one of Hungary’s oldest snack producers, these sandwich cookies feature soft cocoa biscuits filled with chocolate cream.



## BUDAPEST, HUNGARY – BOOKS

### BOOK SELECTION

- **The Invisible Bridge by Julie Orringer:** This sweeping historical novel follows a Hungarian-Jewish architecture student from Budapest to Paris and back as WWII engulfs Europe. Through richly developed characters and heartbreaking twists, it explores love, loss, and survival in a city on the brink of devastation. Orringer’s prose brings Budapest’s beauty and tragedy vividly to life.
- **Budapest: A History of Grandeur and Catastrophe by Joe Hajdu:** This non-fiction work offers a comprehensive look at the dramatic and often turbulent history of Budapest from its Roman roots to the 21st century. Hajdu, a Budapest native, blends scholarly insight with personal reflection, making complex events accessible and compelling.
- **The Door by Magda Szabó:** Set in post-WWII Budapest, this powerful novel centers on the complex relationship between a female writer and her fiercely private housekeeper, Emerence. Through their bond, the book explores loyalty, guilt, and the psychological scars left by political and personal trauma. Szabó’s storytelling is subtle, layered, and emotionally resonant—considered one of the best Hungarian novels of the 20th century.



## BUDAPEST, HUNGARY – MOVIES

### MOVIE SELECTION

- **Red Sparrow (2018)** Starring Jennifer Lawrence as a Russian intelligence agent, this espionage thriller used Budapest extensively to represent both Russian and European cities. The film features iconic Budapest landmarks, including the Hungarian State Opera House and Széchenyi Chain Bridge, adding authentic Eastern European ambiance. It’s a dark, stylish spy drama full of twists and psychological tension.
- **The Grand Budapest Hotel (2014):** Although the story is set in a fictional Eastern European country, much of the film was shot in and around Germany and Budapest, with Budapest providing visual inspiration for the aesthetic. This stylish, quirky comedy-drama follows the misadventures of a hotel concierge and his lobby boy during the decline of a fictional empire. With vivid visuals and eccentric characters, it’s a love letter to old-world Europe.
- **Mission: Impossible - Ghost Protocol (2011)** Though much of the action takes place around the world, the film’s opening sequence (an explosive breakout at a Russian prison) was actually filmed in Budapest. The city served as a stand-in for multiple European locations due to its versatile architecture and film-friendly environment. It kicks off the high-octane pace that defines this entry in the franchise.

