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## Aranjuez and the Tagus river plains

*Cultural landscape and wine tourism*

ARANJUEZ · CHINCHÓN · CARABAÑA · ARGANDA DEL REY · CIEMPOZUELOS · ARANJUEZ

- Family Cycle Tourism 178 Km
- + 268 m Average Gradient Per Stage
- 8 Days / 7 Nights / 6 Stages



The perfect route for lovers of nature and rural areas with enchanting towns. Its best exponent is Aranjuez, one of the Royal Sites of the Spanish Crown. Its palace, its celebrated gardens and the natural setting that surrounds the town, with its historic plains and vegetable gardens, are a UNESCO World Heritage Site. A unique cultural landscape.

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.

## Sierra de Guadarrama

*Road Cycling Tourism*

**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 BERRUERO · LA PUEBLA DE LA SIERRA · EL BERRUERO

**Route 3** / NAVACERRADA · SOTO DEL REAL · MIRAFLORES DE LA SIERRA · RASCAFRÍA · NAVACERRADA

- Sports cycling on the road / 347 Km
- + 2087 m Average gradient per route
- 5 Days / 4 nights / 3 routes



The Guadarrama Mountain Range 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 a beautiful environment while cycling and don't forget that at nightfall you can enjoy the numerous grill houses you will encounter.

## Sierra Norte

*Mountain Bike Tour*

BUSTARVIEJO · LOZOYA · MONTEJO · EL ATAIZAR · BUSTARVIEJO

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



Madrid's Sierra Norte (Northern Range) is a natural paradise comprising mountains and valleys with abundant and varied vegetation and wildlife. Within its boundaries are the Peñalara Natural Park, the Montejo Beech Forest and the Sierra del Rincón Biosphere Reserve. These are landscapes that invite you to enjoy mountain biking among friends.

This CiclaMadrid route is especially designed for MTB. The itinerary covers the perimeter of the Northern Range over a distance of 213 km, with numerous approaches to towns where you can find all kinds of tourist services. Almost the entire route traverses forest trails and paths in very good condition. The itinerary is mostly at middle level, taking into account that we are riding through mountainous territory. But the views are certainly spectacular.

## Sierra Oeste

*Countryside Cycling Tourism*

SAN MARTÍN DE VALDEIGLESIAS · PELAYOS DE LA PRESA

- Countryside cycle tourism / 62 Km
- +870 m average gradient per stage
- 3 Days / 2 nights / 2 routes



The Sierra Oeste (Western Range) offers numerous tourist attractions, among them a vast forest mass of enormous environmental value, the Castle of La Coracera or wine tourism, with wines from the Vinos de Madrid Designation of Origin and many choices for activities organised by the wineries throughout the territory.

Here you also find *El Bosque Encantado*, the Enchanted Forest, 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.

CiclaMadrid proposes two routes in this area, riding through great pine woods, rivers and meadowlands.

Download our Ciclamadrid Conecta app on:



- Stage 10. Along the foothills of the Guadarrama Range
- MORALZARZAL
  - SAN LORENZO DE EL ESCORIAL
  - CHINCHÓN
  - VILLAREJO DE SALVANÉS
  - 22 KM / +173 M / IBP 13
- Stage 11. Around the *dehesa* royal meadowlands, in the shadow of Mount Abantos and Las Machotas
- SAN LORENZO DE EL ESCORIAL
  - ROBLEDOS DE CHAVELA
  - 17 KM / +299 M / IBP 24
- Stage 12. Waters of San Juan among pine groves, along the Gredos foothills
- ROBLEDOS DE CHAVELA
  - SAN MARTÍN DE VALDEIGLESIAS
  - 31 KM / +379 M / IBP 22
- Stage 13. Territory of the Iberian Imperial Eagle, hills covered in *garnacha* and *albillo real* vines
- SAN MARTÍN DE VALDEIGLESIAS
  - ALDEA DEL FRESCO
  - 25 KM / +136 M / IBP 11
- Stage 14. From meadowlands to flatlands, land of *garnacha* and malvar wines
- ALDEA DEL FRESCO
  - NAVALCARRNERO
  - 22 KM / +265 M / IBP 19
- Stage 15. The middle basin of the river Guadarrama, adobe villages and tiled roofs
- NAVALCARRNERO
  - GRINÓN
  - 24 KM / +222 M / IBP 15
- Stage 16. Heading towards Madrid's La Sagra region, discovering Puntorosro Castle
- GRINÓN
  - VALDEMORO
  - 19 KM / +42 M / IBP 4
17. Southeast Park and Aranjuez Cultural Landscape
- VALDEMORO
  - ARANJUEZ
  - 26 KM / +33 M / IBP 9

