

DISCOVERING & ENJOYING

REGION

MADRID

SPAIN

GUIDE FOR CYCLING TOURISTS

CICLAMADRID
CONNECTS!



CYCLING TOURISM

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RECOMMENDATIONS



DISCOVER

the Region of Madrid on two wheels

Just an hour from Madrid city centre, through a series of radial corridors and at whatever pace you want to set in the saddle, you can enjoy the wealth of destinations the region has to offer. Whether you choose easy-to-cycle routes with little difficulty or fancy some more active and challenging MTB or prefer to just stick to road cycling, there are plenty of combinations for the cyclist to enjoy the many natural, cultural and gastronomic attractions of the Region of Madrid.

Set your own pace, as a group or with friends or family. If you have an intermediate level, you'll enjoy the **CiclaMadrid MTB Tour Sierra Norte**, where you can challenge yourself with climbs of up to 1800 metres. Alternatively, if you're looking for something a little more accessible, choose the cycling tourism routes through the Sierra de Guadarrama. Your reward for crossing the finish line will be lunch in a picturesque village. You're guaranteed to enjoy it.

Lose yourself in the forests of the **Sierra de la Herrería**, escape the city to visit the birth home of Cervantes in **Alcalá de Henares**, and if you're fan of the universal classics why not take a literary tour. Take a walk through the **Gardens of the Royal Palace of Aranjuez**, and you'll feel like a king!

Get pedalling through the **Sierra de Guadarrama**, crossing pastures of holm oak; discover picturesque villages home to more than 400 Assets of Cultural Interest and around 300 museums, as well as numerous castles and fortresses. Discover the region's culture of wine-making, visiting vineyards and wineries while enjoying the excellent gastronomy on offer.

Are you going to miss it out?



WHAT IS CICLAMADRID?

CICLAMADRID is a network of cycling routes totalling more than 980 kilometres throughout the Region of Madrid. It is designed for all levels and interests. It brings together **cycling and tourism** in a sustainable, easy and healthy way with the best cultural, traditional and gastronomic attractions the region has to offer.

It is the brand created by Madrid's regional tourist board in collaboration with tourism businesses and the other public stakeholders, committed to cycling tourism as a path for the sustainable development of the entire region.

There is a network of agencies, accommodation and technical support companies specialised in providing cyclists with the best services, offering complete, tailored packages.

**You can find more information on the
CiclaMadrid Connects! app and on the websites:**

www.ciclamadrid.es

www.cyclemadrid.com



Gran Tour CiclaMadrid

420 Km / +266 m



Sierra de Guadarrama

347 Km / +2.087 m



Sierra Norte

213 Km / +1.529 m



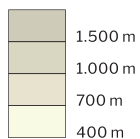
Aranjuez y vegas del Tajo

178 Km / +268 m



Sierra Oeste

62 Km +870 m



CICLAMADRID DESTINATIONS

GRAND TOUR, CONNECT TO DISCONNECT

THE GRAND TOUR connects destinations and tourist attractions and invites cyclists to escape their routine, offering the opportunity to discover the region in all its glory.

There are several tourist products created especially for different profiles of cycling tourists, from those traveling as part of a group to families and experts or lovers of “slow tourism”.



The 420-kilometre perimeter route is connected to the city of Madrid through a number of radial corridors, for a grand total of 720 kilometres.



Some points of the network also provide public transport access for cycling tourists.



Access all the available information and itineraries from your mobile device, downloading the CICLAMADRID CONNECT! app.



World Heritage in Madrid



Towns of Madrid



Sierra de Guadarrama



Sierra Norte

Greenways



Alcalá de Henares

The birthplace of **Miguel de Cervantes**, Alcalá de Henares lives and breathes culture. The **University of Alcalá de Henares** was the world's first planned university city. If you're passionate about archaeology, a visit to the **Regional Museum of Archaeology** is a must.

This is "**Don Juan Tenorio**" country and with a little luck you might be able to catch a play during your visit. And's don't miss out on a tapas crawl! Alcalá is famous for the tapas served free with drinks in the local bars.

San Lorenzo de El Escorial

The perfect combination of art and nature. This is an elegant town rich in heritage and monuments. The town itself sits alongside the **Monastery of El Escorial**. It is surrounded by mountains and forests like **Monte Abantos**, a pine forest and the pastureland of **La Herrería**.

One of the most fun ways to visit from Madrid is to take the **Philip II Tourist Train**. The vintage 20th century locomotive and carriages capture perfectly the atmosphere of the 1940s. One of the carriages is even perfectly fitted for passengers with bicycles.

It's an experience fit for a king!

Aranjuez

Whether on two wheels or on foot, **Aranjuez** is the perfect place to lose yourself. It is the perfect combination of the wild nature of the forest and the refined lines of the architecture. Discover a unique cultural landscape that strikes a perfect balance of landscapes, architecture and artistic works. Aranjuez is an homage to music: from May to June you can enjoy musical walks through the gardens. The lands here also produce delicious fruit and vegetables and you can enjoy the local produce in the many fine restaurants.

Take the **Strawberry Train** from Madrid and not only will it take you to Aranjuez, but this exact replica of the old railway will transport you to another era. One of the carriages is even perfectly fitted for passengers with bicycles (runs seasonally).



San Lorenzo de El Escorial

Hayedo de Montejo Forest

This old beech forest is one of the must-visits of the northern Sierra; and a UNESCO World Heritage Site. its colour palette is astounding.

Cycling is not permitted and tickets can pre-booked online or in person at the Information Centre. It's just wild flora and fauna and you.

Don't forget to try the local beans: the famous judiones de Montejo!



