

**EXPERIENCES TO ENJOY NATURE**

**SIERRA DE  
GUADARRAMA  
NATIONAL PARK**

**SIERRA  
DEL RINCÓN  
BIOSPHERE  
RESERVE**



**Comunidad  
de Madrid**





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# MADRID

MADRID, THE PLACE TO GO TO ENJOY NATURE



The Madrid Region has all you need to enjoy nature and outdoor pursuits right on the capital city's doorsteps.



Excellent transport links. Good air links to UK airports, and good road and train links to discover the unique natural landscapes of Madrid only one hour away from the airport.



Favourable weather conditions Low levels of rainfall, many hours of sun throughout the year, annual average temperature of 14.6 °C.



Varied landscapes Mountains, valleys, rivers with a wide range of activities on offer.



Highly valued natural environment and biodiversity. 33.9% of the terrain is in Nature 2000 protection areas, and there is one National Park.

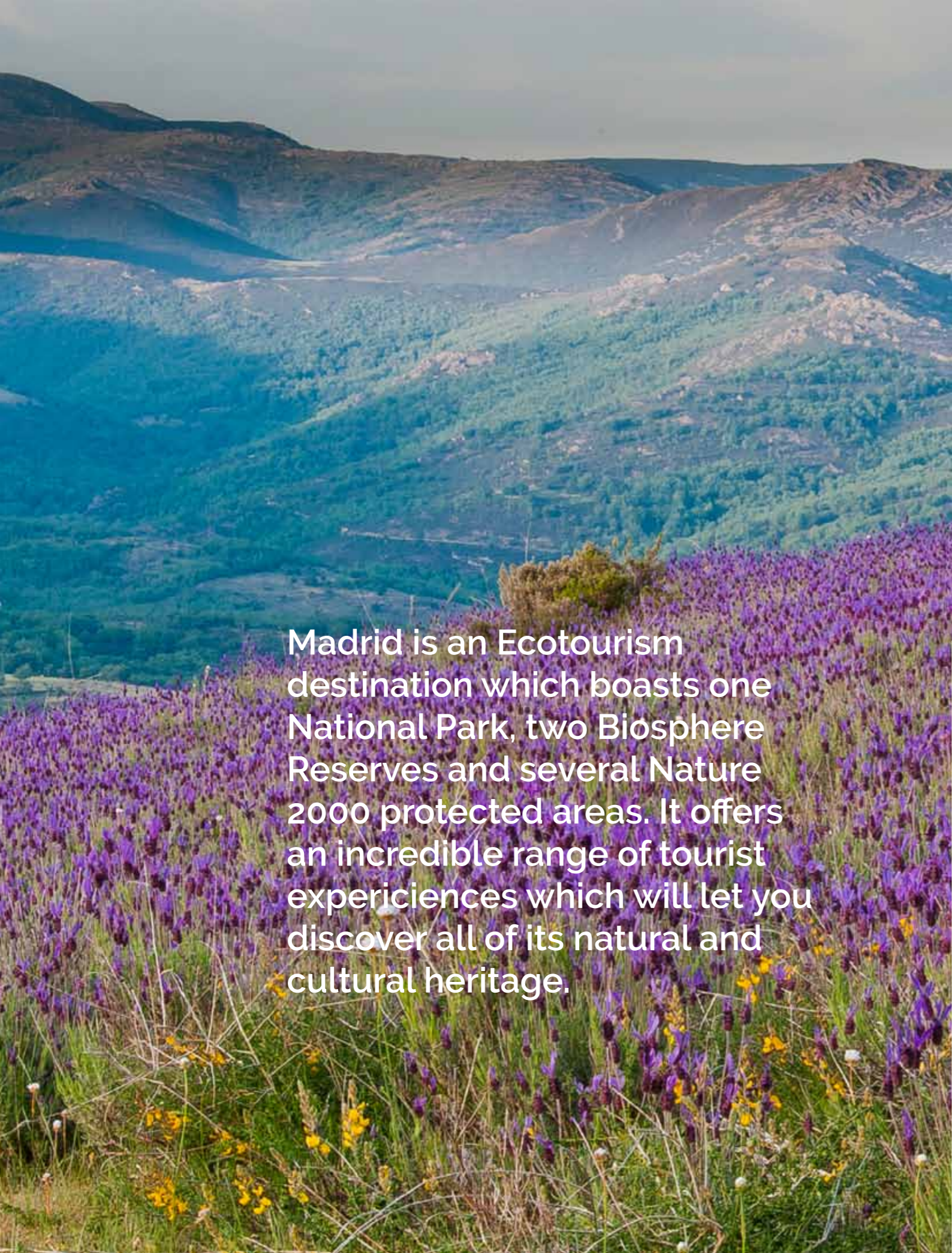


Rich historical and cultural heritage. Three UNESCO World Heritage Sites, globally renowned museums and a vibrant cultural agenda throughout the year.



Amazing food. A wide variety of restaurants and high quality local ingredients.





Madrid is an Ecotourism destination which boasts one National Park, two Biosphere Reserves and several Nature 2000 protected areas. It offers an incredible range of tourist experiences which will let you discover all of its natural and cultural heritage.

## Madrid's biodiversity in your reach, only one hour from the city

Sierra de Guadarrama National Park and Sierra del Rincón Biosphere Reserve are two emblematic protected areas which contain very varied landscapes, from high mountains (peaks over 2000m), extensive Scots pine forests, hundred year old oak woodland, open cork oak and ash pastureland, grasslands at the foot of the mountains and important water ecosystems (five reservoirs which supply water to Madrid, the heads of the Lozoya and Manzanares rivers, the Peñalara glacial lakes).

The cultural and natural heritage possessed by these areas is explained in Visitor Centres and Environmental Education Centres.

Tourist service companies located in the area offer experiences directed at a wide range of tourists, from families with children and agrotourism to birdwatching trips where keen twitchers can spot emblematic species such as the imperial eagle and black vulture. The landscapes lend themselves to all manner of activities: hiking, mountain biking, horse riding, rock climbing, cross country skiing, canoeing. Of course it is vital to follow all regulations and guidelines to ensure that the natural environment is not harmed in any way.

All this is combined with a cultural landscape that has been crafted by human hands and has been linked throughout its history with the city of Madrid and its inhabitants.

This diversity can also be enjoyed in the local food, with such delicacies as Guadarrama beef, goats cheeses, pulses and Madrid wines.







# SIERRA DE GUADARRAMA

A MEDITERRANEAN HIGH MOUNTAIN NATIONAL PARK.



The National Park is situated in the western part of the Sistema Central mountain range and covers the peaks of the Sierra de Guadarrama, in the autonomous regions of Madrid and Castilla y León.

Peñalara peak, rising to 2,428 m.a.s.l., is the highest point, and along with four neighbouring peak over 2,200 m. forms the striking Macizo de Peñalara crest. Cuerda Larga is another impressive mountain range which rises above 2,000 m. for 16km.





## SIERRA DE GUADARRAMA, A MEDITERRANEAN HIGH MOUNTAIN NATIONAL PARK.

### Sierra de Guadarrama National Park Facts and Figures

- **Established:** 2013
- **Protection Statuses:** National Park, Special Protection Area (SPA) for birds, Site of Community Importance (SCI), Biosphere Reserve, Wetland of International Importance (Ramsar Convention).
- **Area:** 33,960 ha (64% Madrid, 36% Castille and León).
- **Main ecosystems:** Forests of Scots pine and juniper shrubs; lakes and high mountain wetlands; granite formations and mountain and high mountain reliefs; Portuguese oak and Pyrannees oak woodland; high scrubland and mountain pastures, high wooded steppe and gravel deposits.
- **Municipalities:** Alameda del Valle, Becerril de la Sierra, Canencia, Cercedilla, El Boalo, Guadarrama, Los Molinos, Lozoya, Manzanares El Real, Miraflores de la Sierra, Navacerrada, Navarredonda y San Mamés, Pinilla del Valle, Rascafría y Soto del Real.
- **Visitor Centres:**
  - Peñalara Centre (Rascafría) +34 918 520 857
  - Valle de la Fuenfría\* Visitor Centre (Cercedilla) +34 918 522 213
  - La Pedriza\* Centre (Manzanares El Real) +34 918 539 978
  - Valle de El Paular\* Visitor Centre (Rascafría ) +34 918 691 757

\*Please contact these centres to pre-arrange guided tours.

Further Information: [www.parquenacionalsierraguadarrama.es](http://www.parquenacionalsierraguadarrama.es)

## The Peaks that inspired Velázquez

The blue-grey slopes of the Sierra de Guadarrama form the background to Velázquez's famous paintings which you can admire in Madrid's Prado Museum. The Sierra's jagged granite blocks are the city's most attractive skyline. This unique landscape has been formed over time by the erosion of granite rock.

Small villages nestle where they can. Pico Peñalara (2,428m) is the highest peak, on whose slopes we can see much evidence of ice erosion: moraines, depressions and lakes. The Macizo de Peñalara Wetlands are listed on the RAMSAR Convention list, with more than 240 high mountain wetlands, including lakes, ponds, streams and mires of high ecological value.





## A series of vegetation changes up and down this granite landscape

The peaks of the Sierra de Guadarrama harbour a Mediterranean high mountain flora with their own unique adaptations. At all heights you can find specific vegetation, with Mediterranean, Atlantic and Continental influences.

Hikers exploring the peaks of the National Park will go through spiky juniper thickets and may encounter mountain goats, bluethroats and eagles. The pine and oak forests on the lower slopes offer a wonderfully peaceful retreat from the hustle and bustle of the big city. In the holm oak and ash pastureland, visitors can contemplate bulls raised for bullfighting and locally reared beef that steals the show in the local cuisine.



## La Pedriza Granite: rock climbing school

The climate and intense breakdown of granite formations have moulded a unique landscape, especially in La Pedriza, where the boulders, gulleys and towers resemble sculptures. Visible from Madrid, this rocky landscape has been the backdrop to many famous films such as *El Cid Campeador*.

On the smooth profile of the sides of Cuerda Larga (approx 2,000m) hikers can discover the tough high mountain flora with its unique adaptations. There are hiking routes for all levels of fitness and difficulty.



## Easy to access biodiversity

There are 255 species of vertebrates, of which 148 are birds. Some, such as the black vulture, imperial eagle and black stork, are among the most endangered in the Iberian Peninsula. More than 58 species of mammals can be found in the park, including mountain goats, roe deer, wildcats, otters, badgers and Pyrenean desmans. Among the invertebrates we can find the extraordinary Mountain apollo butterflies and Spanish moon moths.





## A century of sport in the Sierra de Madrid

In the nineteenth century the intellectuals of the Institución Libre de Enseñanza popularised the Sierra de Madrid as a place for city dwellers to do outdoor pursuits. Ever since, the Sierra de Guadarrama has been the ideal location for many active pursuits: hiking, with its extensive network of well marked trails; rock climbing on the granite outcrops of La Pedriza; cross country skiing; snow shoeing; mountain biking on marked trails and road cycling around the Park. High level training for those who want to explore the Sierra de Guadarrama and do their favourite sport in a sustainable way.



