

DISCOVERING & ENJOYING

SPAIN

MADRID

REGION

EXPERIENCES 2018 • 2019

CICLAMADRID CONNECTS!



Comunidad
de Madrid

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CYCLING TOURISM

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Spain is the world leader in tourism competitiveness. This is recognized by the World Tourism Organization, but it is reaffirmed each year by the millions of people who visit us. It is one of the world’s major destinations, as reflected in the ranking of the planet’s most visited countries, in which we are among the three top ones in the world and climbing. In all likelihood we will be reaching the 80-million-visitor mark this year.

Madrid is the Spanish capital but also its heart and the international gateway to this great country. Heart in a dual sense of geographical centrality and summary and showcase of all its essences, and of this we are proud. But when we speak of Madrid we are not only thinking of the great city it is but also of the entire geographical expanse that surrounds it and which can be encompassed by a single tourism proposal.

The 8,030 square kilometres of the Madrid Region are of a size halfway between the metropolitan areas of Los Angeles and Tokyo, with the difference in our favour that our region’s variety and diversity of heritage, culture and nature far exceed those found in the aforementioned destinations.

While visitors –especially international ones—may gain an idea of what they will find in the indicated metropolitan areas, they will surely be unable to guess all that Madrid offers them within a radius of one hour’s travel, without leaving our region. Three towns (Alcalá, Aranjuez and San Lorenzo del Escorial) and a forest (the Montejo Beech Forest) declared a Unesco World Heritage Site, plus an ensemble of 11 towns with special charm, “Towns of Madrid”, which reflect all of our region’s history, traditional architecture and allure (Buitrago del Lozoya, Nuevo Baztán, Chinchón, Colmenar de Oreja, Chinchón, Navacarnero, Rascafría, Manzanares el Real, Patones, San Martín de Valdeiglesias, Torrelaguna and Villarejo de Salvanés). But there is also a nature setting, with the Guadarrama National Park or the Sierra del Rincón Biosphere Reserve, among many other enclaves.

We would like to bring our proposal for this destination to national and international visitors alike and do it in a straightforward, eco-friendly, accessible and healthy way. This is why we established Ciclamadrid, a cycling path covering more than 400 kilometres within our Region and linking up all of these and many more attractions with the cuisine, the crafts, the traditions and the landscape that surrounds us and that make the Madrid destination so rich and diverse.

Ciclamadrid is an invitation to gain a deeper knowledge of our Region, which is delighted and eager to receive our visitors with cordiality, closeness and affection.

Thank you for coming.



Chinchón Main Square

Madrid, a cycle tourism destination

Wherever your wheels take you

Why cycle around the Madrid Region? Because it is the best way to immerse ourselves in a world of unique nuances, details and experiences that only the speed of a bicycle can allow us to appreciate in all its richness. Natural spaces, spots of singular beauty, castles and fortresses, whitewashed villages, monasteries, landscapes, squares, wineries and vineyards... an inexhaustible universe that is there for you to discover on your bike.

Because it is healthy, because it is the way to meet other people who share interests and lifestyles, because it is a source of great satisfaction and because it is consistent with the culture of sustainability. Because it is the respectful way of discovering, experimenting and sharing without polluting.

Because the Madrid Region offers so much more than a great city, because it conceals far more than you think and because every day there are more people prepared to discover it all while enjoying every minute.

Let's ride together

CiclaMadrid is a 420-kilometre perimeter route connecting tourist destinations and resources, among them three World Heritage Sites and a National Park. It is joined to the city of Madrid by a series of radial corridors, some of which are supported by the public transport network to facilitate cycle tourist accessibility.

CiclaMadrid has also developed a series of specific products for different cycling tourist profiles, from the sportiest ones to lovers of slow culture to families, groups of friends or nature lovers.

CiclaMadrid is the brand that represents the interests of Madrid's tourism companies and the determination of public sector agents committed to cycle tourism as a route to sustainable development for the entire territory of the Madrid Region.

Each traveler at their own pace

Like a music score, CiclaMadrid consists of melody, harmony and rhythm. The melody is intuitive and consists of pedalling and enjoying it; harmony is the context, the natural and cultural space in which we cycle; rhythm is each one's pace and style. We have classical scores such as the CiclaMadrid Grand Tour or the product developed in the Aranjuez area; we have jazz in the Guadarrama Range, rock in the Northern Range and folk in the Western range. It is a metaphorical way of presenting our products.

The CiclaMadri Grand Tour is a route to be followed by stages. Why not do it at least once in your life? A total of 420 kilometres around the Madrid Region but keeping within its boundaries. It is geared to everyone's abilities and covers 17 stages of between 15 and 38 kilometres, averaging at 25 kilometres per stage. It can be adapted to each cyclist's characteristics by simply joining stages together wherever one wishes, or do them all one by one.

There are also more specific options for different kinds of public: in the Aranjuez area a proposal for families and groups of friends to enjoy culture, wine, landscapes and good company. A classic. Two sports products are also available: one designed for road cycling in the sierra del Guadarrama (Guadarrama Range) and another for mountain bikers in the Sierra Norte (Northern Range). Lastly, we have come up with a proposal for exploring the unknown hidden corners of the sierra Oeste (Western Range), a space brimming with natural values just a step away from the city of Madrid.

Madrid is more than Madrid

*World Heritage Sites in Madrid.
In a cosmopolitan key*

It is no accident that the CiclaMadrid Gran Tour connects the three Madrid destinations listed by UNESCO as World Heritage Sites.

Alcalá de Henares was always there. Under the Romans it was *Complutum* and still is. Later it became the world's first planned university city. It was *Civitas Dei* (City of God), an ideal urban community that the Spanish missionaries took to America, and served as a model for universities in Europe and other parts of the world.

San Lorenzo de El Escorial, austere, imperial, Castilian and universal. A retreat for kings and a centre of political power. An enclave for interaction between art and nature, it deserves to be appreciated in all its dimensions. Height and depth, two dimensions that call for a third: amplitude. Only when taking in the amplitude of this space, the height of its mountains and the depth of its riches can one claim to know San Lorenzo de El Escorial. And this takes time. Time, the fourth necessary dimension.

Aranjuez, avant-garde and contradictory, an example of evolution in ideas and models.

A nursery of architectural projects. A place of conflict between Renaissance optimism and Baroque pessimism. Endowed with exquisite settings: regal halls, gardens, parterres and vegetable gardens on the banks of the Tagus river. A place forever impregnated with memories, court intrigues, mutiny and courtly springtime. A space for convergence and divergence between the royals and their court and the ordinary folk who suffer and work.

Three enclaves, three destinations, ideal for learning about and exploring at cycling tempo.

*Towns of Madrid.
United in our passion for discovering*

Towns of Madrid is heritage waiting to be discovered; we are speaking of the most touristy and best-conserved towns in the Region. Buitrago del Lozoya, Chinchón, Colmenar de Oreja, Manzanares El Real, Navalcarnero, Nuevo Baztán, Patones, Rascafría, San Martín de Valdeiglesias, Torrelaguna and Villarejo de Salvanés are the Towns of Madrid. In one way or another, they can all be reached by bike through CiclaMadrid.

There is always something new to be discovered when cycling through them and between them. These towns were forged over the centuries by the passing carts and carriages. Some were inns, lodges and hostelries before they were villages. Also manufacturing sites. They sheltered traders and travellers, authorities and outlaws. They were settled by families and traditions took root. For generations they worked the land and specialised. They defended their property and erected walls and fortresses. They faced down nature and built bridges and roadways. They celebrated the harvest and built squares and monuments.

*Guadarrama National Park
an indispensable classic*

The Sierra del Guadarrama (Guadarrama Range) has always been a natural space of the very highest natural and landscape value. It was a source of inspiration for renowned painters such as Velázquez, Goya or Luis Feito, an abstract painter who shows us the Range through different eyes and who has his own permanent exhibition room in Oteruelo del Valle, in close vicinity to Rascafría. The Range was a pleasure ground for the upper classes and a natural reserve for the city of Madrid as it developed. It is today considered to be one of the 14 most representative natural spaces of Spanish ecosystems and was consequently declared a National Park in the year 2013.

In the Guadarrama Range National Park we find the remains of cirques and glacial moraines such as the Laguna de Peñalara pool and its surroundings, or unique geological formations such as the granite batholith of La Pedriza, surrounded by around thirty mountains exceeding the 2000-metre mark, prominent among them the summit of the Peñalara with its altitude of 2428 metres. A large number of them were protected long before the National Park was declared and this has allowed them to reach the present time in a very good state of preservation.

It is our responsibility to enjoy it in a sustainable manner. This is why we suggest touring the Guadarrama Range by bike, without the need for invading vulnerable spaces. In CiclaMadrid you will find routes that allow you to contemplate its full rich spectrum without altering its living equilibrium.

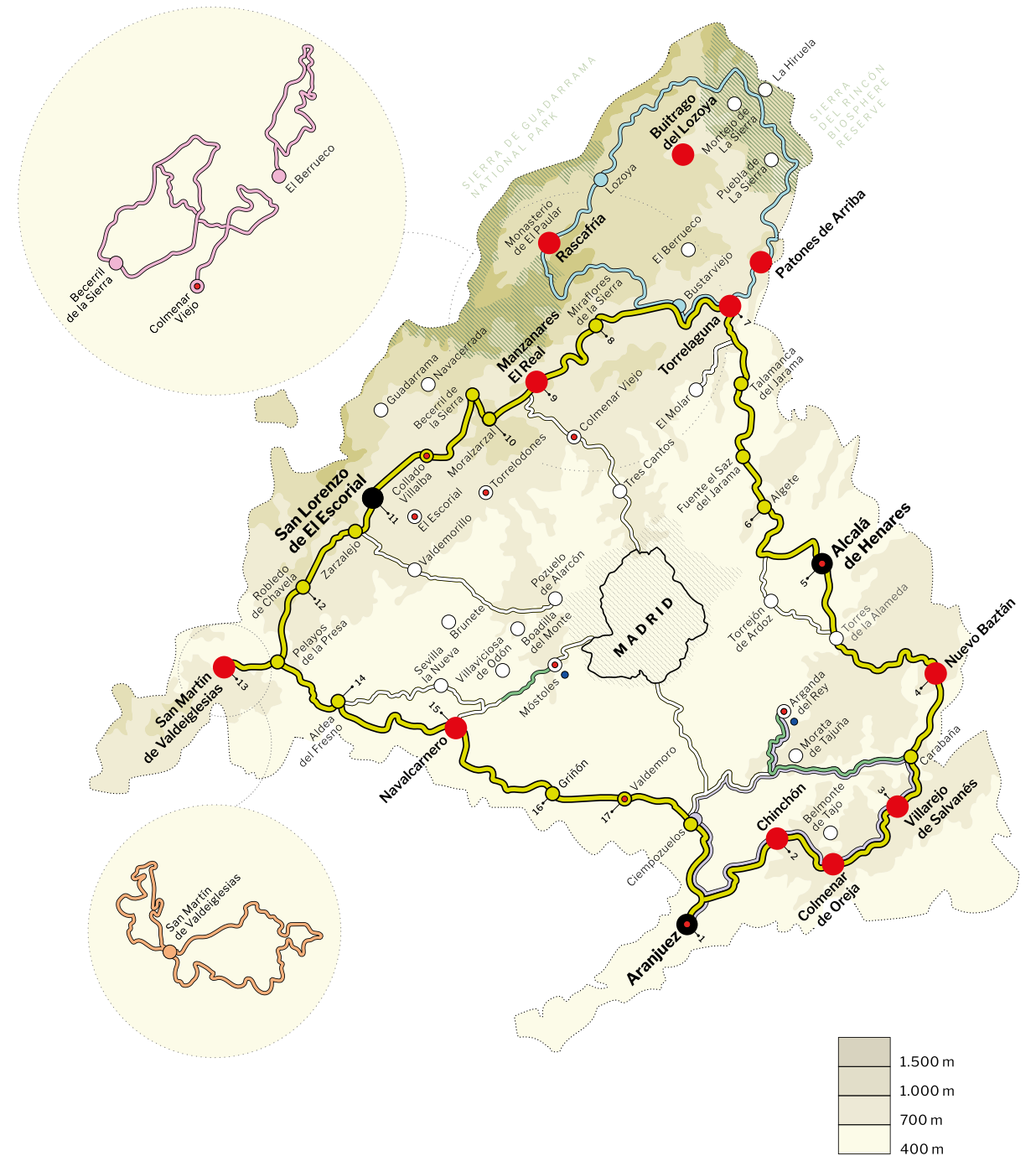
*The Sierra del Rincón (Rincón Range)
Who would have thought?*

It is surely one of the least-known corners of the Madrid Region yet one of the most highly valued by those who are acquainted with it. The Sierra del Rincón (Rincón Range). Also of the greatest interest for cycle touring.