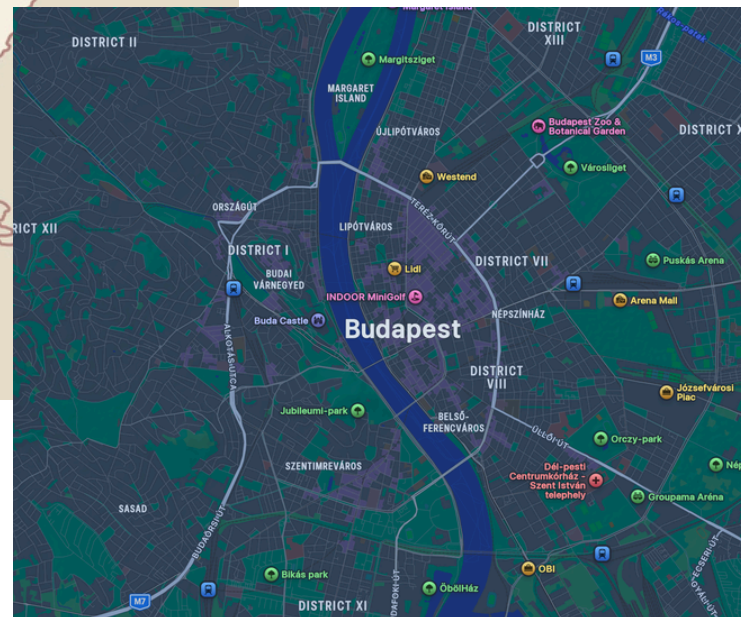


# BUDAPEST, HUNGARY – FUN FACTS

## FUN FACTS

- Budapest is actually two cities in one:** It was formed in 1873 by merging Buda and Óbuda on the west bank of the Danube River with Pest on the east bank. The two sides still have distinct vibes, Buda is more residential and hilly, while Pest is flat, bustling, and full of nightlife.
- The Budapest Metro is the oldest in continental Europe:** Opened in 1896, the M1 line (Millennium Underground) is the second oldest underground railway in the world after London’s Tube. It was built to commemorate Hungary’s 1,000th anniversary and still runs under Andrásy Avenue, a UNESCO World Heritage site.
- Budapest has the largest thermal water cave system in the world:** The city sits on over 100 thermal springs, fueling famous baths like Széchenyi and Gellért. Many of these baths date back to the Ottoman period and are popular with both locals and tourists for their relaxing and medicinal properties.
- The iconic Chain Bridge was the first permanent bridge connecting Buda and Pest:** Completed in 1849, it symbolized Hungary’s economic growth and unity. Designed by English engineer William Tierney Clark, it was considered a marvel of 19th-century engineering.
- Budapest’s Parliament Building is one of the largest in Europe:** With 691 rooms, it’s an architectural masterpiece and a key symbol of Hungarian democracy. Completed in 1904, it sits along the Danube and is especially stunning when lit up at night.

## BUDAPEST, HUNGARY – MAP



# BUDAPEST, HUNGARY – DISCUSSION QUESTIONS



## Architecture & Landmarks

- What did you think of the Fisherman’s Bastion design? Did it remind you of anywhere you’ve seen before?
- Budapest is often called the "Paris of the East". Do you agree based on what you saw?
- What did you think about Matthias Church?

## History & Heritage

- What historical moment mentioned during the tour stood out most to you? Why?
- Did you learn anything new about Hungary’s role in World War II or the Communist era?
- Budapest was once part of the Austro-Hungarian Empire. Can you think of ways that might still influence its culture today?

## Food & Culinary Culture

- Have you ever tried goulash or chimney cake? If so, what did you think?
- What do you think food says about a culture? What Hungarian food would you most want to try?

## City Life & Local Stories

- Did you know that the Danube splits Budapest into two sides: Buda and Pest?
- How did you feel watching locals go about their day? Did anything surprise or delight you?
- Were there any personal stories or anecdotes the guide shared that stayed with you?

## Reflections & Personal Connections

- What part of the tour felt most memorable or meaningful to you?
- If you could ask the guide one more question, what would it be?
- Did the tour spark any memories of past travels or places you’ve always wanted to go?

## Current Affairs & Modern Hungary

- Budapest is known for balancing tradition and innovation. Did you see evidence of that on the tour?
- Were there signs of how the city is dealing with tourism, sustainability, or modernization?
- How do you think Hungary’s current political or social climate might shape what we saw today?





## Budapest – Myths & Facts

- **Myth:** The Danube River runs only through Hungary.
  - **Fact:** The Danube flows through 10 countries, making it the second-longest river in Europe. In Budapest, it serves as a dramatic divider and centerpiece, offering scenic views, river cruises, and photo-worthy bridges, but it originates in Germany and ends in the Black Sea.
- **Myth:** The famous ruin bars in Budapest are just trendy nightspots.
  - **Fact:** Ruin bars began as grassroots cultural spaces in abandoned buildings of the Jewish Quarter. Szimpla Kert, the first and most iconic, helped transform urban decay into creative revival. They now host film nights, art events, and farmers’ markets, not just nightlife.
- **Myth:** Matthias Church has always looked the way it does today.
  - **Fact:** The current Neo-Gothic appearance of Matthias Church is from the late 19th-century restoration by Frigyes Schulek. The church itself dates back to the 13th century and has served as both a mosque and a coronation church throughout its layered history.
- **Myth:** All of Budapest's architecture is Baroque or Gothic.
  - **Fact:** Budapest features a diverse architectural mix, including Art Nouveau, Neo-Renaissance, Brutalism, and even Bauhaus influences. Buildings like the Gellért Baths, Museum of Applied Arts, and Puskás Aréna show how design evolved across centuries and regimes.
- **Myth:** Only visitors use the city’s famous thermal baths.
  - **Fact:** Many locals regularly use thermal baths for wellness and socializing. Facilities like Lukács and Rudas Baths have “locals-only” discounts, and some host wellness therapies prescribed by Hungarian doctors for joint and muscle treatment.
- **Myth:** The Buda Hills are just a scenic backdrop.
  - **Fact:** The Buda Hills hide an extensive natural cave system beneath the city. Over 200 caves exist under Budapest, including the Pálvölgyi Cave, which is open to visitors and features dramatic stalactites. Some were used as shelters during wartime, and others are now research or therapeutic sites.
- **Myth:** The Jewish Quarter in Budapest is mainly a nightlife hub today.
  - **Fact:** While the Jewish Quarter is known for its bars and cafés, it remains a deeply important cultural and spiritual center. It’s home to the Dohány Street Synagogue, the largest in Europe, as well as active Jewish schools, kosher restaurants, and memorials to Holocaust victims.
- **Myth:** Budapest only gained global recognition in the 20th century.
  - **Fact:** Budapest’s spa culture attracted international visitors as early as the 19th century, including royalty and artists. The Gellért Baths, opened in 1918, were a favorite of celebrities and diplomats, contributing to Budapest’s early status as a European wellness destination.