## A History and Future of natural resources and water

Man settled in this place in ancient times, as is evidenced in the Neanderthal Valley archaeological site on the river Lozoya. The Sierra de Guadarrama encompasses all of Madrid's history, its people and occupations over the years (shepherds, farmer, coalminers, woodcutters, stonecutters, miners, labourers). The past, present and future of the city of Madrid is intimately linked to the Sierra, and the city owes its crystal clear rivers and cool clean air to these highlands.



## Internationally renowned historical heritage

The Sierra de Guadarrama has long been appreciated. As a place of retreat and meditation for the monks in El Pular Monastery in Rascafría. As a place of defence like the Castle of Manzanares el Real. The jewel in the crown has to be El Escorial Monastery, World Heritage Site, situated on the outskirts of the National Park. Visitors can combine a trip to these heritage sites with their visit to the National Park.



## Mediterranean haute cuisine with local products

The Sierra is home to high quality products such as Guadarrama beef, goats cheeses, lamb and wild mushrooms. These local delicacies can be enjoyed in both rural and city restaurants.

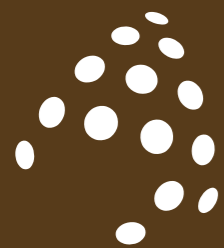






# SIERRA DEL RINCÓN

THE BEST PRESERVED TRADITIONAL ARCHITECTURE IN MADRID.



**Sierra del Rincón**  
RESERVA DE LA BIOSFERA

The Sierra del Rincón is a mountain range located between the Ayllón and Guadarrama sierras, in the Sierra Norte county in the extreme northwest of Madrid Region.

Although its climate is labelled mediterranean highland, the Sierra ranges huge lyin height from 895m to 2,045m and there are marked climatic differences over short distances. All this combined with human actions have contributed to many diverse landscapes.





## SIERRA DEL RINCÓN BIOSPHERE RESERVE FACTS AND FIGURES

- **Established:** 29th June 2005.
  - **Protected statuses:** Biosphere Reserve (UNESCO) Natural Site of National Interest (Hayedo de Montejo), Special Area of Conservation (SAC), Site of Community Importance (SCI).
  - **Area:** 15,231 ha
  - **Main ecosystems:** monospecies or mixed pine forests, shrubland (cytusus, acidophile shrubs, heather), oak woodland, pastureland, rocky outcrops, beech woodland, ash and holm oak, riverside woodland.
  - **Municipalities:** Horcajuelo de la Sierra, Montejo de la Sierra, Prádena del Rincón, La Hiruela and Puebla de la Sierra.
  - **Visitor Centres:**
    - **Information and Resource Centre for the Reserve\* (Montejo de la Sierra)** +34 91 869 70 58
    - Environmental education centre Hayedo de Montejo (Montejo de la Sierra)
    - Sierra del Rincón Biosphere Reserve Centre (Horcajuelo de la Sierra)
- \* Please contact these centres to pre-arrange guided tours.
- Further information: [www.sierradelrincon.org](http://www.sierradelrincon.org) (only in Spanish)

Five villages with their own identity, history and culture. Four seasons which completely change the appearance of the area. Three colours which decorate its landscapes, green in spring and summer, copper in autumn and occasionally white in winter. Two traditions: crop farming and animal rearing. One location: Sierra del Rincón.



## A corner of Madrid from another time

Visitors to this Biosphere Reserve can discover what life used to be like in rural Madrid. A unique bolthole which has resisted the environmental pressures of urbanisation and large scale leisure developments. Only one hour by car from Madrid, very close to the Sierra de Guadarrama National Park, the Sierra del Rincón stands out for its well preserved villages and natural environment, which seem to have changed little since the Middle Ages due to their isolated location.



## A living museum of rural life and architecture in Madrid

Over centuries slate workers, millers, blacksmiths, beekeepers and coalminers have left their mark on the Sierra del Rincón which can still be seen to this day. This part of the Sierra de Madrid is unique in its preservation of this rural architecture that is so closely linked to livestock farming. Houses in this region are extensions of the natural landscape, since they are built out of the rock that they sit atop (gneiss, slate, granite, quartz). The inclement weather conditions have dictated where roads go and the tiny dimensions of the windows on houses. Materials and construction techniques reflect the terrain. Walls of slate or gneiss would be sealed inside with adobe or mud and pebbles. Pine and oak trees would supply the beams. These simple houses would be shared with livestock.





## A mosaic of woods and fields

The most common vegetation is oak woodland, interspersed with pine trees, scrubland, hay fields, vegetable cultivation and hedgerows. Woodland species in the Biosphere Reserve include yew, holly, apple tree, mountain elm, rowan and walnut, as well as wild mushrooms.

Oaks form the original woodland and cover 2,600m of protecting forest with their leaves for most of the winter. El Hayedo (Beech forest) is uniquely valuable. Its protected status makes it exceptional in the Madrid Region, and it harbours treasured examples of beech trees. It is one of the southernmost beech forests in Europe.

It dates back to 1460, when the inhabitants of Montejo bought the beech woodland by the Jarama river off a nobleman from Sepúlveda. Since then this beech forest has survived all manner of historical events. In 1974 it was declared a Site of National Interest, the only one in the Madrid Region. Wildlife includes the golden eagle, roe deer, otter and woodland birds. The richness of woodland species is outstanding, with over 1,000 species: 193 vertebrates, 694 vascular plants and 139 non vascular plants (lichens, mosses and fungi) have been counted.



## A farming past to explore in the present

Drovers' roads, cattle tracks and paths that have been in use for centuries can be explored to this day. As you walk through this landscape on numerous hiking trails, you will see pastureland, hedgerows, open highland, rivers, streams and wetlands. Hand dug irrigation channels flow through vegetable plots, hay fields and linen plantations. Fruit orchards were also highly prized in the area, and nowadays we can still see La Hiruela orchard. Water from the Jarama river was used to mill flour, and visitors can still see this in action in La Hiruela.



## A cultural legacy to enjoy with all five senses

For those who want to discover the trades of previous generations there are ethnographic museums, old mills and working forges.

Pleasant walks will allow the visitor to observe popular building techniques of wood and thick outer stone walls, as well as churches and chapels linked to saints day festivities. Springs and irrigation channels water a great variety of pulses like Montejo beans, fruits like Hiruela apples. Beef cattle graze on rich pastureland. Local cuisine uses these fine products to delicious effect. This cultural heritage is alive in the five villages of the Biosphere Reserve.





# NATURE TOURISM IN MADRID

A SELECTION OF  
AUTHENTIC EXPERIENCES





Sierra de  
Guadarrama  
National ParkGolden Eagle Hides in the  
Sierra de Guadarrama

**Description:** Three hides in the private biological reserve of Cerro del Lozoya, where you will have the chance to observe golden eagle, black and griffon vultures, Spanish imperial eagle, red kite, azure-winged magpie, European bee-eater, hoopoe as well as mammals like badger, roe deer, weasels and garden dormouse, among others. The reserve is situated in Gargantilla del Lozoya, adjoining the National Park's most protected zone. The hides are recognised as some of the best for watching golden eagles.

The hides have a maximum capacity of two people and are protected with mirrored glass. Sessions can last from 4 to 10 hours. The day starts at 5.00 am when you will be driven up to the highest point of the reserve (1,514m) by 4x4.

The experience includes two photography sessions in the hides, two nights accommodation in Monte Holiday Ecoturismo, with the choice of ecolodges (luxury cabins in natural settings) or tree houses (4-7m up in oak trees), panoramic views of the National Park, full board either in the fantastically situated Fogón de Guille restaurant, or in the accommodation, depending on the dates chosen.



**Length:** 3 days, 2 nights



**Includes:** Accommodation, transfer to the hides, two sessions in the hides, full board (picnic for the hides). Optional airport transfer (€199 for 2-3 persons).



**Time of year:** All year round.



**Aimed at:** Fans of wildlife photography.



**Price:** €799 per person. Please ask about group discounts.



**Supplier:** Accommodation and food [www.monteholiday.com](http://www.monteholiday.com). Guides and hides [www.wildiberiannature.es](http://www.wildiberiannature.es)



**Contact:** Antonio Gonzalo  
[antoniogonzalo@monteholiday.com](mailto:antoniogonzalo@monteholiday.com) +34 660 706 509





Sierra de  
Guadarrama  
National ParkOrnithological Route in the  
Sierra de Guadarrama

**Description:** Discover the best places to observe birds in the Sierra de Guadarrama National Park and the private biological reserve Cerro del Lozoya with expert guides. You may get the chance to observe golden eagle, black and griffon vulture, Spanish imperial eagle, red kite, azure-winged magpie, European bee-eater, hoopoe as well as mammals like badger, roe deer, weasel and garden dormouse, among others. The Iberian wolf also inhabits this area.

The experience includes two guided walks, two nights accommodation in MonteHoliday Ecoturismo, with the choice of ecolodges (luxury cabins in natural settings) or tree houses (4-7m up in oak trees), panoramic views of the National Park, full board either in the fantastically situated Fogón de Guille restaurant, or in the accommodation, depending on the dates chosen.

**Length:** 3 days, 2 nights.

**Includes:** Accommodation and full board, transfer to and from the trails, two guided walks with expert guides. Optional airport transfer (€199 for 2-3 persons).

**Time of year:** All year round.

**Destinatarios:** Birdwatchers.

**Price:** €799 per person. Please consult for group discounts.

**Supplier:** Accommodation and food [www.monteholiday.com](http://www.monteholiday.com). Guides and hides [www.wildiberiannature.es](http://www.wildiberiannature.es).

**Contact:** Antonio Gonzalo  
[antoniogonzalo@monteholiday.com](mailto:antoniogonzalo@monteholiday.com) +34 660 706 509





Sierra de  
Guadarrama  
National ParkNature Family Holiday in the  
Sierra de Guadarrama

**Description:** Discover the National Park's and the private biological reserve's most emblematic fauna on a 4 hour trail with expert guides where you will have the chance to see species like Golden Eagle, black and griffon vulture, Spanish imperial eagle, red kite, azure-winged magpie, European bee-eater, hoopoe as well as mammals like badger, roe deer, weasel and garden dormouse, among others.

So that the children have an even greater time, we will visit an organic farm and an adventure park with zipwires and treetop obstacle courses.

Families will continue to enjoy all that nature has to offer by staying at Monte Holiday Ecoturismo, with the choice of ecolodges (luxury cabins in natural settings) or tree houses (4-7m up in oak trees), panoramic views of the National Park, full board either in the fantastically situated Fogón de Guille restaurant, or in the accommodation, depending on the dates chosen.

**Length:** 3 days, 2 nights.

**Includes:** Accommodation for two adults and one child, transfers to activities, expert guides, visit to organic farm, activities in adventure park and full board. Optional airport transfer (€199 per family).

