

DISCOVERING & ENJOYING

REGION
MADRID
SPAIN

MAP 2019-2020

MADRID
NATURALLY!

ECOTOURISM

Madrid,
Naturally!Ecotourism:
sustainability and
recreation

Madrid can feel rightly fortunate for having such a diverse and ecologically valuable expanses such as the Montejo Beech Forest, which was recently listed by UNESCO as a Natural World Heritage Site, the Sierra de Guadarrama National Park, the Sierra del Rincón Biosphere Reserve or the Scenic Site of Pinar de Abantos & Zona de la Herrería, to mention just a few.

This natural universe is located just an hour away from the big city and visitors can reach it via a variety of links and all kinds of amenities.

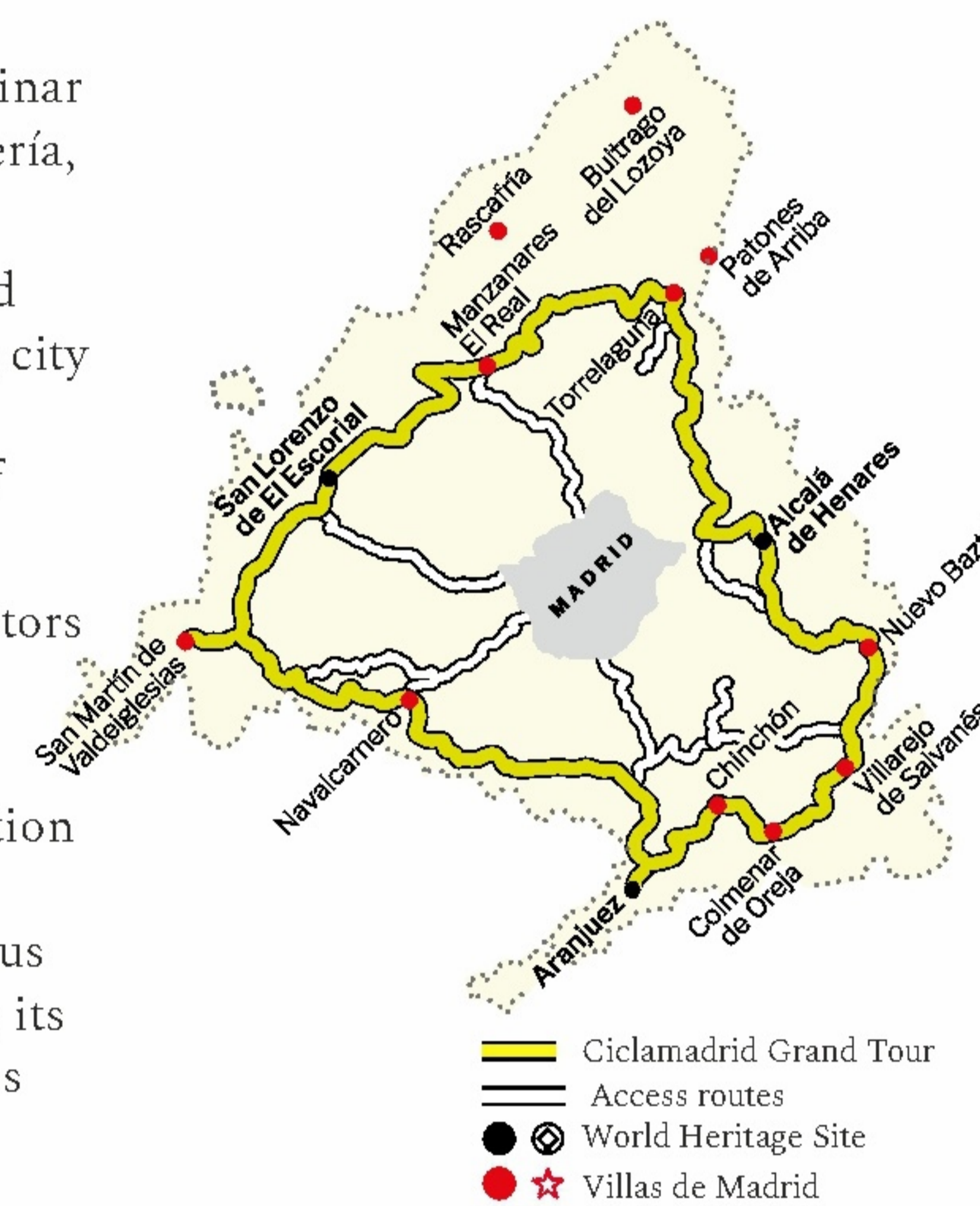
In Madrid's natural spaces visitors will find plans for every taste.

