

DISCOVERING & ENJOYING

SPAIN

MADRID

REGION

EXPERIENCES 2018 · 2019

MADRID,
GET ACTIVE!



Comunidad
de Madrid

DISCOVERING & ENJOYING

SPAIN

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MADRID,
GET ACTIVE!



NATURE AND ACTIVE TOURISM

Index

• Get active!	10
· Madrid, a destination for Active Tourism	10
· More than you could ever imagine	11
· Madrid is more than Madrid: get going!	12
• Active Tourism experiences for every season	16
· Spring	17
· Summer	26
· Autumn	40
· Winter	48
• List of good practices	56
• List of companies	57
• Websites of interest	57
• List of experiences	58

Active Tourism is a different, healthy and entertaining way of enjoying our natural environment, of taking exercise and of living unique experiences just a couple of steps away from the big city. The potential of this type of tourism lies in its multiple attractions and in allowing us to come into contact with nature while exploring unusual places, helping to conserve the natural spaces through responsible leisure while practicing all kinds of outdoor activities.

Through Active Tourism, as well as creating new memories, we will have the opportunity of rebooting our mind and exercising our body, catching the optimistic impulse that this type of experience provides. This way of moving around the Madrid region gives us the chance of doing group activities in which to meet new friends, strengthen our will to succeed and enjoy the environment in places that transmit harmony and vitality.

Who has never felt the appeal of nature? Who doesn't feel the occasional need to go out into the countryside to shed the urban tedium and the noise of the city? More and more people are looking to escape routine through plans that surprise and give them something special. This is why the activities we suggest here will stimulate visitors to pursue different experiences that allow them to switch off from the daily grind of the big city.

While on occasion they may go unnoticed, the Madrid region boasts truly interesting settings just a few steps away from the urban centres. The Madrid Region manages nine major Protected Natural Spaces that occupy as much as 15% of its entire territory. Among these spaces are world-class emblematic enclaves of outstanding biodiversity, conservation and beauty that are awaiting your visit to offer you their fresh air and the beauty of their landscapes.

In these places, the vast flora and wildlife riches they contain thanks to their varied topography inhabit mountains, valleys, forests, rivers, lakes and steppes. For decades they have been meeting points for explorers, mountaineers and nature enthusiasts.

All of them make of the Madrid region an extraordinary destination. Less than one hour from the centre, and throughout the territory, there are many enchanting villages that invite us to become thoroughly acquainted with their natural and traditional setting. And in Madrid we enjoy that bright and particular light that floods and energizes us in every season of the year... and is envied by many! And this is all offered by the Madrid denizens with friendliness and hospitality.

Do not ignore nature's impulse and come and discover the Madrid region by walking in its forests, climbing mountains and floating down rivers, as a couple, as a family or meeting new friends.

Get active!



Get Active!

Madrid, a destination for Active Tourism

Active Tourism is a great source of motivation and wellbeing for the whole family. Doing any outdoor exercise, or simply walking in the meadowlands and forests of the Madrid region, guarantees a good amount of health and energy.

In the region surrounding Madrid you can live many Active Tourism experiences: cycling tourism, climbing, paintballing, archery, skiing, horse riding and even kayaking: safe activities with different levels of difficulty for every member of the public, from beginners to proficient sportspeople. These activities will give us the key to enjoying nature for ourselves, and among them we will also find extreme sports options in which the most intrepid visitors will enjoy a great adrenaline rush.

Madrid is an outstanding destination for all these activities. Its topography encourages outdoor action and sport while offering rest and peace. The entire region is crisscrossed by a network of paths running through rural spots, protected natural spaces, glens and livestock trails. It also boasts major ski resorts in which to practice winter sports, reservoirs and rivers for nautical activities and an exemplary network of cycling routes: CiclaMadrid, with more than 1,200 kilometres of paths around the region.

With the help of a map, good footwear and high doses of energy we can traverse unique natural spaces while enjoying the fresh air and giving full rein to our spirit of adventure.

Don't stay at home: live the Madrid challenge.

More than you could ever imagine

It is always interesting to get to know unusual expanses and view beautiful landscapes, but why not do it while acquiring healthy habits, starting out and progressing in the practice of a sport or physical activity?

Madrid offers us a fantastic environment for enjoying the best Active Tourism experiences, encompassing from the high peaks of the Guadarrama range, with the highest being the Peñalara peak at more than 2,400 metres, to the valley of the river Tagus, which crosses the Madrid Region at an altitude of only 400 metres. Between both points there are less than 100 kilometres as the crow flies for enjoying a vast and attractive variety of landscapes.

Less than an hour from the centre of Madrid, and in every direction, you will find:

- Mountains with snowy summits, many of them part of the Guadarrama National Park, a paradise for hikers and cyclists as well as snowshoeing and cross-country skiing enthusiasts in winter.
- Extensive deciduous forests such as the beech forest in Montejo de la Sierra, a UNESCO World Heritage site and one of the southernmost beech forests in Europe, located in the Sierra del Rincón Biosphere Reserve. Ideal for hikers and cyclists, who must take into account the restrictions that apply in this protected space.
- Leafy holm oak woods in the southwest that almost reach the centre of the capital through El Pardo and the Casa de Campo, ideal territory for the practice of many Active Tourism and ecotourism activities.
- Rushing rivers such as the Jarama, the Manzanares and the Tajuña, which shape Madrid's landscape and ultimately flow into the great river Tagus, outlining a route that leads to Aranjuez, a UNESCO World Heritage site, with navigable canoeing areas.
- Extensive pine groves in the Guadarrama foothills and in the mountains that dot the region. To the east, the landscapes of the Alcarria and the valleys of the Jarama, Manzanares and Tajuña rivers, with high environmental value and unique vegetation. The Green Trail of the Tajuña and the Green Trail of the 40-Day Train are two ideal itineraries for anyone looking for a bicycle-friendly route, bowling along on the platform of an old railway.
- And much more, from the placid waters of reservoirs for rowing at the foot of the mountains to geological jewels such as La Pedriza, the open-air sculptural granite museum and one of the most renowned climbing spots in Spain.

In all of these enclaves you will encounter exciting experiences. Feel the air in your face as you tear along the CiclaMadrid cycling routes. Let yourself be astonished by nature while walking on the paths, the livestock trails and the glens. Enjoy the reward of reaching a summit, admiring the breathtaking views that Madrid's Mountain Range offers you. Release adrenaline by sliding along the zip wires of the adventure parks, crossing the treetops in the most intrepid way. Exercise your aim in archery or in paintballing. Ride on horseback through valleys, ski or snowboard in the great mountain passes and dare to kayak or paddle surf on one of the region's multiple reservoirs.

All of these activities, and many others you may not even have imagined, are available less than a hundred kilometres from central Madrid thanks to companies that are a benchmark for their quality, that care for the environment and actively strive for sustainability.

The entire region's natural environment enjoys fantastic links with the towns through the public transport network, with a level of service of extremely high quality: hotels, rural houses, inns, restaurants, companies that rent out all sports gear you need and specialized travel agencies. Everything is arranged so that you only need to concern yourself with enjoying your activity to the utmost.

Madrid is more than Madrid: get going!

The city of Madrid is a first-rate tourist destination, with its cultural offer, its fashion shops and its restaurants, which are a veritable constellation of Michelin stars, attracting millions of tourists each year.

But this is only the start. In Madrid four UNESCO World Heritage Sites await us. One of them is Alcalá de Henares, a university city since Cardinal Cisneros founded here one of the most important centres of knowledge in Europe back in 1499 and where wisdom is still in the air. We will also find Aranjuez, a place of recreation congregating historic palaces and gardens, regal halls and extensive vegetable gardens, the result of a combination of landscaping, architectural and artistic works from several key periods in the History of Spain, essentially the 18th century. Another major World Heritage site is San Lorenzo de El Escorial, with its extraordinary artistic heritage and a location in the Sierra de Guadarrama mountain range that adds its natural and landscape appeal for mountaineers and hiking enthusiasts, who will also encounter the Herrería Forest and the Abantos Pine Grove. And lastly the Montejo Beech Forest, situated in the Sierra del Rincón Biosphere Reserve, a Natural World Heritage site of incalculable value for its biodiversity and conservation.

Today, these four unique destinations are connected by CiclaMadrid, a great option for cycling tourism that places the Madrid region at the level of other major European projects seeking to encourage the use of this sustainable and healthy means of transport.