**Time of year:** School holidays.

**Aimed at:** Families with children over 6 years old.

**Price:** €999 per family (2 adults, 1 child). Please ask about group discounts.

**Supplier:** Accommodation, food and adventure park [www.monteholiday.com](http://www.monteholiday.com), expert guides [www.wildiberiannature.es](http://www.wildiberiannature.es).

**Contact:** Antonio Gonzalo  
[antoniogonzalo@monteholiday.com](mailto:antoniogonzalo@monteholiday.com) +34 660 706 509





Sierra de  
Guadarrama  
National Park

Finding the footprints and  
tracks of the wildlife in Sierra de  
Guadarrama National Park

**Description:**

An expert guide will escort you around the Sierra de Guadarrama National Park, and as you walk you will discover clues to the well hidden fauna which lives there. Wild boar, foxes, genet cats and the mythical wolf travel along these paths, leaving footprints and other marks which you will learn to interpret, as you also listen to the songs and calls of birds which can hardly be seen in the thick forest.



**Length:** Half a day (4 hours).

**Includes:** Expert guide.

**Time of year:** All year round.

**Aimed at:** General public. Families with children can be accommodated

**Price:** €25 per person. Children €15.

**Supplier:** [www.monachusecoturismo.com](http://www.monachusecoturismo.com)

**Contact:** Diego Martín  
[monachusecoturismo@gmail.com](mailto:monachusecoturismo@gmail.com) +34 687 036 559





Sierra de  
Guadarrama  
National ParkBird Photography in Sierra de  
Guadarrama**Description:**

Discover the birdlife of the Sierra de Guadarrama National Park up close from inside a hide. Take photos from only a few metres away of black and griffon vultures, red kites, azure-winged magpies, European bee-eaters, hoopoes, crows, ravens and more rarely of golden and Spanish imperial eagles.

These specially built wooden hides accommodate up to two people and have high quality mirrored glass to avoid disturbing the wildlife without losing photographic quality. The birds normally perch 12 to 15m away from the hides, and may even come as close as 1m.

The session starts before sunrise and finishes when the birds have left the zone. The hide is reached from the municipality of Garganta de los Montes, near the Sierra de Guadarrama National Park.



**Length:** 3 –10 hours



**Includes:** Transport to the hide in 4X4 vehicle, hide rental and photography advice.



**Time of year:** All year round



**Aimed at:** Fans of wildlife photography.



**Price:** €175 hide rental.



**Supplier:** [www.monachusecoturismo.com](http://www.monachusecoturismo.com)



**Contact:** Diego Martín  
[monachusecoturismo@gmail.com](mailto:monachusecoturismo@gmail.com) +34 687 036 559





Sierra de Guadarrama National Park

Trekking to the peak of Sierra de Guadarrama National Park

**Description:**

8 hour hiking route to Peñalara peak (2,400m) with an expert guide who will lead the group through dense pine forest before reaching the top of Peñalara. An amazing experience for beginners, and always a pleasure for experts. 14km long, 750m height difference.

We will supply a picnic ideally selected to restore energy on the hike (fruit, local produce, juice etc.).



**Length:** 8 hours

**Includes:** Expert guide and picnic.

**Time of year:** All year round. We recommend doing the hike on a weekday (Monday to Friday). Subject to weather conditions. In winter, ice axes and snowshoes are available to hire.

**Aimed at:** General public with a certain level of fitness. Minimum age 10. Minimum 2 people, maximum 10 people per group.

**Price:** Depends on number of participants.

2 participants: €90 per person.

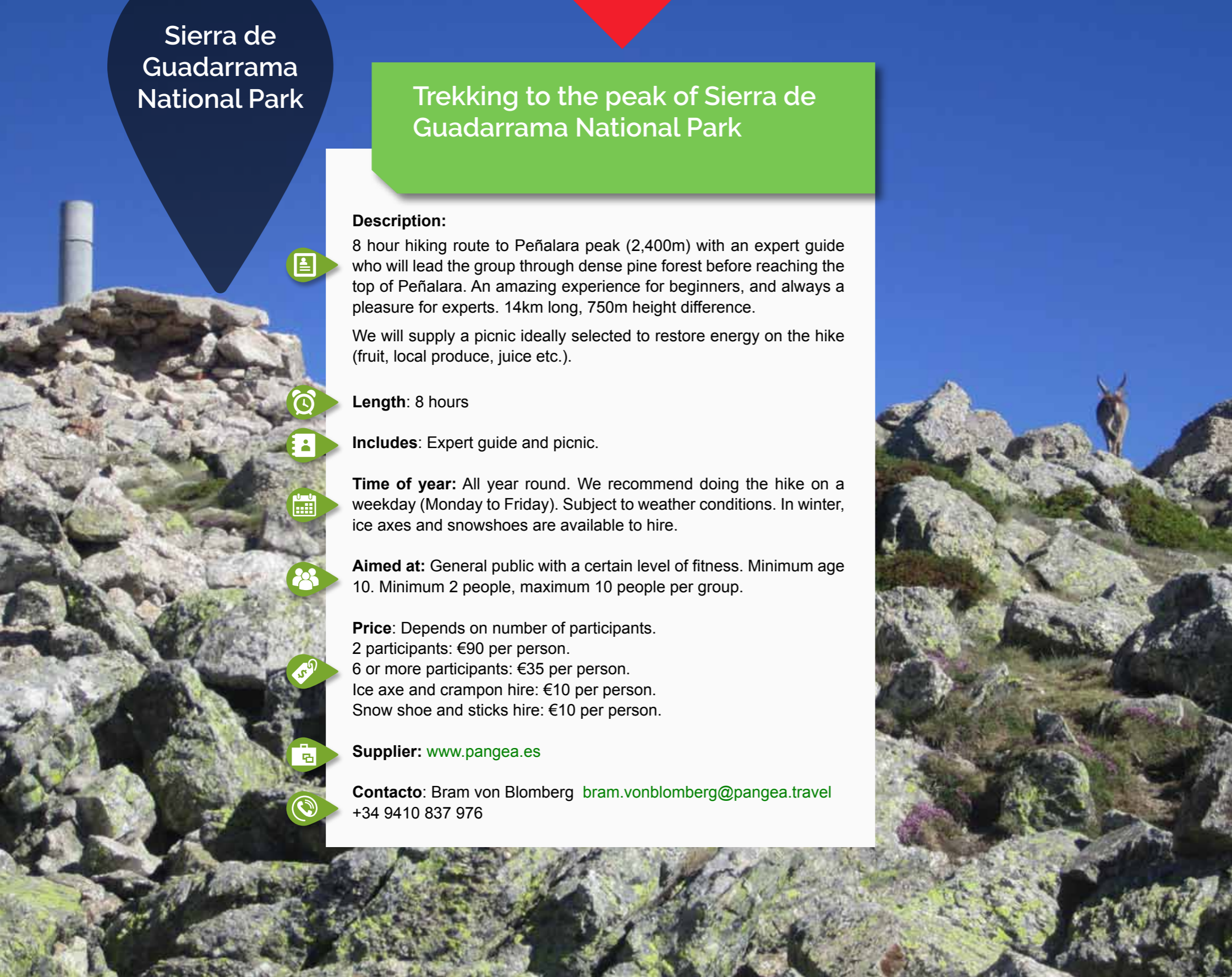
6 or more participants: €35 per person.

Ice axe and crampon hire: €10 per person.

Snow shoe and sticks hire: €10 per person.

**Supplier:** [www.pangea.es](http://www.pangea.es)

**Contact:** Bram von Blomberg [bram.vonblomberg@pangea.travel](mailto:bram.vonblomberg@pangea.travel)  
+34 9410 837 976






Sierra de  
Guadarrama  
National ParkNighttime trekking in the peaks of  
the National Park


**Description:** Our expert guide will take you on a nocturnal hike through the Sierra de Guadarrama where you can appreciate the light of the full moon and all the sounds of nature.


This activity will take you on the most classic route in the Sierra de Guadarrama, the Cuerda Larga, on the night of the full moon. It is a nocturnal hike with a qualified guide who is an expert on this mountain, the most visible from Madrid.


 A good level of fitness and stamina are vital for this hike, as it is one of the most demanding routes for hikers in the whole Madrid Region, due to its length and ups and downs. You will walk up no fewer than 8 peaks over 2,000 m. The hike starts in Navacerrada Pass (1,858m) at sundown and ends at Morcuera Pass at sunrise.


Distance: 20.5km, height difference 1,050m.

At the end of the hike, you will be transported to Navacerrada to enjoy a fine mountain breakfast.

 **Length:** 9 hours. Depart from Navacerrada at 9pm.

 **Includes:** Mountain guide, nighttime picnic, transfer Morcuera – Navacerrada, mountain breakfast.

 **Time of year:** Summer (Night of Saturday to Sunday nearest the full moon).

 **Aimed at:** Hikers with a good level of fitness. Minimum age 12. Minimum 4 people.


**Price:** Depends on number of participants.


2 participants: €90 per person.

6 or more participants: €35 per person.

Ice axe and crampon hire: €10 per person.

Snow shoes and sticks hire: €10 per person.

 **Supplier:** [www.pangea.es](http://www.pangea.es)

 **Contact:** Bram von Blomberg [bram.vonblomberg@pangea.travel](mailto:bram.vonblomberg@pangea.travel)  
+34 9410 837 976





Sierra de  
Guadarrama  
National ParkWalking in the National Park and  
Madrid's historic gardens

**Description:** Discover Madrid in a different way, spending the night in the quiet village of Navacerrada, and spending the days going on easy walks and visiting some of the most emblematic sites in the area. Enjoy the culture, food, landscapes and villages of the Sierra de Guadarrama.

- Day 1: Transfer from Madrid. Welcome reception, cocktail and presentation about the trip.
- Day 2: Trip to Siete Picos (2,138m), Camino Smith and Valsaín pine forests.
- Day 3: Walk up to Abantos peak (8km long, 550m climb), guided tour of El Escorial Monastery.
- Day 4: Walk up to Morezón, carry on to Circo de la Laguna Grande, in the Sierra de Gredos Regional Park (Ávila). (12km circular walk , 650m height difference)
- Day 5: Walk in La Pedriza, one of the most spectacular landscapes of the sierra, (12km walk, 715m height difference). Visit the village of Manzanares El Real and Mendoza Castle.
- Day 6: Eco-route in the city of Madrid, discovering its best parks and public gardens. Visit the Rastro flea market. Lunch in a typical restaurant. Free time in Madrid.



**Length:** 6 days, 5 nights.



**Includes:** Transport to and from Madrid (airport), transfers to all the activities, mountain and wildlife guide, 5 nights half board accommodation in the rural hotel Hacienda Los Robles.



**Time of year:** April to November.



**Aimed at:** General public, people who like walking. Children over 12.



**Price:** €690 per person (double room), €110 supplement for single room.



**Supplier:** [www.amadablamaventura.es](http://www.amadablamaventura.es)



**Contact:** Pedro González [info@amadablamaventura.es](mailto:info@amadablamaventura.es)  
+34 910 020 814





Sierra de  
Guadarrama  
National ParkHistory of Spain and landscapes of the  
Sierra de Guadarrama National Park

**Description:** Discover the landscapes of the Sierra de Guadarrama National Park and the History of Spain by going on easy hikes and visiting some of the most emblematic sites of the area. Relax in a comfortable hotel in the quiet village of Navacerrada. Enjoy the culture, food, landscapes and villages of the Sierra de Guadarrama.

