



CiclaMadrid Connects!

Cycle tourism in the Madrid Region



Comunidad
de Madrid

Cycle tourism in the Madrid Region

Who would have thought that the Madrid region is a small microcosm where, in addition to extensive urban spaces, you find dense pine and holm oak forests, alpine summits, vineyards and olive groves, steppes and charming villages filled with life...

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

Travellers from Spain and the world can discover us in a very simple, eco-friendly, accessible and healthy way. And what could be better than using a bike, on a route that connects all of these attractions with cuisine, crafts, traditions and landscape.

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

www.ciclamadrid.es

CiclaMadrid Grand Tour

19 days and 17 stages for thoroughly enjoying the Madrid Region



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

The CICLAMADRID Gran Tour is a major 420-kilometres itinerary to be followed by 17 stages covering between 15 y 38 kilometres each. Why not do it at least once in your life? Three of Unesco's World Heritage Site destinations, seven Towns of Madrid, enchanting villages, historic gardens and natural parks... All of Madrid in only 17 steps.



The Tour fits almost everyone and can be adapted to the characteristics of each one as long as you only have to join stages wherever you want, or do them all one by one. The stages are about 25 kilometres.

Mornings are for cycling, afternoons for wandering... That's the idea.

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

-  Aranjuez
 -  Chinchón
- 27 km / +394 m / IBP 23

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

-  Chinchón
 -  Villarejo de Salvanés
- 22 km / +238 m / IBP 17

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

- Villarejo de Salvanés
 - Nuevo Baztán
- 38 km / +545 m / IBP 36

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

- Nuevo Baztán
 - Alcalá de Henares
- 29 km / +240 m / IBP 21

Stage 5 **Around the countryside of la Alcarria de Alcalá**

- Alcalá de Henares
 - Algete
- 26 km / +340 m / IBP 21

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

- Algete
 - Torrelaguna
- 32 km / +181 m / IBP 18

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

- Torrelaguna
 - Miraflores de la Sierra
- 28 km / +641 m / IBP 38

Stage 8 **Route of the Los Mendoza Castle**

- Miraflores de la Sierra
 - Manzanares el Real
- 19 km / +193 m / IBP 15

Stage 9 **Views of the National Park**

- Manzanares el Real
 - Moralzarzal
- 15 km / +208 m / IBP 14

Etapa 10 **Along the foothills of the Guadarrama Range**

- Moralzarzal
 - San Lorenzo de El Escorial
- 22 km / +173 m / IBP 13

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

- San Lorenzo de El Escorial
 - Robledo de Chavela
- 17 km / +299 m / IBP 24

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

- Robledo de Chavela
 - San Martín de Valdeiglesias
- 31 km / +379 m / IBP 22

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

- San Martín de Valdeiglesias
 - Aldea del Fresno
- 25 km / +136 m / IBP 11

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

- Aldea del Fresno
 - Navalcarnero
- 22 km / +265 m / IBP 19

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

- Navalcarnero
 - Griñón
- 24 km / +222 m / IBP 15

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

- Griñón
 - Valdemoro
- 19 km / +42 m / IBP 4

Stage 17 **Southeast Park and Aranjuez Cultural Landscape**

- Valdemoro
 - Aranjuez
- 26 km / +33 m / IBP 9

Aranjuez y Comarca de las Vegas

Cultural Landscape, Wine Tourism

Aranjuez · Chinchón · Carabaña · Arganda del Rey · Ciempozuelos · Aranjuez

Family cycle tourism / 178 km

Average gradient per stage: 268 m

8 days / 7 nights / 6 stages

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

Stage 1 Aranjuez Cultural Landscape

- Aranjuez
- Aranjuez

Stage 2 The Tagus floodplain

- Aranjuez
- Chinchón

Stage 3 Land, wines and monumental villages

- Chinchón
- Carabaña

Stage 4 Green Trail of the River Tajuña

- Carabaña
- Arganda del Rey

Stage 5 The Lower Floodplain of the River Jarama

- Arganda del Rey
- Ciempozuelos

Stage 6 Southeast Regional Park

- Ciempozuelos
- Aranjuez

Sierra de Guadarrama

Road Cycling Tourism

Sports cycling on the road / 347 km

Average gradient per route: 2087 m

5 days / 4 nights / 3 routes

The Sierra de Guadarrama (Guadarrama Mountain Range) is an extraordinarily outstanding refuge for biodiversity. Surrounded by breathtaking mountains, cirques and glacial lakes, this landscape of high mountains and vast pine forests has become one of the most popular areas in the Madrid Region for all lovers of active tourism.