Towns of Madrid



Chinchón



Eleven secrets to discover by bicycle, eleven unique destinations that retain their rural authenticity.

In autumn in **Rascafría**, local wild mushrooms take pride of place on the local restaurant menus. **Patones** is the perfect destination for a romantic getaway. Don't miss the Corpus Christi festival in **Torrelaguna**, or the Christmas nativity crib in **Buitrago de Lozoya**. Visit the castle of **Manzanares del Real**, which seems to be taken straight from a fairy tale.

Sample the wines of the D.O. Madrid appellation in **San Martín de Valdeiglesias**. Find out why **Nuevo Baztán** is a little piece of Navarre in the Region of Madrid. Park your bike and treat yourself to a glass of anise in **Chinchón**. Or try a local wine while grazing on some *patatas chulas* in **Colmenar de Oreja**. If you're a film buff, check out the Museum of Cinema in **Villarejo de Salvanés** and combine it with sampling the great local tapas tradition. In summer, enjoy evenings of wine and jazz in **Navalcarnero**.

Fancy it?

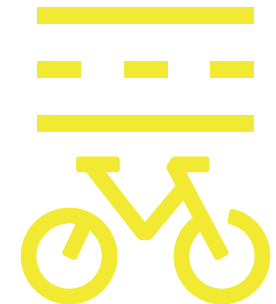
Sierra de Guadarrama

The Sierra de Guadarrama boasts remarkable landscapes and natural value and is an extraordinary refuge for biodiversity. Combine stages in the saddle with other interesting activities on offer in the area: bird-watching routes, visits to farms, family mushroom-picking excursions, night-time stargazing and even yoga and meditation retreats and lots more. Aranjuez also offers cultural and entertainment options with its medieval antiques market, and car show.

Don't miss out on the 15th century **Castillo Nuevo de los Mendoza** in **Manzanares el Real**. As well as this "new" castle the area is also home to the remains of another, even older. It is one of the gems of not only Madrid's military architecture but of the medieval architecture of the Kingdom of Castile.

Los Molinos played a prominent role on the Sierra de Guadarrama front during the Spanish Civil War. The **Route of the Bunkers** will take you to La Casamata de Majaltobar, La Casamata de Los Huertos and La Hermanita de los Pobres, among other places. There are even guided tours of these remnants of the war now surrounded by peace and tranquillity.

Guadarrama offers plenty of options to eat. Apart from the delicious local beef, Madrid is known as Spain's best port because the finest prawns and seafood are sold here.



Sierra Norte

You can find nature, sports, culture and gastronomy any day of the week in Madrid's Sierra Norte mountains. Visit the **Monastery of El Paular**, and explore the Valley of the Neanderthals to find out all about the earliest *madrileños* in a fascinating tour with archaeologists as guides!

Enjoy the mountain cuisine based on local, seasonal produce: beef, mushrooms, vegetables and honey and so much more.

Everything's delicious!

If you visit the **Murallas de Buitrago** during the spring and summer months, you can navigate your way around its walls by canoe. Also in Buitrago you'll find one of only **three Picasso Museums** in Spain.

Take a trip into the past with the **Frente del Agua tour of Civil War bunkers and trenches** and stay at any of the comfortable accommodation options, also adapted to the needs of cycling tourists.

Visit the **enchanted forest of Hayedo de Montejo**, but remember that visiting numbers are limited and advance booking online is recommended.

Any time of year is good to visit, not just the autumn.



Greenways

There are several corridors that connect the city of Madrid with the CiclaMadrid Grand Tour. You can cycle the length of two greenways that coincide with two of these corridors. **The Tajuña Greenway** and **the Guadarrama Greenway**. These routes run on the old railway tracks and have been adapted for walkers and cyclists making them a great day out from the city for families with children.



The Finnish Forest, Rascafría



CICLAMADRID EXPERIENCES

CONNECT!



CICLAMADRID Grand Tour

The **CICLAMADRID Grand Tour** is a long, stage-based route. With a total of 420 kilometres around the Region of Madrid, it's designed for cycling without much resistance, avoiding the more mountainous areas and opting for more accessible routes.

It's designed with everyone in mind, with 17 stages ranging in length from 15 to 38 kilometres, with an average of 25km per stage. This way, each stage can be completed in two to four hours.

You set the pace in the saddle yourself. You can complete any stage or complete them all in order for the grand tour experience.

**Mornings for cycling
and evenings for walking.**
That's the idea!



DURATION:



17 stages

WHERE?



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

FOR WHO?



Family-friendly cycling tourism / 420 km

LEVEL OF DIFFICULTY

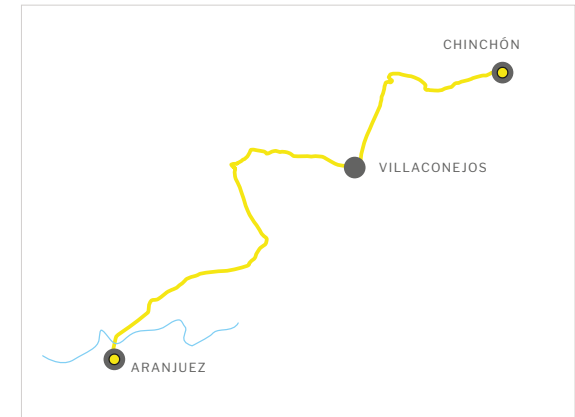


+ 266 m average elevation per stage

DAY 1 / STAGE 1

The Tagus plains: from the historic gardens to the fields

ARANJUEZ
CHINCHÓN
27 km / +394 m



Head out onto the Tagus floodplain, crossing the river in the direction of Villacanejos. This first stage ends in **Chinchón**, a town with an excellent hospitality and accommodation offering. Visit the authentic bakeries where you can sample traditional local pastries with colourful names like *quetas de novicia*, *hojuelas* and *pelotas de fraile*. Or sourdough breads baked in some rather original shapes.