- Day 1: Transfer from Madrid. Welcome reception, cocktail and presentation of the trip.
- Day 2: Walk to Chorro de la Granja and its waterfall, from which you can see the Granja de San Ildefonso Palace, summer residence of the Spanish Royal Family since 1,721. (Distance 11km, height difference 320m). Visit to the Palace and its Gardens, called the "Little Versailles".
- Day 3: Walk in La Pedriza, one of the most spectacular landscapes of the sierra (5km distance, 715m height difference). Visit the village of Manzanares El Real and the Mendoza Castle.
- Day 4: Easy walk along the tracks of the Spanish Civil War, where you will see many remains of republican fortifications. (Distance 7km, 75m height difference).
- Day 5: Walk up to Abantos peak, with spectacular views (8km distance, 550m height difference). Guided tour of El Escorial Monastery, UNESCO World Heritage Site.
- Day 6: Eco-route in the City of Madrid, discovering its best parks and public gardens. Visit to the Rastro flea market. Lunch in a typical restaurant. Free time in Madrid.



**Length:** 6 days, 5 nights.



**Includes:** Transport to and from Madrid (airport), transfers to all the activities, mountain and wildlife guide, 5 nights half board accommodation in the rural hotel Hacienda Los Robles.



**Time of year:** April to November.



**Aimed at:** General public. Children over 12.



**Price:** €750 per person (double room), €110 supplement for single room.



**Supplier:** [www.amadablamaventura.es](http://www.amadablamaventura.es)



**Contact:** Pedro González [info@amadablamaventura.es](mailto:info@amadablamaventura.es)  
+34 910 020 814





Sierra de  
Guadarrama  
National Park

## Trekking Transguadarrama

**Description:** A hiking trip to discover some of the most emblematic sites in the Sierra de Guadarrama National Park, staying in charming mountain villages and enjoying the food, landscapes and culture of the Sierra de Guadarrama.

- Day 1: Transfer to Navacerrada from Madrid (45 minutes). Welcome reception, cocktail with local products and presentation of the trip.
- Day 2: From Navacerrada to Manzanares El Real, along the Valle de la Barranca, the Maliciosa peak and La Pedriza (distance 8km, height difference 390m). Visit to the village of Manzanares and Los Mendoza Castle.
- Day 3: From Manzanares El Real to Miraflores de la Sierra, going up the Yelmo (La Pedriza) and going through areas of Scots pine, larch and oak. (Distance 8km, height difference 550m)
- Day 4: From Miraflores de la Sierra to Rascafría, going over the Morcuera pass to get to Lozoya Valley and Rascafría via the El Pualar Monastery. (Distance 12km, height difference 450m)
- Day 5: From Rascafría to La Granja de San Ildefonso, going by the Peñalara glacial lake and Felipe II's Chair. (Distance 12km, height difference 715m). Visit to the Granja de San Ildefonso and relax in the hotel spa.
- Day 6: From La Granja de San Ildefonso to Puerto de Navacerrada, going through the Valsain pine forest, the Roman Road and the Camino Smith. (Distance 12km, height difference 715m). Typical lunch of beans and suckling pig.



**Length:** 6 days, 5 nights.



**Includes:** Transport to and from Madrid (airport), mountain and wildlife guide, luggage transport between accommodations, 5 nights half board 3\* accommodation, 4 days of picnics, 1 special farewell lunch.



**Time of year:** May to November.



**Aimed at:** General public. Minimum 4 people, maximum 12. Children over 14.



**Price:** €950 per person (double room).



**Supplier:** [www.amadablamaventura.es](http://www.amadablamaventura.es)



**Contact:** Pedro González [info@amadablamaventura.es](mailto:info@amadablamaventura.es) +34 910 020 814





Sierra de Guadarrama National Park

Nature and relaxation in the Sierra de Guadarrama National Park

**Description:** You will stay in spa hotel with a hydrothermal circuit in Mataelpino, 50km from Madrid. Here you will combine relaxation with trips to the Sierra de Guadarrama National Park, on foot, bicycle and horse. You will discover the flora and fauna of the National Park with qualified guides. An ideal trip to also visit the city of Madrid.

- Day 1, Thursday: Transfer to Mataelpino. Welcome and full relaxing massage.
- Day 2, Friday: Guided hike (half day) in the Pedriza with the chance to observe mountain goats. In the afternoon, hydrothermal spa circuit and volcanic rock massage.
- Day 3, Saturday: Guided cycle ride on electric bikes with the chance to observe geese in Manzanares El Real. In the afternoon, hydrothermal spa circuit and relaxing full massage.
- Day 4, Sunday: In the morning, horse riding in the Sierra de los Porrones, near the National Park and hydrothermal spa circuit. After lunch, transfer to Madrid.



**Length:** 4 days, 3 nights.



**Includes:** transport to and from the airport, guides and instructors, full board accommodation in double room, welcome gift of bottle of Cava, three 90 minute hydrothermal spa sessions, two 60 minute relaxing massages, one 60 minute volcanic rock massage.



**Time of year:** All year round. Activities may be modified due to weather conditions.



**Aimed at:** Groups.



**Price:** €719.52 per person (minimum group size 8 people).  
Option of 3 days, 2 nights package (days 1,2,4): €490.69 per person.



**Supplier:** Outdoor activities [www.navalmedio.es](http://www.navalmedio.es). Accommodation, food and spa [Blue Sense Hotel](#)



**Contact:** José Antonio Peñaranda [info@navalmedio.es](mailto:info@navalmedio.es)  
+34 918 523 019





Sierra de  
Guadarrama  
National Park

Ecotourism week in the Sierra de  
Guadarrama National Park

**Description:** Discover the National Park in depth, on horseback, foot, electric bike or snow shoes. Stay in a rural hotel in the National Park surrounded by pine tree, roe deer and wild boar. Enjoy bird watching, stargazing, living like a shepherd. Breath in the fresh forest air, come up close with the wildlife, meet fighting bull calves, listening to its trickling streams, taste the delicious local products. Always accompanied by true professionals, National Park accredited guides, Starlight qualified astro-guides, biologists, farmers etc. A unique Ecotourism experience only 50km from the city of Madrid.

- Sunday: Pick up at airport, transfer to rural hotel in Cercedilla.
- Monday: Guided walking trail in La Pedriza, with the chance to observe mountain goats. Visit to a fighting bull and an Iberian pig farm. Sampling of products.
- Tuesday: Guided horse ride through the Valle de La Fuenfria. Visit to an organic farm. Sampling of products.
- Wednesday: Guided bicycle ride on electric bikes with the chance to watch geese. Visit to Los Mendoza Castle.
- Thursday: Shepherd experience with local breed goats, milking and cheese making. After dinner, nighttime activity of stargazing (depending on date, chance to observe full moon, constellations, shooting stars etc). In winter this activity may be carried out with snow shoes.
- Friday: Guided hike to Siete Picos and Camino Schmidt or snowshoeing (January to March). Traditional lunch of Madrid Stew. Transfer to airport.



**Length:** 6 days, 5 nights.



**Includes:** Transport to and from the airport, guides, 5 nights half board accommodation in double rooms (drinks with dinner not included), transfers to activities.



**Time of year:** All year round. Activities are adapted to time of year and climatic conditions



**Aimed at:** General public, especially families.



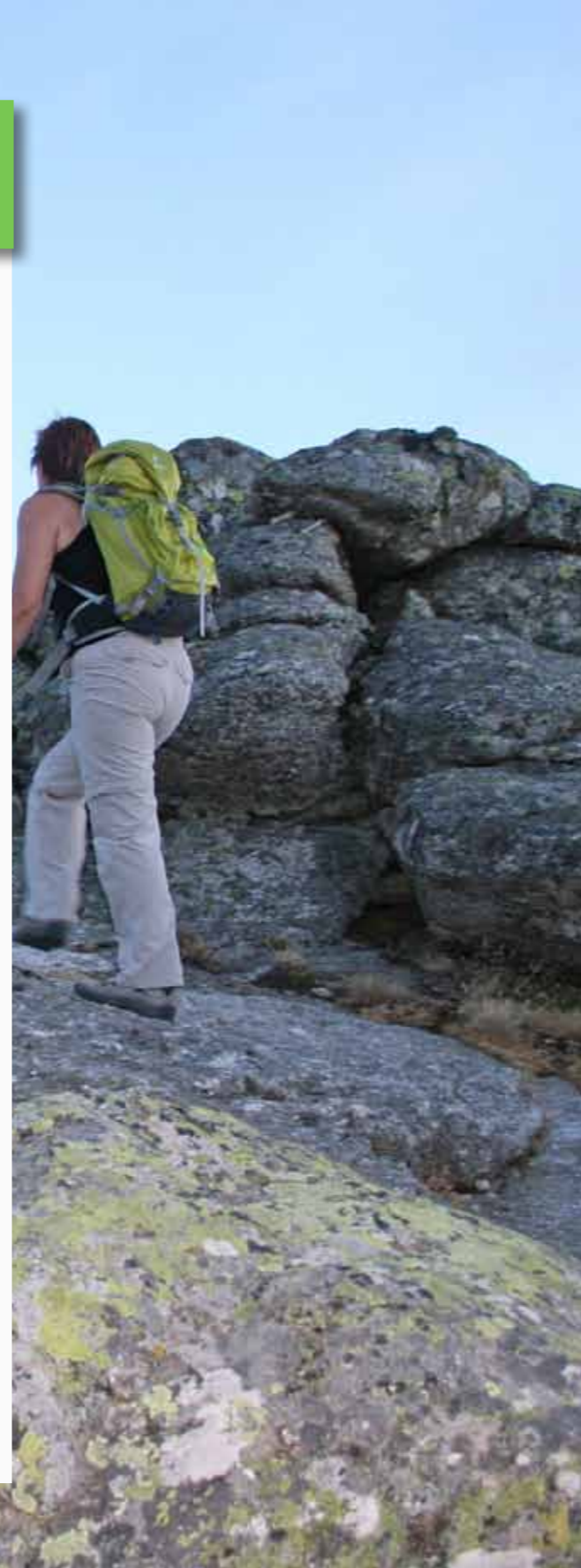
**Price:** €870.36 per person (in double rooms, minimum group of 8). Supplement of €135 for single room. Please ask about discounts and activities for children.



**Supplier:** Outdoor activities [www.navalmedio.es](http://www.navalmedio.es). Accommodation and food [La Casona de Navalmedio](#).



**Contact:** José Antonio Peñaranda [info@navalmedio.es](mailto:info@navalmedio.es) +34 918 523 019.





Sierra de Guadarrama National Park

Hiking and Stargazing in the Sierra de Guadarrama National Park

**Description:**

Discover the amazing starry nights on offer in the Sierra de Guadarrama National Park, enjoy its noises, its scents and have a different experience.



