





< The Purgatorio waterfall. Photo: ADESGAM

> Chorrera de San Mamés. Photo: Juan Cesar Jover

>> El Atazar reservoir. Photo: BY 3.0 es (CC)

>>> Ravines of el Pontón de la Oliva. Photo: Luis Antonio Carrasco (CC)



## Sierra Norte

The Lozoya River in all its forms.



### Rascafría - Pinilla del Valle

Rascafría offers a variety of water-based activities, from the tranquil setting of Las Presillas to the impressive Purgatorio waterfall. For those wishing to enjoy water activities, we would like to recommend the Pinilla reservoir, where you can go canoeing and paddle surfing

**The Purgatorio Waterfall** is a magnificent waterfall formed by the Aguilón stream due to the narrowing of the rocky walls that channel it. The route, which commences at the Puente del Perdón bridge, also encompasses heritage attractions such as the Real Monasterio de Santa María de El Paular and natural attractions such as the Giner de los Ríos arboretum. This route is suitable for the whole family and can be enjoyed at any time of year.

**Las Presillas natural bodies of water.** The area offers a variety of recreational activities, including extensive green meadows and a bathing area with natural pools formed by small dams in the river Lozoya. The facilities are fully equipped for bathing and include all the necessary services.

**Canoeing in Pinilla reservoir.** Pinilla reservoir is situated at the foot of the Sierra de Guadarrama, an idyllic location offering uninterrupted views of the natural park. A tranquil setting offering breath-taking vistas for canoeing and paddle surfing.

### San Mamés - Somosierra

A few days of intense activity are ahead.... The first stop is La Chorrera de San Mamés, one of

the most beautiful waterfalls in our region. Following this, take a break in the middle valley of the Lozoya River to immerse yourself in the joys of canyoning from Somosierra.

**Chorrera de San Mamés.** Medium-level route. The ascent is richly rewarded by the impressive waterfall formed by the Chorro stream. An alternative option would be to make the round trip from San Mamés.

**Canyoning.** Somosierra canyon is the closest canyoning site to Madrid, offering a variety of abseils and a 9-metre slide. This canyon provides an excellent introduction to this world, with a duration of approximately four hours.

### Buitrago del Lozoya - Cervera de Buitrago

The Lower Lozoya Valley is once again showcasing the Lozoya River in all its natural splen-

dour. Start your day with a unique experience: canoeing along the Lozoya River to see Buitrago from a new angle and its imposing walls. Spend the afternoon relaxing in the large Riosequillo natural pools.

**Riosequillo Natural Pool.** The Riosequillo natural pool, one of the largest in the Community of Madrid, is near Buitrago del Lozoya, next to the Riosequillo reservoir and surrounded by spectacular scenery. It boasts a capacity for two thousand people in a well-equipped recreational area.

### Water Activities at the El Atazar Reservoir.

Twenty-five years ago, Cervera de Buitrago made the strategic decision to diversify its tourism offerings by capitalising on the significant tourist resource that is El Atazar Reservoir. Marina facilities are the only nautical area that allows access to the El Atazar reservoir,