Historically depopulated mountains, poorly connected, almost forgotten, sculpted by northerly winds in the autumn and the slow springtime thaw, they have conserved one of the best examples of an indigenous forest mass in the centre of the Iberian Peninsula: the Montejo beech forest. An ancient meadowland covered in groves of beech, Sessile oak and Pyrenean oak, it was declared a Natural Site of National Interest in 1974, a Biosphere Reserve in 2005 and a Natural World Heritage Site by UNESCO in 2017.

Everything a nature-loving traveller could desire is on offer here: vast, virtually intact expanses of woodland only inhabited by indigenous flora and wildlife and livestock; villages that are perfectly integrated into the natural setting, linked together by nomadic trails ideally suited to cycling; sparkling water courses crossing slopes and meadows; and an enviable biodiversity for bequeathing to future generations. And all this just a step away from the city of Madrid. Who would have thought?





- Gran Tour CiclaMadrid
- Aranjuez and Tagus river plains
- Sierra de Guadarrama
- Sierra Norte
- Sierra Oeste
- Corridors / connections
- Madrid City perimeter route
- Green Trails
- Cercanías Station
- Metro Station
- World Heritage
- Towns of Madrid

Selection of Experiences

CiclaMadrid
Gran Tour

19 days and 17 stages for thoroughly
enjoying the Madrid Region

ARANJUEZ • CHINCHÓN • VILLAREJO DE SALVANÉS •
NUEVO BAZTÁN • ALCALÁ DE HENARES • ALGETE •
TORRELAGUNA • MIRAFLORES DE LA SIERRA •
MANZANARES EL REAL • MORALZARZAL • SAN
LORENZO DE EL ESCORIAL • ROBLEDO DE CHAVELA •
SAN MARTÍN DE VALDEIGLESIAS • ALDEA DEL FRESNO •
NAVALCARNERO • GRIÑÓN • VALDEMORO

- Family cycle tourism / 420 Km
- + 266 m average gradient stage
- 18 nights / 17 stages
(option of 2, 5, 7 or 9 days)



Mornings are for cycling, afternoons for wandering. That’s the idea. The CiclaMadrid Gran Tour offers you the possibility of touring the contours of the Madrid Region with little effort, avoiding the more mountainous areas and looking for the most accessible routes. This is a great itinerary to be completed by stages.

It has been tailored for just about anyone, in 17 stages of between 15 and 38 kilometres, averaging 25 kilometres per stage. This means that each stage can be covered in two to four hours per day at a gentle pedalling pace. The rest of the day can be devoted to sightseeing.

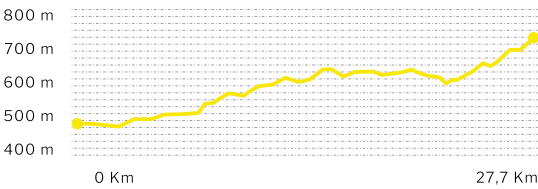
If preferred, stages can be joined together, reducing the number of days and increasing the daily cycling hours. Or you can pedal faster; it’s up to each individual.

Day 1
Arrival in Madrid and transfer to Aranjuez

Transfer from the city of Madrid to Aranjuez is by RENFE commuter train. Meet-up, handover of documentation and material for the activity.

Day 2 / Stage 1
The Tagus river plain.
From historic gardens to farmland

● ARANJUEZ
● CHINCHÓN
27 Km / +394 m / IBP 23



Aranjuez is one of the UNESCO World Heritage Site destinations in the category of Cultural Landscape. Among other elements of interest, in Aranjuez you can visit its splendid Royal Palace, the Royal Barges Museum, the Casa del Labrador House or the two-hundred-year-old Bullring inside the Historic Centre. Wandering around the Gardens of the Prince, of the Isle and of the Parterre is practically a must.

The CiclaMadrid tour departs along the Tagus river plain, crossing the river next to El Rana Verde restaurant. The river is gradually left behind until you reach Villacanejos, a La Mancha village where you will enjoy visiting the Melon Museum.

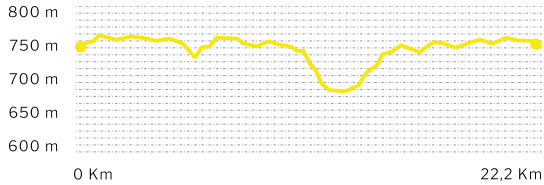
The end of the route is Chinchón. As well as its gorgeous Plaza Mayor and its environs, its main attractions are the Castle of Los Condes, the Casa de la Cadena House, the Ethnological Museum or the local cuisine.



Day 3 / Stage 2
Lands, wines and monumental villages,
towards Villarejo Castle

CHINCHÓN
VILLAREJO DE SALVANÉS

22 Km / +238 m / IBP 17



This stage is ideal for enjoying Madrid's wines on your bike. Before starting the route we recommend that you visit the Señorío del Val Azul winery in Chinchón.

In Colmenar de Oreja, with an urban ensemble listed as an Asset of Cultural Interest, the standout sights are the Plaza Mayor square and its entire environs. In near vicinity are some of its wineries, such as the Jesús Díaz e Hijos, Pedro García or Bodega Peral wineries. A visit to the Ulpiano Checa is almost mandatory, a municipal museum housing the work of an interesting painter. We recommend that you check with the tourism office about visiting the Finca El Socorro estate, one of Europe's top winegrowing experimentation centres.

From Belmonte de Tajo you can make a stopover in Valdelaguna, away from the main route. Here you will find the Wine Museum and the Pablo Morate Winery.

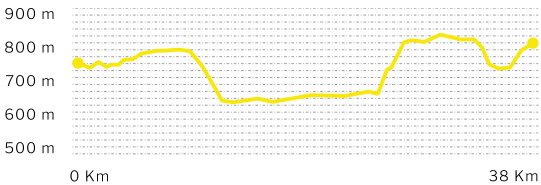
Highlights in Villarejo de Salvanés, the destination point, are the Casa de la Tercia House and, above all, the Torre del Homenaje, the keep and only conserved remains of Villarejo de Salvanés Castle.



Day 4 / Stage 3
Around Madrid's Alcarria region
heading towards Goyeneche Palace

VILLAREJO DE SALVANÉS
NUEVO BAZTÁN

38 Km / +545 m / IBP 36



This itinerary traverses riverside and Alcarria landscapes, taking in a variety of ecosystems and a natural setting of high ecological value along the banks of the river Tajuña.

From Villarejo de Salvanés the route leads to Carabaña. In this section there is an abundance of olive groves and vineyards. From Carabaña, now following the banks of the Tajuña, the route crosses Orusco del Tajuña, Ambite and Olmeda de las Fuentes in an upward progression towards the moorland.

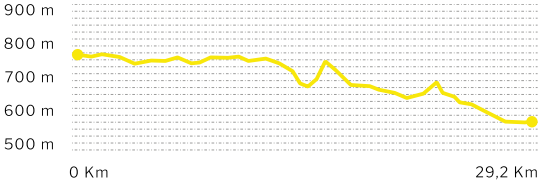
The route then continues to Nuevo Baztán. Those who have not previously visited are struck by the dimension and monumental presence of Goyeneche Palace. For a deeper appreciation, visit its Interpretation Centre situated in the old palace cellars. We highly recommend you taste the wines of V de Valmores winery.



Day 5 / Stage 4
On the way to Complutum and
the city of Cervantes

NUEVO BAZTÁN
ALCALÁ DE HENARES

29 Km / +240 m / IBP 21



From Nuevo Baztán the route takes you to Pozuelo del Rey. Here we recommend that you visit the Gosálbez-Ortí winery and vineyards. Its Qúbel wines are excellent and the winery itself merits a visit.

This is an easy stage that runs mostly downhill. It does have the odd, though not very long, uphill section.

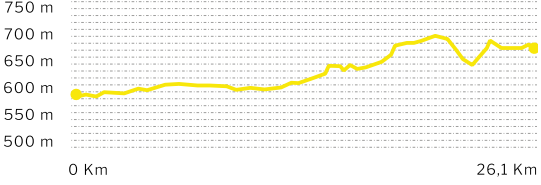
The road continues through Villalbilla before reaching the destination: Alcalá de Henares. Its university and historic quarter is a UNESCO World Heritage Site. It is a destination of the first order, with attractions such as the Roman settlements of *Complutum* and Hippolytus House, the university itself, Cervantes' birth house, the Corral de Comedias or the Regional Archaeological Museum.



Day 6 / Stage 5
Around the countryside of
La Alcarria de Alcalá

ALCALÁ DE HENARES
ALGETE

26 Km / +340 m / IBP 21



This stage runs from the Henares river basin to that of the river Jarama. In the heart of the lowlands of the river Henares, between fields of grain crops and riverbank woodlands, the route leaves Alcalá de Henares in the direction of Daganzo de Arriba, though without reaching the town itself.

This is an area of high environmental value, listed as a Special Protection Area for Birds and therefore included in the Natura 2000 Network. You will have no difficulty in spotting a flight of bustards, the odd lesser kestrel or even an elusive roe deer. It is important to not disturb the wildlife.

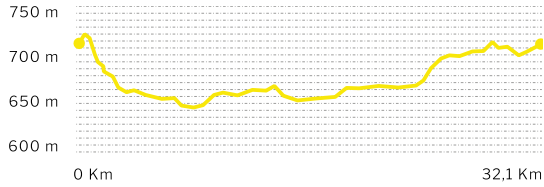
The route continues in a westerly direction towards Ajalvir, traversing Cobeña and on to Algete, the end of the stage.



Day 7 / Stage 6
The upper basin of the river Jarama,
from the moorland to the mountain range

● ALGETE
● TORRELAGUNA

32 Km / +181 m / IBP 18



The route leads from Algete towards Fuente El Saz de Jarama, crossing the cereal-growing steppes of Madrid's Alcarria region. You may see flocks of buzzards or even a Montagu's harrier. As ever, do not disturb the wildlife.

The itinerary continues along the course of the river Jarama, crossing Valdetorres to Talamanca del Jarama.