CiclaMadrid also leads us to another fantastic suggestion: Towns of Madrid, an ensemble of singular destinations for the recognized value of their Cultural Heritage, which have succeeded in conserving their rural authenticity while also having in place sufficiently extensive tourist infrastructures to provide quality and satisfaction:

- **Manzanares el Real** has forests, a reservoir in the vicinity of La Pedriza, the granite maze that delights climbers. The famous 16th-century Castle of the Mendozas can be visited almost in its entirety and is also the stage for medieval festivals and other festivities.
- **Rascafría**, situated in the Lozoya valley at the foot of Guadarrama, is a livestock ranching, forestry and tourist town offering postcard images and one of Madrid's most suitable settings for Active Tourism, such as downhill or cross-country skiing, hiking, equestrian routes, seasonal mushroom picking, etc. Here we can visit the Monastery of Santa María del Paular, a jewel of 15th-century monastic art.
- **Patones**, in the Jarama basin, lies in a beautiful landscape of slates and rock roses. An obligatory stopover for any mountain enthusiast, with a name that has been associated with climbing and caving for decades. To get to know it properly, we recommend the El Barranco environmental trail that separates the two Patones, the Upper and the Lower one: a 750-m path from which the entire natural environment of this setting is visible.
- **Torrelaguna**, the location of Santa María Magdalena, a beautiful 14th-century gothic church. From this area you can set out towards the natural expanse of the Middle Valley of the river Jarama, a landscape with a rich hydraulic heritage thanks to having been the first site of the Isabel II Canal.
- **Buitrago del Lozoya**, a medieval town with walls circled by the river Lozoya, covered in snow at Christmas time like in years gone by, serving as a natural stage for a live Nativity that is listed as being of Regional Tourist Interest and is held all along the walled construction.
- **Nuevo Baztán** is a town founded in the 18th century and charged with carrying out the industrial activity of the Court. From its beautiful historic centre you can take the Valmores path, running through the heathland and the slopes of the valley that configure the most representative landscape of the regional southeast.
- **Chinchón**. In the surroundings of this town, which has a square that is required viewing, we find landscapes of wetlands such as the lagoons of San Juan, Casasola and San Galindo, or the Pingarrón space contained within the Southeast Regional Park.
- **Colmenar de Oreja** stands out for its magnificent square and traditional architecture. In addition, the cultivation of vines, its wineries, caves and basically the wine and gastronomy traditions of the municipality make it unique. The Tajuña Green Trail passes through the town, enchanting anyone who goes on an excursion along it.
- **Villarejo de Salvanés**, a town that conserves the proud keep of its 15th-century castle, boasts a landscape enhanced by the Pine Grove of La Encomienda de Castilla or the Valdepuerco Pine Grove, considered to be the only natural Aleppo pine grove in the Madrid Region.
- **Navalcarnero** operates as a link to the holm oak forests of the south-western part of the Guadarrama Regional Park, which we can comfortably reach by bike along the Green Trail that starts in Móstoles. Thanks to its Parque de Buenavista and the Parque del V Centenario, Navalcarnero offers a range of green tracts that appear to find themselves in the midst of nature.
- **San Martín de Valdeiglesias**. This town gives its name to one of the three sub-zones of the Vinos de Madrid Designation of Origin. Here we find an interesting route that passes the old railway station, where cyclists and walkers take advantage of the unused track layout to enjoy the surroundings. Of great importance for Active Tourism in this area is the San Juan Reservoir, with a marina founded in 1958, an example of the promotion of sailing, with an important school and frequent regattas.

The Madrid Region's strategic geographical location in the centre of the peninsula, with territories as varied as the elevations of the Central System, the Tagus depression and the transition zone between them, conditions and gives rise to a variety of contrasts. Such variety, in turn, is at the source of the diversity of ecosystems and flora and wildlife species found in Madrid.

More than 39% of the Madrid Region territory is listed as a Site of Community Importance in the European Natura 2000 Network. More than 100,000 hectares of protected natural spaces consolidate the excellent natural heritage to be enjoyed and conserved for future generations.

In Madrid, Active Tourism enjoys an excellent base with CiclaMadrid's proposal, which places within the reach of cycling enthusiasts more than 700 kilometres of outstanding routes for tourism. The same can be said of the Region's network of Livestock Trails, Natural Paths such as those along the Lozoya and the Tagus, or the Green Trails, among them those of the river Tajuña, the 40-Day Train or the river Alberche, this last one now recovered as it passes through Móstoles, allowing us to practically arrive at the provincial boundary with Ávila.

The GR footpaths are part of the European network of trails that cross some of Europe's most beautiful forests and mountains in a safe and regulated way. Several GRs pass through Madrid, among them the GR10 from Valencia to Lisbon or the Royal Pathway, the GR113, which takes us from the Sierra to Aranjuez and passes through the city of Madrid.

Madrid's natural environment also has internationally recognized climbing areas such as Patones and La Pedriza, with equitation schools offering some unforgettable itineraries on horseback and different reservoirs in which to practice canoeing or sailing. And not just this. We will also encounter summits from which to take off on a paragliding flight over Madrid's territory, adventure parks dotting the entire region, the offer of Active Tourism companies, of specialized travel agencies and of accommodation and restaurants. Endless treasures for coming into contact with nature, making of Madrid an ideal destination for your adventure.

Madrid moves in all the cardinal directions.



Active Tourism Experiences for everyseason

Active Tourism in Madrid, open all year, 52 weeks for unqualified enjoyment.

Whatever time of the year you come to Madrid, you will find at all times an excellent opportunity for the outdoor enjoyment of the region. Although many of these activities can be undertaken throughout the year, we have selected the best ones for each season.

Type of activity:



Activities and sports with horses or other animals



Activities in contact with nature



Mountain activities and sports



Cycling activities and sports



Winter activities and sports



Nautical activities and sports



Extreme adventures and sports

Adapted to different recipients:



The activity is adapted to families with children.



Activity recommended for children older than a set age

Spring

Spring in the Madrid region is a veritable explosion of life, colour and Active Tourism possibilities. This season is one of the best times of the year for many activities that will make us feel better about ourselves and our environment, enjoying the beauty of the landscape.

The days are lengthening, the temperatures are rising, the cold is retreating and the Madrid sky is even brighter in the early spring mornings. This is the perfect season for hiking and cycling tourism. Come and gain a deeper knowledge of the natural settings within the Regional Parks, the Biosphere Reserves and the Natura 2000 Network of Protected Spaces with their pine groves, beech forests, dales and more.

Discover the Routes and Paths of the Madrid Region and, if you like cycling, don't miss out on CiclaMadrid, the great network of cycling routes that link up the Madrid Towns and the UNESCO World Heritage Sites.

To bear in mind

- Activities are subject to availability and prior booking.
- All activities include corresponding insurance.
- The listed prices include VAT.
- Experiences of more than one day are organized in a way that allows visitors to have free periods and take time to rest.
- Nature observation and discovery activities are guided and have the necessary permits in place. The companies that perform these tasks respect the natural spaces and species being watched so as to cause minimal disturbance to their habitat and behaviour. Participants should follow the indications of the guides at all times.
- All activities are available to adults. Those that can be adapted to families with children are indicated with the corresponding icon.
- Whenever the activity is recommended for children older than a set age, this will also be indicated with an icon.

1. Adrenaline in its purest form



In this experience you will enter the world of equestrian activities, enjoying the landscape and peace of Cercedilla. After nightfall, you will learn about stars and astronomy with an expert who will explain how to identify the constellations revolving around the Pole Star. You will then spend the night in the La Maya Hotel and on the following day enjoy active leisure on the zip wires.

When

All year

Where

Cercedilla

Difficulty

Medium - Low

Duration

2 days

Perfect for

Families and couples

Protected natural space

Sierra del Guadarrama National Park

Price

79 € per person

Includes

Horse ride, nocturnal outing with an expert in astronomy, accommodation, breakfast and experience on zip wires

Organizing

Sierra del Guadarrama Booking Centre booking centre

(CICMA 663)

91 852 09 00

reservas@sierradelguadarrama.com

www.sierradelguadarrama.com

2. CiclaMadrid: Guadarrama Road Bike Tour



The Guadarrama Mountain Range has various mountain passes for the enjoyment of road cyclists. Here you can climb the famous gradients of the Cycling Tour of Spain in different stages, over five days and with accommodation in hotels along the route. All enhanced by a spectacular landscape, organized so that you only need to concern yourself with pedalling.

When

May to October

Where

Villages in the Sierra de Guadarrama

Difficulty

Medium - High

Duration

5 days, 4 nights, 4 days of cycling route

Perfect for

Couples and groups of friends

Protected natural space

Sierra del Guadarrama National Park

Price

From 645 € per person

Includes

Accommodation and half board, route book, baggage transfer, accident insurance and assistance telephone number

Organizing

Rutas Pangea Cycling Holidays
(CICMA 2690)
91 517 28 39
info@cyclingsholidays.bike
www.cyclingsholidays.bike

3. Weekend on a canoe with a barbecue



This experience starts on Friday afternoon, with arrival at the accommodation for the weekend: an old manor house with spectacular views situated on a hill overlooking the Jarama Valley. In this dramatic setting we can follow an interpretative route in canoes on the river Jarama and taste a fantastic Argentine barbecue. The canoeing activity can be done on Saturday morning or afternoon and lasts approximately three hours. Depending on the timeframe chosen, the barbecue can be held at lunchtime or in the afternoon-evening.

When

Friday to Saturday.
Possibility of doing it on weekdays, with prior booking

Where

Aire Libre Torremocha Club in Torremocha de Jarama

Difficulty

Low

Duration

3 days, 2 nights

Perfect for

All members of the public

Protected natural space

ZEPA Zone - Jarama and Henares river basins

Price

110 € per person

Includes

Gear, guide and insurance

Others

Prior booking. Group of minimum 10 people

Organizing

Sierra del Guadarrama Booking Centre
(CICMA 663)
91 852 09 00
reservas@sierradelguadarrama.com
www.sierradelguadarrama.com

4. Tandem paragliding flight and barbecue



In this unique experience you can fly through Madrid's skies. Live a paragliding experience and end the day with a hearty Argentine barbecue in the ranch of Aire Libre Torremocha Club.

When

March to November

Where

Torremocha de Jarama

Difficulty

Low

Duration

Approximately six hours.
Flight of approximately 20 minutes per person

Perfect for

Anyone. Children from 8 years old weighing less than 100 kg

Protected natural space

ZEPA Zone - Jarama and Henares river basins

Price

95 € per person

Includes

Gear, guide and insurance

Others

Prior booking. Group of minimum 4 people. Activity subject to weather conditions. Indispensable to wear comfortable clothing, sports footwear, long trousers and windbreaker in winter

Organizing

Sierra del Guadarrama Booking Centre (CICMA 663)
91 852 09 00
reservas@sierradelguadarrama.com
www.sierradelguadarrama.com

5. CiclaMadrid: Green Trail of the Tajuña river



In this activity you can follow a route accessible to all types of public, discovering the Tajuña Valley on its Green Trail: a fantastic itinerary for Madrid's spring-time, enjoying the spectacular landscape of chalk cliffs and flower meadows in one of Madrid's most rural areas.