All of this makes the Madrid Region an exceptional destination for enjoying its environment through Ecotourism, allowing us to discover it while conserving its ecological and landscape values for future generations.

If you like to enjoy nature and an authentic cultural environment, this is your opportunity to interact with and take part in its conservation and development.

CiclaMadrid and
Ecotourism

If cycling is your thing, don't miss out on the CiclaMadrid routes: 420 kilometres connecting tourist destinations and resources, among them the four World Heritage sites and the Guadarrama National Park. A simple, eco-friendly, affordable and healthy way to discover the charm of our region and its natural environment.

Natural
diversity

The Madrid Region is a setting where lovers of the countryside and the rural world will also find satisfaction. Less than an hour from the city centre you encounter a wide variety of landscapes in well-conserved spaces, National Parks, Biosphere Reserves and, since 2017, an enclave listed by UNESCO as a Natural World Heritage Site: the Montejo Beech Forest.

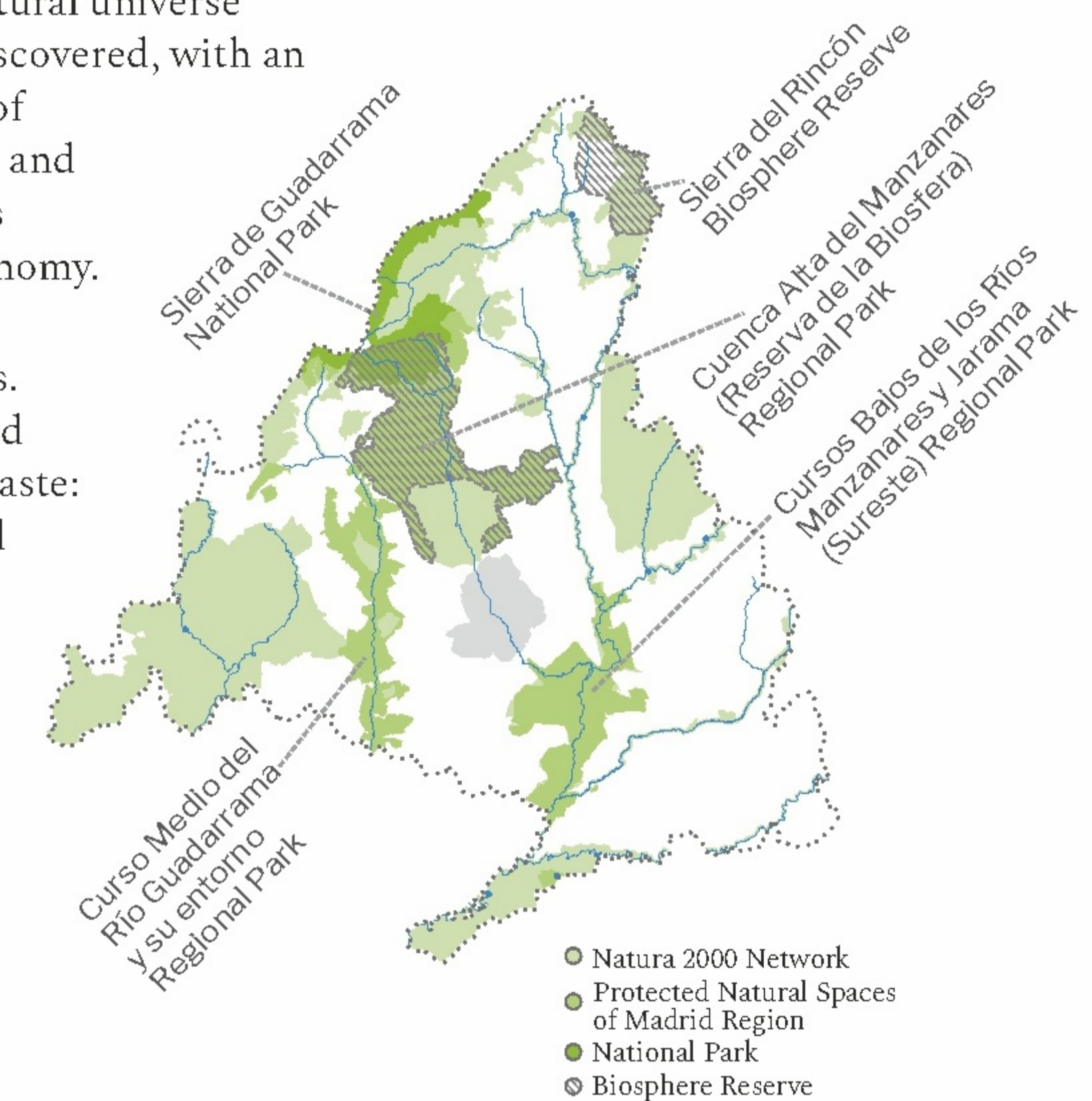
Surrounding the historical towns and the three places listed by UNESCO as World Cultural Heritage Sites (San Lorenzo de El Escorial, Aranjuez and Alcalá de Henares) is a natural universe waiting to be discovered, with an extensive array of accommodation and activities and its excellent gastronomy.