A National Park accredited guide will escort you on a hiking trail from Puerto de Navacerrada through the National Park to see the sunset from the Siete Picos massif in a peaceful meadow at 2,000m. Slowly the sky will light up with thousands of stars while you make your way back to the start point. To finish, you will enjoy a starlit barbeque dinner in the open air.

After dinner, there will be a stargazing activity, where a Starlight® certified guide will help you to observe the night sky through a telescope and identify planets, satellites and stars.



**Length:** 1 day.



**Includes:** Accredited hiking guide, Starlight® certified stargazing guide, dinner with drinks and use of telescopes.



**Time of year:** All year round. In winter, snowshoes will be used for the hike.



**Aimed at:** General public, especially families.



**Price:** €51.50 per person (minimum group size 8).



**Supplier:** [www.navalmedio.es](http://www.navalmedio.es).



**Contact:** José Antonio Peñaranda [info@navalmedio.es](mailto:info@navalmedio.es)  
+34 918 523 019.





Sierra de Guadarrama National Park

When I grow up I want to be... An Explorer!

**Description:**

Explore the Cercedilla meadows with your children and discover hidden clues left by the wildlife of the Sierra de Guadarrama National Park. You will be given a checklist of things to look out for, and as your children and you go for a walk through this beautiful landscape they will be motivated to keep their eyes peeled and think creatively

They will collect different things along the way: leaves, pine cones, berries, animal fur, etc. They can use a simple key to help them identify the different animal and plant species that they discover along the way. We will analyze the water quality in the streams we find, and find out more about the lichen which grows in the valley. And remember! We will have to keep our eyes open and with luck we may spot some animals.

At the end of the walk, we will share our findings in the group and the guide will explain and answer any questions about what we have seen and found.

**Length:** 4 hours (10am – 2pm).

**Includes:** Guide and equipment for the activity.

**Time of year:** All year round.

**Aimed at:** Groups of adults, families with children (no age limit).

**Price:** €15 per person (children under 15 free).

**Supplier:** [www.gaialamontanasostenible.com](http://www.gaialamontanasostenible.com)

**Contact:** Juan Luis Ignacio de Castro  
[info@gaialamontanasostenible.com](mailto:info@gaialamontanasostenible.com) +34 665 814 717





Sierra de Guadarrama National Park

Snow shoeing to the peaks of the National Park

**Description:**

Guided hike with snow shoes, accompanied by a Navacerrada Ski School guide. You will go up to the Alto de Guarramillas, to the Condesa gulley (the head of the Manzanares river). Lunch in the the highest bar in Madrid at 2,180m. Return to Puerto de Navacerrada by ski lift.



**Length:** 5 hours.



**Includes:** Guide, snow shoes, lunch in restaurante Dos Castillas, ski lift ticket.



**Time of year:** December to March. Subject to weather conditions.



**Aimed at:** Groups and families (minimum 4, maximum 8 per group).



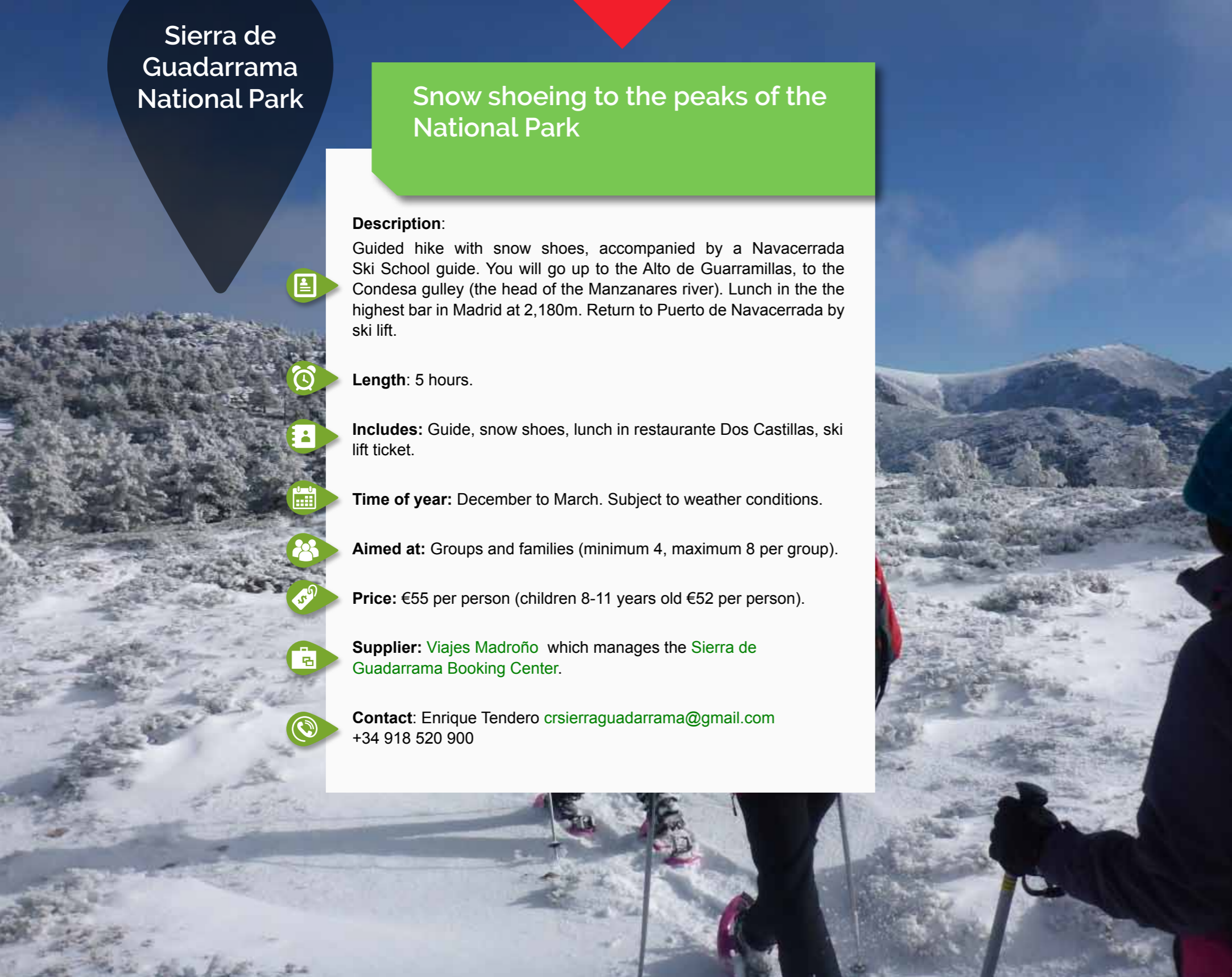
**Price:** €55 per person (children 8-11 years old €52 per person).



**Supplier:** [Viajes Madroño](#) which manages the [Sierra de Guadarrama Booking Center](#).



**Contact:** Enrique Tintero [crsierraguadarrama@gmail.com](mailto:crsierraguadarrama@gmail.com)  
+34 918 520 900





Sierra de Guadarrama National Park

Relaxation in the Sierra de Guadarrama (1)

**Description:**

Relaxing spa session, dinner and accommodation in a spa hotel with views of the National Park, located only 40 minutes from the city of Madrid in Mataelpino. The spa hotel has a hydrothermal circuit and many therapeutic options, 17 treatment rooms, a la carte restaurant with stunning views, private dining areas, auditorium, seminar rooms, meeting rooms, professional medical consulting rooms, cafeteria, social rooms, extensive terraces and gardens.



**Length:** 2 days, 1 night.



**Includes:** Dinner, accommodation for two people (double room), with welcome gift of a bottle of Cava, breakfast, lunch, one 90 minute hydrothermal spa circuit per person.



**Time of year:** All year round.



**Aimed at:** Groups of adults (minimum 4 people).



**Price:** €99 per person.



**Supplier:** [Viajes Madroño](#), which manages the [Sierra de Guadarrama Booking Center](#).



**Contact:** Enrique Tintero [crsierraguadarrama@gmail.com](mailto:crsierraguadarrama@gmail.com)  
+34 918 520 900





Sierra de Guadarrama National Park

Relaxation in the Sierra de Guadarrama (2)

**Description:**

Relaxing spa session, special dinner and accommodation in Hotel Spa Hacienda Los Robles, a unique space in Navacerrada where you will receive personalized attention in an exclusive and refined environment. The splendid views from the relaxation area, the low candle light, the sweet scent of incense and spices will all combine to create an ideal place to have the perfect treatment.

This would be the perfect accompaniment to some days of outdoor activities.



**Length:** 1 day, 1 night.



**Includes:** 1 night accommodation in double room, buffet breakfast, special dinner (selection of starters to share, main course choice of fish or meat, dessert or coffee. Drinks not included. 90 minute spa session.



**Time of year:** All year round.



**Aimed at:** Groups of adults (minimum 4 people).



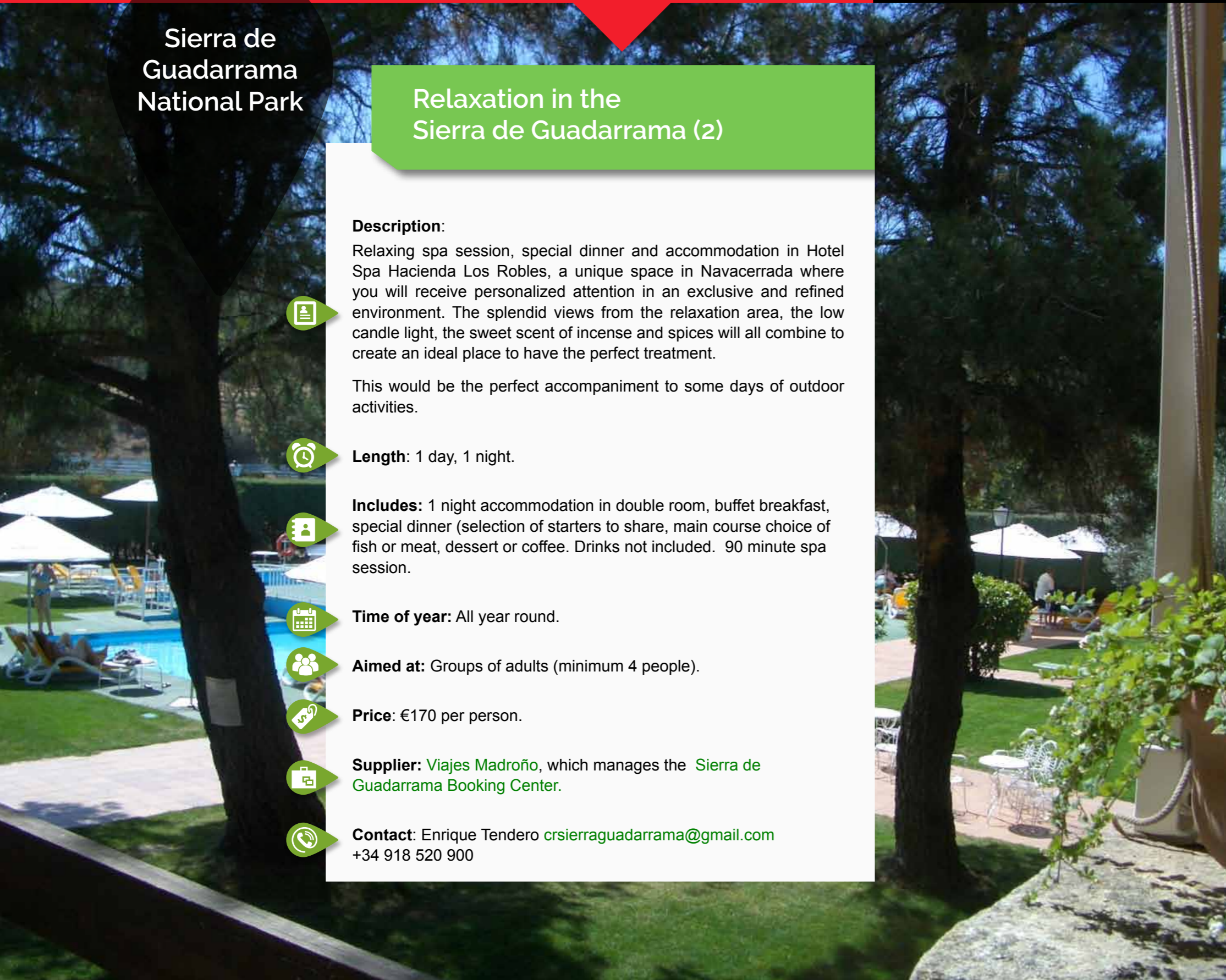
**Price:** €170 per person.