When

Monday to Thursday between May and October
(except July and August)

Where

Tajuña Valley

Difficulty

Low

Duration

One day

Perfect for

Couples, families, groups of friends

Protected natural space

Southeast Regional Park

Price

45 € per person

Includes

Bicycle rental, hotel transfers, lunch, accident insurance, assistance telephone number

Others

Option of renting an electric bike

Organizing

Rutas Pangea
91 517 28 39
pangea@rutaspangea.com
www.rutaspangea.com

6. Climbing baptism of fire



Dare to undergo your climbing and abseiling baptism of fire in Madrid in a fun, dynamic and very exciting adventure. The experience consists of a day of climbing very steep walls, using our physical and mental strength. To descend, we will learn abseiling, sliding down the vertical surfaces. An activity designed for anyone, regardless of age or physical fitness. You can do it!

When

All year

Where

La Pedriza

Difficulty

Low

Duration

3 to 4 hours

Perfect for

Anyone, children from 8 years of age

Protected natural space

Sierra del Guadarrama National Park

Price

From 35 €

Includes

Certified climbing guide, full equipment, Civil liability and accident insurance

Organizing

Yurok Adventures
91 173 04 26
reservas@yurok.es
www.yurok.es

7. Routes on horseback around the Guadarrama Middle Course Regional Park



In this activity you will enjoy routes on horseback through the forest in the company of an instructor and in a very well-preserved environment near the city of Madrid. No prior experience is required: even if it's the first time you get on a horse, you will enjoy the ride and being contact with these noble animals. The horses of La Retienta Ranch are perfectly well trained for children's lessons and for following the route with both expert riders and beginners, regardless of physical fitness level.

When

All year

Where

Villaviciosa de Odón

Difficulty

Easy

Duration

Minimum one hour

Perfect for

All kinds of public

Protected natural space

Guadarrama Middle Course Regional Park

Price

From 15 €

Includes

Route on horseback accompanied by an instructor

Others

Horse riding lessons available and rides without instructor for experienced riders

Organizing

Finca la Retienta ranch
629 542 857 / 671 471 631
retienta@hotmail.com
www.fincalaretienta.es

8. Adventure in Cercedilla



In this activity you can visit Spain's largest adventure park: Aventura Amazonia, in Cercedilla, which offers more than 100 games and zip wires among the trees, in the setting of the Fuenfría valley. The park has seven adventure circuits of differing levels of difficulty, from those designed for children to X-Trem for the most intrepid participants only, as well as the Canopy circuit, which has more than 470 metres of just zip wires.

When

All year

Where

Las Dehesas, Cercedilla

Difficulty

Several levels

Duration

3 hours

Perfect for

Anyone. Children from 6 years of age, minimum height 1.15 metres

Protected natural space

Sierra del Guadarrama National Park

Price

From 14 € a 21 €. Consult rates

Includes

Parking

Others

No prior experience or special physical fitness is required to enjoy the circuits. Groups can benefit from important discounts. Prior booking is recommended

Organizing

Aventura Amazonia Cercedilla
91 852 25 46
reservas@aventura-amazonia.com
www.aventura-amazonia.com/parques-amazonia/cercedilla/

9. Hiking routes around the Guadarrama National Park



In this experience you can follow one-day hiking routes, discovering the most characteristic landscapes of the Guadarrama National Park in the company of a guide, who will help us interpret the geology, flora and wildlife of one of the most valuable environments of our natural heritage.

When

All year

Where

Sierra de Guadarrama National Park

Difficulty

Low - Medium depending on the chosen itinerary

Duration

Full day or half day

Perfect for

All kinds of public

Protected natural space

Sierra de Guadarrama National Park

Price

From 35 €

Includes

Certified mountain guide. Civil liability and accident insurance
Common technical gear

Organizing

Guides Zona Centro
685 531 695
info@guiaszonacentro.com
www.guiaszonacentro.com

10. Discover the Cueva del Aire



The Cueva del Aire, the Air Cave, is a small cave in the area of Patones village. With a whimsical, very interesting geology, this environment features many cavities as a consequence of the highly porous limestone rocks that allowed them to be formed. This cave is ideal for introducing children to caving. The guide will lead us through the first cleft, which leads to the largest hall in this cave. From here we will explore all its galleries and enjoy a unique underground setting.

When

All year

Where

Patones de Abajo

Difficulty

Low

Duration

2 to 3 hours

Perfect for

Anyone. Children from 8 years of age

Price

From 35 €

Includes

Certified caving guide, equipment, Civil liability and accident insurance

Organizing

Yurok Adventures
91 173 04 26
reservas@yurok.es
www.yurok.es

11. Canyoning in Somosierra



You are in for a surprise with this activity, which lasts around three hours and is only a step away from Madrid city. While there are other canyoning itineraries in the Madrid Region, this one is undoubtedly the most spectacular and exciting one because its setting offers many possibilities for enjoying nature. We will descend into the depths of the canyon, abseiling up to 30 metres, with jumps and slides. For those who prefer to walk down, they can do so along a path running parallel to the river.

When

April to October

Where

Puerto de Somosierra mountain pass

Difficulty

Low or Medium - High

Duration

2 to 3 hours

Perfect for

Anyone. Children from 14 years of age.

Not recommended for people who suffer from vertigoW

Protected natural space

Sierra de Guadarrama National Park

Price

From 35 € per person

Includes

Technical Sports Guide specialized in mountaineering and canyoning. Full equipment. Civil liability insurance

Others

Depending on each year's rainfall, the end of spring tends to be the time when the canyon carries most water. Optional transfers in a vehicle from the city of Madrid. Consult availability

Organizing

Isadia Aventura
91 243 88 33
viajes@isadia-aventura.com
www.isadia-aventura.com

12. Archery in the Sierra de Guadarrama National Park



Enjoy the de-stressing activity of archery. The instructors from the company Navalmedio will teach you to handle the required gear and accompany you during a series of exercises to develop your technique and aim, in a suitable activity for doing with friends, with the family or as a couple.

When

Saturdays, Sundays and holidays throughout the year

Where

Cercedilla

Difficulty

Low

Duration

One hour

Perfect for

Anyone. Children from 5 years of age

Protected natural space

Sierra de Guadarrama National Park

Price

15 €

Includes

Instructor and required gear

Others

You can complete this activity with a ride on horseback. Activity subject to weather conditions

Organizing

Navalmedio Experiencias en Naturaleza
Experiences in Nature
91 852 30 19
reservas@navalmedio.es
www.navalmedio.es

13. A bird's eye view of the landscape: climb to the Peña de La Cabra crag



In this seven-kilometre circular route we climb to the Peña de La Cabra, one of the most emblematic crags in the Sierra del Rincón Biosphere Reserve. From here we will have sweeping vistas of the Sierra de Guadarrama and Somosierra, the Sierra del Rincón and the Sierra de Ayllón.

When

March to July and September to November

Where

Puerto de La Puebla mountain pass

Difficulty

Medium

Duration

5 hours

Perfect for

Anyone. Children from 9 years of age

Protected natural space

Sierra del Rincón Biosphere Reserve

Price

180 € per group

Includes

Environmental interpreter guide and field guides, optical material on loan (not for the whole group)

Others

For groups from Monday to Friday. Dates on weekends and holidays depending on agenda. Recommended group of maximum 15 people. Can be done with pets, keeping in mind that if there is loose livestock around they will have to be kept on a lead

Organizing

De Raíz-Educación e Interpretación Ambiental
Environmental Education and Interpretation
615 076 498
info@deraiz.online
www.deraiz.online

14. Climb the beautiful Mondalindo



In this circular mountain route we can climb the Mondalindo massif and enjoy the beauty of the panoramic views in a mountain environment: Valle Hermoso, the Cuerda Larga, the Lozoya Valley, the Montes Carpetanos mountains of the Sierra de Guadarrama, the Sierra de Ayllón, La Cabrera, the El Atazar reservoir, the Jarama Valley, the Pedrezuela reservoir, the Cerro de San Pedro ridge, El Pendón, etc. We will learn all about riverside woods, pine groves, mountain brushwood, etc. and have the opportunity of learning about the history of the Bustarviejo silver mine.

When

April to June and September to November

Where

Fuente del Collado, Bustarviejo

Difficulty

Medium – High

Duration

6.5 hours

Perfect for

Hiking enthusiasts

Protected natural space

Area of the Natura 2000 Network: Lozoya river basin and Sierra Norte.

Price

300 € per group

Includes

Environmental interpreter guide and field guides, optical material on loan (not for the whole group)

Others

For groups from Monday to Friday. Dates on weekends and holidays depending on agenda. Recommended group of maximum 22 people. Can be done with pets, keeping in mind that if there is loose livestock around they will have to be kept on a lead

Organizing

De Raíz-Educación e Interpretación Ambiental
Environmental Education and Interpretation
615 076 498
info@deraiz.online
www.deraiz.online

15. Climbing and hiking



If what you're looking for is a day in the countryside combining climbing and hiking in a natural setting, this is your experience. Rivas Skla offers you an exciting getaway in which to enjoy nature while practicing sport.

