MAD RURAL

Barrier-free landscapes: getaways tailored to accessible tourism



Financiado por la Unión Europea NextGenerationEU

GOBIERNO DE ESPAÑA MINISTERIO DE INDUSTRIA Y TURISMO

Plan de Recuperación, Transformación y Resiliencia

Comunidad de Madrid

MAD RURAL

GETTING AWAY: TAILORED FOR ACCESSIBLE TOURISM

The Community of Madrid preserves green corridors, historic paths and heritage walks that allow visitors to experience the rural landscape in a more peaceful and accessible experience. On several of these routes, the gentle gradient, the even surface and the clear route make for a comfortable visit, where the journey is measured less by its physical demands and more by the chance to linger, contemplate and immerse oneself in the surroundings with calm, independence and at one's own pace.

These suggestions bring together places where nature, heritage and rural life can be discovered in a more inclusive way, ranging from greenways that have been created from old railway lines to historic town centres, interpretation centres and easily accessible viewpoints. In all of them, the experience stems from a sense of closeness: moving at a leisurely pace, recognising the identity of each area and remembering that access to the countryside should not be a privilege reserved for those who can tackle demanding routes.

This leaflet uses accessibility criteria centred on gradient, surface type, usable width, the continuity of the route and the possible availability of adapted facilities. However, actual accessibility may vary depending on maintenance, weather conditions or the specific layout of each site; therefore, these pages should be regarded as a general guide, and you should always check the latest information with the site managers before your visit.



MADRID DESTINO RURAL

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LAS VEGAS & ALCARRIA MADRILEÑA

ACCESSIBLE ROUTES AND LOCAL HERITAGE

Accessible - Scenic - Heritage



TAJUÑA GREENWAY- ACCESSIBLE SECTION (CARABAÑA- ORUSCO- AMBITE)

A former railway line converted into a greenway, now one of the most pleasant walking routes in south-east Madrid. On the section between Carabaña, Orusco and Ambite, the route runs through one of the areas where the old railway has been most faithfully restored, amidst a landscape of fertile plains, pine forests and rural villages linked to the memory of the old Tajuña railway. The route can also be extended by a further 3 km from Ambite to the viaduct over the Barranco de la Perdiz ravine, linking up with the continuation towards Guadalajara.

ACCESSIBILITY INFORMATION:

- Route along a greenway, suitable for walking and assisted mobility
- Surface suitable for a greenway
- A linear, wide and continuous route
- Route suitable for people with disabilities, in accordance with the general Greenway signage
- It is advisable to check on site for specific support services and facilities at each municipal access point

TECHNICAL RECOMMENDATION:

A particularly favourable section of the Tajuña Greenway due to its continuity, ease of travel and faithful restoration of the old railway line.



GREENWAY AND DEHESA DEL PAN- AMBITE

An easy route that allows you to explore the natural surroundings of Ambite at a leisurely pace, following the Greenway towards Arganda. Its main attraction is the constant presence of the River Tajuña and its riverside woodland, alongside the floodplain and the valley slopes, on a pleasant, open route that is ideal for enjoying the landscape without any great physical demands.

ROUTE DETAILS:

- Distance: 9.5 km
- Estimated duration: 2 hours, plus time for stops
- Approximate average speed: 4.75 km/h
- Maximum elevation gain: 20 m (620–640 m)
- Difficulty: low

TECHNICAL RECOMMENDATION:

This trail at the Ambite Nature Centre is the best option for accessible tourism due to its low elevation gain, low difficulty and comfortable route along the Greenway.

COLMENAR DE OREJA – ACCESSIBLE DESTINATION AND BARRIER-FREE WINE TOURISM

One of the most well-rounded destinations in south-east Madrid for an accessible getaway, thanks to its combination of historical heritage, wine culture and easy-to-navigate routes through the town centre and its surroundings. Rather than a single, isolated attraction, Colmenar de Oreja can be presented as an accessible destination as a whole, with various sites and experiences endorsed by specialists in accessibility and adapted for people with reduced mobility. Its Plaza Mayor stands out as one of the most distinctive in the region, with a spacious arcaded square that invites you to stroll around at your leisure and pause to admire the architecture that defines the historic heart of Colmenar de Oreja. The spaciousness of the square and the tranquillity of its arcades make this location a particularly pleasant stop on an accessible getaway, set within a municipality that has developed its tourism offering with an inclusive approach.