**Supplier:** [Viajes Madroño](#), which manages the [Sierra de Guadarrama Booking Center](#).



**Contact:** Enrique Tintero [crsierraguadarrama@gmail.com](mailto:crsierraguadarrama@gmail.com)  
+34 918 520 900





Sierra de Guadarrama National Park

Land Art. Art and nature in the Sierra de Guadarrama

**Description:**

This experience is based around the contemporary art technique of Land Art. On the Saturday, first you will sketch your surroundings. Our guide will explain the concepts of Land Art, artistic installations in wild areas, and will reinforce its non aggressive attitude which respects the landscape and natural environment it is made in. During this session, participants will get to know nature and will begin to feel at one with their surroundings. You will sketch and take photographs to work out the best space for the installation.

In the afternoon you will go on a guided horse ride in the Valle de la Fuenfría (1hour 30 mins).

On Sunday, with the Project now well under way, we will carry out the Land Art installation. You will document the installation with sketches and photos, since it is ephemeral.



**Length:** 2 days, 1 night.



**Includes:** Accommodation in cabins in La Posada of the Active Tourism Center [Cercedillaventura](#) or in [Hostal La Maya](#), specialist Land Art guide, sketch book, material for the activity, guided horse ride.



**Time of year:** All year round.



**Aimed at:** Groups and families (minimum 4 people).



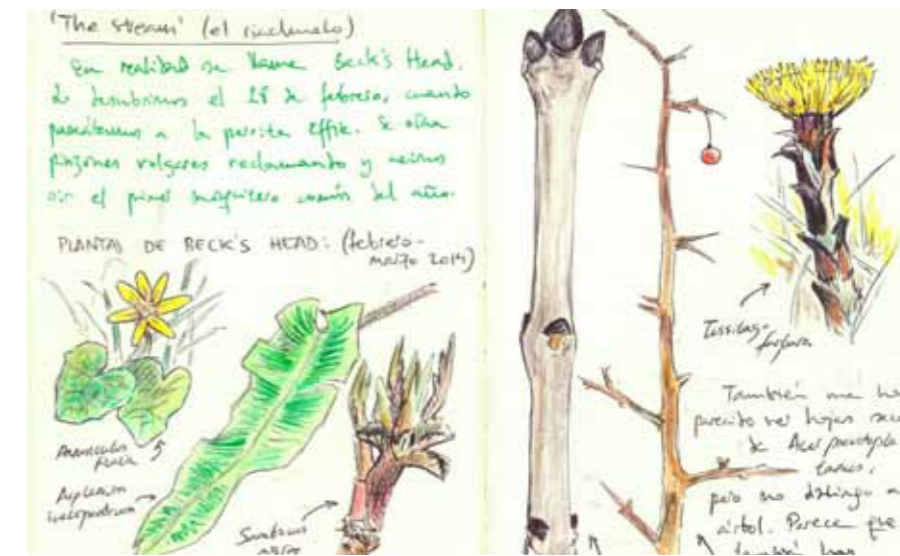
**Price:** Cabins in La Posada €112 per person in double room with breakfast. Hostal La Maya €115 per person in double room (breakfast not included).



**Supplier:** [Viajes Madroño](#), which manages the [Sierra de Guadarrama Booking Center](#).



**Contact:** Enrique Tintero [crsierraguadarrama@gmail.com](mailto:crsierraguadarrama@gmail.com)  
+34 918 520 900





Sierra de Guadarrama National Park

Guadarrama and the Romans

**Description:** In this trip to the past you will discover two places connected to each other by their función and connected to the Roman presence in Guadarrama. In Cercedilla, you will go along the Vía XXIV, the most spectacular of the many Roman roads which cross the Sierra de Guadarrama. Our guide will lead the group along an easy 2 hour walk, explaining the history of the road and its connection to the natural environment.

Then you will take the train to Collado Mediano, where you will visit the Beneficio-Miaccum archaeological site which harbours remains from the different parts of this Roman inn: baths, kitchen, large dining hall, bedrooms and the road that went past it.

After this visit you will enjoy lunch in a local restaurant.

**Length:** 4h 30min plus lunch.

**Includes:** Visit to the Beneficio archaeological site, train trip to Valle de la Fuenfría, guided walk along Vía XXIV and lunch in a local restaurant.

**Time of year:** All year round except August.

**Aimed at:** Groups (min 4, max 20 people).

**Price:** €39 per person.

**Supplier:** [Viajes Madroño](#), which manages the [Sierra de Guadarrama Booking Center](#).

**Contact:** Enrique Tintero [crsierraguadarrama@gmail.com](mailto:crsierraguadarrama@gmail.com)  
+34 918 520 900





Sierra de Guadarrama National Park

The National Park on Electric Bike

**Description:**

Discover the countryside of the Sierra de Madrid on an electric bicycle which will help you to do one of nine GPS guided routes. Enjoy landscapes such as La Pedriza, el Hueco de San Blas, the Santillana reservoir, and the charming villages of Miraflores de la Sierra and Navacerrada, all within the Sierra de Guadarrama National Park.



**Length:** Half day or whole day.

**Includes:** Hire of electric bicycle, GPS, helmet, child seat.

**Time of year:** All year round.

**Aimed at:** Groups and families.

**Price:** €16 per person half day. €20 per person full day.

**Supplier:** [Viajes Madroño](#), which manages the [Sierra de Guadarrama Booking Center](#).

**Contact:** Enrique Tintero [crsierraguadarrama@gmail.com](mailto:crsierraguadarrama@gmail.com)  
+34 918 520 900





Sierra de  
Guadarrama  
National Park

Trip to the Sierra de Guadarrama  
National Park

**Description:** A trip where you can explore the Sierra de Guadarrama National Park as you enjoy numerous different outdoor activities such as hiking, horse riding, snow shoeing and cross country skiing. Fun for all ages.

- Day 1: Arrival at accommodation in Cercedilla and dinner.
- Day 2: Easy guided walk (3 hours) through the Fuenfría Valley, walking along historic paths like La Via XXIV (Roman road). After lunch in a local restaurant, you will take the train ride to Collada Mediano, where you will visit El Beneficio-Miaccum archaeological site, a Roman inn in splendid meadows.
- Day 3: In the morning, adventure trip (3 hours) in Guadarrama Forestal Park (tree top activities, zip wires, rope bridges). After lunch in a local restaurant, you will enjoy a guided horse ride in Cercedilla, at the foot of the Siete Picos (Seven Peaks), with views of some of the most spectacular landscapes of the National Park (1 hour 30 mins).
- Day 4: Take the Electric Train up to El Puerto de los Cotos (40 mins), with wonderful views of the National Park. In Cotos, you will go on a guided snow shoeing trail or bicycle ride (the activity will be adapted to weather conditions and the characteristics of the group).
- Day 5: Cross country skiing beginner lesson. Lunch at La Cantina and return to Cercedilla by electric train.

Accommodation on days 1 and 2 in **Hostal La Maya** (Cercedilla), day 3 in **Albergue La Cantina de Cotos**.



**Length:** 5 days, 4 nights.



**Includes:** Full board accommodation, entrance to the archaeological site, expert guides and instructors, equipment for the activities, 1 adventure session at Forestal Park, train tickets.



**Time of year:** December to March. Subject to weather conditions. Please consult us about non snow activities at other times of year.



**Aimed at:** Groups and families



**Price:** €526 per person. Please ask about discounts for children and prices of airport transfers.



**Supplier:** **Viajes Madroño**, which manages the **Sierra de Guadarrama Booking Center**.



**Contact:** Enrique Tintero [crsierraguadarrama@gmail.com](mailto:crsierraguadarrama@gmail.com) +34 918 520 900





Sierra de Guadarrama National Park

Nature and Culture of Madrid and the Sierra de Guadarrama

**Description:** A trip to explore the landscapes of the Sierra de Guadarrama National Park, enjoy many different activities and discover the culture of Madrid and its sierra.

- Day 1: Arrival at accommodation in Cercedilla and dinner.
- Day 2: Easy guided walk (3 hours) through the Fuenfría Valley, walking along historic paths like La Via XXIV (Roman road). After lunch, you will take the train ride to Collada Mediano, where you will visit El Beneficio-Miaccum arqueological site, a Roman inn in splendid meadows.
- Day 3: Adventure trip (3 hours) in Guadarrama Forestal Park (tree top activities, zip wires, rope bridges). In the afternoon, a guided horse ride in Cercedilla, at the foot of the Siete Picos (Seven Peaks) (1 hour 30 mins).
- Day 4: Take the Electric Train up to El Puerto de los Cotos (40 mins), with wonderful views of the National Park. In Cotos, you will go on a guided snow shoeing trail or electric bicycle ride or hiking trail (the activity will be adapted to weather conditions and the characteristics of the group). Picnic lunch and return by train to Cercedilla.
- Day 5: Visit to the city of Madrid, with a guided walking and panoramic bus tour (City Tour Line) of the capital's most emblematic areas and sites. Return to the accommodation in Cercedilla, only 1 hour away.
- Day 6: Guided tour full of facts and fun of the most emblematic parts of El Escorial and its Monastery. Lunch with some of the most delicious local products. Free afternoon.
- Day 7: Breakfast and end of trip.