When

Weekends. All year

Where

Within the Madrid Region

Difficulty

Low – Medium

Duration

3 a 5 hours

Perfect for

Anyone. Children from 5 years of age

Price

From 20 €

Includes

Guides, civil liability and accident insurance and climbing gear

Others

Groups of minimum 8 and maximum 12 people. We recommend that you wear comfortable clothing and carry water, a packed lunch and solar protection

Organizing

Rivas Skla
663 245 181 / 919 191 094
info@rivaskla.com
www.rivaskla.com



Summer

Summer is the time for enjoying the water, the shady slopes of the Guadarrama, the never-ending days and clear nights illuminated by the stars. Throughout the summer the countryside awaits, to surprise us with entertaining excursions that will refresh our vitality.

From June to October, Madrid's towns are filled with new visitors and activity since this is when most of them stage their popular festivals and pilgrimages, which we can combine with our most active plans.

Summer is one of the best seasons for immersing ourselves in adventure parks and living to the fullest the experience of their fantastic zip wires as a family. And it is without a doubt the ideal season for nautical activities in extraordinary settings of great environmental value. To combat the heat we recommend that you visit the cool mountain reservoirs, where you can also give yourself up to the enjoyment of kayaking or paddle surfing..

16. Hiking in the Sierra de Guadarrama National Park



In this activity you will find a great proposal for a six-day outing on foot in the Madrid region in a responsible and sustainable form of travel. You will become acquainted with Madrid and its surroundings, practice hiking and discover the charm of its towns. Away from the big city, you will enjoy a few days of peace and calm in the enchanting village of Navacerrada, doing simple hiking excursions every day and visiting some of the area's most emblematic sites: El Escorial, the Castle of Manzanares el Real or the Gardens of the Granja de San Ildefonso. Accommodation during these six days will be the rural hotel El Torreón de Navacerrada, where they will pamper us after each day for a truly restful stay.

When

Departures every Sunday from June to September

Where

Madrid Region

Difficulty

Low

Duration

6 days

Perfect for

Anyone

Protected natural space

Sierra de Guadarrama National Park

Price

From 795 €

Includes

Transfers from Madrid and in all activities, certified mountain guide, full board every day, accommodation in a rural hotel and activities included in the programme. Civil liability and travel insurance

Organizing

Amadablam Aventura (CICMA 1049)
91 002 08 14 / 620 171 187
info@amadablamaventura.es
www.spainwalking.com

17. Brave the Combo



In this weekend-long experience you will do several adventure activities in the Lozoya Valley. To make the most of nature, the Agencia Viajero Siglo XXI is proposing a two-hour canoeing route guided by instructors. You will also enjoy their zip wires and a skills circuit in their adventure park. For their overnight stay, visitors can choose from one of their bungalows or tree houses. The adventure package can include canoeing, bungee jumping or a dramatized farm. There are options for every taste.

When

May to September

Where

Gargantilla de Lozoya

Difficult

Low

Duration

2 or 3 days

Perfect for

Active families or solo travellers

Protected natural space

Sierra de Guadarrama National Park

Price

From 90 € per person per day

Includes

Accommodation, activities, gear, guides and insurance

Others

The stay and activities can be extended. Additional services: swimming pool, restaurant and sports tracks

Organizing

Agencia Viajero Siglo XXI (CIMA 2981)
91 883 47 99
director@viajerosiglo21.com
www.grupoasdon.com

18. CiclaMadrid: Mountain Bike Tour



This CiclaMadrid tour runs through sites of high natural and landscape value such as the Sierra del Guadarrama National Park, the Sierra del Rincón Biosphere Reserve or the Jarama and Lozoya plains. A five-day route with accommodation in hotels for enjoying the holm oak, oak and pine woods and the high-mountain meadows that succeed each other in these enclaves, a mosaic of ecosystems. Integrated into their natural setting, the towns along the route amass a rich artistic and ethnographic heritage for you to enjoy.

When

May to October

Where

Towns of the Sierra de Guadarrama

Difficulty

Medium - High

Duration

5 days, 4 nights, 3 cycling stages

Perfect for

Couples and groups of friends

Protected natural space

Sierra de Guadarrama National Park

Price

From 475 € per person

Includes

Accommodation and half board in a hotel and rural house. Tracking and detailed route map, travel log, baggage transfer. Accident insurance y assistance telephone number en route

Others

Optional services available such as bicycle or electric bicycle rental, guide and transfers from Adolfo Suarez Madrid - Barajas Airport to Madrid or Atocha Station

Organizing

Rutas Pangea Cycling Holidays (CICMA 2690)
91 517 28 39
info@cyclingsholidays.bike
www.cyclingsholidays.bike

19. Canoeing, archery and accommodation in Madrid's Sierra Oeste



Madrid's Sierra Oeste offers us a unique environment for Active Tourism: several fantastic bodies of water for canoeing, pine and holm oak forests of high environmental wealth and villages such as San Martín de Valdeiglesias, one of the Towns of Madrid. In this experience we will enjoy one night's accommodation in a rural house with breakfast and two Active Tourism activities: a three-hour canoeing trip and introduction to archery.

When

April to September

Where

San Martín de Valdeiglesias

Difficulty

Low

Duration

2 days, 1 night

Perfect for

Anyone. Children from 10 years of age

Protected natural space

ZEPA Zone – Holm oak woods by the river Alberche and the river Cofio

Price

From 65 € per person

Includes

Equipment for the activities and access to the reservoir's facilities (toilets, showers, changing rooms and bar)

Others

You must know how to swim

Organizing

Yucalcari Aventura (OFFTRIPS VIAJES CV-m-1992-A)
617 709 274
info@yucalcari.com
www.yucalcari.com

20. Water and rocks in the Sierra de Guadarrama



In this two-day experience with accommodation in the Prado Real Hotel, participants will acquire new knowledge on topics relating to climbing, handling canoes and descending into canyons.

When

All year

Where

Lozoya Valley and La Pedriza

Difficulty

Medium – Low

Duration

2 days

Perfect for

Families and couples

Protected natural space

Sierra de Guadarrama National Park

Price

104 € per person

Includes

Accommodation and breakfast, climbing, canoeing and canyoning activities, guides with expertise in each venture and insurance.

Organizing

Sierra del Guadarrama Booking Centre (CICMA 663)
91 852 09 00
reservas@sierradelguadarrama.com
www.sierradelguadarrama.com

21. Canoeing weekend on the river Jarama



In this weekend experience we can stay in an old stone manor house with spectacular views, sited on a hill in the Jarama Valley. The programme includes an interpretative route on canoes down the river Jarama lasting approximately three hours.

When

Friday to Saturday. Possibility of doing it on weekdays, with prior booking

Where

Aire Libre Torremocha Club in Torremocha de Jarama

Difficulty

Low

Duration

From Friday at 7 pm until Sunday afternoon

Perfect for

All kinds of public
Protected natural space: ZEPA Zone – Jarama and Henares river basins

Price

85 € per person

Includes

Gear, guide and insurance

Others

Prior booking. Group of minimum 10 people. We recommend that you bring garments and footwear for bathing

Organizing

Sierra del Guadarrama Booking Centre (CICMA 663)
91 852 09 00
reservas@sierradelguadarrama.com
www.sierradelguadarrama.com

22. Canoes and barbecue



In this activity we can take an interesting interpretative canoe trip down the river Jarama, ending in a hearty Argentine barbecue in the ranch of the Aire Libre Torremocha Club.

When

March to November

Where

Aire Libre Torremocha Club in Torremocha de Jarama

Difficulty

Low

Duration

Approximately 5 to 6 hours

Perfect for

All kinds of public

Protected natural space

ZEPA Zone – Jarama and Henares river basins

Price

60 € per person

Includes

Gear, guide and insurance

Others

Prior booking. Group of minimum 6 people. We recommend that you bring garments and footwear for bathing

Organizing

Sierra del Guadarrama Booking Centre (CICMA 663)
91 852 09 00
reservas@sierradelguadarrama.com
www.sierradelguadarrama.com



23. Canoe rental and accommodation in a ruralhouse for two people



During this weekend experience we will have the chance of taking a two-hour canoeing trip on the El Atazar reservoir and enjoying the rural house accommodation in El Berrueco, from Friday afternoon until Sunday morning.

When

Saturdays and Sundays from May to September

Where

El Berrueco

Difficulty

Low

Duration

2 days

Perfect for

Couples

Protected natural space

Area of the Natura 2000 Network: Lozoya river basin and Sierra Norte

Price

133 €

Includes

Studio-size rural house with fully equipped kitchen, towels and bed linen. Equipment for the activity. You must know how to swim and minors must be accompanied by an adult

Organizing

Meridiano Raid
91 733 79 06 / 635 445 033
info@meridianoraid.com
www.meridianoraid.com

24. A ride on horsebak in the Sierra de Guadarrama National Park



The company Navalmedio Experiencias en Naturaleza offers rides on horseback guided by expert instructors for discovering the best sites in the Sierra de Guadarrama National Park. Ideal horse riding routes for participants who have no prior experience in equestrian tourism, with very gentle horses. Depending on the season, they also organize two-hour, full-day and night-time outings and more.

When

Saturdays, Sundays and holidays throughout the year

Where

Cercedilla

Difficulty

Low

Duration

One hour

Perfect for

Anyone. Children from 8 years of age

Protected natural space

Sierra de Guadarrama National Park

Price

20 €

Includes

Instructor and required gear

Others

It can be completed with an archery session. Activity subject to weather conditions

Organizing

Navalmedio Experiencias en Naturaleza
91 852 30 19
reservas@navalmedio.es
www.navalmedio.es

25. Night-time hiking in the Sierra de Guadarrama National Park



In this experience you can do a nocturnal interpretation hike adapted to participants of every level. This original alternative is ideal for discovering the sounds and smells of the Sierra de Guadarrama National Park in the moonlight or under a starry sky. The activity is guided by environmental educators and astrotourism instructors with Starlight® certification, who will interpret the celestial vault to help you discover constellations, satellites, planets and stars.