As well as its historical and architectural attractions, Talamanca's interest in film has led it to undertake an ambitious project revolving around this subject. It has everything: a festival, publications, film tapas, exhibitions, conferences and more.

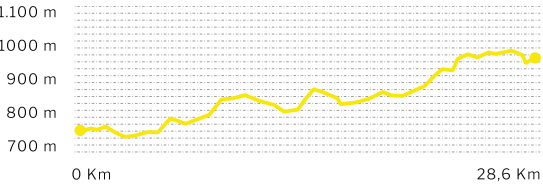
Setting off towards Torrelaguna, you will soon see a change in the landscape, which becomes more mountainous. Here you can enjoy magnificent examples of medieval architecture simply by wandering around its streets.



Day 8 / Stage 7
Around the south of the Northern Range,
heading towards Miraflores de la Sierra

● TORRELAGUNA
● MIRAFLORES DE LA SIERRA

28 Km / +641 m / IBP 38



Before departing we recommend that you take a comprehensive tour of Torrelaguna, a town packed with historic buildings. Early morning is always a good time for this.

The route takes you towards Redueña, crossing expanses where it is worth making a pit stop. A good idea is to take a break in this mountain town and take the opportunity to visit the recently recovered horseshoeing frame.

The road continues towards Navalafuente and then to Miraflores de la Sierra. This itinerary is ideal for enjoying every moment of riding along this section of the route, which gradually enters the Guadarrama Range. Once in Miraflores de la Sierra, do spend a day visiting the Guadarrama Range National Park.



Day 9 / Stage 8
Route of the Castillo de Los Mendoza Castle

MIRAFLORES DE LA SIERRA
MANZANARES EL REAL
19 Km / +193 m / IBP 15



Starting in Miraflores de la Sierra, through paths flanked by granite walls, the itinerary leads towards Soto del Real and rapidly to Manzanares El Real. Manzanares is the site of the Castillo de Los Mendoza castle, which undoubtedly deserves a visit.

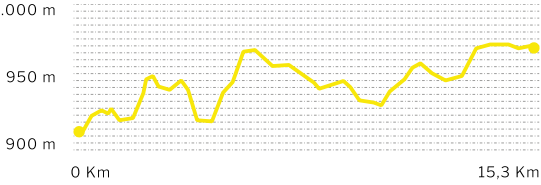
From Manzanares, outside the CiclaMadrid route, you can access La Pedriza, a unique site in the Guadarrama Range that is highly regarded by climbers as well as nature-loving hikers. There is a Visitor Centre at the entrance to this space.

Manzanares offers all kinds of tourist services and so is a good spot for resting before the next stage.



Day 10 / Stage 9
Views of the National Park of the Guadarrama Range

MANZANARES EL REAL
MORALZARZAL
15 Km / +208 m / IBP 14



From Manzanares El Real, the route departs from the northern side of the road towards El Boalo, passing next to the boundary of the Guadarrama Range National Park and very close to the main access to La Pedriza.

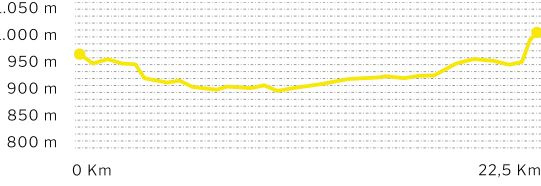
The village of El Boalo retains good examples of the traditional architecture built with the granite quarried in the area. Here, too, as in other villages in the Range, there is the odd horseshoeing frame to be found. Also of interest is the nearby area known as El Cerro de El Rebollar, which boasts a Visigoth necropolis dating from the 6th and 7th centuries.

On the way to Cerceda, the setting truly surpasses itself. Looking back you are regaled with the spectacular outline of the outcrops at the highest point of La Pedriza. From Cerceda you arrive at Moralzarzal along a very obvious and convenient cattle track.



Day 11 / Stage 10
Along the foothills of the Guadarrama Range

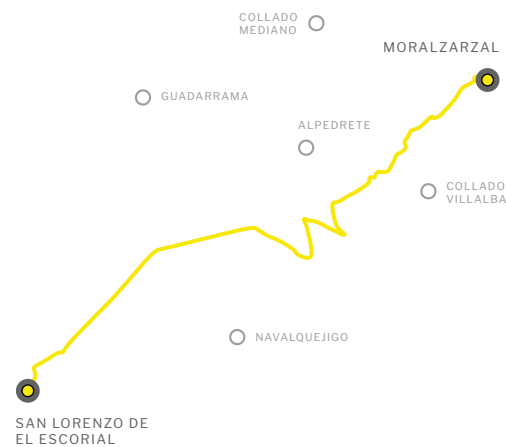
MORALZARZAL
SAN LORENZO DE EL ESCORIAL
22 Km / +173 m / IBP 13



To leave Moralzarzal in the direction of Becerril de la Sierra, you need to take the route that goes to Cerceda and quickly detour towards the north. You should make sure that you leave the main path towards the right at the couloir that, passing through bushes and without the need to climb very high, allows you to arrive in the valley in which Becerril de la Sierra is located.

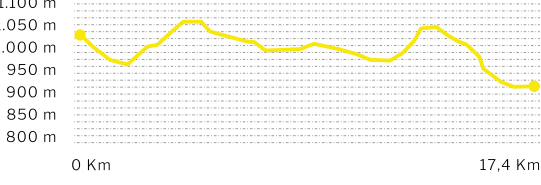
Crossing the M-601 road and continuing through the streets of the Parque del Collado housing development, you arrive at the forest trail that borders the entire mountain's foothills to a steep descent leading to Collado Mediano. From here the route continues towards Collado Villalba and then to San Lorenzo de El Escorial.

In San Lorenzo de El Escorial, as well as its imposing Palace-Monastery built in the 16th century by king Felipe II, you can visit its historic centre and many other heritage attractions that form part of a destination listed as a UNESCO World Heritage Site.



Day 12 / Stage 11
Around the dehesa boyal meadowslands, in the shadows of Mount Abantos and Las Machotas

SAN LORENZO DE EL ESCORIAL
ROBLEDO DE CHAVELA
17 Km / +299 m / IBP 24



The route departs from San Lorenzo de El Escorial by traversing the La Herrería expanse to then head for Zarzalejo, in the shadow of Las Machotas and in a clear descent towards the lands of the Western Range. In Peralejo, a parish of the town of El Escorial situated near Zarzalejo, is the Cañada Real Nature Centre where you can enjoy a good range of examples of the flora and wildlife found in the Guadarrama Range.

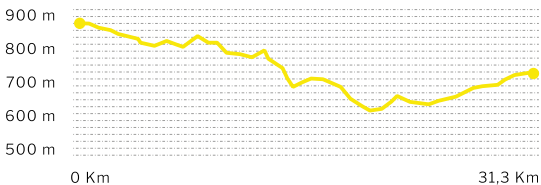
The next destination is Robledo de Chavela. Located here is the INTA, INSA, NASA Training and Visitor Centre of the Deep Space Communications Complex. Very close to Robledo de Chavela but outside the CiclaMadrid Grand Tour is the town of Fresnedillas de la Oliva, where there is a Lunar Museum, an 8-kilometre trip each way. This short excursion leads you into the Holm Oak Groves of the Rivers Alberche and Cofio, the “Encinares de los ríos Alberche y Cofio” Special Protection Area for Birds (ZEPA). An environment to savour.



Day 13 / Stage 12

Waters of San Juan among pine groves, along the Gredos foothills

● ROBLEDO DE CHAVELA
● SAN MARTÍN DE VALDEIGLESIAS
31 Km / +379 m / IBP 22



From Robledo de Chavela, first take a local road and then a pleasant forest trail that crosses a wood of tall pines and leads to the tail end of the Picadas reservoir. From here, on flat terrain, the path heads towards San Martín de Valdeiglesias, where you will soon catch sight of La Coracera Castle and where this stage of the CICLAMADRID Grand Tour ends.

In San Martín de Valdeiglesias you have the chance of visiting the Maroñes or Moradas de San Martín wineries and vineyards.

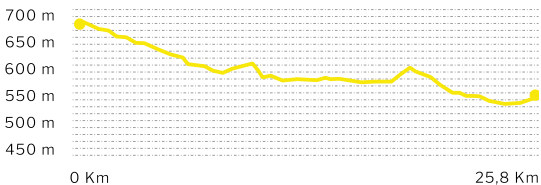
Practically the whole route is downhill except for the last section, from the tail end of the Picadas reservoir to San Martín de Valdeiglesias, which runs slightly uphill.



Day 14 / Stage 13

Territory of the Imperial Eagle, hills covered in garnacha and albillo real wines

● SAN MARTÍN DE VALDEIGLESIAS
● ALDEA DEL FRESNO
25 Km / 136 m / IBP 11



The route departs from San Martín de Valdeiglesias towards the tail end of the Picadas reservoir. From here you follow a pleasant and virtually flat section bordering the reservoir and leading to its head. The itinerary descends from this point onward to the road leading to Aldea del Fresno in a gentle downhill run.

You need to pay attention on this last section of the road, especially as it crosses the bridge over the river Alberche, in close vicinity to Aldea del Fresno.

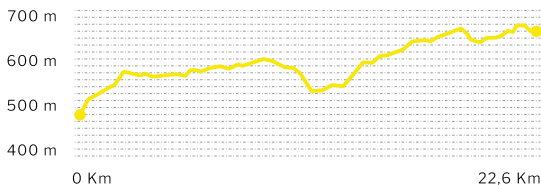
The entire route crossing the Picadas valley is spectacular thanks to its natural and landscape wealth and the presence of the large birds of prey that are frequently and easily spotted in the sky.



Day 15 / Stage 14

From meadowslands to flatlands, land of *garnacha* and *malvar* wines

● ALDEA DEL FRESNO
● NAVALCARNERO
22 Km / +265 m / IBP 19

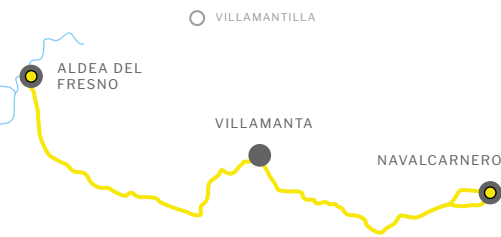


To begin with you need to climb to the water storage tank situated in the top part of Aldea del Fresno. From here the route becomes much gentler and runs through very attractive areas of Mediterranean forest.

Practically the whole route to Villamanta follows a forest trail running between large estates, one of which belongs to the truly spectacular Valquejigoso winery, managed by a team that painstakingly looks after every detail.

Arriving in Villamanta, the route coincides with some of the sections of the old Madrid – Almorox rail track.

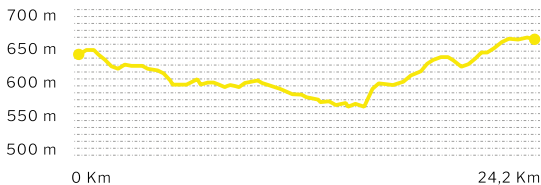
When reaching Navalcarnero, we recommend that you head for Plaza de Segovia, the town's focal point. This pretty, Castilian square, with arcades on three of its four sides, is surrounded by a well-preserved historic centre. Also advisable is a visit to the Navalcarnero Interpretation Centre and the Wine Museum.



Day 16 / Stage 15

The middle basin of the river Guadarama, adobe villages and tiled roofs

● NAVALCARNERO
● GRIÑÓN
24 Km / +222 m / IBP 15



Departing from Navalcarnero between rolling farmlands, you soon reach El Álamo. This typical La Mancha village abounds in farmhouses built from adobe, whitewashed and covered in Arabic tile roofs.