- Stage 2. Lands, wines and monumental villages, towards Villarejo Castle
- CHINCHÓN
  - VILLAREJO DE SALVANÉS
  - 22 KM / +238 M / IBP 17
- Stage 3. Around Madrid's Alcarria region heading towards Goyeneche Palace
- VILLAREJO DE SALVANÉS
  - 38 KM / +545 M / IBP 36
- Stage 4. On the way to Complutum and the city of Cervantes
- NUEVO BAZTÁN
  - ALCALÁ DE HENARES
  - 29 KM / +240 M / IBP 21
- Stage 5. Around the countryside of La Alcarria de Henares
- ALCALÁ DE HENARES
  - 26 KM / +340 M / IBP 21
- Stage 6. The upper basin of the river Jarama, from the moorland to the mountain range
- ALGETE
  - TORRELAGUNA
  - 32 KM / +181 M / IBP 18
- 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
- Stage 8. Route of the Los Mendoza Castle
- MIRAFLORES DE LA SIERRA
  - MANZANARES EL REAL
  - 19 KM / +193 M / IBP 15
- Stage 9. Views of the National Park
- MANZANARES EL REAL
  - MORALZARZAL
  - 15 KM / +208 M / IBP 14
- From historic gardens to farmland
- ARANJUEZ
  - CHINCHÓN
  - 27 KM / +394 M / IBP 23



- Family Cycle Tourism / 420 Km
- + 266m average gradient per stage
- 19 days / 18 nights / 17 stages (optional 2, 5, 7 or 9 days)

Gran Tour CiclaMadrid  
19 days and 17 stages for thoroughly enjoying the Madrid Region

*Cycle tourism in the Madrid Region*



Madrid is rich and diverse. Madrid is more than Madrid.

Who would have thought that the Madrid region is a small microcosm where, in addition to extensive urban spaces, you find dense pine and holm oak forests, alpine summits, vineyards and olive groves, steppes and charming villages filled with life... within a radius of maximum one hour. Travellers from Spain and the world can discover all this in a very simple, eco-friendly, accessible and healthy way. And what could be better than using a bike, on a route that connects all of these attractions with cuisine, crafts, traditions and landscapes.

The CiclaMadrid Gran Tour is a great 420-kilometre cycling route to be followed by stages. Why not do it at least once in your life? Three UNESCO World Heritage Sites, seven Madrid Towns, enchanting villages, historic gardens and natural parks... All of Madrid in only 17 steps.

The Tour is geared to almost everyone's abilities and can be adapted to each cyclist's characteristics by simply joining stages together wherever one wishes, or do them all one by one.

The stages cover around 25 kilometres. Mornings are for cycling, afternoons for wandering... That's the idea.

DISCOVERING & ENJOYING

SPAIN  
**MADRID**  
REGION

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CYCLING TOURISM



**Gran Tour CiclaMadrid**  
 420 Km / +266 m  
 19 Days / 18 Nights  
 17 Stages



**Aranjuez and Tagus river plains**  
 178 Km / +268 m  
 8 Days / 7 Nights  
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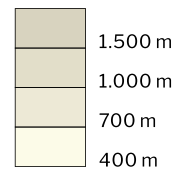
**Sierra de Guadarrama**  
 347 Km / +2.087 m  
 5 Days / 4 Nights  
 3 Routes



**Sierra Norte**  
 213 Km / +1.529 m  
 4-5 Days / 3-4 Nights  
 4-5 Stages



**Sierra Oeste**  
 62 Km +870 m  
 3 Days / 2 Nights  
 2 Routes



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



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