**Accessible Transportation****• Public Transit:**

- Budapest's metro lines, trams, and buses are increasingly inclusive. All new buses are low-floor with ramps, audio announcements, and designated spaces for wheelchairs. Metro Line 4 is fully accessible, with elevators, tactile paving, and real-time visual displays. Select stations on Metro Lines 2 and 3 have been renovated for step-free access. Accessible taxis can be booked through companies like Budapest Taxi or City Taxi with prior notice.
- Pedestrian Access:
- The Danube Promenade and Andrassy Avenue feature wide, flat paths with curb cuts and clear tactile paving. Crosswalks in central areas include audible signals and lowered curbs. The recently renovated Castle Garden Bazaar and Margaret Island promenades have step-free routes and ramped access points.

**• Adaptive Recreation:**

- City Park (Városliget), Margaret Island, and the Buda Arboretum offer smooth, paved trails, accessible restrooms, and shaded seating. The Budapest Zoo and Botanical Garden includes step-free access, ramps, and loanable mobility aids. The Normafa Park area has adapted forest trails and accessible lookout points.

**Accessible Attractions****• Museums and Landmarks:**

- The Hungarian National Museum, Museum of Fine Arts, and House of Terror Museum offer elevators, ramps, and adapted restrooms. Staff are trained to assist guests with mobility needs. The Hungarian Parliament building provides accessible tours with advance registration, including ramp access and elevators.

**• Historic Sites:**

- The Fisherman's Bastion and Matthias Church have accessible viewing terraces and step-free zones, with nearby elevators. Buda Castle and the Budapest History Museum offer barrier-free galleries, ramps, and mobility-friendly entry points. The Chain Bridge renovation will soon include improved access for all users.

**Support for Vision and Hearing Loss****• For the Visually Impaired:**

- Tactile paths and Braille maps are available in major transportation hubs and some public parks. Select museums, such as the Hungarian National Gallery, provide audio guides and touchable replicas. The Budapest Zoo offers guided sensory tours designed for blind or low-vision visitors.

**• For the Hearing Impaired:**

- Many museums, including the House of Music Hungary, offer captioned media and visual storytelling panels. Hearing loop systems are available in the Hungarian State Opera House and MÜPA cultural center. Sign language interpretation for events can be arranged with prior request through cultural venues.

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**BUDAPEST, HUNGARY – SUSTAINABILITY**

Budapest is actively promoting sustainable travel by blending preservation with modern green innovation. The city has expanded its network of dedicated bike lanes and car-free zones, especially around the Danube riverbanks and in District V. Public transport now features hybrid and electric buses, smart ticketing, and upgrades to rail infrastructure to reduce emissions. Farmers' markets like Szimpla Sunday Market and organic grocers in the Great Market Hall highlight seasonal, local produce and minimal packaging. Restaurants increasingly embrace farm-to-table menus, and food-sharing apps reduce surplus. Cultural heritage sites, such as the Buda Castle and thermal baths, undergo restoration using eco-friendly materials and energy-efficient methods. Budapest Green Map and Walkative Tours offer guided experiences focused on conservation and cultural respect. Many hotels in the city hold eco-certifications, with initiatives like solar energy, water-saving devices, and zero-waste breakfast programs. Citywide campaigns and educational programs encourage residents and visitors to protect Budapest's future and honor its past.