But not only this. You will also find plans for every taste: from specialized experiences for observing specific flora or wildlife to educational

activities or simple routes for those looking to switch off and relax.

Explore Madrid's landscapes, observe and photograph its flora and wildlife, ramble around its mountains and interpret its geological history, discover forests and glens. Learn about its natural history, taste the local products and listen to its neighbours.

Ecotourism in Madrid offers you all this: a journey taken with all the senses, for reconnecting with the countryside of the Madrid Region and contributing to the sustainable development of its villages.

Sierra
Norte

The abundance of water nurtures a broad variety of plant and animal species that turn this region into a veritable paradise, especially the Montejo Beech Forest and the Sierra del Rincón, listed as a Biosphere Reserve. Particularly relevant among its wildlife is the important colony of black vultures, invertebrates and amphibians.

In this landscape you will have the opportunity to watch golden eagles from birdwatching hides, become a shepherd for a day, attend bread-baking workshops or learn cheese-making techniques.

• Visitor Centres:

- Sierra del Rincón BR Resources and Information Centre (Montejo de la Sierra) +34 91 869 70 58.
- Montejo Beech Forest Environmental Education Centre (Montejo de la Sierra).
- Sierra del Rincón BR Centre (Horcajuelo de la Sierra).

• More information:

www.sierradelrincon.org
 www.sierranortemadrid.org/
 centro-turismo-villa-san-roque

Sierra de
Guadarrama

The Sierra de Guadarrama offers visitors a unique landscape culminating in the Peñalara Peak with an altitude of more than 2,000 metres. When you visit you will enjoy a lush landscape inhabited by wolves, Iberian ibex, black vultures and imperial eagles.

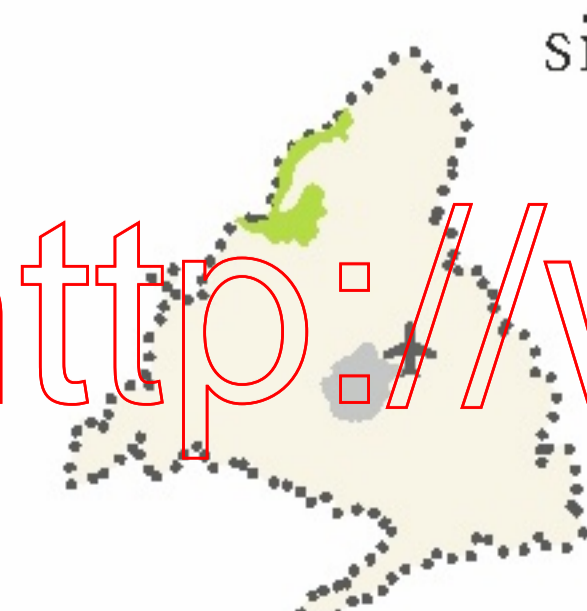
In this spectacular setting you can engage in fascinating activities such as observing free-ranging wolves, collecting some irresistible mushroom varieties such as milk caps or morels, getting close to an Iberian ibex or discovering the secrets of the region's artisanal breweries.

• Visitor centres:

- Peñalara (Rascafría) +34 918 520 857.
- Fuenfría Valley (Cercedilla) +34 918 522 213.
- La Pedriza (Manzanares El Real) +34 918 539 978.
- El Paular Valley (Rascafría) +34 918 691 757.
- Canto Cochino Information Point (La Pedriza).