Enjoy a beautiful environment while you pedal and don't forget that, when night falls, you can enjoy the star product of local gastronomy, meat with denomination of origin, in one of the numerous grills that we will find.

Route 1 Challenge of the Guadarrama Mountain Passes

- Colmenar Viejo · Guadalix de
- la Sierra · Valdemanco · Cabanillas de la Sierra · Guadalix de la Sierra · Rascafría · Miraflores de la Sierra · Guadalix de la Sierra · Colmenar Viejo

Route 2 Mountain Passes of the Northern Range

- El Berrueco · La Puebla
- de la Sierra · El Berrueco

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

- Navacerrada · Soto del Real ·
- Miraflores de la Sierra · Rascafría · Navacerrada

Sierra Norte

 *CiclMadrid Mountain Bike Tour*



Bustarviejo · Lozoya · Montejo ·
El Atazar · Bustarviejo

Mountain sports cycling / 213 km
Average gradient per stage: 1529 m
Recommended over 4 – 5 stages



The Sierra Norte de Madrid is a natural paradise made up of mountains and valleys with abundant and varied vegetation and fauna. Within its term are the Peñalara Natural Park, the Montejo Beech Forest and the Sierra del Rincón Biosphere Reserve, landscapes that invite you to enjoy mountain biking with friends.

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



Stage 1 Bustarviejo - Lozoya

-  Bustarviejo
-  Lozoya



Stage 2 Lozoya - Montejo de la Sierra

-  Lozoya
-  Montejo de la Sierra

Stage 3 Montejo de la Sierra - El Atazar

-  Montejo de la Sierra
-  El Atazar

Stage 4 El Atazar - Bustarviejo

-  El Atazar
-  Bustarviejo

Sierra Oeste

 *Countryside Cycle Tourism*

San Martín de Valdeiglesias · Pelayos
de la Presa



Countryside cycle tourism / 62 km
Average gradient per route: 870 m
3 days / 2 nights / 2 routes

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



Here is also the San Juan reservoir, one of Madrid's beaches, with its Marina. The Enchanted Forest is a fascinating botanical forest that is home to 500 types of plants and 300 plant sculptures that represent forms as diverse as a dragon, an elephant or a locomotive

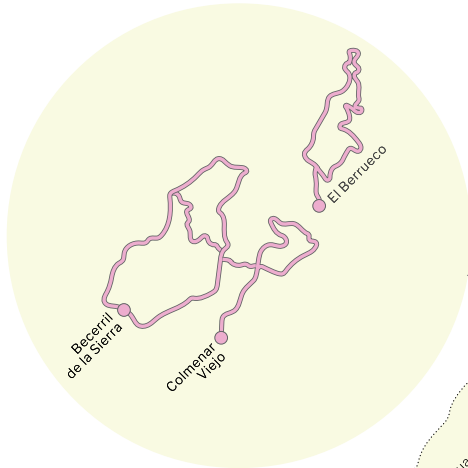
CICLAMADRID proposes two routes in this area, riding along extensive pine forests, rivers and meadowlands.

Route 1 Royal Pines Route

-  San Martín de Valdeiglesias
-  San Martín de Valdeiglesias

Route 2 Pelayos de la Presa

-  Pelayos de la Presa
-  Pelayos de la Presa



Gran Tour
CiclaMadrid
 420 km / +266 m
 19 days / 18 nights
 17 stages

Aranjuez y Comarca de las Vegas
 178 km / +268 m
 8 days / 7 nights
 6 stages

Sierra de Guadarrama
 347 km / +2087 m
 5 days / 4 nights
 3 routes

Sierra Norte
 213 km / +1529 m
 4-5 days / 3-4 nights
 4-5 stages

Sierra Oeste
 62 km / +870 m
 3 days / 2 nights
 2 routes



- Gran Tour CiclaMadrid
- Aranjuez
- Sierra de Guadarrama
- Sierra Norte
- Sierra Oeste

- Patrimonio Mundial
- Villas de Madrid
- Corredores / Acceso
- Anillo ciclista Madrid
- Vías Verdes





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