HIGHLIGHTED ACCESSIBLE ATTRACTIONS

Among the municipality's accessible sites, the Plaza Mayor, the Church of Santa María la Mayor, the Stone Museum, the Ulpiano Checa Museum, the Camino del Cristo and the Parque Forestal del Cristo stand out, alongside tourist and catering services such as the Casa Pepe Restaurant, Los Tinajones Country House and the Pedro García Wineries and Vineyards. This range of resources makes it possible to plan a visit that is accessible, diverse and seamlessly connects heritage, landscape and gastronomy.



ACCESSIBLE WINE TOURISM



Accessibility in this region also extends to the world of wine. Madrid Enoturismo highlights Colmenar de Oreja as a municipality offering accessible wine tourism, where people with reduced mobility can access the destination's various heritage and wine tourism attractions. Adding to this offering is Bodega Cuarto Lote, in Nuevo Baztán, which is listed on TUR4all with an accessibility report drawn up using professional information, reinforcing the idea that south-east Madrid is increasingly well-equipped to enjoy wine and heritage without barriers.

The getaway can be rounded off with the activities offered by Vega del Tajuña Nature Centre in Ambite, a venue dedicated to environmental education and raising awareness of the Tajuña river's surroundings. Its programme includes guided and self-guided trails, weekend environmental workshops, and activities focusing on agroecology, ethnobotany and ornithology, as well as wildlife-watching experiences and content on geology, Mediterranean forests and aquatic ecosystems



SIERRA NORTE DE MADRID

ACCESSIBLE NATURE AND QUIET VILLAGES

Accessible - Nature - Rural

A TRAIL FOR EVERYONE. REDUEÑA

An accessible route through the Mediterranean woodland, running alongside the Alto de Isabel II Canal. It is notable for its botanical and environmental interest, and is ideal for enjoying the landscape in comfort, whether on foot or by bike.



LOZOYA VALLEY NATURE TRAIL. ACCESSIBLE

A section of trail adapted for accessible walking and cycling between Lozoya and Pinilla del Valle. It runs alongside the River Lozoya and offers a gentle, very pleasant route from which to admire the valley's scenery.

RASCAFRÍA - EL PAULAR FOOTPATH

A footpath connecting the village of Rascafría with El Paular, running parallel to the M-604 road. It is an easy route with very little elevation gain, ideal for an accessible visit to one of the valley's most iconic spots.



HAYEDO DE MONTEJO RIVER TRAIL

An accessible route through the Hayedo de Montejo area, starting from the beech forest's recreational area. It allows you to enjoy a landscape of great natural beauty associated with the river and the forest, in one of the most unique areas of the Sierra Norte.

THE MARKET GARDENS TRAIL

An accessible and virtually flat route linking Patones de Abajo and Torremocha del Jarama through the Jarama floodplain. It is a simple and pleasant way to discover the traditional agricultural landscape and enjoy a walk that does not require much physical exertion.





THE ACCESSIBLE CABARRÚS CANAL

An accessible circular route between Torremocha del Jarama and Torrelaguna, winding through cereal fields and alongside the historic hydraulic infrastructure commissioned in the late 18th century by the Count of Cabarrús.

THE NAVALAFUENTE ALLEYWAYS ROUTE

An easy route with hardly any elevation gain, following the Calleja Ancha and the Calleja Estrecha, amongst ash trees, stone walls and traditional vegetable gardens. The route returns to the village, passing by the church of San Bartolomé, thus combining natural and heritage attractions.



FROM LOZOYUELA TO SIETEIGLESIAS

An accessible section linking the two villages via a path winding through farmlands and meadows. It is an ideal way to take a leisurely stroll through the rural landscape and discover the heritage of these mountain villages.

PRÁDENA DEL RINCÓN WATER TRAIL

An easy route linking Prádena del Rincón with the Laguna del Salmoral, a pond that collects water from the mountains and features a birdwatching hide. It is a particularly attractive route for enjoying nature, the water and observing the surroundings.