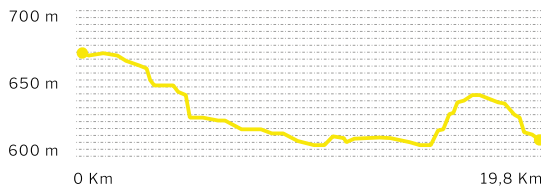
From El Álamo take the road leading to the bridge over the river Guadarrama. You will share the bridge with motor vehicles, so be cautious when crossing it. The route continues to climb to Batres along a very pleasant hilly area. You will soon see Batres Castle, of which only the exterior is on view.

From here, through Serranillos del Valle, you will reach Griñón. In this town it is possible to visit the Convent of Las Clarisas de la Encarnación, the nuns of the Order of St Clare.



Day 17 / Stage 16
Heading towards Madrid's La Sagra region,
discovering Puñonrostro Castle

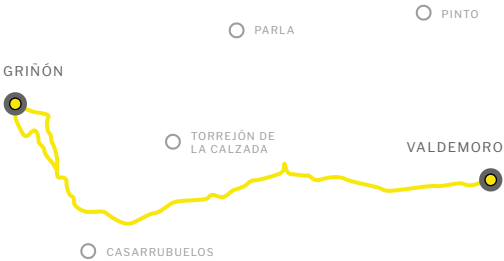
● GRIÑÓN
● VALDEMORO
19 Km / +42 m / IBP 4



Starting in Griñón, the route leads towards Cubas de la Sagra surrounded by farmlands. Cubas de la Sagra is a typical, peaceful La Mancha town. Of interest here are the traditional rural houses in the local “la Sagra” style characterised by whitewashed mud walls, rising one or two storeys, attic floor and a roof covered in Arabic tiles.

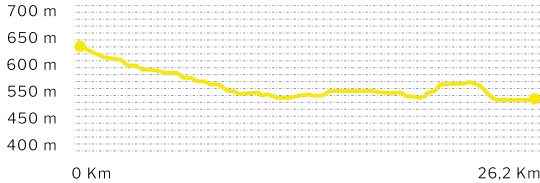
The itinerary then leads to Torrejón de Velasco. If you have a bit of time, we recommend you take a stroll around its historic centre and visit Puñonrostro Castle, erected in the 15th century. Its interior was once the site of a soap factory and in the 18th century of a spinning workshop.

Valdemoro boasts a handsome Castilian square, with arcades and rows of balconies, which presides over its historic centre.



Day 18 / Stage 17
Southeast Park and
Aranjuez Cultural Landscape

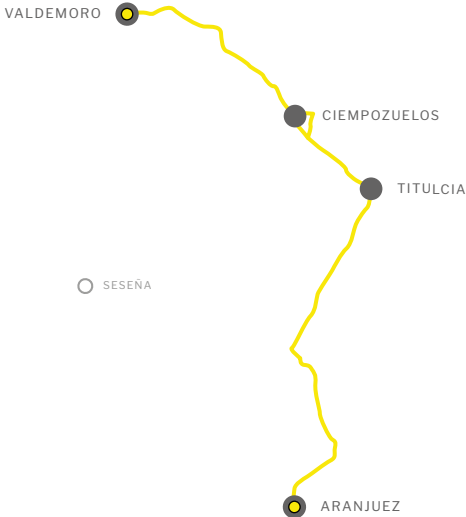
● VALDEMORO
● ARANJUEZ
26 Km / +33 m / IBP 9



Starting in Valdemoro, the route heads towards Cienpозuelos in parallel to the rail tracks. From here it continues towards Titulcia, where it is possible to visit the Viña Bayona winery.

The route continues along the banks of the river Jarama, crossing the river Tajuña very near its mouth in the direction of Aranjuez. Its cultural landscape is one of the elements included in the UNESCO list of World Heritage Sites.

Aranjuez occupies a privileged spot among the tourist destinations of the Madrid Region. Must-see sights include the Royal Palace, the Gardens, the Royal Barges Museum and the Casa del Labrador House. Also recommended is a visit to the Carlos III Royal Theatre or enjoying a meal in one of its prestigious restaurants.



Day 19 / Etapa 18
Return journey to the city of Madrid

Dates

Upon request

Services

- Accommodation and breakfast
- Bicycle rental
- Baggage transfer during the cycling route days
- Tour guide (in the guided tour modality)
- Travel assistance insurance

This product can be adapted according to need: the services can be hired separately, the stages can be sold individually and even organised as a self-guided route.

Prices:

Upon enquiry

Suppliers:

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Aranjuez

Aranjuez and its cultural landscape, wine tourism and the Southeast Regional Park

ARANJUEZ • CHINCHÓN • CARABAÑA •
ARGANDA DEL REY • CIEMPOZUELOS • ARANJUEZ

- Family Cycling tourism / 178 Km
- + 268 m average gradient / stage
- 8 days/ 7 nights / 6 stages



(This product can be adapted to 6 days, 5 nights, 4 routes, starting in Aranjuez and ending in Arganda del Rey. In this case, the last two routes would be cut out.)

This region is characterised by the numerous rivers -the Tagus, the Tajuña, the Jarama and its tributaries- that flow through its territory. The landscape is varied, with a strong presence of riverbank areas and dense forests. It is perfect for lovers of nature and rural areas with enchanting villages in idyllic settings that provide the greatest possible enjoyment.

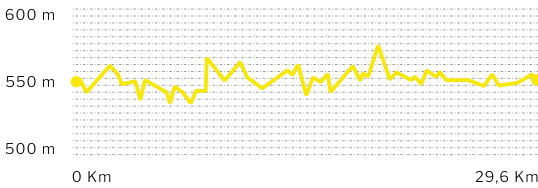
Situated in the fertile valley formed by the basins of the Tagus and Jarama rivers, in a privileged natural and cultural setting, is the Town of Aranjuez, one of the Royal Sites of the Spanish Crown. The celebrated palace gardens, together with the countryside that surrounds the town with its historic meadows and vegetable gardens, were given World Heritage Site listing by UNESCO in 2001, under Cultural Landscape.

Day 1 Arrival in Madrid and transfer to Aranjuez

Transfer from the city of Madrid to Aranjuez is by RENFE commuter train.

Day 2 / Stage 1 Aranjuez Cultural Landscape

● ARANJUEZ
● ARANJUEZ
29 Km / +223 m / IBP 17



To cycle around Aranjuez is to understand the reason why the ancient Spanish monarchs chose it as a place for rest and recreation. Thanks to the bounties of the river Tagus, the town is carpeted in greenery in each one of its corners and surroundings.

From its start next to buildings and gardens with royal connections, the route crosses major avenues flanked by huge, leafy trees, boulevards that were formerly frequented by the nobility in their carriages. Today the whole family can cycle along them given that they are completely flat, with a regular road surface that makes them safe regardless of each cyclist's competence or age.

After an initial loop around farmlands, the circuit flanks the Cortijo Real, the Royal Farmhouse, along wide paths that open up the perspective of how the town is located in relation to its surrounding topography. The vegetation allows cyclists to observe the terrain's features from kilometres away.

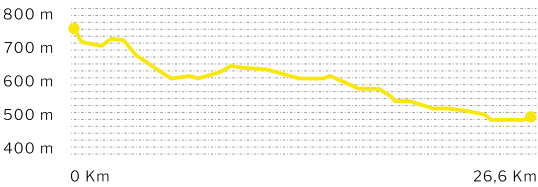
Later, cycling through the last part next to the Gardens of the Prince leads to the reunion with the majestic part of a town of monarchs.

During the 29-km route through the surroundings of Aranjuez, the terrain is virtually flat every metre of the way, with parts of the stage on tarmac, making the route easier, and parts on wide paths whose ideal surface leaves us free to give our attention to the passing landscape.



Day 3 / Stage 2 The Tagus floodplain. From historic gardens to dryland fields

● ARANJUEZ
● CHINCHÓN
27 Km / +394 m / IBP 23



If you wish to become acquainted with the characteristic landscape that colours the southern part of the Madrid Region, this route is ideal. Open, hilly countryside is the pleasant companion from Aranjuez to Chinchón.

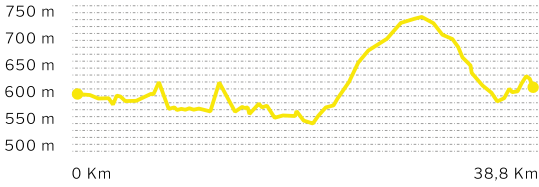
The terrain is ideal for any family member, since the route follows a slight and continued descent that makes for a leisurely ride. It reaches an IBP of 11 points over 26 km, with a gradient of +106 m.

It is indispensable that you carry sufficient liquids with you throughout the route. The months between spring and autumn are the most suitable ones for completing it.



Day 4 / Stage 3 Lands, wines and monumental villages

● CHINCHÓN
● CARABAÑA
33 Km / +316 m / IBP 23



To connect Chinchón with Carabaña on a mountain bike means to immerse yourself in the vast expanse that characterises this part of Madrid's territory, with flatlands and small elevations whose irregularity is intermingled with the geometric cuts that the hand of man has made when carving up the farmlands.

Cycling while gazing at the landscape you are riding through is a privilege for any cyclist, and here this is possible for any cyclist's level of proficiency or age thanks to the route continuously following trails that link up between fields, streams and hillocks, making for a pleasant ride that combines cycling with culture, one that combines cycling with Madrid.

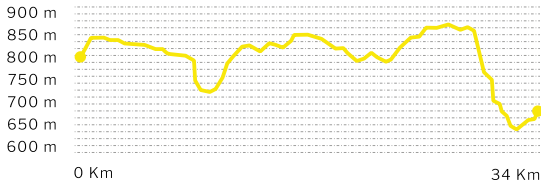
From Chinchón, cyclists ride the gently rolling terrain to reach the last section before Carabaña, where the enjoyment of a fun descent encapsulates the essence of the farmland countryside in this part of the Madrid Region.

Perfect trails for cycling as a family, with a gradient of +316 m over 33 km and an IBP of 23 points, the ideal score for a relaxing day out.



Day 5 / Stage 4
Green Trail of the River Tajuña

CARABAÑA
ARGANDA DEL REY
38 Km / +299 m / IBP 24



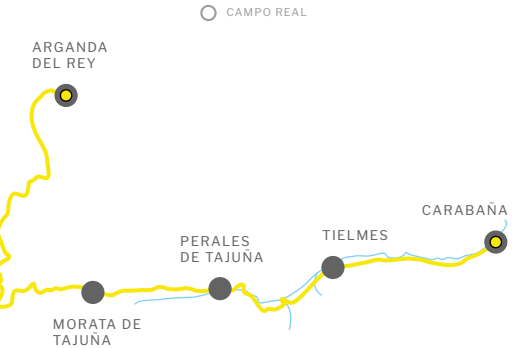
A green trail is the assurance of constant cycling enjoyment on each section of the route. This is the case when connecting Carabaña with Arganda del Rey along the trail of the rail track that used to link up these towns.

In the direction of Tielmes and Perales de Tajuña, you cycle along the Tajuña floodplain. The route is a gentle up-and-down that tends to descend as you approach Morata, playfully skirting the slope of the mountain. This area is used by the locals for accessing their farmlands.