Park your bike and jump into the ring. Chinchón's main square, the **Plaza Mayor**, doubles as a bullring. Spend the afternoon grazing on tapas, pinchos and wine and enjoy the local anise for dessert.



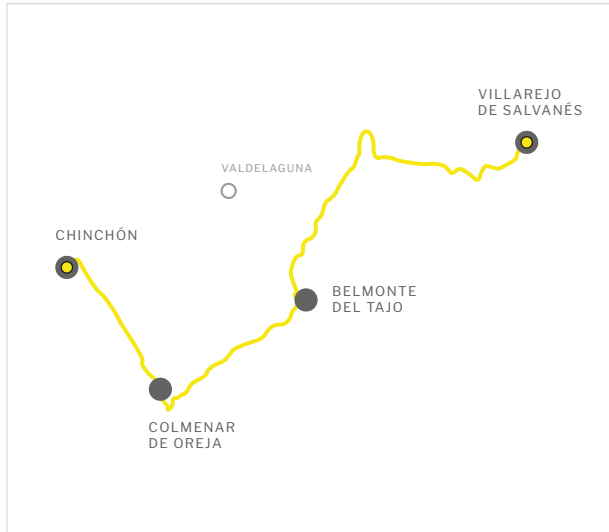
Chinchón

DAY 2 / STAGE 2

Start in Chinchón and end with the finest wines of Madrid

● CHINCHÓN
● VILLAREJO DE SALVANÉS

22 km / +238 m



The perfect stage to explore the wine-making culture of Madrid by bicycle. From **Chinchón** in the direction of **Colmenar de Oreja**, you'll take the old railway line. The route is perfect for a family cycle. A quick detour to the left will take you to **La Finca El Socorro**, one of the best viticulture experimentation centres in Europe (see opening hours at the Tourism office). After just 4 kilometres you'll reach **Colmenar de Oreja**. This municipality boasts a wealth of century-old wineries. Don't miss the **Arco de Zacatín** tunnel and the **Plaza Mayor** which is built just above it. The **Ulpiano Checa Museum** displays works of art as well as a number of local artefacts, making for an interesting visit.

The stage ends at **Villarejo de Salvanés**. Climb to the top of the **Homage Tower**, for some spectacular views of the **Alcarria Madrileña**. If you have an interest in cinema why not take in a visit to the **Museum of Cinema**. For dinner, make a meal of trying the local tapas bars.

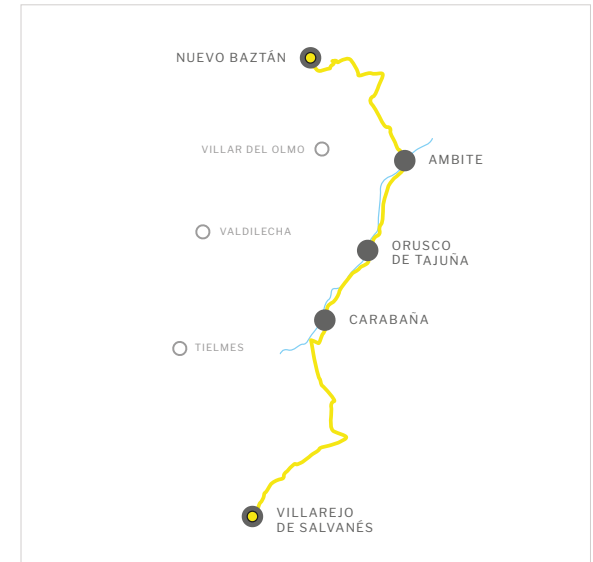


Homage Tower, Villarejo de Salvanés

DAY 3 / STAGE 3

From La Alcarria Madrileña to the Palace of Goyeneche.

- VILLAREJO DE SALVANÉS
 - NUEVO BAZTÁN
- 38 km / +545 m



The riverbanks and *alcarreño* landscapes are home to a variety of ecosystems, constituting a natural environment of great ecological value on the banks of the Tajuña. From **Villarejo de Salvanes** the route continues to **Carabaña**. Olive groves and vineyards abound along this section. From Carabaña continue along the banks of the Tajuña past **Orusco del Tajuña**, **Ambite** and **Olmeda de las Fuentes**, ascending to the moorland.

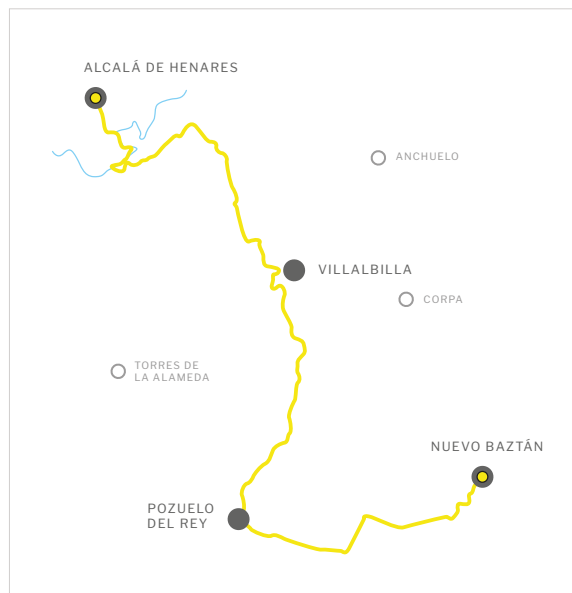
The route ends at **Nuevo Baztán**, a unique example of an enlightenment development. Discover why it's known as a little piece of Navarre in the Region of Madrid. Some of the answers can be found in the visitors' centre. Don't forget to visit the **Goyeneche Palace**, the work of the celebrated baroque architect José de Churriguera.