When

Saturdays, all year

Where

Cercedilla

Difficulty

Low

Duration

3 hours

Perfect for

Families with children from 6 years of age

Protected natural space

Sierra de Guadarrama National Park

Price

18 €. Free for children under 12. Maximum of one free place per registered adult

Includes

Observation with telescope

Others

Baby carrier rental service. Activity subject to weather conditions and to reaching the required group numbers

Organizing

Navalmedio Experiencias en Naturaleza
Experiences in Nature
91 852 30 19
reservas@navalmedio.es
www.navalmedio.es

26. Kayak rental in the San Juan Reservoir



In this activity you will enjoy rowing in single, double and triple kayaks on the San Juan reservoir, on trips that can go from one hour to a full day in an incomparable natural setting. The kayaks are open and un-sinkable, very easy to handle and come with a backrest, making them very comfortable and safe.

When

April to September

Where

San Juan reservoir

Difficulty

Low

Duration

From one hour to a full day

Perfect for

Anyone. Children from 5 years of age

Protected natural space

ZEPA Zone – Holm oak forests of the river Alberche and the river Cofio

Price

From 8 € per person

Includes

Equipment for the activity and access to the reservoir facilities (toilets, showers, changing rooms and bar)

Others

You must know how to swim

Organizing

Yucalcari Aventura (OFFTRIPS VIAJES CV-m-1992-A)
617 709 274
info@yucalcari.com
www.yucalcari.com

27. Paddle surfboard rental in the San Juan reservoir



Be amazed by the single as well as the group stand-up paddleboards holding up to 10 people in the San Juan reservoir. In this activity you can practice this sport, also called “surf rowing”, from one hour to a full day. The paddle surfboards of the company Yucalcari are all top brands, and you will be given a brief explanation on how to use them correctly and on basic technique.

When

April to September

Where

San Juan reservoir

Difficulty

Low

Duration

From one hour to a full day

Perfect for

Anyone. Children from 10 years of age

Protected natural space

ZEPA Zone – Holm oak forests of the river Alberche and the river Cofio

Price

From 10 € per person

Includes

Equipment for the activity and access to the reservoir facilities (toilets, showers, changing rooms and bar)

Others

You must know how to swim

Organizing

Yucalcari Aventura (OFFTRIPS VIAJES CV-m-1992-A)
617 709 274
info@yucalcari.com
www.yucalcari.com

28. Family route in a guided canoe



In this guided canoeing route for families on the San Juan reservoir, we will steer open unsinkable canoes with a specialized guide who will show us the secrets of this dazzling natural environment in Madrid.

When

April to September

Where

San Juan reservoir

Difficulty

Low

Duration

From one hour to a full day

Perfect for

Anyone. Children from 5 years of age

Protected natural space

ZEPA Zone – Holm oak forests of the river Alberche and the river Cofio.

Price

From 15 € for children and 20 € for adults

Includes

Equipment for the activity and access to the reservoir facilities (toilets, showers, changing rooms and bar). Civil liability and accident insurance

Others

You must know how to swim

Organizing

Yucalcari Aventura (OFFTRIPS VIAJES CV-m-1992-A)
617 709 274
info@yucalcari.com
www.yucalcari.com

29. Paddle surfing baptism of fire



In this two-hour introductory course to paddle surfing or “surf rowing” with a certified instructor we will learn to assemble the board and gain good working knowledge of the practice of this sport, which has its origins in the Polynesian peoples.

When

April to September

Where

San Juan reservoir

Difficulty

Low

Duration

2 hours

Perfect for

Anyone. Children from 10 years of age

Protected natural space

ZEPA Zone – Holm oak forests of the river Alberche and the river Cofio

Price

29 €

Includes

Equipment for the activity and access to the reservoir facilities (toilets, showers, changing rooms and bar). Civil liability and accident insurance

Others

You must know how to swim

Organizing

Yucalcari Aventura (OFFTRIPS VIAJES CV-m-1992-A)
617 709 274
info@yucalcari.com
www.yucalcari.com

30. King Sup experience



Enjoy the experience of rowing on a paddle surfboard with a group of friends and a guide, on a group board in the simplest way.

When

Saturdays and Sundays from June to September

Where

Lozoya

Difficulty

Low

Duration

One hour

Perfect for

Anyone. Children from 9 years of age

Protected natural space

Area of the Natura 2000 Network. Lozoya river basin and Sierra Norte

Price

13 €

Includes

Instructor and equipment for the activity

Others

Group of minimum 3 people. You must know how to swim and minors must be accompanied by an adult

Organizing

Meridiano Raid
91 733 79 06 / 635 445 033
info@meridianoraid.com
www.meridianoraid.com

31. Introduction to paddle surfing



In this one-hour paddle surfing or “surf rowing” lesson with a certified instructor you will learn to assemble the board and gain good working knowledge of the practice of this sport, which has its origins in the Polynesian peoples.

When

Saturdays and Sundays from June to September

Where

Lozoya

Difficulty

Low

Duration

One hour

Perfect for

Anyone. Children from 10 years of age

Protected natural space

Area of the Natura 2000 Network: Lozoya river basin and Sierra Norte.

Price

20 €

Includes

Instructor and equipment for the activity

Others

You must know how to swim and minors must be accompanied by an adult

Organizing

Meridiano Raid
91 733 79 06 / 635 445 033
info@meridianoraid.com
www.meridianoraid.com

32. Introduction to canoeing in the Lozoya Valley



In this two-hour introductory lesson, a specialized instructor will guide us through the basic techniques of this aquatic sport so that we can practice and freely move around the Pinilla reservoir, an idyllic spot at the foot of the Sierra de Guadarrama.

When

Saturdays and Sundays from June to September

Where

Lozoya

Difficulty

Low

Duration

2 hours

Perfect for

Families and groups of friends. Children from 9 years of age

Protected natural space

Area of the Natura 2000 Network
Lozoya river basin and Sierra Norte

Price

20 €

Includes

Instructor for the first hour and equipment for the activity

Others

You must know how to swim and minors must be accompanied by an adult

Organizing

Meridiano Raid
91 733 79 06 / 635 445 033
info@meridianoraid.com
www.meridianoraid.com

33. Somosierra Canyon



The Somosierra canyon is great fun, ideal for people who want to try out abseiling above the waterfalls, making this an unforgettable experience. With Yurok you can choose to do the complete canyon abseiling down the great cascade or skip this part.

When

May to October

Where

Puerto de Somosierra mountain pass

Difficulty

Low

Duration

3 to 4 hours

Perfect for

Anyone. Children from 8 years of age

Protected natural space

Sierra de Guadarrama National Park

Price

From 39 €

Includes

Guide certified in abseiling down canyons, equipment for the activity. Accident and civil liability insurance

Organizing

Yurok Adventures
91 173 04 26
reservas@yurok.es
www.yurok.es



Autumn

Autumn in Madrid sees the countryside decking itself out in toasted hues. The days are shorter and Madrid's light becomes even more special. This is the ideal time for enjoying new experiences and discovering new places.

When the heat lets up and the temperatures cool down, it signals the end of the harvest in Madrid's vineyards. The deciduous forests, the beech woods, poplar groves, chestnut copses and oak stands flaunt their transformation with a colourful array of ochres, yellows and reds, blanketing a fascinating landscape.

This is a very special time for enjoying interesting markets and gastronomic events and for hiking and horse riding in our region. Visiting the Patones caves or climbing in La Pedriza are also highly recommended for revelling in Madrid's autumnal season.

34. CiclaMadrid: bike & wine



The CiclaMadrid: bike & wine experience leads us on an interesting five-day cycling route along forest trails and narrow roads with little traffic, with accommodation in hotels. We will discover special sites such as the Tajuña Valley and the Tagus Valley, Colmenar de Oreja, Chinchón, the Tajuña Green Trail, the San Juan reservoir and a World Heritage site, Aranjuez, with its gardens in the Tagus plain and the Mar de Ontígola. A significant part of the routes cross the three sub-zones of the Vinos de Madrid Designation of Origin. In these spots we will enjoy tours of some of the most important wineries and taste their magnificent wines.

When

May to October

Where

Region of the Las Vegas plain

Difficulty

Medium - Low

Duration

5 days, 4 nights, 3 days of cycling routes

Perfect for

Couples and groups of friends.

Protected natural space: Southeast Regional Park and the San Juan Reservoir Game Reserve

Price

From 495 € per person

Includes

Accommodation and half board. Tracking and detailed route map, travel log, tour and tasting in a winery, visit to the Ulpiano Checa Museum in Colmenar de Oreja Baggage transfer, accident insurance and assistance telephone number

Others

Optional services are available, such as bicycle or electric bicycle rental, guide and transfers from Adolfo Suarez Madrid - Barajas Airport to Madrid or to Atocha Station

Organizing

Rutas Pangea Cycling Holidays (CICMA 2690)

91 517 28 39

info@cyclingsholidays.bike

www.cyclingsholidays.bike

35. Interpretative route of the 'Enlightened'



Jarama Valley and gastronomic experience

We begin this experience with a welcome at the Aire Libre Torremocha Club and an interpretative talk on the nature and architecture of this special natural environment. We continue with a pleasant walk in the area of the Cabarrús Canal and the Jarama Valley and end the day with a return to the house to enjoy a hearty Argentine barbecue.