And this is how you reach Morata de Tajuña, where all the family members are faced with the minor challenge of a 10-km continuous climb in the final part of those 39 km that link Carabaña to Arganda del Rey. This is followed by a descent to the point of arrival. The uphill stretch adds a dimension of quality that will provide cyclists with even more intense memories of this part of the Green Trail of the Tajuña.

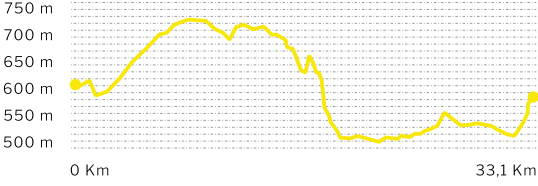
Cycling along a green trail means that total peace of mind is assured over each kilometre.

A +299-m gradient over 38 km gives an IBP of 24 points, which means a stage that the whole family can do. Again, it is important to carry abundant water with you. It will be even more enjoyable in spring and autumn.



Day 6 / Stage 5
The Lower Floodplain of the River Jarama

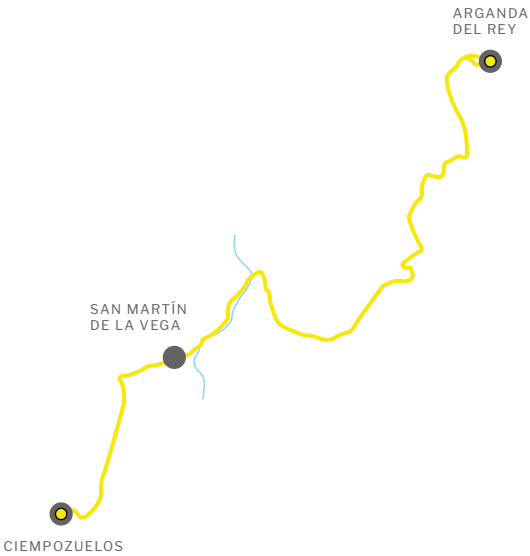
ARGANDA DEL REY
CIEMPOZUELOS
33 Km / + 308 m / IBP 19



The route linking these two Madrid towns starts along the Green Trail of the Tajuña from Arganda del Rey, rises slightly to kilometre 8 and is then followed by a gentle and prolonged descent to kilometre 20, only interrupted by the attractive challenge of a rise that needs to be overcome in kilometre 17.

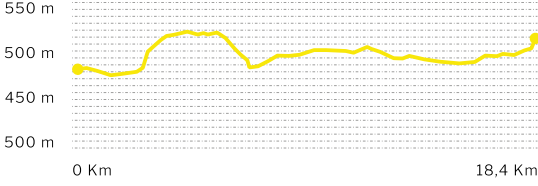
From this kilometre 20, the route profile is very gentle until almost the finish line in Ciempozuelos, cycling while enjoying togetherness as a family and meeting the challenge of cycling almost 33 km through areas where the countryside is the star. Paths that lead you through peaceful territory, with your face gently caressed by the wind while feeling your bike smoothly drifting along this ideal inland itinerary.

This convenient terrain crosses perfect cycling spots over 33 km, to which the +308 gradient is added for an IBP of 19 points, clear proof that this stage is a simple one for anyone wishing to cycle through it.



Day 7 / Stage 6
Southeast Regional Park

CIEMPOZUELOS
ARANJUEZ
18 Km / + 68 m / IBP 4



To close the circle that you have been following in the south-eastern part of the Madrid Region, this 18-km stage is an invitation to enjoy the wide paths that only from kilometre 2.5 to 4.5 involve a continued ascent. From then on they playfully course through gently sloping and rolling countryside and hills, bringing cyclists to the point from which they set out days earlier: Aranjuez.

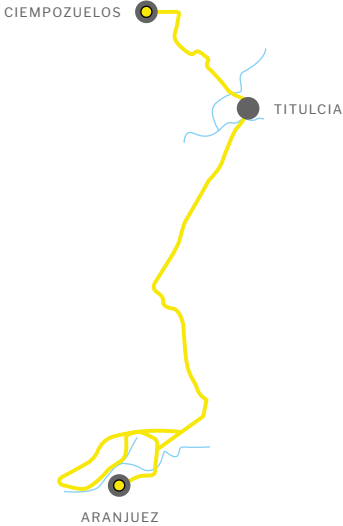
This is the ideal way of saying goodbye to a route that gave us the opportunity of cycling through farmland, a landscape worked by man for hundreds of years, corners that are an essential part of the country's culture and have given it much of its present identity.

Reaching Aranjuez again, we close a perfect circle on two wheels that for days has led us through part of Madrid's culture and history.

Completing the circle to Aranjuez means following a straightforward route of peaceful cycling. This was the gentlest stage of the seven we pass through.

With a 4-point IBP, to which we add the +68-m gradient over 18 km, the route from Ciempozuelos is an ideal section for completing the ring that set out from Aranjuez seven days earlier, since the paths are accessible to any member of the family.

The months from spring to autumn are the ideal ones for completing this route. And remember: you need to bring abundant water with you.



Day 8
Return to the city of Madrid

Dates
Upon request

Services

- Accommodation and breakfast
- Bicycle rental
- Baggage transfer during the cycling route days
- Tour guide (in the guided tour modality)
- Travel assistance insurance

This product can be adapted according to need: the services can be hired separately, the stages can be sold individually and even organised as a self-guided route.

Prices:
Upon enquiry

Suppliers:

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Bruno Molero

Guadarrama Range

Road cycling tour

ROUTE 1 / COLMENAR VIEJO • GUADALIX DE LA SIERRA • VALDEMANCO • CABANILLAS DE LA SIERRA • GUADALIX DE LA SIERRA • MIRAFLORES DE LA SIERRA • RASCAFRÍA • MIRAFLORES DE LA SIERRA • GUADALIX DE LA SIERRA • COLMENAR VIEJO

ROUTE 2 / EL BERRUECO • LA PUEBLA DE LA SIERRA • EL BERRUECO

ROUTE 3 / NAVACERRADA • SOTO DEL REAL • MIRAFLORES DE LA SIERRA • RASCAFRÍA • NAVACERRADA

- Sport cycling on the road / 347 Km
- + 2.087 m Average gradient/route
- 5 days / 4 nights / 3 routes



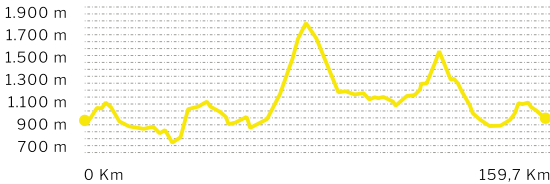
The Guadarrama Mountain Range, between the provinces of Madrid and Segovia, is an extraordinarily outstanding refuge for biodiversity. Surrounded by breathtaking mountains, cirques and glacial lakes, this landscape of high mountains and vast pine forests has become one of the most popular areas in the Madrid Region for all lovers of active tourism.

Enjoy an unsurpassed environment while cycling around the mountains and don't forget that at nightfall you can of course enjoy the star product of the local cuisine, meat with designation of origin, in one of the numerous grill houses you will find in the most surprising corners of this beautiful mountain range

Day 1
Arrival in Madrid and transfer to Colmenar Viejo

Day 2 / Route 1
Challenge of the Guadarrama Mountain Passes

● COLMENAR VIEJO
● COLMENAR VIEJO
159 Km / +2.557 m / IBP 154



From the very first kilometre on the route, cycling towards the north of the Madrid Region means entering an ideal area for road cycling, with a constant increase in altitude that affords stunning views of the grandeur of Madrid city. The first 9 km entail a slight climb that ensures a gradual start to the itinerary, with gradients of between 3 and 5% and a road surface in perfect condition. This section takes you to a vantage point from which to view the Guadarrama Range (to the left) as if captured on a perfect postcard.

Descending to kilometre 18 (arriving in Guadalix de la Sierra) is a straightforward matter, with the pleasant feeling of controlled speed. Once in the first town you meet along the route, a long downward slope allows cyclists to acquire the required speed, on a national road with a good surface leading to the first major climb of the day in the direction of La Cabrera.

Here the first part is gentle, with the gradients gradually increasing to points that can go up to as much as 8-12% in the central part. From this point onward and up to km 10 of the (final) climb, the gradients become gentler as you arrive in the environs of Valdemanco.

A pleasant descent follows until Cabanillas de la Sierra and, once you head towards Navalafuente, a constant up-and-down section begins until you start the descent towards Guadalix de la Sierra.

From this point forward the route takes you towards the mythical La Morcuera mountain pass, a centrepiece of one of the three major stage races in world cycling, the Vuelta a España, the Tour of Spain. Climbing it will give you the upsurge of adrenalin described by professional cyclists throughout the history of this two-wheeled sport.

From Guadalix de la Sierra onwards it is all about climbing, initially with gentle gradients that are perfect for warming up. The first 9 km are thus gradual and make the perfect approach to Miraflores de la Sierra, the town where the La Morcuera mountain pass truly starts.

With constant 7-9% gradients, the 9-km climb takes you through a dense and sunless forest that makes the effort easier. The landscape begins to clear in the last 2-3 km, giving rise to open countryside from which to view the great plain on which lies the capital, Madrid. Once the pass has been surmounted, the descent is a free-for-all until Rascafría, with fabulous landscapes along the way.

Rascafría is the start of a 17-km stretch of terrain that favours faster pedalling until you reach the detour that leads to the day's second mountain pass: Canencia. The 20-km-long climb takes you from very gentle and open slopes to the twists and turns of a road that zigzags through a beautiful forest where the increased incline gives the cyclists the feeling that the final part of their route requires them to give of their best.

Having surmounted Canencia, you start the descent to Miraflores de la Sierra and then Guadalix, a plunge that gives you a taste of how far you have climbed and the wonderful feeling of having written a page in your personal history that can be likened to those of the great cycling legends.

From here, to complete this demanding route, you again take up the section to Colmenar Viejo, with a 9-km continuous climb where the greatest gradients are to be found in the final stretch. Here you will again enjoy the views of the mountain range and of the capital in a single snapshot.

It is at this point when cyclists can relax and ride down to the starting point with a big smile on their faces, enjoying the territory of the Madrid region they have conquered on their bicycles.

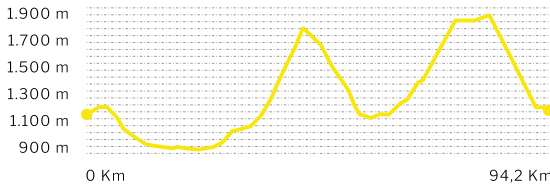
With an IBP of 154, this route is physically very demanding given the distance (159 km) and the accumulated gradient (+2557 m). At the same time it requires a development that allows for fluid climbing in terms of pedalling rate, particularly in La Morcuera and the final part of Canencia, with a small 34/36 gear tooth plate and sprockets of maximum 25 to 28.

It is advisable to ride this route in the spring and autumn months, although in summer it can be completed if you start the stage right at sunrise.



Day 3 / Route 2
Mountain Passes of the Northern Range

● EL BERRUECO
● EL BERRUECO
94 Km / +1.844 m / IBP 107



This route is one of the most emblematic for Madrid cyclists.

Right from the start of the route in El Berrueco, the territory is for seasoned climbers, with gradients that at times exceed 10%, places where dancing on your bike is the best way to conquer the mountain.

From the outset, for a stretch of practically 42 km, the tarmac is pointing to the sky. This is a special place for any cycling enthusiast, particularly because all you can see is nature at its finest, all you can hear is your own rapid breathing, all you can feel is pure unadulterated cycling.