**Don't leave without trying the local wines,
which have won a number of awards.**

DAY 4 / STAGE 4

The Complutum Trail and the city of Cervantes

- NUEVO BAZTÁN
 - ALCALÁ DE HENARES
- 29 km / +240m



From **Nuevo Baztán** the route heads towards **Pozuelo del Rey**. This is a comfortable stage as most of the route is downhill although there is the occasional short uphill section.

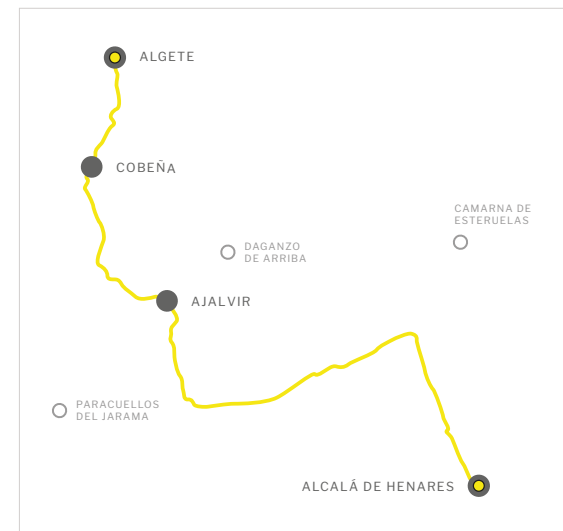
It continues through **Villalbilla** before reaching the finish: **Alcalá de Henares**. Alcalá de Henares is a place that lives and breathes culture. Don't try the local tapas bars. Alcalá is famous its tapas served free with drinks.

Nuevo Baztán: discover a little piece of Navarre in the Region of Madrid.

DAY 5 / STAGE 5

Through the countryside of the Alcarria de Alcalá.

- ALCALÁ DE HENARES
 - ALGETE
- 26 km / +340m



The stage winds through basin of the Henares and Jarama rivers. The river Henares flows through the countryside, between fields of cereals and riverside woods. The route starts in **Alcalá de Henares**, heading in the direction of **Daganzo de Arriba**. It is an area of great ecological value, declared a **Special Protection Area for Birds**, so it won't be difficult to spot a flock of bustards, the odd kestrel or even or, apart from birds, even the elusive roe deer. It is important not to bother the fauna. The route continues west towards **Ajalvir**, passing through **Cobeña**, and finishing in **Algete**.



Cervantes Square, Alcalá de Henares

DAY 6 / STAGE 6

The upper Jarama basin: from the moorland to the mountains.

ALGETE
TORRELAGUNA
32 km / +181 m



Depart **Algete** in the direction of **Fuente El Saz de Jarama**, crossing the cultivated steppes of the “**Alcarria Madrileña**”. As in the previous stage, you might encounter the odd flock of bustards or a Montagu's harrier. The route continues along the banks of the river Jarama, passing through **Valdetorres** and **Talamanca del Jarama**. As you approach Torrelaguna you'll notice the landscape is more mountainous.

Torrelaguna was the birthplace of **Cardinal Cisneros**, an important religious and political figure in Medieval Spain, who spared no expense in bestowing magnificence on his home town. It has been used as a shooting location for many films including “The Pride and the Passion” starring Cary Grant, Sophia Loren and Frank Sinatra.

Discover it!

DAY 7 / STAGE 7

The southern hills of the Sierra Norte on the Miraflores de la Sierra Trail

- TORRELAGUNA
- MIRAFLORES DE LA SIERRA

28 km / +641 m



The stage begins setting off in the direction of **Redueña**.

Did you know that some of the stone used to build the Cibeles fountain came from these quarries?

The route continues from **Navalafuente** to **Miraflores de la Sierra**. The natural environment of the area is spectacular. You'll enjoy every section on your cycle as you gradually enter the Sierra de Guadarrama.

DAY 8 / STAGE 8

The route of Los Mendoza Castle

- MIRAFLORES DE LA SIERRA
 - MANZANARES EL REAL
- 19 km / +193 m



The stage starts at **Miraflores de la Sierra** continuing along roads flanked by granite walls. The itinerary takes us towards **Soto del Real** with the finish line at **Manzanares El Real**.

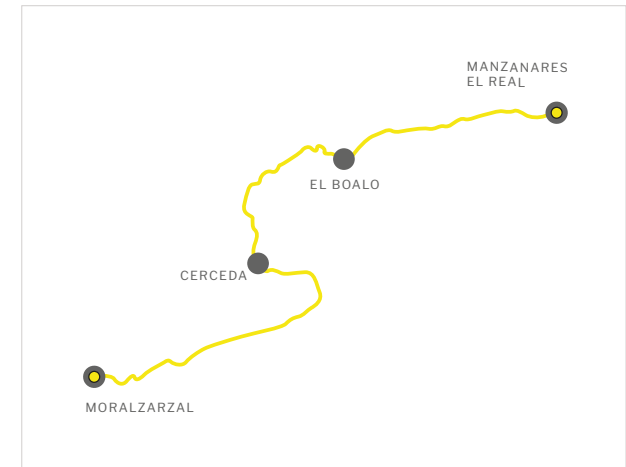
From Manzanares, outside the **CiclaMadrid** route, you might like to visit **La Pedriza**, one of the most popular peaks of the **Sierra de Guadarrama** with climbers and hikers.