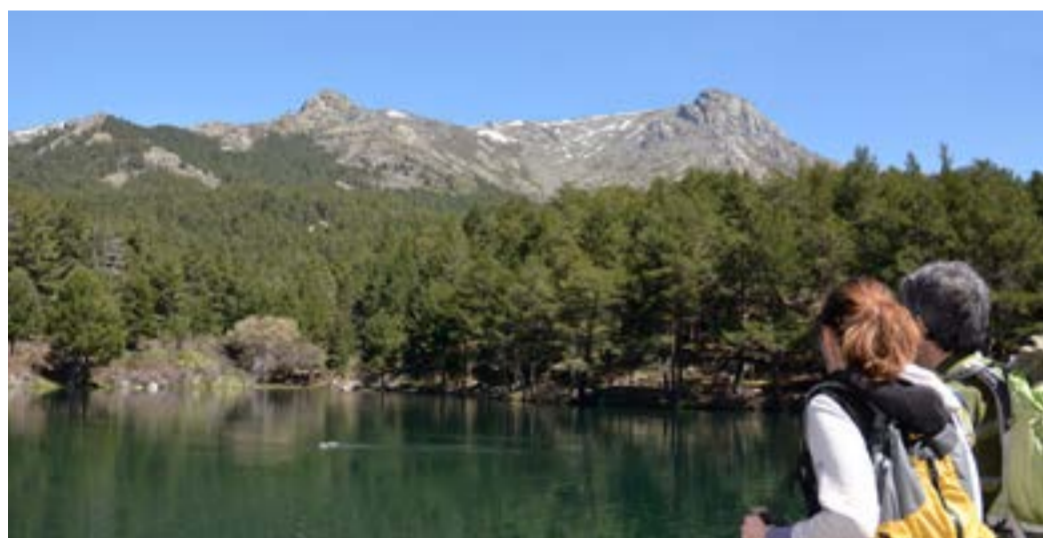
which is ideal for water sports such as sailing, canoeing, windsurfing and paddle surfing, all year round. Don't go without visiting the El Berruero Water and Quarrying Museum, which offers an insight into the significant hydraulic industrial heritage of the Sierra Norte, with a particular focus on the reservoir of El Atazar.

### Patones - Torremocha del Jarama

This is an excellent opportunity to gain an understanding of the Jarama River in all its forms. The route from the Pontón de la Oliva to the Ravines offers the opportunity to appreciate the impressive engineering work. The area offers a variety of dining options, including the renowned gastronomy of Patones, which is regarded as one of the best in our region. The town's natural surroundings provide a beautiful setting for leisurely strolls.

**Pontón de la Oliva and the Ravines.** To provide an insight into the distinctive beauty of the ravines, we can liken them to a miniature version of the Colorado Canyon or the Médulas of El Bierzo, although on a smaller scale. The route also offers the opportunity to view the impressive pharaonic work of art of the Pontón de la Oliva, constructed in the mid-19th century and measuring 72 x 27 metres.

**Canoeing on the Jarama River.** Join us for an innovative and sporty activity, canoeing on the Jarama River. Enjoy the exuberant nature of the riverbanks and the vibrant crops grown in the river's fertile lowlands. We are pleased to offer you an experience in the incomparable setting of the Sierra Norte de Madrid. The biodiversity that is of great importance to the Jarama is endorsed and protected as part of the Natura 2000 Network.



< Valle de la Barranca © ADESGAM

> Tagus River as it passes through Fuentidueña. Photo: Benjamín Núñez González

### Water Route (Moralzarzal)

Moralzarzal has a long history of associating waters with healing properties. One example is the "Manantial de la Fe Perseverante" ("Spring of Persevering Faith" in English), which was believed to have healing powers for tuberculosis patients. The popularity of the water led to a significant number of visitors travelling from Madrid to drink it. The first fountains in Moralzarzal were constructed as early as the beginning of the 17th century. One notable example is the "Fuente de los 4 Caños," which features granite as a key material in this impressive hydraulic work.

### Majalespino Reservoir

The Maliciosa reservoir is a popular destination for mountaineers on the traditional route to the Sierra de Guadarrama. The reservoir was created by damming the Peña Jardera stream. Its location and surrounding beauty make it an ideal spot to appreciate the landscape of the Sierra de Guadarrama.

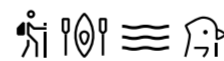
### El Valle de la Barranca

Valle de la Barranca is a unique and beautiful location, ideal for hiking and active tourism. The area is a biosphere reserve, regional park, national park, and Natura 2000 network. Valle de la Barranca is home to a diverse range of flora and fauna, with water being the main protagonist. The area is characterised by pine trees and riverside forests, which provide habitats for a multitude of animal species.



## Vegas y Alcarria de Madrid

Madrid by canoe



### Estremera

**Vallares Beach.** The beach formed by the Tagus has been awarded an 'excellent' rating, which forms the only point where it is possible to bathe in this river. Access to this area is via a dirt track that is accessible both on foot and by bicycle. Several tables have been set up in a large picnic area in the vicinity.