In addition to these routes, which have already been identified as accessible for people with reduced mobility, Sierra Norte de Madrid is working to improve and make its tourism offering universally accessible, with the aim of progressively adapting these itineraries and experiences to different accessibility needs and moving towards an increasingly inclusive form of tourism. This approach is in line with the commitment set out by the destination itself in its official section on accessible tourism.

ACCESSIBLE TOURIST ACTIVITIES AND PROPOSALS

Sierra Norte de Madrid complements its accessible routes with a programme of great accessible plans and activities. Among the highlights are 'Lozoya: Mountains Without Barriers,' the guided tour of the town of Torrelaguna and the guided tour of the church of San Vicente de Braojos, as well as activities such as a course on making homemade preserves, a course on scientific aromatherapy, a painting workshop for groups and motorhome hire. As for the themed tours, these include 'The Hidden Kingdoms,' 'The Great Valley,' 'Tradition and History,' 'Trades and Ways of Life of the Past,' 'A Corner of Pure Nature' and 'Wellbeing and Nature.'

SIERRA OESTE DE MADRID

GENTLE LANDSCAPES AND ACCESSIBLE HERITAGE

Accessible - Heritage - Nature

VALDEIGLESIAS MONASTERY – PELAYOS DE LA PRESA

A visit to one of the most valuable preserved Cistercian monastic complexes in Community of Madrid. Amidst the walls, cloisters and architectural remains, one can sense the monastery's long history; its medieval foundation and subsequent transformations continue to shape the character of the site. In its main areas open to the public, the tour is evocative and relatively comfortable, though visitors should always observe the usual precautions required in a historic site.

ACCESSIBILITY INFORMATION:

- Route accessible in the main visitor areas
- Cloister accessible without steps
- Flooring: even stone
- Some areas with minor unevenness
- Car park nearby
- Accessible toilet (check opening times)

TECHNICAL RECOMMENDATION:

Accessible in the main areas. Not all historic buildings are accessible.



ALBERCHE GREENWAY – PICADAS RESERVOIR SECTION

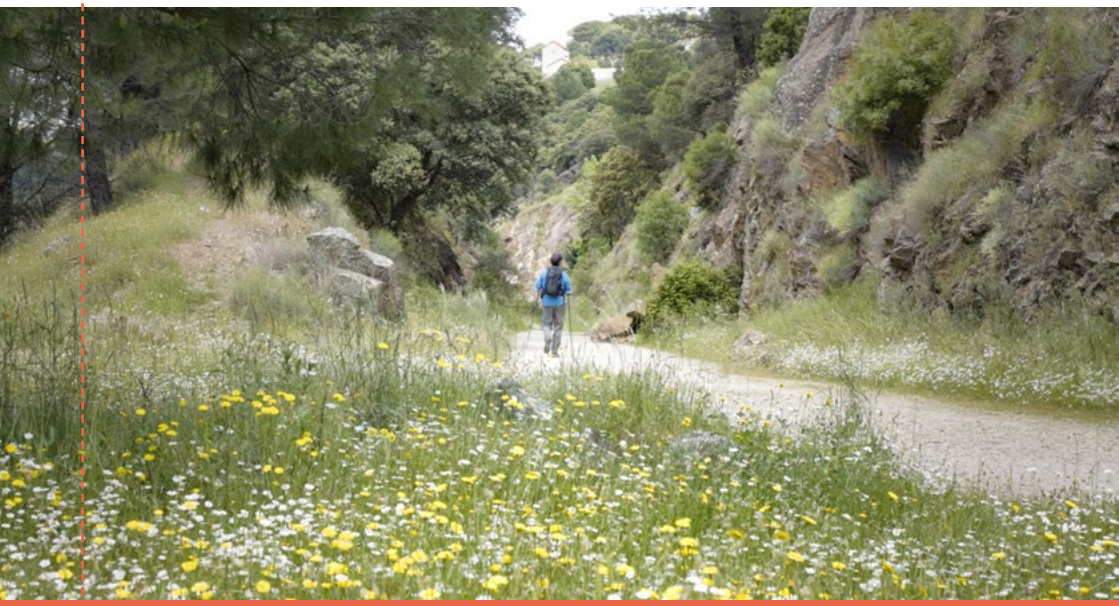
On its most pleasant sections alongside the Picadas Reservoir, the Alberche Greenway offers a truly comprehensive scenic experience: pine forests, water, old railway features and a pleasant, uninterrupted route. It is one of those walks that allows you to experience the character of western Madrid without having to tackle any significant gradients, whilst always taking into account the specific conditions of the chosen section.