In Manzanares you'll find the **Castillo de Los Mendoza** which, without doubt, is worth a visit.

DAY 9 / STAGE 9

Views of the Sierra de Guadarrama National Park

- MANZANARES EL REAL
 - MORALZARZAL
- 15 km / +208 m



From **Manzanares El Real** the route heads northbound on the road to El Boalo, passing along the boundary of the Guadarrama National Park, very close to the main entrance to La Pedriza.

El Boalo is a village that is home to some fine examples of traditional architecture thanks to the granite from the area's quarries. Here, just as in so many of the mountain villages of the sierra, you'll find an old cattle crush. In **Cerro de El Rebollar** you'll find a Visigoth necropolis from the 11th and 12th centuries.

On the approach to **Cerceda**, the surroundings couldn't be more attractive. Looking back you can see the spectacular silhouette of the rocky outcrop of the upper part of **La Pedriza**. The final section towards **Moralzarzal** is quite comfortable.

DAY 10 / STAGE 10

Skirting the Sierra de Guadarrama towards San Lorenzo de El Escorial

- MORALZARZAL
 - SAN LORENZO DE EL ESCORIAL
- 22 km / +173 m



The finish to the stage makes it all worth it **San Lorenzo de El Escorial**.

After a day in the saddle, a great variety of tourist attractions await to discover the art and nature of the area first-hand, from a guided tour of the **Royal Monastery of San Lorenzo de El Escorial** and its gardens to a night-time walk discovering the mysteries and legends of this Royal Site.



DAY 11 / STAGE 11

From La Herrería to the NASA facilities

- SAN LORENZO DE EL ESCORIAL
 - ROBLEDO DE CHAVELA
- 17 km / +299 m



Starting from **San Lorenzo de El Escorial** the route crosses the area known as **La Herrería** towards **Zarzalejo**, in the shadow the peaks of Las Machotas and the descent to the lands of the western Sierra. Along the way, if you're interested in the flora and fauna of the Sierra de Guadarrama, make sure to stop in **Peralejo** to visit the **Cañada Real Nature Centre**.

The stage ends in **Robledo de Chavela**, an area that forms part of the **Imperial Route**. It is home to a number of architectural treasures that coexist alongside the Deep Space Communication Centre operated by **NASA** and the **INTA** which has its own spectacular visitors' centre!

If that's your thing then you're in for another treat just eight kilometres away in **Fresnedillas de la Oliva**, where there is a **Lunar Museum**. This small detour also takes you to **Special Protection Area for Birds SPAB 56***: "**Encinares de los ríos Alberche y Cofio**".

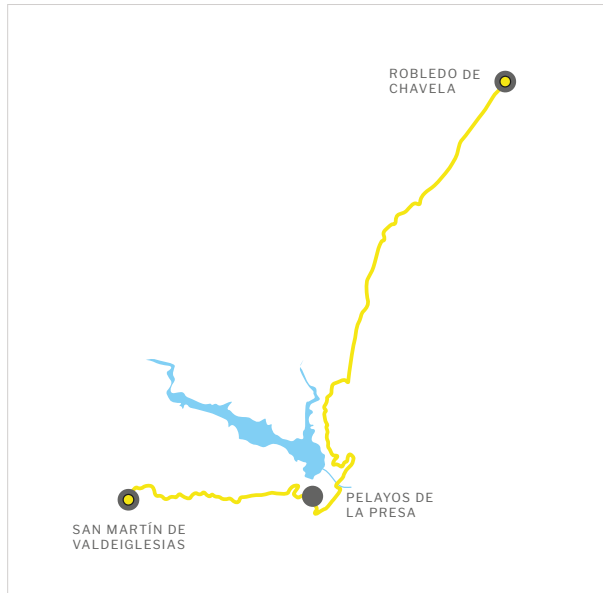
An incredible natural environment!

**European catalogue entry included in the Natura 2000 Network*

DAY 12 / STAGE 12

The waters of San Juan among the pines in the foothills of Gredos

- ROBLEDO DE CHAVELA
 - SAN MARTÍN DE VALDEIGLESIAS
- 31 km / +379 m



From **Robledo de Chavela** you will first take a local road and then a pleasant track that cuts through a forest of tall pine trees as far as the tail of the **Picadas reservoir**. Practically the whole route is downhill, except for the final stretch which is ever so slightly uphill.

The finish to the stage is in **San Martín de Valdeiglesias**, where you can enjoy some fine views from the **Homage Tower** of the **Castillo de la Coracera** and a visit to the ruins of Madrid's oldest monastery: the **Monastery of Pelayos**.

If you're a wine lover, why not sample the excellent quality of the local wines from the Garnacha and Albillo Real grape varietals.



DAY 13 / STAGE 13

The territory of the Iberian Imperial Eagle

- SAN MARTÍN DE VALDEIGLESIAS
 - ALDEA DEL FRESNO
- 25 km / +136 m



The stage sets off from **San Martín de Valdeiglesias** towards the tail of the **Picadas reservoir**. You'll enjoy a pleasant, almost flat section skirting the reservoir until you reach the head. From there you'll descend to **Aldea del Fresno**. The final section of the road requires your full attention, especially the bridge over the **river Alberche**.