• More information:

www.parquenacional
 sierraguadarrama.es

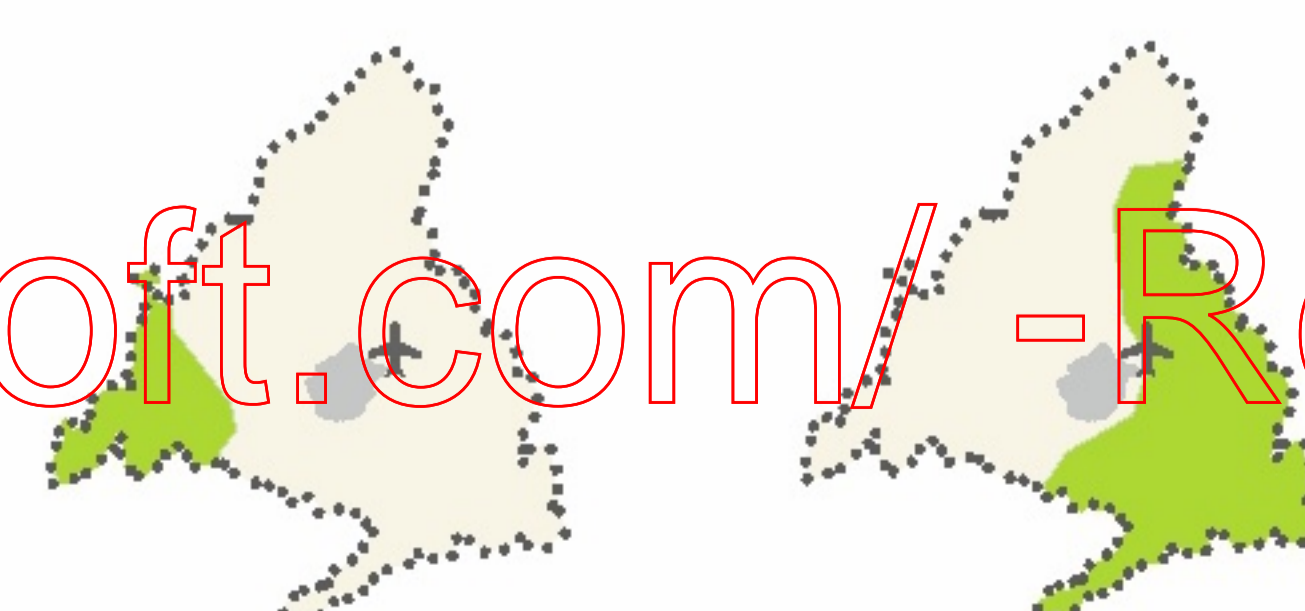
Sierra
Oeste

The Western mountain range of the Madrid Region is dominated by the mountainous relief that gives way to other lower-lying areas through which the rivers Alberche and Perales flow. The variety of landscapes as well as the plant species on view are of great environmental value.

In the villages of the Sierra Oeste you will also find different outdoor activities for immersing yourself in the environment, such as riding on a donkey, astronomy initiation sessions in nocturnal star-gazing outings, following the courses of some of Madrid's most important rivers or learning about unique insect species.

• Visitor Centres:

- Environmental Education Centre Casa del Águila (Chapinería). www.ceaelaguila.blogspot.com.es
- "Paraje de la Puente" Nature Interpretation Centre. (Fresnedillas de la Oliva). www.turismo.fresnedillasdelaoliva.es
- Livestock Trails Interpretation Centre (Villanueva de Perales). www.villanuevadeperales.es



- Lunar Museum (Fresnedillas de la Oliva). www.museolunar.es
- Visitor Centre of the NASA Deep Space Station (Robledo de Chavela). www.mdsc.nasa.gov
- José Peña Wildlife Centre (Navas del Rey). www.naturanavas.com
- Cañada Real Nature Centre (Peralejo, El Escorial). www.opennature.com

Tajo and Jarama
meadows

The meadows –Vegas– of the rivers Tajo, Tajuña and Jarama boast a strong presence of riverside areas and dense forests. It is perfect for lovers of nature and rural areas, since they contain numerous charming towns and villages located in an idyllic environment.

The Middle Basin of the Jarama, which spans from the Sierra Norte to the area known as the Henares Corridor, boasts a highly varied terrain. Here we find from mountainous foothills to the north, near the Sierra, to meadowlands.

In these areas you can immerse yourself in the world of wine and its ecological production. You can also discover everything relating to beekeeping and honey production and learn about the meadows and the flower species from which the bees make honey.



www.turismomadrid.es