When

March to November

Where

Aire Libre Torremocha Club in Torremocha de Jarama

Difficulty

Low

Duration

Approximately 5 to 6 hours

Perfect for

All kinds of public.

Protected natural space

ZEPA Zone - Jarama and Henares river basins

Price

50 € per person

Includes

Gear, guide and insurance

Others

Prior booking. Group of minimum 4 people. We recommend that you wear comfortable clothing and footwear for walking

Organizing

Sierra del Guadarrama Booking Centre (CICMA 663)

91 852 09 00

reservas@sierradelguadarrama.com

www.sierradelguadarrama.com

36. Autumn hiking.

Discover the Montejo Beech Forest



In this experience we visit a legendary forest: the Montejo Beech Forest, a UNESCO World Heritage Site. We surround it in its entirety, revelling in the veritable explosion of colours that is only seen at this time of the year. The hiking route will be guided by an expert in interpreting the landscape, who will explain the natural history of the Beech Forest situated in the Sierra del Rincón, a Biosphere Reserve.

When

Saturdays and Sundays in October and November

Where

Sierra del Rincón

Difficulty

Low

Duration

One day

Perfect for

Anyone.

Protected natural space.

Montejo Beech Forest, a UNESCO Natural World Heritage Site

Price

From 25 €

Includes

Certified mountain guide, accident and civil liability insurance

Organizing

Amadablam Aventura (CICMA 1049)

91 002 08 14 / 620 171 187

info@amadablamaventura.es

www.spainwalking.com

37. Guided climbing in La Pedriza



In this activity, led by a specialized guide, we will climb one of the most emblematic peaks in La Pedriza: the crag of El Pájaro. A unique way of enjoying La Pedriza, a magical spot that attracts climbers from around the world.

When

All year

Where

La Pedriza

Difficulty

Medium

Duration

One day

Perfect for

Anyone with prior climbing experience.
Protected natural space.
Sierra de Guadarrama National Park

Price

From 120 €

Includes

Certified climbing guide, accident and civil liability insurance.
Common technical gear

Organizing

Guides Zona Centro
609 038 009
info@guiaszonacentro.com
www.guiaszonacentro.com

38. Climbing baptism of fire in La Pedriza



In this activity, learn the basic fundamentals of rock climbing with the company Dreampeaks. Climbing is one of the most enjoyable and thrilling extreme sports in the natural environment, a safe, excitement-filled experience that you won't ever forget. Dare to try it!

When

All year

Where

La Pedriza

Difficulty

Low

Duration

4 hours

Perfect for

Anyone.
Protected natural space.
Sierra de Guadarrama National Park

Price

From 39 €

Includes

Climbing instructor, equipment, gear, accident and civil liability insurance

Organizing

Dreampeaks
616 659 853
info@dreampeaks.com
www.dreampeaks.com

39. Caving in the Sierra de Guadarrama



Make your way into the bowels of the Sierra de Guadarrama in this experience. You will enjoy the thrill of entering into the earth through clefts and slides and even through abseiling. You will marvel at the stalactite galleries and watch the cave-dwelling bats. This activity is suitable for both families with children and for groups of bold adventurers. The company Isadia Aventura offers two levels: introduction suitable for children from twelve years of age or Medium, with several spots for abseiling from inclines.

When

All year

Where

Patones

Difficulty

Low or Medium - High

Duration

2 to 3 hours

Perfect for

Anyone. Children from 12 years of age. Not recommended for people who suffer from vertigo

Price

From 30 € per person

Includes

Technical sports guide certified in mountain sports and canyoning, full equipment for the activity. Accident and civil liability insurance and a photographic reportage

Others

Guaranteed departure in groups of minimum 4 people. Consult calendar and availability. Transfers in a group vehicle from the city of Madrid and return for 9 € per person. Consult availability

Organizing

Isadia Aventura
91 243 88 33
viajes@isadia-aventura.com
www.isadia-aventura.com

40. Adventure park in Campo Real



Enjoy several fun activities in nature in this pursuit: zip wires, Burma bridges, walkways, monkey steps, paintballing and bow battles. You can choose your favourite one from the many on offer at the Camporeal Aventura park, with several levels of difficulty adapted to each participant's skill and age.

When

All year

Where

Campo Real

Difficulty

Several levels

Duration

From one hour to a full day

Perfect for

Anyone. Children from 7 years of age

Price

From 15 €

Organizing

Camporeal Aventura
649 406 615
reservas@camporealaventura.com
www.camporealaventura.com

41. Villaviciosa with Bombikes



In this activity you can enjoy mountain biking around the holm oak woods surrounding Villaviciosa de Odón and the river Guadarrama, spaces of high environmental value offering beautiful landscapes.

When

All year

Where

Villaviciosa de Odón and surroundings

Difficulty

Several levels

Duration

From one hour to entire weekends

Perfect for

Anyone. Protected natural spaces: Guadarrama Middle Course Regional Park

Price

From 5 €

Includes

Different services depending on the route and length of time hired

Others

Mountain bike orientation courses are also available.

Organizing

Bom Bikes Villaviciosa
91 633 68 18
bombikes@bombikes.com
www.bombikes.com

42. On horseback around Villaviciosa



In this experience you can follow guided routes on a horse or pony in the spectacular natural setting of the Guadarrama Middle Course Regional Park, the estate of El Bosque and the Castle of Villaviciosa de Odón, on livestock trails and other public footpaths.

When

All year

Where

Villaviciosa de Odón

Difficulty

Low

Duration

Between one and two hours, which can be extended

Perfect for

Anyone

Protected natural spaces

Guadarrama Middle Course Regional Park

Price

From 20 €

Includes

Tour guide

Others

Possibility of taking training lessons

Organizing

Hípica Villaviciosa De Odon
639 160 032 / 616 567 702
ivanbuezo@gmail.com
www.hipicavillaviciosa.es

43. One day of hiking in the Sierra de Guadarrama National Park



In this activity you will experience a different way of discovering Madrid and its surroundings by hiking through its charming villages. The pursuit offers different excursions, depending on the day of the week, to some of the area's most emblematic sites: Mondays, the Granja de San Ildefonso and the Schmid Trail; Tuesdays, El Escorial and Monte Abantos; Wednesdays, the Fuenfría Valley; and Thursdays, La Pedriza and the Castle of Manzanares el Real.

When

Departures from Thursday to Friday depending on the programme

Where

Madrid Region

Difficulty

Low

Duration

One day

Perfect for

Anyone

Protected natural space

Sierra de Guadarrama National Park

Price

From 35 €

Includes

Transfers from and to Madrid, certified mountain guide, insurance covering travel and activities

Organizing

Amadablam Aventura
91 002 08 14 / 620 171 187
info@amadablamaventura.es
www.spainwalking.com

44. Climbing baptism of fire



This activity introduces you to the fantastic world of rock climbing. Try this exciting sport and have fun while becoming familiar with its most basic techniques. During the session you will learn a great deal about the required personal and technical gear, basic knot tying skills and rock climbing gesturing techniques. Having... acquired the basic concepts of knot tying and securing, we will start to climb equipped routes and try the abseiling manoeuvre, learning to control the descent along a fixed rope.

When

Saturdays and Sundays from April to December

Where

Madrid Region

Difficulty

Low

Duration

One day

Perfect for

Anyone

Protected natural space:

Sierra de Guadarrama National Park

Price

From 19 € for children and 25 € for adults

Includes

Certified mountain guide, required technical gear, accident and civil liability insurance

Organizing

Amadablam Aventura
620 171 187
info@amadablamaventura.es
www.amadablamaventura.es

45. Goatherding and landscape. Goats abound!



The experience starts with the arrival at the Madre Terra rural houses specializing in a healthy lifestyle. During the activity we will have a special opportunity for learning about the work and everyday life of a goatherd in La Puebla de la Sierra in the 21st century. We will walk with her in the countryside, herding the flock of goats and taking part in day-to-day tasks.

When

Monday to Friday, all year. Consult weekends and holidays

Where

La Puebla

Difficulty

Medium or Medium – High, depending on the season

Duration

4 to 5 hours

Perfect for

In the morning session: adults and children from 8 years of age.
In the afternoon session: adults and children from 5 years of age.
Protected natural space.
Sierra del Rincón Biosphere Reserve

Price

250 € per group.

Includes

Goatherding activities, environmental guide-interpreter service and educational materials

Others

Recommended group of maximum 15 people. Possible up to 17 if the group comprises adults only. The activity can be postponed or cancelled due to weather warnings. Because of the presence of herding dogs, no dogs can be allowed in the experience. Suitable clothing and footwear for walking in the countryside is recommended

Organizing

De Raíz-Educación e Interpretación Ambiental
Environmental Education and Interpretation
615 076 498
info@deraiz.online
www.deraiz.online



Winter

In Madrid, there is no excuse for ceasing the practice of all kinds of open-air activities in winter. In fact, this is the time for enjoying the magical snow-covered landscapes. There is no better way of combating the cold than to get active and make the most of one of Madrid's most beautiful seasons.

Madrid's typical continental climate sets the stage for our cold yet luminous winters. With snow taking the starring role, the region's mountains turn into a spectacular setting.

The Madrid Mountain Range invites us to enjoy Active Tourism with Nordic skiing and snowboarding or snowshoeing along some interesting routes.

