



EN

DISCOVERING & ENJOYING

SPAIN

MADRID

REGION

2018 • 2019

**CICLAMADRID
CONNECTS!**



www.ciclamadrid.es

www.turismomadrid.es



CYCLING TOURISM



CiclaMadrid Connects!

*Cycle tourism in
the Madrid Region*

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...

Madrid offers travellers a whole world for discovery within a radius of maximum one hour: four enclaves listed by Unesco as World Heritage Sites, an ensemble of 11 “Towns of Madrid” that reflect all the history, traditional architecture and charm of our region, a rich, varied and little-known natural environment.

Travellers from Spain and the world can discover us 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 landscape.

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

Cycling in the Madrid Region

Ciclamadrid, wherever your wheels take you

- CiclaMadrid is the way you can discover unique sensations at the perfect speed, your speed.
- CiclaMadrid is the way you can traverse and immerse yourself in natural spaces and areas of singular beauty.
- CiclaMadrid is an unhurried way of discovering villages, monasteries, landscapes, squares, wineries, vineyards, castles and fortresses.
- CiclaMadrid is the healthy way of meeting other people who share your interests and lifestyle.
- CiclaMadrid is a sustainable way of touring.



Ciclamadrid Gran Tour

19 days and 17 stages for thoroughly enjoying the Madrid Region

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



The CiclaMadrid Gran Tour is a major 420-kilometres itinerary to be followed. Why not do it at least once in your life? Three of Unesco's World Heritage Site destinations, seven Towns of Madrid, enchanting villages, historic gardens and natural parks... All of Madrid in only 17 steps. Mornings are for cycling, afternoons for wandering... That's the idea.

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

↓
ARANJUEZ
CHINCHÓN

Stage 2. Lands, wines and monumental villages, towards Villarejo Castle

↓
CHINCHÓN
VILLAREJO DE SALVANÉS

Stage 3. Around Madrid's Alcarria region heading towards Goyeneche Palace

↓
VILLAREJO DE SALVANÉS
NUEVO BAZTÁN

Stage 4. On the way to Complutum and the city of Cervantes

↓
NUEVO BAZTÁN
ALCALÁ DE HENARES

Stage 5. Around the countryside of la Alcarria de Alcalá

↓
ALCALÁ DE HENARES
ALGETE

Stage 6. The upper basin of the river Jarama, from the moorland to the mountain range

↓
ALGETE
TORRELAGUNA

Stage 7. Around the south of the Northern Range, heading towards Miraflores de la Sierra

↓
TORRELAGUNA
MIRAFLORES DE LA SIERRA

Stage 8. Route of the Los Mendoza Castle

↓
MIRAFLORES DE LA SIERRA
MANZANARES EL REAL

Stage 9. Views of the National Park

↓
MANZANARES EL REAL
MORALZARZAL

Stage 10. Along the foothills of the Guadarrama Range

↓
MORALZARZAL
SAN LORENZO DE EL ESCORIAL

Stage 11. Around the dehesa boyal meadowlands, in the shadow of Mount Abantos and Las Machotas

↓
SAN LORENZO DE EL ESCORIAL
ROBLEDO DE CHAVELA

Stage 12. Waters of San Juan among pine groves, along the Gredos foothills

↓
ROBLEDO DE CHAVELA
SAN MARTÍN DE VALDEIGLESIAS

Stage 13. Territory of the Iberian Imperial Eagle, hills covered in garnacha and albillo real vines

↓
SAN MARTÍN DE VALDEIGLESIAS
ALDEA DEL FRESNO

Stage 14. From meadowlands to flatlands, land of garnacha and malvar wines

↓
ALDEA DEL FRESNO
NAVALCARNERO

Stage 15. The middle basin of the river Guadarrama, adobe villages and tiled roofs

↓
NAVALCARNERO
GRINÓN

Stage 16. Heading towards Madrid's La Sagra region, discovering Puñonrostro Castle

↓
GRINÓN
VALDEMORO

Stage 17. Southeast Park and Aranjuez Cultural Landscape

↓
VALDEMORO
ARANJUEZ

Aranjuez and southeast regional park

Cultural landscape, wine tourism

- Family cycle tourism /178 Km
- Average gradient per stage: 268 m Circular.
- 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.

Stage 1 Aranjuez Cultural Landscape

↓
ARANJUEZ
ARANJUEZ

Stage 1 The Tagus floodplain. From historic gardens to dryland fields

↓
ARANJUEZ
CHINCHÓN

Stage 1 Land, wines and monumental villages

↓
CHINCHÓN
CARABAÑA

Stage 1 Green Trail of the River Tajuña

↓
CARABAÑA
ARGANDA DEL REY

Stage 1 The Lower Floodplain of the River Jarama

↓
ARGANDA DEL REY
CIEMPOZUELOS

Stage 1 Southeast Regional Park

↓
CIEMPOZUELOS
ARANJUEZ

Sierra de Guadarrama

Road cycling tourism

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



The Sierra de Guadarrama (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.

Route 1 Challenge of the Guadarrama Mountain Passes

↓
COLMENAR VIEJO
COLMENAR VIEJO

Ruta 2 Mountain Passes of the Northern Range

↓
EL BERRUECO
EL BERRUECO

Ruta 3 Mythical mountain passes: Navacerrada, La Morcuera, Cotos

↓
NAVACERRADA
NAVACERRADA



Sierra Norte

Mountain Bike Tour

- Mountain sports cycling /213 Km
- +Average gradient per stage: 5942 m
- Recommended over 4-5 stages



CiclaMadrid also offers a great route especially designed for. The itinerary covers the perimeter of the Sierra Norte (Northern Range) over a distance of 213 km, with numerous approaches to towns where you can find all kinds of restaurants, accommodation or other tourist services. 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. But the views are certainly spectacular.

Stage 1 Bustarviejo - Lozoya

↓
BUSTARVIEJO
LOZOYA

Stage 1 Lozoya – Montejo de la Sierra

↓
LOZOYA
MONTEJO DE LA SIERRA

Stage 1 Montejo de la Sierra – El Atazar

↓
MONTEJO DE LA SIERRA
EL ATAZAR

Stage 1 El Atazar – Bustarviejo

↓
EL ATAZAR
BUSTARVIEJO

Sierra Oeste

Countryside Cycle Tourism

- Countryside cycle tourism /62 Km
- +Average gradien per route: 870 m
- 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, the Enchanted Forest 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. CiclaMadrid proposes two routes in this area, riding along extensive pine forests, rivers and meadowlands.

Route 1 Royal Pines Route

↓
SAN MARTÍN DE VALDEIGLESIAS
SAN MARTÍN DE VALDEIGLESIAS

Route 2 Pelayos de la Presa

↓
PELAYOS DE LA PRESA
PELAYOS DE LA PRESA



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