Having surmounted this great mountain pass, the road descends at the gentle rate that will prevail throughout the route. The circle is gradually being closed and cyclists can enjoy everything they have conquered in terms of gradients, everything they have added to their personal achievements.

This is a climbers' route where sprockets of 25 to 28 and small 34/36 gear tooth plates are advisable to maintain a steady pace over the almost 42 km of unremitting ascent.

The route poses no technical demands whatsoever and requires a high level of physical fitness to complete and enjoy it (94 km, +1848 m, IBP: 107).

It is advisable to ride this route in the spring and autumn months, although in summer it can be completed if you start the stage right at sunrise.



Day 4 / Route 3
Mythical mountain passes: Navacerrada,
La Morcuera, Cotos



One of the great attractions for cyclists when touring the Guadarrama Range is to find oneself at the foothills of one of the touchstone mountains for cycling when talking of mythical ascents, particularly when the two mountain passes are La Morcuera and Navacerrada.

Starting in the pretty village of Navacerrada, the first part of the stage follows the easy-riding terrain at a declining trend towards Soto del Real. It is here where you start the first of the day's two major climbs towards the summit of La Morcuera, at an altitude of 1796 m.

This Vuelta a España legend can be experienced in two very well-differentiated parts, the first one from Soto del Real to Miraflores de la Sierra and the second part over the most demanding gradients during the ten kilometres that separate this lovely village from the summit of La Morcuera. Cyclists will have to give their all to surmount the constant 7-9% gradients kilometre by kilometre, enjoying a road enveloped in forest that little by little, as you gradually get the better of this mythical pass, opens up along the last ramps between rocks and crags from which to view the Madrid Region from the sky.

The descent to Rascafría is fun, fast and safe, with views of the valley that merit a photograph, first passing a completely open area free of vegetation and then forests that lead to the cobblestoned village from which you start climbing another legend of the major stage races in world cycling: Navacerrada.

Flanked by forest throughout, the climb is steady and allows you to maintain constant intensity from start to finish. This plays in favour of climbers in their attempt to complete the 94-km ring around the summits of the Guadarrama Range.

Once at the top, with the two major mountain passes under your belt, the descent to the town of Navacerrada is very fast over wide-open roads, an ideal time for enjoying speed and the feeling of having conquered a historic stage.

The third day again requires high fitness levels to vanquish the 94km and +1855m gradient (IBP: 108), faced with a route that covers two major mountain passes and a considerable distance. References for bicycle development: small 34/36 gear tooth plates and large 25-to-28 sprockets. It is advisable to ride this route in the spring or autumn months, although in summer it can be completed if you start the stage right at sunrise.



Day 5
Return to
the city of Madrid

Dates

Upon request

Services

- Accommodation and breakfast
- Bicycle rental
- Baggage transfer during the cycling route daysi
- Tour guide (in the guided tour modality)
- Travel assistance insurance

This product can be adapted according to need: the services can be hired separately, the stages can be sold individually and even organised as a self-guided route.

Prices:

Upon enquiry

Suppliers:

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Northern Range

Mountain Bike Tour

BUSTARVIEJO • LOZOYA • MONTEJO •
EL ATAIZAR • BUSTARVIEJO

- Mountain sports cycling / 213 Km
- +1.529 m average gradient per stage



CiclaMadrid MTB Tour follows the perimeter of the Northern Range, with a length of 213 km and numerous approaches to pretty mountain villages where you will find all kinds of tourist services. The route is ideal for doing in stages, linking up some mountain villages and staying overnight in the area’s establishments, although you can also do separate stages by connecting some of the approaches.

Ciclamadrid MTB Tour climbs above 1800 m and a large part of the route remains above 1500 m. Spectacular vistas of the Range and its valleys are guaranteed.

Almost the entire route traverses forest trails and paths in very good condition, with comfortable riding widths. The itinerary is mostly at middle level, taking into account that we are riding through mountainous territory.

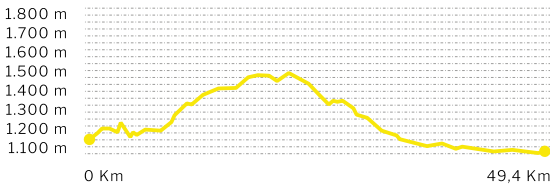
Day 1 Arrival in Madrid and transfer to Bustarviejo

Arrival in the Valle de Los Abedules guesthouse. It is situated outside Bustarviejo urban centre next to the Arroyo del Collado stream on the hillside of the Pendón crag. Surrounded by nature, the location is an invitation to wander around or walk to this pretty mountain village on a visit of discovery.

Accommodation: Albergue Valle de Los Abedules. En-suite cabins for two people.

Day 2/ Stage1 Bustarviejo - Lozoya

- BUSTARVIEJO
 - LOZOYA
- 49 Km / +1.479 m / IBP 79



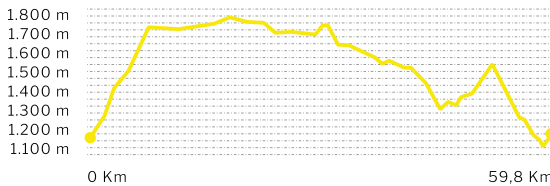
Starting from Bustarviejo, the route takes you into the Valle Hermoso valley. We cycle through oak groves, next to dry-stone walls and mountain streams to reach road M-629 which, crossing a dense pine wood, leads us to the Canencia Mountain Pass. In the pass, a forest trail rises gently to the mountain shelter of La Morcuera. The route, with an average altitude of 1600 m, affords wonderful views of the Canancia valley and, in the Altos de la Morcuera heights, the grandeur of the National Park is revealed to us, with views of Cuerda Larga and the Peñalara Massif. Once past the shelter, you set out on a spectacular and prolonged descent to the bridge of El Perdón and the area of El Paular Monastery.

From here we take a path with very little gradient, with the constant presence of the river Lozoya and the impressive heights of the National Park as a backdrop. The route takes you past the villages of Rascafría, Oteruelo, Pinilla del Valle, Alameda del Valle and Lozoya. From a heritage viewpoint, of particular interest is the Monastery of Santa María del Paular, in Rascafría, denominated the “jewel of the valley”; some very beautiful bridges such as the Perdón bridge; or the interesting Neanderthal Valley in Pinilla del Valle, a unique site in Spain that is well worth a tour under the guidance of the site’s archaeologists.

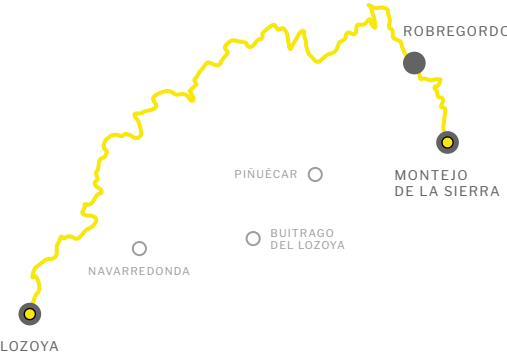


Day 3 / Stage 2 Lozoya - Montejo de la Sierra

- LOZOYA
 - MONTEJO DE LA SIERRA
- 60 Km / +1.687 m / IBP 98

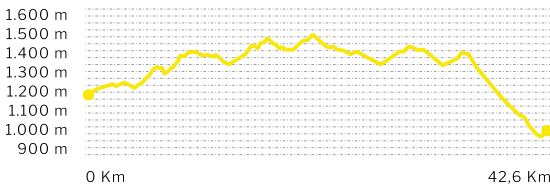


The Camino del Carretero path starts at Lozoya and negotiates a considerable gradient until it reaches the Horizontal path. The Horizontal is undoubtedly one of the great classic mountain biking routes in the Madrid Region, skirting the southern slope of the Montes Carpetanos without any major gradients at an average altitude of 1600 m that at some points can exceed 1700 m. The vistas of the valley are spectacular. We leave the Horizontal and cross one of Madrid’s botanical relics, the Robregordo holly tree meadowlands, to take the trail of the mines that, after a gentle climb, takes us to the Alto de las Eras heights, the gateway into the Sierra del Rincón Biosphere Reserve. After delighting in the views, we descend to Horcajuelo down a beautiful valley and, crossing an area of vegetable gardens, arrive in Montejo de la Sierra.



Day 4 / Stage 3 Montejo de la Sierra - El Atazar

- MONTEJO DE LA SIERRA
 - EL ATAIZAR
- 43 Km / +1.301 m / IBP 96



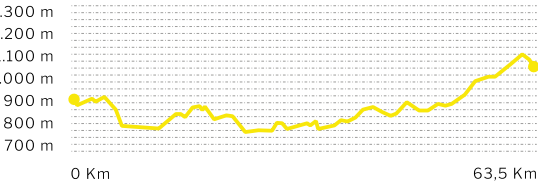
Following the Montejo irrigation channel, we cross lovely oak-dotted meadowlands in a gentle climb up to the El Cardoso Mountain Pass. The route then follows the La Maleza trail, crossing a dense pine wood that overlooks the river Jarama. After the Maleza, the La Hiruela mountain pass offers us a window over the Rincón Range. This is a day for mountain passes and hills and now we head for the Collado del Salinero, one of the most beautiful hills in the range, with broad vistas over the Ayllón and Rincón ranges. We again switch to the other side of the slope in the Collado de las Palomas hill, discovering one of the best-concealed valleys in the Range, the Valle de la Puebla. We skirt the slopes of its most breathtaking heights such as La Tornera and La Centenera to descend to the village of Atazar.

The Atazar reservoir is our backdrop to this beautiful downhill ride.



Day 5 / Stage 4
El Atazar - Bustarviejo

EL ATAZAR
BUSTARVIEJO
58 Km / +1.650 m / IBP 74



After passing El Atazar, the path follows the water and hydraulic infrastructures of the Isabel II Canal. The route regales us with interesting snapshots of the El Atazar dam, the largest in the Madrid Region, before descending down a narrow, technical trail (500 m) to the La Parra dam. The route follows the course of the river Lozoya in its broad meanders, where we see several constructions on the Canal, until arriving in the environs of the El Reguerillo cavern (an archaeological site of the Castro de la Dehesa de La Oliva fort). From here onwards, the constructions on the Canal succeed each other, with traps, beacons, etc. After a climb, the path evens out until Patones, giving us a broad perspective of the Jarama plain. Patones de Arriba was declared an Asset of Cultural Interest owing to its meticulous architecture, with its paved alleyways and constructions in stone, slate, wood and adobe. We are now at the lowest point of the route, running between farmlands. Olive groves, grain crops and vines form an alternating mosaic on the fertile Jarama plain. The path crosses Torremocha and the town of Torrelaguna, a historic-artistic ensemble. From here we continue to Redueña. This area is characterised by gentle gradients, a transition zone between the mountain and the plain. After leaving Redueña behind, the route crosses the flat gall oak and holm oak meadowlands, dotted with junipers and leading to Venturada. In front of us rise the first mountainous alignments, prominent among them the La Cabrera Range. The gradients continue to be almost non-existent until we reach Navalafuente. The route climbs up the Pendón mountainside and, among the oak groves that dot a granite landscape, we reach Bustarviejo in the shadow of the Mondalindo.

Dates

Upon request

Services

- Accommodation and breakfast
- Bicycle rental
- Baggage transfer during the cycling route days
- Tour guide (in the guided tour modality)
- Travel assistance insurance

This product can be adapted according to need: the services can be hired separately, the stages can be sold individually and even organised as a self-guided route.