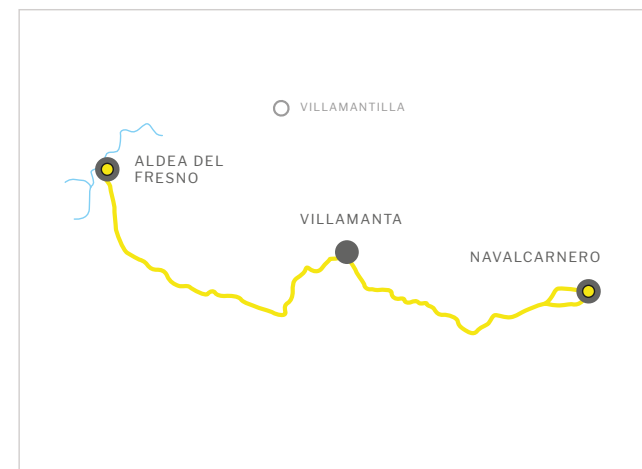
This area around the river is known as "**Madrid's beach**". Bathing is allowed and there are toilets, picnic tables and kiosks.

You can also visit "Safari Madrid; where animals are kept in the semi-wild free from cages.

DAY 14 / STAGE 14

From the pastureland to the land of Garnacha and Malvar wines.

- ALDEA DEL FRESNO
 - NAVALCARNERO
- 22 km / +265 m



Cycle uphill to the water deposit in the upper part of **Aldea del Fresno**. From there, the gradient becomes a little gentler and runs along attractive areas of Mediterranean forest. The rest of the way to **Villamanta** is almost all on a forest track through large estates. The final section runs along **the old Madrid - Almorox railway line**.

Don't forget to sample the wines of the **D.O. Madrid appellation**, take a walk through the narrow streets, squares and caves and the natural surroundings. Check out the buildings with optical illusions on the facades.

In **Navalcarnero** an **Interpretation Centre** awaits. A visit to the centre is the best way to discover the history and culture of the area.

DAY 15 / STAGE 15

The middle Guadarrama Basin: adobe villages and tile roofs

● NAVALCARNERO
● GRIÑÓN
24 km / +222 m



Leaving **Navalcarnero**, the route makes its way through gently rolling farmlands to **El Álamo**. This is a village with a strong *mancheño* flavour with its adobe whitewashed farmhouses with their Arabic tile roofs.

From El Álamo you'll take the road that leads to the bridge over the river Guadarrama. Be careful as the bridge is shared with vehicle traffic.

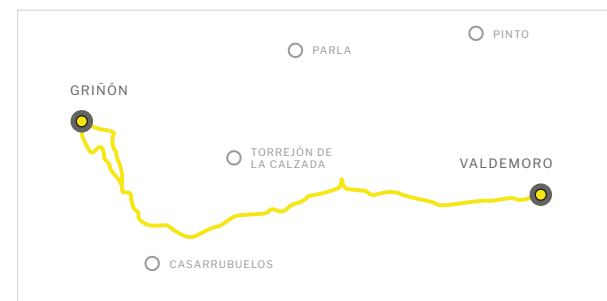
The road continues its ascent to **Batres** through a very pleasant mountainous area. The castle will soon emerge on the horizon. The second weekend in February sees the festival of **La Cruz de Batres** and visitors can witness this tradition that has been transmitted orally down through the centuries. From there, you'll cycle through **Serranillos del Valle** until you reach **Griñón**.

Segovia Square, Navalcarnero

DAY 16 / STAGE 16

The La Sagra Madrileña Trail: discovering the Puñonrostro Castle

● GRIÑÓN
● VALDEMORO
19 km / +42 m



Starting out from **Griñón** and surrounded by farmlands, the route continues towards **Cubas de la Sagra**, a quiet municipality with a *mancheño* influence. Discover the traditional rural houses of "**La Sagra madrileña**". You'll pass through **Torrejón de Velasco**, it's worth stopping to take a stroll through the old town and take in the **Puñonrostro Castle**.

In **Valdemoro**, you can enjoy a little tourism as you take in its main square, a typical Castilian plaza with its porticoes and balconies. There are also other monuments like the **La Fuente de la Villa** fountain and the **Lavadero Municipal**, the municipal washhouse.



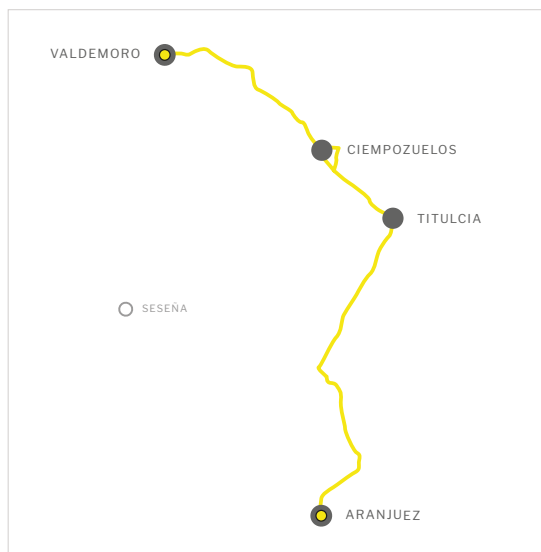


Aranjuez

DAY 17 / STAGE 17

Southeast Regional Park and the cultural landscape of Aranjuez.

- VALDEMORO
 - ARANJUEZ
- 26 km / +33 m



You're now on the final stage of the **Ciclamadrid Grand Tour**. From **Valdemoro**, the route continues alongside the railway line to **Ciempozuelos**. From there cycle on to **Titulcia**, a village of Roman origins that's rich in historical-artistic heritage.

The route continues along the banks of the Jarama, crossing the river Tajuña very close to its confluence with the Tagus, advancing towards the stage finish: **Aranjuez**. Admire the blue skies of Aranjuez and enjoy its cultural heritage and the flavours of the local produce.