ACCESSIBILITY INFORMATION:

- Surface: compacted tarmac
- Width: 2–3 m
- Gradient: very gentle (<2%)
- Tunnels with partial natural lighting
- Handrails in elevated sections
- Car parks in nearby areas

TECHNICAL RECOMMENDATION:

Highly recommended for manual and electric wheelchairs.



Micro-experience

In the Picadas area, the greenway winds its way through pine trees, alongside water and old railway features. The route conveys a pleasant sense of seclusion, as if the landscape of western Madrid were to be taken in slowly, quietly and without haste.

The reuse of the old Alberche railway line encapsulates a central idea of contemporary rural tourism: reclaiming infrastructure from the past to transform it into low-impact routes that are more inclusive and fully integrated into the landscape

SIERRA DE GUADARRAMA

ADAPTED ROUTES AND ACCESSIBLE HERITAGE

Accessible - Scenic - Heritage



ACCESSIBLE URBAN WALKS WITH EASY-TO-READ INFORMATION

The Sierra de Guadarrama offers visitors 15 urban walks complete with accessibility reports and easy-to-read texts, designed to provide a clear and understandable introduction to the most representative features of its municipalities, such as monuments,parks, fountains, traditional houses and other places of interest.

URBAN WALKS INCLUDED:

Alpedrete, Becerril de la Sierra, Cerceda, Cercedilla, Collado Mediano, El Boalo, Guadarrama, Hoyo de Manzanares, Los Molinos, Manzanares el Real, Mataelpino, Miraflores de la Sierra, Moralzarzal, Navacerrada and Soto del Real and Guadalix de la Sierra.



INCLUSIVE TRAIL NETWORK IN SIERRA DE GUADARRAMA

This network offers a sensory guidance solution for people with visual impairments, based on accurate digital information about the route, key points, detours, junctions and potential hazards along the way. Through a free app, users receive guidance via 3D sounds and accessible descriptions at key points along the route, promoting a more independent and safer experience.

Download the routes:

INCLUSIVE CAMINO DE SANTIAGO DE MADRID

The Camino de Santiago de Madrid is also embracing a more accessible way to experience the pilgrimage. Thanks to a specialised sensory guidance solution, people with visual impairments can walk the route with greater independence and safety, accompanied by 3D sounds, high-precision GPS routes and a specially adapted app that helps them interpret their surroundings interactively. In this way, the route is not just walked: it is also felt, heard and enjoyed through a new way of connecting with the landscape.

This route begins at the Church of St James and St John the Baptist, the oldest church in Madrid dedicated to St James, and climbs up to the Puerto de la Fuenfría, at an altitude of 1,790 metres, in the heart of the Sierra de Guadarrama. Across its four stages —Madrid–Tres Cantos, Tres Cantos–Manzanares El Real, Manzanares El Real–Cercedilla and Cercedilla–Puerto de la Fuenfría— the route invites you to discover natural spaces, heritage and historic trails from a more inclusive perspective. The guided app can be accessed here.





ACCESSIBLE MUSEUMS AND ADAPTED HERITAGE

The accessible heritage offering in Sierra de Guadarrama includes museums with physical accessibility. These are buildings adapted for wheelchair access, notably the Alpedrete Stonemasons' Museum, the Ski Museum in Cercedilla and the Julio Escobar House Museum as part of the Los Molinos urban trail.



SKI MUSEUM- CERCEDILLA

A space dedicated to the history of skiing, mountain sports and the figure of Paquito Fernández Ochoa, who is closely linked to Cercedilla and the sporting heritage of the mountains. A visit here adds a valuable cultural dimension to your getaway, bringing together landscape, sport and local identity in a comfortable and accessible tour.



ACCESSIBILITY INFORMATION:

- Accessible entrance
- Easy movement inside
- Adapted toilet

TECHNICAL RECOMMENDATION:

Fully accessible.







MAD RURAL

Getaways tailored to accessible tourism

https://www.madrural.com/en/home-en/

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