Prices:

Upon enquiry

Suppliers:

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Western Range

Countryside cycle tourism

SAN MARTÍN DE VALDEIGLESIAS • PELAYOS DE LA PRESA

- Countryside cycling tourism / 62 Km
- +870 m average gradient/route
- Duration: 3 days / 2 nights / 2 routes



San Martín de Valdeiglesias offers numerous tourist attractions, among them the San Juan Reservoir, the Castle of La Coracera, the enchanted forest of Bosque Encantado or wine tourism, with wines that possess their own sub-designation of origin.

It is known for lying at the foot of the San Juan Reservoir, one of Madrid's beaches with its own Marina, the headquarters of the Royal Madrid Nautical Club. Various leisure activities can be practiced in contact with nature, as a family or with friends. The Castle of La Coracera forms part of the Network of Castles of the Madrid Region.

Lying in the heart of the countryside, San Martín de Valdeiglesias offers us the opportunity of visiting the Bosque Encantado, a fascinating botanic wood containing 500 types of plants and 300 vegetation sculptures representing shapes as varied as a dragon, an elephant or a locomotive.

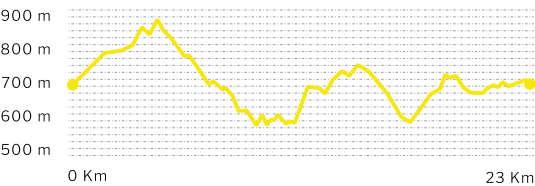
Day 1

Arrival in San Martín de Valdeiglesias

Day 2 / Route 1

Royal Pines Route

- SAN MARTÍN DE VALDEIGLESIAS
 - SAN MARTÍN DE VALDEIGLESIAS
- 23 Km / +700 m / IBP 70



Ascending and climbing on two wheels: this is the start of the route in a northerly direction from San Martín de Valdeiglesias. This straightforward first section runs over wide paths with a good earthen surface. The difficulty lies in the gradients that require the lengthiest possible developments to overcome them.

As this first part of the climb is gained, the terrain becomes more sinuous, more playful, narrower. Here technique is more important than fitness level. The tree groves start to clear as we approach the north face of the first summit, and from this point forward the route descends along dry creek beds, making the route a lot of fun.

Again we find ourselves in riding terrain with wide paths or trails, with one S-shape leading into another one, towards an area where you can have fun on your bike while descending down to the river Alberche. It is here where the return section starts, climbing some stretches that are tough and demanding from both a technical and physical point of view.

As soon as you gain height again, the creek beds and technical trails running through tall pines give way to wide paths where you can go faster and overcome the last descent-ascent-descent section towards the final part leading to the starting point. Pay attention to the strongly-sloping last stretches. High technical skill is required for the development of this route in certain points, although it is also a privilege for those who enjoy a caper on two wheels.

With a distance of 23 km and a gradient of +700 m, this stage attains a total of 70 IBP over a short stretch.

Given its location in the midst of the countryside, it is indispensable for each cyclist to carry sufficient liquids for maintaining appropriate hydration during the hours of pedalling through the forest.

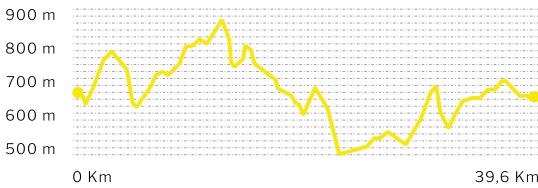
It is more advisable to ride this route in the spring and autumn months, although in summer you can start the stage right at sunrise.



Day 3 / Route 2

Pelayos de la Presa

- PELAYOS DE LA PRESA
 - PELAYOS DE LA PRESA
- 39 Km / +1.041 m / IBP 85



When a route starts with maximum gradients, cyclists know that they will enjoy fabulous landscapes while having the opportunity to later descend for a long time to balance things out.

As soon as you set out towards the south of San Martín de Valdeiglesias, your heart and muscles will be put to the test as you traverse a dense, lush mountain. Here the wide paths are interlinked to offer the possibility of varying the route as often as you wish and with as much difficulty as you wish.

The views are wonderful as you climb on wide and well-defined paths between the pines that dot the entire route. After gaining in height, the descent follows a twisting course along a dry creek bed, the first technical component of the route. The route height decreases before again starting the climb to the summit, here too surrounded by nature and the lone presence of a few mountain goats, only accompanied by the sound of the wheels caressing the ground.

Heading east, you reach the highest point in the entire route on well-marked tracks immersed in vegetation, with San Martín de Valdeiglesias and Pelayos transformed into tiny white stains in the midst of the green girdle of the pines.

Once past this summit, you are launched on a vertical descent towards Pelayos down a technically demanding creek bed. You skirt this town heading east and again climb on wide paths towards the ridge of Cerro de San Esteban. From here, always on riding terrain, you gain the final spot, which coincides with the starting point, pedalling along an area of sparser vegetation and more farmlands. Myriad paths connect with the route, offering different possibilities for the return ride. This is without a doubt a route for fun cycling while enjoying a high physical component that on occasion becomes technically demanding.

At the end of the route, you can return to the city of Madrid or transfer to San Martín de Valdeiglesias.



Dates

Upon request

Services

- Accommodation and breakfast
- Bicycle rental
- Baggage transfer during the cycling route days
- Tour guide (in the guided tour modality)
- Travel assistance insurance

This product can be adapted according to need: the services can be hired separately, the stages can be sold individually and even organised as a self-guided route.

Prices:

Upon enquiry

Suppliers:

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Companies in the
Guadarrama Range area

Albergue Peñalara Inn	C/ de Peñalara, 1 28470 Cercedilla www.alberguepeñalara.es alberguepenalara@gmail.com +34 91 852 14 13 / 683 370 137
Bluesense Hotel Balneario Terapéutico Sierra Madrid Therapuetic Spa Hotel	C/ del Guerrero 5 28492 Mataelpino www.bluesensesierramadrid.com reservas.sierramadrid@blue- sensehotels.com +34 91 857 31 49
Centro Comercial Zoco Villalba Shopping Centre	Av. Juan Carlos I, 20 28400 Collado Villalba kikehbravo@gmail.com 664 348 962
Casa Rural El Encanto de Lolita Rural House	C/ de la Maliciosa, 53 28490 Becerril de la Sierra www.elencantodelolita.com info@elencantodelolita.com 609 274 204
Casa Rural La Escala Rural House	C/ Rincón de Canarias, 6 28410 Manzanares El Real laescalacasaural@gmail.com 600 450 741
Casa Rural La Llave Rural House	C/ Fabián Lorente, 16 28792 Miraflores de la Sierra www.lallavedemiraflores.com info@lallavedemiraflores.com 629 942 675
Casa Rural Peña Pintada Rural House	C/ Emilio Serrano, 34 28470 Cercedilla www.p-pintada.com pintada@yahoo.es +34 91 852 20 62
Centro Turismo Activo Valle Fuenfría Active Tourism Centre	Ctra. Las Dehesas, s/n – Finca La Vaqueriza 28470 Cercedilla www.navalmedio.es info@navalmedio.es reservas@navalmedio.es +34 91 852 30 19
Complejo Rural Los Castaños Rural Complex	C/ Emilio Serrano, 10 28470 Cercedilla +34 918 52 17 98
Deportes Herranz	C/ Calzada, 23 28440 Guadarrama www.deportesherranz.com deportesherranz@gmail.com 91 854 72 03

El Torreón de Navacerrada	C/ Tejera, 16 28491 Navacerrada www.eltorreondenavacerrada.com reservas@ eltorreondenavacerrada.com 648 227 909
Hostal El Caño Inn	C/ Caño, 29 28430 Alpedrete www.hostal-alpedrete.com info@hostal-alpedrete.com 676 106 206
Hotel El Corzo	Carretera M-601, Km. 19,200 Puerto de Navacerrada 28470 Cercedilla www.hotelescorzo.com info@hotelescorzo.com +34 91 852 11 00 659 487 222
Hotel La Sierra Selecta	Calle del Guerrero, 5 28492 Mataelpino www.hotellasierraselecta.com info@hotellasierraselecta.com +34 918 573 149
Hotel Prado Real	C/ Prado, 15 - Urb. Prado Real 28791 Soto del Real www.hotelpradoreal.com reservashotelpradoreal@ gmail.com +34 91 847 86 98
Hotel Restaurante Pasadoiro	Ctra. M-601, Km 20 28470 Puerto de Navacerrada www.pasadoiro.com pasadoiro@pasadoiro.com 629 129 756
Hotel Rural Casona de Navalmedio	Ctra. Embalse Navalmedio, Km 1,9 28470 Cercedilla www.navalmedio.es reservas@navalmedio.es 620 551 975
Innspain Alojamientos Accommodation	C/ Alto del Rubio, 24 28792 Miraflores de la Sierra frank@innspain.net 616 498 205
La Fonda Real	Ctra. M-601, Km 52 28491 Puerto de Navacerrada lafondareal@gmail.com 91 856 03 05
Maternidad y Terapia Maternity and Therapy	C/ Esperanza, 12 28430 Alpedrete helenaa@ maternidadyterapias.com +34 91 857 91 47
Mirador La Maliciosa	Avda. de la Pedriza, 60 28410 Manzanares El Real www.miradorlamaliciosa.es miradorlamaliciosa@yahoo.es 654 32 01 91

Restaurante El Reloj	Avda. de Madrid, 20 28491 Navacerrada www.elrelojrestaurante.com info@elrelojrestaurante.com 91 842 88 30
Spanish In Nature	C/ Navalapuerta, 1 28413 El Boalo www.spanishinnature.com sin@spanishinnature.com 661 335 195

Companies in the
Northern Range area

Al Viento Turismo Rural	C/ Pozas, 39, 28191 Horcajuelo de la Sierra www.alvientoturismorural.com info@alvientoturismorural.com 609 031 648
Albergue Buitrago del Lozoya Guest House	C/ Soledad, 2 28470 Buitrago del Lozoya albergue@buitrago.org +34 91 868 16 15 674 381 244
Albergue Valle de los Abedules Guest House	Ctra. M-610, Km. 15 28720 Bustarviejo www.alberguevalle.com nacho@alberguevalle.com 630 084 576
Alojamientos Rurales de Patones Accommodation	C/ Escuelas y C/ Baile, 6-8 28189 Patones de Arriba info@teremok-site.es 646 394 549 / 609 941 033
Alojamiento El Jaral Accommodation	C/ de la Cuesta, 8 28189 El Atazar jherranzg@gmail.com 627 552 595/ 607 711 736
Alojamiento Gemelo I y II Accommodation	C/ Las Navas, 4 28742 Sieteiglesias desarrollo@lozoyuela.com +34 91 869 45 61
Alojamiento Rural El Castillo Rural Accommodation	C/ Castillo, s/n 28192 El Berrueco www.sierranorte.com/aquanor cb.aquanor@terra.es +34 918 686 136
Alojamiento Rural La Dehesa Rural Accommodation	C/ Real, s/n 28192 El Berrueco www.sierranorte.com/aquanor cb.aquanor@terra.es +34 918 68 61 36