### 8:00 AM – Breakfast at a Café

- Start your day with Hungarian scrambled eggs, fresh pastries, or túrós batyu.

### 9:00 AM – Walking Tour of Pest’s Historic Core

- Join a guided stroll along Andrassy Avenue, past the Opera House, and through elegant boulevards. Visit St. Stephen’s Basilica, where you’ll hear stories of saints and sovereignty.

### 11:00 AM – Parliament & Danube Promenade

- See the Hungarian Parliament Building up close and walk the Danube Promenade, stopping at the moving Shoes Memorial and enjoying sweeping views across the river.

### 12:30 PM – Lunch in town

- Savor Hungarian classics like goulash, chicken paprikash, or vegetarian stuffed peppers.

### 2:00 PM – Cross the Chain Bridge to Buda

- Stroll the Széchenyi Chain Bridge, pausing mid-river for views of Parliament and the castle-topped skyline.

### 2:30 PM – Explore Buda Castle District

- Take the funicular or walk up to Castle Hill. Visit Matthias Church and Fisherman’s Bastion, and enjoy panoramic city views while hearing tales of sieges, royalty, and reconstruction.

### 4:00 PM – Coffee & Cake at a Café

- Recharge with a slice of Dobos torte or krémes and coffee.

### 5:00 PM – Leisure Time at Castle Garden Bazaar

- Wander through the Castle Garden Bazaar, with its restored architecture, art spaces, and gardens—or enjoy a riverside walk along Buda’s embankment.

### 6:30 PM – Dinner Cruise on the Danube

- Relax on a scenic dinner cruise with Hungarian dishes, live music, and illuminated views of Parliament, Buda Castle, and Gellért Hill.

### 9:00 PM – Optional Evening at a Ruin Bar

- Cap off your day with a drink at Szimpla Kert, the original ruin bar in the Jewish Quarter, known for its quirky charm and local flavor.

### 10:30 PM – Return to Hotel or Evening Walk

- End the night with a peaceful stroll or taxi ride back, soaking in Budapest’s nighttime glow and the richness of your day.



Your Upcoming Tour Information

## ADAM & BEHIND BUDAPEST

Your guide for this experience, Adam, is part of the team at Behind Budapest—a group of licensed, professional guides who are deeply passionate about sharing the stories, history, and everyday life of Budapest. With years of experience exploring the city’s streets, their team is known for bringing both well-known landmarks and hidden corners to life through engaging storytelling and local insight.

Behind Budapest specializes in experiences that go beyond traditional sightseeing. Their tours are designed to reveal both the iconic highlights and the lesser-known details that many visitors might miss, offering a deeper and more personal connection to the city.

### What Makes Their Tours Special

- Personalized experiences tailored to different interests and pacing
- A balance of history, culture, and everyday local life
- Passionate guides who share stories, not just facts
- Flexible formats, from walking tours to private and virtual experiences

### Continue the Journey

If participants or caregivers would like to explore more, Adam and the Behind Budapest team offer a variety of ways to experience Hungary:

- Live Virtual Tours
  - Continue exploring from home with engaging, guided experiences that bring Budapest and beyond directly to you.
- In-Person Walking Tours
  - Discover the city on foot with a knowledgeable local guide, exploring both major landmarks and hidden gems.
- Private & Custom Tours
  - Tailored experiences designed around personal interests, pace, and accessibility needs.
- Countryside & Thematic Experiences
  - Go beyond Budapest with day trips, cultural experiences, and unique programs across Hungary.



Every tour is created with care, combining professional knowledge with a genuine love for the city, making each experience both meaningful and memorable.

### Learn More

To explore additional tours or connect directly with Adam and his team, visit:

<https://behindbudapest.hu/en/>