Accommodation in **Hostal La Maya (Cercedilla)**.

**Length:** 6 days, 5 nights.

**Includes:** Accommodation and breakfast, lunch in local restaurants or picnics, and dinners. Entrance to El Beneficio arqueological site, expert guides and instructors, equipment for all the activities, 1 adventure session in Forestal Park, train tickets and transport to the activities.

**Time of year:** All year round.

**Aimed at:** Groups and families.

**Price:** €769 per person. Please ask about discounts for children and price of airport transfer.

**Supplier:** **Viajes Madroño**, which manages the **Sierra de Guadarrama Booking Center**.

**Contact:** Enrique Tintero [crsierraguadarrama@gmail.com](mailto:crsierraguadarrama@gmail.com) +34 918 520 900





## Sierra del Rincón Biosphere Reserve

## The Sierra del Rincón on horseback

**Description:** Horseback trekking along the Equestrian Itinerary IE-041, a trail marked and recognised by the Spanish Royal Equestrian Society (Real Federación Hípica Española). This trail leads you through the five villages of the Sierra del Rincón Biosphere Reserve and their beautiful countryside.

The guides who lead the trek are professionals with horseriding and tourguiding experience, as well as biology and environmental education training, so they are fully equipped to interpret the landscapes that you ride through. Each stage of the trek will be about 6 hours riding.

- Day 1: Arrival and welcome
- Day 2: Buitrago – Horcajuelo de la Sierra (28 km)
- Day 2: Horcajuelo de la Sierra – La Hiruela (16km)
- Day 3: La Hiruela - Puebla de la Sierra (17 km)
- Day 4: Puebla de la Sierra - Montejo de la Sierra (20 km)
- Day 5: Montejo de la Sierra (Rest day)
- Day 6: Montejo de la Sierra – Prádena del Rincón (18 km)
- Day 6: Prádena del Rincón – Buitrago de Lozoya (28 km)

Whether you choose to stay in the same accommodation every night or change every day, the hotels and guesthouses you stay in will always be charming and high quality.

**Length:** 8 Days, 7 nights. We can adapt the days as the client wishes: 6 days/5 nights or 3 Days/2 nights.

**Includes:** Accommodation in double room (single or double bed) with private bathroom, full board (with wine and water), horse hire, expert guide and luggage transport by car.

**Time of year:** Mid-March to mid-November.

**Aimed at:** Intermediate riders. Minimum 6 people, maximum 10.

**Price:** From €1,450 per person.

**Supplier:** [www.viajesdpm.com](http://www.viajesdpm.com)

**Contact:** Ramón Górriz [info@viajesdpm.com](mailto:info@viajesdpm.com) +34 963 699 554





## Sierra del Rincón Biosphere Reserve

### Birds and landscapes of the Sierra del Rincón

#### Description:

Relax in a cosy rural guesthouse and discover the Sierra del Rincón Biosphere Reserve, Madrid Region's best kept natural secret. A unique and unforgettable destination which brings you peaceful unspoilt highland villages, traditional stone and wood architecture, unchanged local customs and the most biodiverse natural areas of the Sierra de Madrid.

You will enjoy a delicious breakfast in your accommodation, a guided bird watching walk to find out all about the birdlife in the Sierra del Rincón and a guided walk in the emblematic Montejo Beech Forest.

**Length:** 3 days, 2 nights.

**Includes:** Accommodation in Al Viento Alojamiento Rural de Prádena del Rincón, breakfast and two guided walks.

**Time of year:** All year round.

**Aimed at:** General public (minimum 4 people for the guided walk).

**Price:** €90 per person in double room.

**Supplier:** [www.alvientoturismorural.com](http://www.alvientoturismorural.com)

**Contact:** Nuria García [info@alvientoturismorural.com](mailto:info@alvientoturismorural.com)  
+ 34 609 031 648





## Sierra del Rincón Biosphere Reserve

### The Sierra del Rincón, from farms to bikes.

#### Description:

Spend a few days in the country guesthouse Casa Rural Fuente del Arca in Montejo de la Sierra, enjoying the Sierra del Rincón, taking part in activities, visiting a farm, and exploring hidden corners of the area on our electric bikes.



On the farm visit, you will spend about an hour and a half seeing:

- The different uses and rotations of fields and how this generates a high level of biodiversity.
- The “edible forest”, a mixture of fruit trees, herbs and plants that we can use for many things.
- The farm, with animals, fruit trees, green house and vegetable patch.

Wilma the donkey will go around with you, and the children may ride on her.

On the 3 hour electric bike ride you will be accompanied by a guide/mechanic as you go along roads, lanes, tracks and paths, taking in the views without too much effort. A light lunch with local products is included, to refuel after the ride.



**Length:** 3 days, 2 nights.



**Includes:** Accommodation in Casa Rural Fuente del Arca, farm visit and guided electric bike ride.



**Time of year:** All year round.



**Aimed at:** Families with children and groups.



**Price:** €470 per group of 4 people.



**Supplier:** [www.casaruralfuenteelarca.es](http://www.casaruralfuenteelarca.es)



**Contact:** Jesús Alberto Hernán [jaramaanimacion@gmail.com](mailto:jaramaanimacion@gmail.com)  
+34 677 534 343





Sierra del Rincón Biosphere Reserve

Relax and savour the Sierra del Rincón

**Description:**

Escape the daily grind and relax in peace and quiet in La Hiruela, enjoy marvelous views and good food at Casa Aldaba.

Casa Aldaba offers traditional looking apartments where you can wake up to views of hundred year old oak tree pasturelands, go on self-guided hikes and see the old highland ways of life. And of course enjoy the tastes and scents of the countryside in the fine food and wine.

Casa Aldaba pay great attention to detail so that their guests have a wonderful time.



**Length:** 3 days, 2 nights.

**Includes:** Accommodation and breakfast, one “Casa Aldaba” set meal including house wine, information for self-guided hikes.

**Time of year:** Weekends all year round.

**Aimed at:** General public.

**Price:** €235 for 2 people.

**Supplier:** [www.casaaldaba.com](http://www.casaaldaba.com)

**Contact:** Ignacio Merino [reservas@casaaldaba.com](mailto:reservas@casaaldaba.com)  
+34 629 626 224





Sierra  
del Rincón  
Biosphere  
ReserveThe Sierra del Rincón with  
all your senses**Description:**

Have a wonderful experience in the charming rural houses offered by the Rural Houses El Bulín in the villages of La Hiruela, Horcajuelo de la Sierra and Prádena del Rincón. Each house is self-contained, with one or two bedrooms and fully equipped.

To discover all that the Sierra del Rincón has to offer all your senses, this experience includes:

- One meal (lunch or dinner) of locally sourced highland cuisine.
- Guided hike in the Montejo Beech Forest, in the centre of the Biosphere Reserve.
- Guided hike in the Biosphere Reserve (medium-low difficulty, 1.5h long).
- Electric bike ride through the Sierra del Rincón countryside (2h).
- Guided horse ride near the Riosequillo reservoir in beautiful countryside (1h).



**Length:** 4 days, 3 nights.



**Includes:** Accommodation, sampling of specially selected locally sourced products, guided horse ride, two guided hikes.



**Time of year:** All year round.



**Aimed at:** Groups, couples and families.



**Price:** €820 for 4 people, €560 for two people.

Option of 3 Days/2 nights with lunch or dinner, guided hike in the beech forest and guided horse ride: €570 for 4 people, €400 for 2 people.



**Supplier:** [www.elbulin.es](http://www.elbulin.es) y [www.centrohipicobuitrago.es](http://www.centrohipicobuitrago.es)



**Contact:** Gustavo Nash [reservas@elbulin.es](mailto:reservas@elbulin.es) +34 918 698 888












Sierra del Rincón Biosphere Reserve

The marvels of the Sierra del Rincón

**Description:** Five different activities to explore on foot and discover the landscapes, flora, fauna, culture, legends and ethnography of the Sierra del Rincón Biosphere Reserve, accompanied by a professional guide with great knowledge of the area.

- **Ancient trees, living forests.** Circular walk through the oak tree pastureland of the “dehesa” in La Hiruela, where we can see age old practices and how they sustain the ecology of this mountain area. Distance 8km. (May, June, September and October).
- **Story telling.** A walk through Prádena del Rincón where the landscape’s history and culture will come to life through traditional music, ballads, stories and tales connected to sheep herding. (Spring and autumn)
- **From village to village.** Circular route through Prádena del Rincón, Horcajuelo de la Sierra and Montejo de la Sierra, on drovers’ roads, tracks and drystone wall-lined lanes. Distance 8.5km. (All year round)
- **Between valleys and highlands.** Beginner’s birdwatching route along the Horcajuelo valley, going through different ecosystems and observing the varied birdlife. (May to June)
- **A shepherd’s life.** Follow a current day Puebla de la Sierra shepherd in her everyday tasks, walking through the fields and herding the flock. (All year round)

-  **Length:** 4.5 hours per activity (morning or afternoon).
-  **Includes:** Guide and materials for each activity.
-  **Time of year:** See each activity for details.
-  **Aimed at:** Groups. Please ask about recommended ages for children in each activity.
-  **Price:** Each activity from €250 per group of 15 people (maximum 18 people).
-  **Supplier:** DE RAIZ Educación ambiental y ecoturismo
-  **Contact:** Margarita López [deraiz.senderos@gmail.com](mailto:deraiz.senderos@gmail.com)  
+34 615 076 498





# USEFUL INFORMATION

Activity Companies  
Specialised Accommodation  
Travel Agencies  
Further information and self-guided routes





## Activity Companies

### Birdwatching, wildlife watching and photography.

#### **Birding Trekking & Nature**

Birdwatching

[www.birdingtrekkingandnature.com](http://www.birdingtrekkingandnature.com)

#### **El Gurugú Área Medioambiental**

Guadarrama

Guided hikes with sighting and identification of birds of prey around the Embalse de La Jarosa (Sierra de Guadarrama).

[www.cinsierradeguadarrama.com](http://www.cinsierradeguadarrama.com)

#### **Iberian Wildlife Tours**

Birdwatching and wildlife watching.

Walking routes and nature tours.

[www.iberianwildlife.com](http://www.iberianwildlife.com)

### Guided hiking, nature watching and environmental education.

#### **Bota y Mochila**

Activities for families, hiking, nature watching, birdwatching trips on canoes, archeology, paleontology.

[www.parquesierradeguadarrama.blogspot.com/es/](http://www.parquesierradeguadarrama.blogspot.com/es/)

#### **De Raíz Senderos**

Guided walks of natural and cultural heritage, birdwatching walks, environmental education workshops, design of group activities.

[www.facebook.com/DeRaizSenderos](http://www.facebook.com/DeRaizSenderos)

#### **El espíritu del bosque**

Guided walks focusing on flora, fauna, birdwatching and fungi. Stargazing activities.

[www.espiritubosque.es](http://www.espiritubosque.es)

#### **GAIA La Montaña Sostenible**

Birdwatching, nature watching walks, environmental education.