You deserve it!

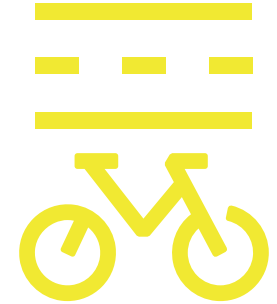
Sierra de Guadarrama

CiclaMadrid offers four different routes through the **Sierra de Guadarrama** so you can choose yours depending on your level and the type of challenge you're looking for. **The Mountain Passes Classic** and **"Family Cycling Tourism"** routes are the most demanding in terms of physical preparation and difficulty. The latter is a quite irregular route in terms of the typography. **"MTB Adventure"** and **"Family MTB"**, are more forgiving, family-friendly routes. You can combine cycling with a walk through the different municipalities of the sierra.

After mornings in the saddle, use the evenings to explore the cultural attractions and gastronomy the Sierra de Guadarrama has to offer.

Whatever route you choose, don't leave without trying the star product of local gastronomy in one of the many steakhouses: **The local beef with its own designation of origin.**

Discover the culture and gastronomy of the Sierra de Guadarrama with each route



Routes

ROUTE 1

Classic mountain passes across the Guadarrama mountain range
Taking in Castillo de los Mendoza and skirting the Santillana reservoir.

- SOTO DEL REAL
 - SOTO DEL REAL
- 92 km / +222 m**



ROUTE 2

Family Cycle Tourism in the Sierra de Guadarrama
Enjoy the mountain landscapes

- COLLADO VILLALBA
 - COLLADO VILLALBA
- 64 km / +910 m**



ROUTE 3

MTB Adventure in the Sierra de Guadarrama
The route runs through the 13 municipalities of the Sierra de Guadarrama.

- MORALZARZAL
 - MORALZARZAL
- 102 km / +1,785 m**



ROUTE 4

Family-friendly MTB excursions in the Sierra de Guadarrama
You'll see the Cuerda Larga, Siete Picos and La Pedriza de Manzanares peaks.

- COLLADO MEDIANO
 - COLLADO MEDIANO
- 42 km / +700 m**



Sierra Norte

“Cycling tourism on the **Lozoya Nature Trail**” is a fully conditioned trail for cycling tourism. It's a forgiving and gentle route ideal for families or groups. The entire route is along trails running alongside the river Lozoya, marked by the typical mountain villages including the **Villas or chartered towns of Rascafría and Buitrago de Lozoya**.

“**CiclaMadrid MTB Tour**” is 213 kilometre signposted route. The average elevation is 1,500 m making for spectacular views of the Sierra de Guadarrama and the mountain valleys.

The itinerary takes you to places of great natural interest and some spectacular landscapes including

the **Sierra de Guadarrama National Park**, the **Sierra del Rincón Biosphere Reserve**, and the **Vega del Jarama y el Lozoya Natura 2000 protected space**; a patchwork of ecosystems and landscapes. Almost the entire route runs on forest tracks and trails with a comfortable width for cycling and in excellent condition. This is an intermediate level route overall, taking into account the fact that this is a mountainous region.

The route is also suitable for completing in stages, linking some of the mountain villages or you can even complete separate sections connected by access points.



Cycling tourism on the Lozoya Nature Trail

DAY 1 / STAGE 1

Cycle from the Monastery of Santa María de El Paular stopping at the Valley of the Neanderthals archaeological site

- RASCAFRÍA
- VALLEY OF THE NEANDERTHALS
- LOZOYA

18.7 km / +32 m

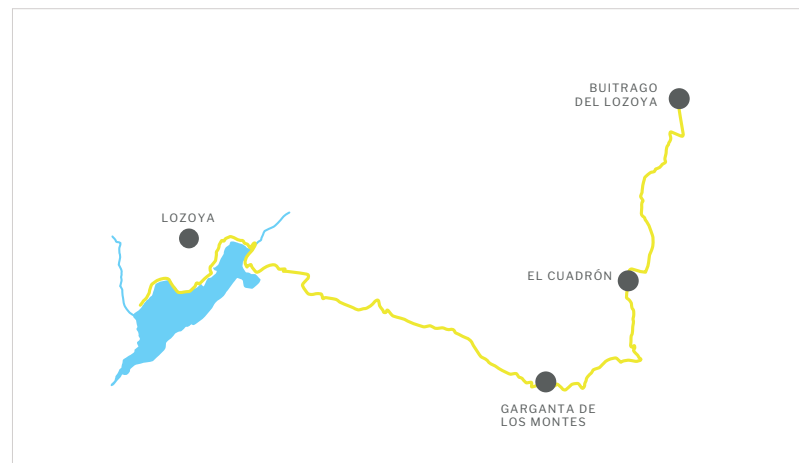


DAY 2 / STAGE 2

From Lozoya, head out among the oak trees to the walls of Buitrago.

- LOZOYA
- GARGANTA DE LOS MONTES
- EL CUADRÓN
- BUITRAGO DEL LOZOYA

26.6 km / +264 m



CiclaMadrid MTB Tour

DAY 1 / STAGE 1

Taking in the best views on the way to Lozoya.

● BUSTARVIEJO
● LOZOYA
49.4 km / +984 m



DAY 2 / STAGE 2

From La Horizontal through the pasturelands of Acebos de Robregordo.

● LOZOYA
● MONTEJO DE LA SIERRA
59.8 km / +1,400 m



DAY 3 / STAGE 3

Among mountain passes and hills.