46. Learning to survive. Winter multi-adventure



In this two-day experience you will have fun while acquiring some ancestral knowledge. These activities will teach you to survive in nature in the winter by learning to become self-sufficient: orientation, tracking, mountaineering and building igloos. You will learn to move around on snowshoes and with the help of crampons (provided the age of the pupils allows it) and discover how to remain steady on icy surfaces. During the orientation trial, animal tracks will help you in which direction to head in order to find them and at the end you will learn to build an igloo.

When

December to February

Where

Puerto de Navacerrada mountain pass. Accommodation in Residencia Navacerrada

Difficulty

Medium - Low

Duration

2 days

Perfect for

Families and couples

Protected natural space

Sierra de Guadarrama National Park

Price

65 € per person. Consult prices for children

Includes

Accommodation and breakfast, mountain guide, equipment for the activity and insurance

Organizing

Sierra del Guadarrama Booking Centre (CICMA 663)
91 852 09 00
reservas@sierradelguadarrama.com
www.sierradelguadarrama.com

47. Snowshoeing with a country picnic



This activity proposes an entertaining and different excursion in the Puerto de Cotos mountain pass in Madrid's Sierra Norte, surrounded by the idyllic expanses of the Guadarrama National Park and guided by the instructors of Meridiano Raid. The route takes place in reduced groups of maximum twelve people. If the weather conditions do not allow for the snowshoeing activity, this will be changed for Nordic walking along the same route. A new experience ending in a picnic and a comforting hot broth to end the outing.

When

Saturdays and Sundays if there is snow

Where

Puerto de Cotos mountain pass

Difficulty

Medium - Easy

Duration

2 hours 30 minutes

Perfect for

Families, friends, schools, etc. Children from 12 years of age. Protected natural space: Sierra de Guadarrama National Park

Price

25 €

Includes

Instructor throughout the route, picnic, broth, snowshoes and poles

Others

Must have the minimum physical ability to walk for two and a half hours

Organizing

Meridiano Raid
91 733 79 06 / 635 445 033
info@meridianoraid.com
www.meridianoraid.com

48. Snowshoeing in Madrid's Sierra



Enjoy one of the star activities in the Sierra de Guadarrama National Park, a route on snowshoes in an exceptional enclave suitable for every kind of participant. Discover Siete Picos, the seven peaks, and the Valsain pine woods, a historic forest. During the walk you will revel in the fabulous views of Madrid and Segovia, never tiring of looking at the landscape. We will use snowshoes to walk on the vast white mantle covering the mountains. With them we can walk without sinking, discovering beautiful expanses in the company of a certified guide.

When

Saturdays and Sundays from December to March

Where

Puerto de Navacerrada mountain pass

Difficulty

Medium - Low

Duration

One day

Perfect for

Anyone

Protected natural space

Sierra de Guadarrama National Park

Price

From 25 €

Includes

Certified mountain guide, required technical gear, accident and civil liability insurance

Organizing

Amadablam Aventura (CICMA 1049)
91 002 08 14 / 620 171 187
info@amadablamaventura.es
www.spainwalking.com

49. Snowshoeing excursion in Navacerrada



The company Dreampeaks organizes snowshoeing outings and excursions in the Sierra de Guadarrama to enjoy the mountains in winter.

When

December to April

Where

Puerto de Navacerrada mountain pass, Cercedilla

Difficulty

Low - Medium

Duration

4 hours. Perfect for

Anyone

Protected natural space
Sierra de Guadarrama National Park

Price

From 25 €

Includes

Mountain guide, guided route, snowshoes and poles and insurance

Organizing

Dreampeaks
616 659 853
info@dreampeaks.com
www.dreampeaks.com

50. Snowshoeing in the Sierra de Guadarrama



This mountain route follows the northern slope of the Pico del Telégrafo, the telegraph peak. We will take it to approach one of the most legendary trails of the Sierra de Guadarrama. Starting our ascent and leaving behind the pistes of the ski resort as we head for the summit, we will understand the reason for the peak's name. We will then follow a passage with very few gradients towards the nearby meadows, where we will admire some of the most unforgettable panoramic views on the Castilian plateau. On the return journey we will be sheltered by the centuries-old pines of the Valsain forest on the northern slope of the Sierra, walking the last sections of the famous Schmid Trail.

When

November to April

Where

Puerto de Navacerrada mountain pass

Difficulty

Low

Duration

2 to 3 hours

Perfect for

Anyone. Children from 10 years of age

Protected natural space

Sierra de Guadarrama National Park

Price

25 € per person

Includes

Technical sports guide certified in mid-mountain ranges, equipment for the activity, picnic (hot chocolate and sandwich), photographic reportage and civil liability insurance

Others

Activity subject to weather conditions. Guaranteed departure for groups of minimum 4 people. Consult calendar and availability. Transfers in the company's group vehicle from the city of Madrid and return for 9 € per person. Consult availability

Organizing

Isadia Aventura
91 243 88 33
viajes@isadia-aventura.com
www.isadia-aventura.com

51. Night-time snowshoeing around the Sierra de Guadarrama with a special dinner



In this experience you will traverse the snowy forests and peaks of the Sierra de Guadarrama in the moonlight, ending in a pleasant dinner. You will enjoy nightfall in winter and a well-deserved rest while tasting some delicious tidbits: Iberian appetizers, patés and cheeses and a selection of delectable desserts. All washed down by a half-bottle of cava to raise a toast to this special occasion.

When

November to April

Where

Puerto de Navacerrada mountain pass

Difficulty

Low

Duration

2 hours 30 minutes

Perfect for

Couples and families. Children from 10 years of age

Protected natural space

Sierra de Guadarrama National Park

Price

From 60 € per person

Includes

Certified technical sports guide, snowshoes, equipment for the activity, photographic reportage, civil liability insurance and special cold meal

Others

Activity subject to weather conditions. Guaranteed departure for minimum 2 people. Consult calendar and availability. Transfers in the company's group vehicle from the city of Madrid and return for 9 € per person. Consult availability

Organizing

Isadia Aventura
91 243 88 33
viajes@isadia-aventura.com
www.isadia-aventura.com

52. Kiddie Snow Fun. Snowshoeing for families



The Kiddie Snow Fun activity is designed for families with children 4 to 8 years of age who wish to enjoy the snow in a different way, on a snowshoe walk with a very low level of difficulty. The aim is to introduce young children to winter hiking in an atmosphere of comfort and safety. The walk is combined with participative games along the way to make it more convivial, enjoying the snowy landscapes of the pine woods in the Sierra de Guadarrama National Park in the company of environmental educators and certified guides.

When

Saturdays from January to April

Where

Puerto de Navacerrada mountain pass

Difficulty

Low

Duration

2 hours

Perfect for

Families with children 4 to 8 years of age

Protected natural space

Sierra de Guadarrama National Park

Price

25 €. Free for children under 8. Maximum one free place per registered adult

Includes

Equipment for the activity and accident insurance

Others

Minimum 27 foot size and maximum 46. Activity subject to weather conditions and to achieving a minimum set group. Group capacity for 20 people. Baby carrier rental service. Possibility of booking a car parking space. Navalmedio is the only activities company with private parking in the Navacerrada mountain pass

Organizing

Navalmedio Experiencias en Naturaleza
Experiences in Nature
91 852 30 19
reservas@navalmedio.es
www.navalmedio.es

53. Snowshoes and winter techniques



With the company Yurok Adventures the youngest family members will be able to take part in a day in the snow in the Sierra de Guadarrama National Park. The activity will start by putting on snowshoes for walking on the dazzling Madrid Sierra and enjoying the beauty of its winter landscape. In the next activity they will be taught to build an igloo with techniques used by the Eskimos, where they will practice teamwork. They will have fun doing these games, which will end by gliding down the snow on a sled.

When

November to January

Where

Puerto de Navacerrada mountain pass

Difficulty

Low

Duration

3 to 4 hours

Perfect for

Families with children from 8 years of age

Protected natural spaces

Sierra de Guadarrama National Park

Price

From 19 €

Includes

Certified mountain guide, equipment required for the activity, accident and civil liability insurance

Organizing

Yurok Adventures
91 173 04 26
reservas@yurok.es
www.yurok.es

54. Forest and snow. Introduction to Nordic skiing



The Navafría Nordic Ski and Mountain Centre is a unique venue situated in the Navafría pine forest in the heart of the Sierra de Guadarrama National Park, where you will practice, learn and enjoy several Nordic activities. In this experience you will be doing a sport in contact with nature and the mountains, in a spectacular setting, learning with specialized instructors with whom professional teaching and an updated methodology is guaranteed.

When

December to March

Where

Puerto de Navafría mountain pass

Difficulty

Several levels

Duration

3 hours

Perfect for

Anyone

Protected natural spaces

Sierra del Guadarrama National Park

Price

From 50 €

Includes

Three-hour course with certified instructors and corresponding insurance. Access to the piste (pass) and equipment required for the activity

Others

Consult availability beforehand. Courses scheduled for the weekend. Possibility of creating groups

Organizing

Centro de Esquí Nórdico de Navafría
Nordic Ski Centre
687 375 430 / Groups and School Campaign: 629 339 369
info@navafriaesqui.com
www.navafriaesqui.com

55. Action Live Paintball



Action Live is a leading national company in Paintballing, a game of strategy that activates our minds and bodies, practicing sport and aim. Action Live has excellent facilities with comprehensive services including showers, changing rooms, picnic area, etc. and more than fifteen years' experience in this outdoor sport, ideal for groups of friends, hen and stag nights, company outings or children's parties. Put the best adventure in your crosshairs!