[www.gaialamontanasostenible.com](http://www.gaialamontanasostenible.com)

#### **Monachus Ecoturismo**

Birdwatching and wildlife watching, nature photography, and environmental education workshops.

[www.monachusecoturismo.com](http://www.monachusecoturismo.com)

#### **Wild Iberian Nature**

Birdwatching and wildlife watching, ecotourism, nature photography, hiking.

[www.wildiberiannature.es](http://www.wildiberiannature.es)

#### **Madrid Nature**

Birdwatching, nature watching walks, environmental education.

[www.madridnature.wordpress.com](http://www.madridnature.wordpress.com)

#### **Navalmedio Naturaleza**

Birdwatching, stargazing, guided hikes, horse riding, electric and conventional bicycle rides, snowshoeing, cross-country skiing, Nordic Walking.

[www.navalmedio.es](http://www.navalmedio.es)

#### **Valle Melojo**

Hiking trails focusing on plants, birdwatching, wildlife watching, history and culture. Bicycle rides. Inclusive routes, accessible to everyone.

[www.vallemelojo.wordpress.com](http://www.vallemelojo.wordpress.com)

### Diverse active tourism and adventure tourism activities.

#### **Amadablam Aventura**

Birdwatching, mountaineering, trekking, hiking, climbing, snowshoeing, alpine skiing and cross-country skiing.

[www.amadablamaventura.es](http://www.amadablamaventura.es)

#### **A Ritmo de Burro**

Donkey rides.

[www.aritmodeburro.com](http://www.aritmodeburro.com)

#### **Caliga Activo**

Hiking, trekking, orienteering, snowshoeing.

[www.caliga-activo.com](http://www.caliga-activo.com)

#### **Centro de Esquí Navafría**

Cross-country skiing, snowshoeing, Nordic Walking, hiking.

[www.navafriaesqui.com](http://www.navafriaesqui.com)

#### **Dreampeaks**

Hiking, trekking, mountaineering, climbing, snowshoeing, ski touring.

[www.dreampeaks.org](http://www.dreampeaks.org)

#### **Isadia Aventuras**

Bicycle rides, climbing, hiking, trekking, mountaineering, snowshoeing.

[www.isadia-aventura.com](http://www.isadia-aventura.com)

#### **La Tormenta**

Hiking, trekking, mountaineering, snowshoeing.

[www.latormenta.es](http://www.latormenta.es)

#### **Meridiano Raid**

Bicycle rides, canoes, paddle surf, snowshoeing, climbing.

[www.meridianoraid.com](http://www.meridianoraid.com)

#### **Montaña y Aventura**

Hiking, trekking, mountaineering, climbing, snowshoeing, bicycle rides.

[www.montañayaventura.es](http://www.montañayaventura.es)

#### **Promountain**

Hiking, trekking, mountaineering, sport climbing, guided mountain climbing.

[www.promountainguias.com](http://www.promountainguias.com)

#### **Sendero Vertical**

Hiking, mountaineering, climbing, snowshoeing, guided mountain climbing.

[www.senderovertical.com](http://www.senderovertical.com)

#### **Ussuri Trek**

Hiking, trekking, mountaineering, snowshoeing, climbing.

[www.ussuritrek.com](http://www.ussuritrek.com)

#### **Viajes a Pie**

Hiking, trekking, mountaineering, snowshoeing, climbing.

[www.viajesapie.com](http://www.viajesapie.com)

#### **Yurok Adventures**

Adventure holidays, hiking, trekking, climbing, snowshoeing.

[www.yurok.es](http://www.yurok.es)



## Bicycle rides and related services.

### **ASDON Aventura**

Bicycle rides, bike hire and transfer.  
Active tourism activities.  
[www.asdonaventura.com](http://www.asdonaventura.com)

### **Aventuras Sierra Norte**

Guided mountain bike rides in the Sierra Norte.  
[www.aventurasierranorte.com](http://www.aventurasierranorte.com)

### **Bike Spain Tour**

Guided and self-guided bike rides. Bike hire.  
[www.bikespain.com](http://www.bikespain.com)

### **Bravo Bike S.L.**

Bicycle rides to see the monuments of Madrid and along the Santiago Pilgrim's Way through the Madrid Region. Transport service.  
[www.bravobike.com/es/package/ruta-madrid-el-escorial](http://www.bravobike.com/es/package/ruta-madrid-el-escorial)

### **Escuela de Mountain Bike de Madrid**

Mountain bike and cycling school. Rides through different parts of Madrid Region. Activities and bicycle courses for children.  
[www.emtbm.es](http://www.emtbm.es)

### **La Burricleta**

Specialists in hire and sale of electric bikes. Self-guided bike rides.  
[www.burricleta.com](http://www.burricleta.com)

### **La Cañada en Bici**

Bicycle hire in the Sierra de Madrid with home delivery and collection service. Itineraries and rides.  
[www.lacanaenbici.es](http://www.lacanaenbici.es)

### **MTB S.L.**

Mountain biking, all mountain, enduro and descent. The rides are based around the Sierra de Guadarrama.  
[www.mtbSpain.es](http://www.mtbSpain.es)

### **Monte Holiday**

Bicycle rides in the Valle del Lozoya. Bike hire, help with routes, traveller pick up and drop off service.  
[www.monteholiday.com](http://www.monteholiday.com)

### **Multiaventura Buendia**

Guided bike rides, bike hire and transfers. Hiking  
[www.multiaventurabuendia.es](http://www.multiaventurabuendia.es)

### **Routes & Adventures**

Guided bike rides which include transfers, accommodation and bike hire.  
[www.routesandadventures.es](http://www.routesandadventures.es)

### **Rutas Pangea**

Specialist bike riding company. Bike hire and training courses. Hiking trips.  
[www.rutaspangea.com](http://www.rutaspangea.com)

### **TrackMTB**

Bike rides in the Sierra de Guadarrama.  
[www.trackmtb.com](http://www.trackmtb.com)

### **Viajes Mammoth**

Customizable bike rides of different levels. Accommodation and luggage transfer management.  
[www.viajesmammoth.com](http://www.viajesmammoth.com)

## Specialised Accommodation

### Sierra de Guadarrama National Park and surrounding area

#### **Monte Holiday Ecoturismo**

Gargantilla del Lozoya  
[www.monteholiday.com](http://www.monteholiday.com)

#### **Hotel Rural El Torreón de Navacerrada**

Navacerrada  
[www.eltorreondenavacerrada.com](http://www.eltorreondenavacerrada.com)

#### **Hotel Luces del Poniente**

Cercedilla  
[www.lucesdelponiente.com](http://www.lucesdelponiente.com)

#### **Posada el Campanario**

Rascafría  
[www.posadaelcampanario.com](http://www.posadaelcampanario.com)

#### **El Capriolo**

Garganta de los Montes  
[www.agroturismoelcapriolo.es](http://www.agroturismoelcapriolo.es)

#### **Hotel Quercus Tierra**

Garganta de los Montes  
[www.quercustierra.com](http://www.quercustierra.com)

#### **La Badila**

Garganta de los Montes  
[www.labadila.com](http://www.labadila.com)

#### **Estrella Rural**

Braojos  
[www.estrellarural.es](http://www.estrellarural.es)

#### **Albergue Valle Abedules**

Bustarviejo  
[www.albergue-valle.com](http://www.albergue-valle.com)

#### **La Posada de Los Vientos**

La Acebeda  
[www.laposadadelosvientos.es](http://www.laposadadelosvientos.es)

### Sierra del Rincón Biosphere Reserve

#### **Al Viento, alojamiento y turismo rural**

Horcajuelo y Prádena del Rincón  
[www.alvientoturismorural.com](http://www.alvientoturismorural.com)

#### **Casa Aldaba**

La Hiruela  
[www.casaaldaba.com](http://www.casaaldaba.com)

#### **El Bulín Casas Rurales**

Horcajuelo, Prádena y La Hiruela.  
[www.elbulin.es](http://www.elbulin.es)

#### **La Posada de Horcajuelo**

Horcajuelo  
[www.laposadadehorcajuelo.com](http://www.laposadadehorcajuelo.com)

#### **Hotel Monte del Tejo**

Montejo de la Sierra  
<http://hotelmontedeltejo.blogspot.com.es>

#### **Casa Rural Fuente del Arca**

Montejo de la Sierra  
[www.casaruralfuenteelarca.es](http://www.casaruralfuenteelarca.es)

#### **La Posada de Puebla**

Puebla de la Sierra  
[www.laposadadelapuebla.com](http://www.laposadadelapuebla.com)

#### **Casas Rurales El Yayo de Puebla**

Puebla de la Sierra  
[www.casasruraleselyayo.es](http://www.casasruraleselyayo.es)

#### **Madre Terra**

Puebla de la Sierra  
[www.madreterra.es](http://www.madreterra.es)



## Travel Agencies

### **AETOS Viajes**

Madrid  
[www.aetosviajes.com](http://www.aetosviajes.com)

### **Amadablam. Spain Walking**

Navacerrada  
[www.spainwalking.com](http://www.spainwalking.com)

### **Birding Trekking & Nature**

Alcobendas  
[www.birdingtrekkingandnature.com](http://www.birdingtrekkingandnature.com)

### **Pangea The Travel Store**

Madrid  
[www.pangea.es](http://www.pangea.es)

### **Spainbirds Nature Tours.**

Madrid  
[www.spainbirds.com](http://www.spainbirds.com)

### **Viajes Madroño, S.L.**

Cercedilla  
[www.viajesmadrono.es](http://www.viajesmadrono.es)

## Further information and self-guided routes

### **Turismo de Madrid**

[www.turismomadrid.es](http://www.turismomadrid.es)

### **Madrid Birdwatching**

[www.madridbirdwatching.es](http://www.madridbirdwatching.es)

### **Sendas de Madrid**

Hiking, birdwatching walks and bicycle rides.

[www.sendasdemadrid.es](http://www.sendasdemadrid.es)

### **Parque Nacional de la Sierra de Guadarrama**

[www.parquenacionalsierraguadarrama.es](http://www.parquenacionalsierraguadarrama.es)

### **Reserva de la Biosfera de la Sierra del Rincón**

[www.sierradelrincon.org](http://www.sierradelrincon.org)

### **Sierra de Guadarrama**

[www.sierraguadarrama.info](http://www.sierraguadarrama.info)  
[www.sierradelguadarrama.com](http://www.sierradelguadarrama.com)

### **Sierra Norte**

[www.sierranorte.com](http://www.sierranorte.com)

### **Asociación de empresas de turismo activo y ecoturismo de Madrid**

[www.aetam.es](http://www.aetam.es)





# DISCOVER MADRID'S NATURAL SIDE!

PARQUE  
NACIONAL  
DE LA  
SIERRA DE  
GUADARRAMA

RESERVA  
DE LA  
BIOSFERA  
SIERRA DEL RINCÓN



With the collaboration of:



OCTOBER 2016

Producer by:

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ECOTURISMO CLUB  
IN SPAIN