- MONTEJO DE LA SIERRA
 - EL ATAZAR
- 42.6 km / +1,129 m



DAY 4/ STAGE 4

From El Atazar to Bustarviejo, going through Patones

- EL ATAZAR
 - BUSTARVIEJO
- 63.5 km / +1,288 m



Greenways

There are a number of CiclaMadrid corridors that connect the city with the CiclaMadrid Grand Tour. One of them coincides with the **Tajuña Greenway**. The track, laid in unmistakable red asphalt, runs along the old railway line that used to transport beetroots from Arganda. It's the perfect plan for a family day out with children.

You can visit the Museo de la Poveda where you can take a journey back in time and board the old steam train that used to run on the old line from Arganda (check seasonal availability). Passing through Carabaña, the trail meets the 40 Days Train Greenway, which runs 14 km and finishes in the municipality of Estremera.

The River Guadarrama Greenway coincides with another of the corridors or "green corridors" that connects the city of Madrid with the CiclaMadrid Grand Tour. It's a short route that takes advantage of a 4.5 kilometre section of the old Madrid - Almorox railway line to connect the city of Móstoles with the river Guadarrama. It's a flat, safe route that's a true rural escape from the city in the rural environment. It's worth taking your time to relax and enjoy it without rushing.



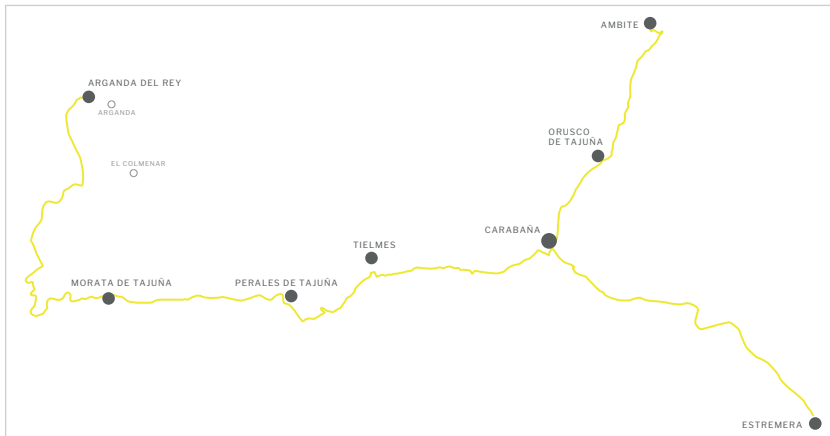
For more information:
www.viasverdes.com

Tajuña Greenway

DAY 1 / STAGE 1

Let yourself be surprised by the landscapes of the south-eastern plains of the Region of Madrid. Remind that, on the village of Carabaña, this route is linked with The 40 Days Train Greenway.

- ARGANDA DEL REY
 - AMBITE
- 49 km / +293 m

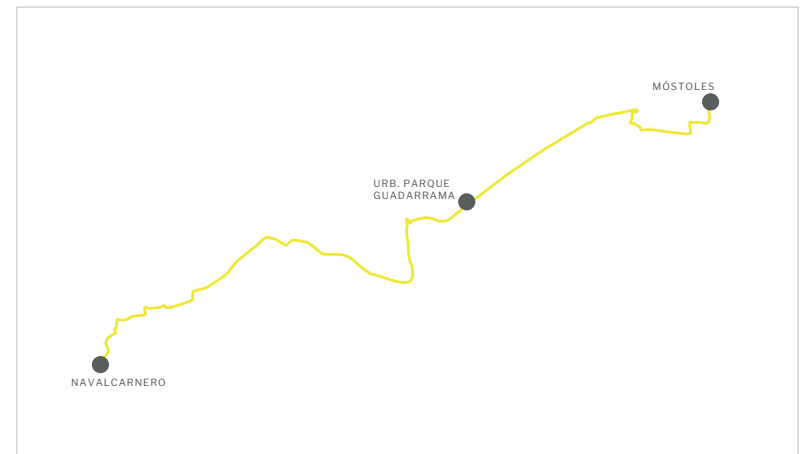


River Guadarrama Greenway

DAY 2 / STAGE 2

Discover the landscapes of the River Guadarrama Regional Park.

- MÓSTOLES
 - RIVER GUADARRAMA
- 4.5 km / 135 m



Recommendations



Throughout the region **CiclaMadrid** is working on initiatives to bring the very best services to cycling tourists, adapting accommodation facilities, establishments and other needs both for the visitor and for their bicycle.

Save yourself the planning and allow yourself to be guided by the best specialized agencies for organising your CiclaMadrid Experience!



You can find all the information on the CICLAMADRID CONNECTS! app and the websites www.ciclamadrid.es and www.cyclemadrid.com



If you're organising a cycling outing yourself:

- » Get informed and take advice.
- » Prepare your route.
- » Choose routes that are suitable to your level.
- » Check the weather forecast.
- » When planning your visit, use public transport: busses or the Renfe train network, to keep car journeys to a minimum.
- » Wear appropriate clothing and footwear. Make sure your mobile phone is fully charged and to take water, a helmet and sunscreen.
- » Avoid cycling alone or, if you do so, tell somebody your itinerary.
- » Remember that pedestrian always have the right of way and to cycle at a moderate speed.
- » Respect private property and existing signposts.
- » Avoid bothering fauna and do not damage flora; show maximum respect for birds, particularly in the nesting season of March to July.
- » Recycle: re-use and retrieve



TOURISM IN THE REGION OF MADRID

www.turismomadrid.es

CYCLE TOURISM

www.ciclamadrid.es

www.cyclemadrid.com

CICLAMADRID CONNECTS!



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Photographic Archive of the Directorate-General for Tourism of Madrid Region
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**Comunidad
de Madrid**

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