When

All year

Where

Navalcarnero and Collado Villalba

Difficulty

Low

Duration

Around 3 hours

Perfect for

Anyone, children from 9 years of age

Price

From 15 €

Includes

Access to facilities, equipment required for the activities and specialized instructor.
Others: Activity packs are available for karts, zip wires, etc.
The activity can be completed with a barbecue

Organizing

Shootballs Madrid
91 126 41 58
info@actionlive.es
www.actionlive.es

56. Aventura Amazonia Pelayos



The company Aventura Amazonia offers a different experience, with more than 90 play areas and zip wires among the trees surrounded by nature next to the San Juan reservoir. It is Madrid's second largest park, with 94 play areas and 22 zip wires in six routes with different levels of difficulty and risk. Prominent among its facilities is the 250-metre Super Zip Wire, the longest running among trees in all of Spain. To do this activity you only need to be older than 6 and measure a minimum of 1.15 metres in height. If you come as a group you can benefit from important discounts.

When

All year

Where

Pelayos de la Presa

Difficulty

Several levels

Duration

3 hours

Perfect for

Anyone. Children from 6 years of age

Price

From 14 €

Includes

Parking

Others

We recommend prior booking

Organizing

Aventura Amazonia Pelayos
91 852 38 08
reservas.pelayos@aventura-amazonia.com
<http://www.aventura-amazonia.com/parques-amazonia/pelayos/>

57. Climbing baptism of fire



The Rivas Skla Climbing Wall meets the necessary requirements for spending an enjoyable day in a sports climbing training course. We will discover climbing as a sport that provides a wide range of benefits and advantages while we exercise our sense of safety, balance, strength and concentration.

When

All year

Where

Rivas Vaciamadrid

Difficulty

Several levels

Duration

One hour

Perfect for

Anyone. Children from 5 years of age

Price

From 15 €

Includes

Equipment required for doing the activity

Intended for Adults and children from 5 years of age

Others

Groups of maximum six participants.

Comfortable clothing is a must

Organizing

Rivas Skla

663 245 181 / 919 191 094

info@rivaskla.com

www.rivaskla.com

58. Bike rental and routes around Madrid's Sierra



Cycling is one of the best ways to enjoy nature in the heart of the Sierra de Guadarrama National Park and only 40 minutes from the city of Madrid. To make everything as simple as possible, this activity will provide everything you need for enjoying a mountain cycling tour around the Sierra de Guadarrama and other enclaves: bicycles, children's carriers, helmets, GPS, transfers, assistance, etc.

When

All year

Donde

Sierra de Madrid, Sierra del Guadarrama

Difficulty

Several levels

Duration

From one hour to a full day

Perfect for

Families and sportspeople

Protected natural spaces

Sierra de Guadarrama National Park, Manzanares Upper Basin

Regional Park, Sierra del Rincón Biosphere Reserve, etc.

Price

From 8 € per hour and 20 € per day

Includes

Bicycle rental, helmet, toolkit, replacement inner tube, travel assistance, transfers, GPS

Others

Some of the services have a supplementary cost

Organizing

La Cañada En Bici

607 568 485

lacanadaenbici@lacanadaenbici.es

www.lacanadaenbici.es

List of good practices

All the companies associated with AETAM – the Madrid Association of Active Tourism Companies- comply with the following rules:

1. They are incorporated as a company or as an independent enterprise, they are registered for the corresponding Business Tax and are up to date on their tax obligations.
2. They comply with the Social Security and Work regulations in force; they register their workers, have an Occupational Risk Prevention Plan in place and are paid up with Social Security.
3. They have taken out Civil Liability insurance for 600.001 € to cover misadventures and accident insurance covering rescue, all of it included in the price of the activities.
4. All of them provide activities managed by the company itself. If combined packages are offered, they are provided through a registered Travel Agency that has obtained the corresponding CICMA licence (tourism identification code).
5. During the activity, the guides and instructors carry an approved communication system for emergency situations. They also know the telephone numbers for general emergencies and those for local assistance (GREIM – Special Mountain Rescue Groups and GERA – Special Altitude Rescue Group).
6. In all activities, customers are provided with information on safety and the risk inherent to the activities.
7. A special emergency protocol is in place, adapted to each one of the activities, which is known to the entire team of guides and instructors.
8. The gear employed, which is EU-certified, is provided in perfect condition for the use of customers. Regular equipment checks are conducted.
9. The guides and instructors are qualified and/or certified.
10. In each activity, the guide/instructor-to-customer ratio is the appropriate one for maintaining the safety of customers and the quality of service. Should the group be a numerous one, learner instructors are not used. Groups are not treated as a single unit; a reasonable separation between them is maintained.
11. The companies take the weather and snowfall reports into account for doing the activities.

List of companies

Action Live

www.actionlive.es

Agencia Viajero Siglo XXI

www.grupoasdon.com

Amadablam

www.spainwalking.com

Aventura Amazonia

www.aventura-amazonia.com

Bom Bikes

www.bombikes.com

Campo Real Aventura

www.camporealaventura.com

Central de Reservas Sierra de Guadarrama

www.sierradelguadarrama.com

Centro de Esquí Nórdico Navafría

www.navafriaesqui.com

Compañía de guías Zona Centro

www.guiaszonacentro.com

Cycling Holidays

www.cyclingholidays.bike

De Raíz

www.deraiz.online

Dreampeaks

www.dreampeaks.com

Finca La Retienta

www.fincalaretienta.es

Hípica Villaviciosa

www.hipicavillaviciosa.es

Isadia Aventura

www.isadia-aventura.com

Meridiano Raid

www.meridianoraid.com

Navalmedio

www.navalmedio.es

Rivas Skla

www.rivaskla.com

Rutas Pangea

www.rutaspangea.com

Yucalcari

www.yucalcari.com

Yurok

www.yurok.es

Websites of interest

Turismo de la Comunidad de Madrid

www.turismomadrid.es

Madrid Birdwatching

www.madridbirdwatching.es

Sendas de Madrid

Rutas de senderismo, ornitológicas y para bicicletas.

www.sendasdemadrid.es

Centros de Educación Ambiental de la Comunidad de Madrid Programa de actividades, talleres e itinerarios para descubrir la naturaleza de Madrid:

www.mapama.gob.es/es/ceneam/recursos/quien-es-quien/redcentros.aspx

Sierra de Guadarrama

www.sierraguadarrama.info

www.sierradelguadarrama.com

Sierra Norte

www.sierranorte.com

Sierra Oeste

www.turismosierraouestemadrid.org/

Asociación de Empresas de Turismo activo y Ecoturismo de Madrid

www.aetam.es

Parque Nacional de la Sierra de Guadarrama

www.parquenacionalsierraguadarrama.es

List of experiences

Spring

1. Adrenaline in its purest form	17
2. CiclaMadrid: Guadarrama Road Bike Tour	18
3. Weekend on a canoe with a barbecue	18
4. Tandem paragliding flight and barbecue	19
5. CiclaMadrid: Green Trail of the Tajuña river	19
6. Climbing baptism of fire	20
7. Routes on horseback around the Guadarrama Middle Course Regional Park	20
8. Adventure in Cercedilla	21
9. Hiking routes around the Guadarrama National Park	21
10. Discover the Cueva del Aire	22
11. Canyoning in Somosierra	22
12. Archery in the Sierra de Guadarrama National Park	23
13. A bird's eye view of the landscape: climb to the Peña de La Cabra crag	23
14. Climb the beautiful Mondalindo	24
15. Climbing and hiking	24

Summer

16. Hiking in the Sierra de Guadarrama National Park	26
17. Brave the Combo	27
18. CiclaMadrid: Mountain Bike Tour	27
19. Canoeing, archery and accommodation in Madrid's Sierra Oeste	28
20. Water and rocks in the Sierra de Guadarrama	28
21. Canoeing weekend on the river Jarama	29
22. Canoes and barbecue	29
23. Canoe rental and accommodation in a rural house for two people	32
24. A ride on horseback in the Sierra de Guadarrama National Park	32
25. Night-time hiking in the Sierra de Guadarrama National Park	33
26. Kayak rental in the San Juan Reservoir	33
27. Paddle surfboard rental in the San Juan reservoir	34
28. Family route in a guided canoe	34
29. Paddle surfing baptism of fire	35
30. King Sup experience	35
31. Introduction to paddle surfing	36
32. Introduction to canoeing in the Lozoya Valley	36
33. Somosierra Canyon	37

Autumn


34. CiclaMadrid: bike & wine	40
35. Interpretative route of the 'Enlightened' Jarama Valley and gastronomic experience	41
36. Autumn hiking. Discover the Montejo Beech Forest	41
37. Guided climbing in La Pedriza	42
38. Climbing baptism of fire in La Pedriza	42
39. Caving in the Sierra de Guadarrama	43
40. Adventure park in Campo Real	43
41. Villaviciosa with Bombikes	44
42. On horseback around Villaviciosa	44
43. One day of hiking in the Sierra de Guadarrama National Park	45
44. Climbing baptism of fire	45
45. Goatherding and landscape. Goats abound!	46

Winter

46. Learning to survive. Winter multi-adventure	48
47. Snowshoeing with a country picnic	49
48. Snowshoeing in Madrid's Sierra	49
49. Snowshoeing excursion in Navacerrada	50
50. Snowshoeing in the Sierra de Guadarrama	50
51. Night-time snowshoeing around the Sierra de Guadarrama with a special dinner	51
52. Kiddie Snow Fun. Snowshoeing for families	51
53. Snowshoes and winter techniques	52
54. Forest and snow. Introduction to Nordic skiing	52
55. Action Live Paintball	53
56. Aventura Amazonia Pelayos	53
57. Climbing baptism of fire	54
58. Bike rental and routes around Madrid's Sierra	54



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