Alojamientos Rurales Rural Accommodation	C/ Estrella, 8 28754 Mangirón +34 91 868 70 87 606 80 11 50
Alojamientos Rurales El Lavadero Rural Accommodation	C/ Pozas, 16 28193 Cervera de Buitrago alojamientos@ cerveradebuitrago.org 647 966 040
Alojamientos Rurales El Zaguán de La Villa Rural Accommodation	Plaza Mayor, 8 28180 Torrelaguna www.sierranorteMadrid. org/alojamiento/casas-rurales/ apartamentos-zaguan-villa turismo@torrelaguna.es +34 91 843 14 03
Apartamentos Los Nogales	Avda. de Madrid, 63 28752 Lozoyuela www.losnogalesdelozoyuela.es/ marcocentral.html 687 533 144
Camping Cervera de Buitrago Albergue Municipal Campsite	C/ Iglesia, s/n 28193 Cervera de Buitrago www.sierranorte.com/aquanor cb.aquanor@terra.es +34 91 8686 136 +34 91 868 71 61
Camping El Picachuelo Campsite	Ctra. M-12, Km 1,5 28192 El Berrueco www.sierranorte.com/aquanor cb.aquanor@terra.es +34 91 868 61 36
Camping Monte Holiday Campsite	Finca El Tercio Nuevo, s/n 28739 Gargantilla del Lozoya monteholiday@- monteholiday.com antoniogozalo@- monteholiday.com +34 91 869 52 78 / 660 70 65 09
Camping-Caravaning Bungalow Park	Ctra. Guadalix de la Sierra a Navalafuente, 3 28729 Navalafuente campiscis@campiscis.com
Casa del León	rafaelmartinezdiez@gmail.com +34 91 843 22 68 / 650 453 042
Casa Rural Ábside de Santa María Rural House	Plaza del Cardenal Cisneros, 3 28180 Torrelaguna absidestamaria@ absidestamaria.es 650 032 766
Casa Rural El Ensueño Rural House	C/ Buenavista, 6 28189 Patones de Arriba elensueno@hotmail.es 649 507 556
Casa Rural El Guadarnés Rural House	Ctra. Guadalix de la Sierra a Navalafuente, 2 28729 Navalafuente www.casaelguadarnes.es info@casaelguadarnes.es 606 119 921

Casa Rural El Refugio Rural House	C/ Escuelas, 2 28189 Patones de Arriba elrefugiodepatones@yahoo.es 629 440 489 / 606 339 355
Casa Rural Estrella Rural House	Travesía del Gral. Mola, 2 28737 Braojos www.estrellarural.es reservas@estrellarural.es 615 520 826
Casa Rural Fuente del Arca Rural House	C/ Fuente del Arca, 26 28190 Montejo de la Sierra www.casaruralfuentedelarca.es jaramaanimacion@gmail.com 677 534 343
Casa Rural Melchor de Liñán Rural House	C/ Melchor de Liñán, 23 28180 Torrelaguna info@alojamientosmelchordelinan.com +34 91 843 00 03
Centro de Educación Ambiental el Cuadrón. Centro de BTT de La Mancomunidad Valle del Lozoya	Ctra. de Miraflores, 0 Km 3 28743 Canencia cuadronsierranorte@gmail.com +34 91 869 42 79 - 636 788 631
Ciclolodge El Nevero	www.ciclolodge.com antonio@ciclolodge.com 610 662 464
Descansadero El Egío Alojamientos Rurales Los Camarotes Rural Accommodation	C/ Pozo, 30 - C/ de la Encina, 2 28193 Cervera de Buitrago alojamientos@cerveradebuitrago.org 647 966 040
El Bulín Casas Rurales Con Encanto Rural House	www.elbulindelahiruela.com consultas@elbulindelahiruela.com 615 520 824
Hospedería de La Rosa Hostelry	Travesía de San Vicente, 4 28742 Lozoya +34 91 869 32 22 / 616 909 205
Hospedería El Arco Hostelry	C/ Arco, 6 28739 Villavieja del Lozoya www.hospederiaelarco.es elarcocdevillavieja@gmail.com +34 91 868 09 11
Hostal Cervantes Inn	C/ Constitución, 58 28814 Daganzo de Arriba reservas@hostalcervantes.com +34 91 884 56 87
Hostal-Madrid-París Inn	Avda. de Madrid, 37 28470 Buitrago del Lozoya hostalMadridparis@gmail.com +34 91 868 11 26
Hotel Quercus Tierra	Plaza de San Pedro, 11, 28743 Garganta de los Montes www.quercustierra.es hotel@quercustierra.es +34 91 868 66 99 / 628 571 903

Hotel Rural El Tiempo Perdido	Travesía del Ayuntamiento, 7 28189 Patones de Arriba tiempoperdido@teleline.es +34 91 843 21 52
Hotel Restaurante Posada del Camino Real	C/ San Francisco, 6 28180 Torrelaguna www.posadadelcaminoreal.net posada.caminoreal@gmail.com +34 91 843 00 03
Hotel Rural / Bar La Casona de la Dehesa	C/ Real, s/n 28192 El Berrueco www.sierranorte.com/aquanor cb.aquanor@terra.es +34 918 68 61 36
Hotel Rural El Valle	Avenida del Valle, 39 28740 Rascafría www.hotelruralelvalle.com reservas@hotelruralelvalle.com +34 91 869 12 13
Hotel Rural La Beltraneja	C/ del Arco, 10 28730 Buitrago del Lozoya www.labeltranejahotel.com nfo@labeltranejahotel.com +34 918 68 03 31
Hotel Rural La Fuente	C/ Desapeñadero, 7 28189 Patones de Arriba madelafuentemartin@hotmail.com contacto@hotelrurallafuente.es +34 918 432 949 / 659 399 069
La Posada de los Vientos Inn	C/ Encerradero, 2, 28755 La Acebeda www.laposadadelosvientos.es info@laposadadelosvientos.es 619 392 742
La Posada de Robledillo Inn	C/ Fuente, 24 28194 Robledillo de la Jara sofisergio@hotmail.com +34 918 687 152
Las Casas de Angela Inn	Avda. de Madrid, 86 28752 Lozoyuela info@casasdeangela.com 650 628 787
Los Balcones de El Atazar	Casas rurales Las Eras, Los Cerrillos y Casa del Cura www.turismoelatazar.com info@turismoelatazar.com +34 91 868 60 98
Posada El Campanario Inn	C/ Amargura, 11 28740 Rascafría sofisergio@hotmail.com +34 91 868 71 52
Saika Rural	Camino de las Eras, 4 28754 Mangirón info@saikarural.com +34 91 868 13 05 / 627 502 688

Companies in the San Lorenzo de El Escorial - Western Range area

Apartamentos La Solana	C/ Solana, 7 28680 San Martín de Valdeiglesias apartamentosruraleslasolana@telefonica.net 655 872 735
Bodega Andres Díaz Winery	C/ Palencia,32 28600 Navalcarnero www.bodegasennavalcarnero.es info@bodegasennavalcarnero.es +34 91 811 13 91
Bodega Ecológica Luis Saavedra Eco-Winery	Ctra. Escalona, 5 28650 Cenicientos noelia@bodegasaavedra.com +34 91 460 60 53 / 629 124 622
Bodega y Viñedos Valleiglesias Winery and vineyards	Camino Fuente de los Huertos, s/n. 28680 San Martín de Valdeiglesias www.valleyglesias.com bodega@valleyglesias.com 606 842 636 / 607 697 355
Camping Ardilla Roja	Camino del Embalse de San Juan, s/n. 28680 San Martín de Valdeiglesias www.campingardillaroja.es campingardillaroja@gmail.com +34 91 867 84 87
Camping el Canto de La Gallina	Travesía Dos de Mayo, 1 28295 Valdemaqueda www.elcantolagallina.com camping@elcantolagallina.com +34 91 898 48 20
Camping La Enfermería	Camino de la Enfermería, 1 28696 San Martín de Valdeiglesias www.campinglaenfermeria.com camping@campinglaenfermeria.com +34 91 864 52 25
Casa Camino Rural de Navahonda	Camino de Robledo de Chavela, s/n 28540 Robledo de Chavela hipicanavahonda@msn.com +34 91 899 82 21
Casa de Labranza Farmhouse	C/ Arco, 3 28680 San Martín de Valdeiglesias info@casadelabranza.es +34 91 861 16 53
Casa Jardín Oriental	C/ Venecia, 7 28620 Aldea del Fresno casajardinoriental@gmail.com 607 775 775
Casa Noray	C/ Carabela, 2 28680 San Martín de Valdeiglesias vacacionespantano@hotmail.com 659 791 743

Casa Rural Creart Rural House	C/ Manzanillar, 15 28293 Zarzalejo info@casacreart.com +34 91 899 27 09
Casa Rural Deo Gratias Rural House	C/ Arroyo, s/n (Urb. Río Cofio) 28540 Robledo de Chavela contacto@deogratias-casaural.com 619 052 543
Casa Rural El Escorial Rural House	Avda. Reyes Católicos, 10 (Urb. Prado Real) 28280 El Escorial 629 712 020
Casa Rural La Pizarrera Rural House	C/ Río Seco, 9 (Urb. La Pizarrera) 28210 Pinosol (El Escorial) 670 641 637
Casa Rural Zarzal Rural House	Vía Pecuaria, 6 28293 Zarzalejo casazarzal@casazarzal.es 648 907 994
Fuente del Seminario Quiosco Kiosk	Finca de La Herrería 28200 San Lorenzo de El Escorial www.fuenteelseminario.es carlosagudo@fuenteelseminario.es 628 143 977
Hacienda La Coracera	C/ Pilar, 11 28680 San Martín de Valdeiglesias www.haciendalacoracera.es gema@haciendalacoracera.es +34 91 861 34 91
Hospedería El Cedro Inn	C/ Jacinto Benavente, 2 28294 Robledo de Chavela Robledo de Chavela lojibelen@gmail.com 606 351 162
Hostal Plaza del Pilar Inn	Plaza del Pilar, 1 28680 San Martín de Valdeiglesias info@hostalplazadelpilar.com +34 91 861 21 14
Hostal Restaurante la Corredera	C/ Corredera Alta, 28 28680 San Martín de Valdeiglesias arcoscorredera@terra.es +34 91 861 10 84
Hotel Duque	Avda Estación, 65 23293 Zarzalejo información@hotelrestauranteduque.com +34 91 899 23 60
Hotel Florida	C/ Floridablanca, 12-14 28200 San Lorenzo de El Escorial www.hflorida.com joseluis@hflorida.com +34 91 890 15 20
Hotel La Ermita	C/ Miguel de Cervantes, 2 28690 Brunete www.hotelmadrid.es carolina@la-ermita.com + 34 91 812 49 10

Hotel Los Lanceros	C/ Calvario, 47-49 28200 San Lorenzo de El Escorial www.loslanceros.com raquel@loslanceros.com 637 376 869
Hotel Roqueo de Chavela	C/Almenara ,1233 (Urb. La Suiza) 28540 Robledo de Chavela www.roqueodechavela.com info@roqueodechavela.com +34 91 899 84 66
Las Casas de la Estación	C/ Tirso de Molina, 7 28294 Robledo de Chavela info@lascasasdelaestacion.es reservas@lascasasdelaestacion.es 647 827 940 / 670 656 043
NH Victoria Palace Collection El Escorial	C/ Juan de Toledo, 4 28200 San Lorenzo de El Escorial ml.capurro@nh-hotels.com +34 91 896 98 90
Posada Tío Juanón	C/ Italia, 22 28600 Navalcarnero www.eltiojuanon.com info@eltiojuanon.com +34 91 813 47 81 / 608 277 123



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