### Fuentidueña de Tajo and Villamanrique de Tajo

**Walk along the Tagus ecological path.** The route commences at the Las Cuevas recreational area, an ideal location for leisure and sporting activities. It then descends downstream, passing through the gallery forest formed by the river. The route traverses fields of maize, asparagus and cereals. The site offers informative signage, guiding directions and a bird observatory, which provides an opportunity to observe and listen to the calls of Eurasian coots and wild ducks.

## Sierra de Guadarrama

Nature at its purest



### Upper Manzanares River Basin Regional Park

The route, previously known as the "Camino de las Canteras", has been renamed the "Senda del Agua" (Water Path) due to its status as the pipeline route from the Berceas reservoir to the Cercedilla water tanks. The canalisation can be observed along the route due to erosion. This route offers several panoramic views of the valley and the surrounding mountain villages. The route from Cercedilla along the Camino del Agua is straightforward and most of the route runs through an area with a high tree coverage. The route is approximately 2 hours long and covers an area of 10 kilometres.

### Guadalix de la Sierra Reservoir

Guadalix de la Sierra reservoir is part of the Natura 2000 Network and is one of the best locations in the Community of Madrid for ob-

For decades, the reservoir has also been the site of a sailing club. The main activities on offer at this location are sailing, kayaking, windsurfing and paddlesurfing. These activities provide the perfect opportunity to learn and enjoy this body of water. This location offers an excellent vantage point from which to appreciate another perspective of the Sierra de Guadarrama, particularly from the high mountain passes of Canencia and La Morcuera.

Guadalix has a unique offering for film enthusiasts: the 1953 film *Bienvenido Mister Marshall* by Luis García Berlanga was filmed entirely on location in the town.

## Useful Information

### Sierra Oeste

- **San Martín de Valdeiglesias Tourist Information Centre**  
Castillo de la Coracera, Plaza del Castillo, s/n,  
Telephone: 669 95 79 20 / 670640313  
<https://www.sanmartindevaldeiglesias.es/municipio/turismo/>
- **Villamantilla Tourist Information Centre**  
Plaza de España, 18, Villamantilla,  
Telephone: 91 813 72 95 - 91 813 75 23
- **Santa María de la Alameda Tourist Information Centre**  
Plaza de la Constitución, 1, Santa María de la Alameda 28296 Madrid  
Telephone: 91 899 90 12 - 91 899 90 81
- **El Águila Environmental Education Centre**  
C/ Rodetas, nº 18 28694 Chapinería  
Telephone: 91 865 20 98  
<https://www.comunidad.madrid/centros/centro-educacion-ambiental-aguila>

### Sierra Norte

- **Rascafría Tourist Information Centre**  
Avda. de El Paular, 3228740 Rascafría  
Telephone: 91 869 18 04  
[turismo@rascafria.org](mailto:turismo@rascafria.org)
- **Buitrago del Lozoya Tourist Information Centre**  
C/ Tahona, 19  
28730 Buitrago del Lozoya  
Telephone: 674 38 12 44 - 918 680 056  
[turismo@buitrago.org](mailto:turismo@buitrago.org)

- **Torremocha de Jarama Tourist Information Centre**  
C/ Torrearte, 3. 28189  
Torremocha de Jarama  
Telephone: 91 843 16 96

- **Patones Tourist Information Centre**  
Plaza del Llano nº 1  
28189 Patones de Arriba  
Telephone: 91 843 29 06  
[turismo@patones.net](mailto:turismo@patones.net)

- **Sierra Norte de Madrid Reservations Centre**  
<https://reservas.sierranortemadrid.org/>

### Sierra de Guadarrama

- **Sierra de Guadarrama National Park**  
Telephone: 918520857  
[www.parquenacionalsierraguadarrama.es/es/naturaleza/acuaticos](http://www.parquenacionalsierraguadarrama.es/es/naturaleza/acuaticos)
- **Sierra de Guadarrama Reservations Centre**  
<https://sierradelguadarrama.com/>

### Vegas y Alcarria de Madrid

- **Vegas y Alcarria de Madrid**  
<https://vegasyalcariamadrid.com/>

**AETAM** (Association of Active Tourism and Ecotourism Companies of the Region of Madrid)

- <https://aetam.es/>

### Madrural

- <https://www.madrural.com/>

