MAD RURAL

Cycling routes and experiences through the Community of Madrid



Financiado por la Unión Europea
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Gobierno de España
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Plan de Recuperación, Transformación y Resiliencia

Comunidad de Madrid

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CYCLE THROUGH THE MADRID YOU WOULDN'T EXPECT

Beyond the city that never sleeps, the Community of Madrid boasts a region of open landscapes, villages steeped in history and trails that invite you to explore them at a leisurely pace. Madrid Destino Rural (MadRural) opens the door to this other side of Madrid: a mosaic of nature, heritage and culture best discovered at the pace of a bicycle.

This catalogue offers a selection of cycle touring routes that wind through fertile river valleys, rolling fields of grain, vast olive groves, centuries-old pastures and reservoirs surrounded by nature. Country lanes, old railway lines and mountain passes form itineraries that invite both sporting challenge and contemplation of the landscape.

Every pedal stroke allows you to discover villages steeped in history, with living traditions and unexpected vistas. Each route is an experience that connects the traveller with the region and with a more mindful, active and sustainable way of travelling.

The routes cover four major regions of rural Madrid — Las Vegas & Alcarria Madrileña, Sierra Oeste, Sierra Norte and Sierra de Guadarrama — forming a network of experiences that makes the Community of Madrid a prime destination for cycle tourism. A region where every path holds a story and every horizon invites you to keep pedalling.



MADRID DESTINO RURAL

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LAS VEGAS & ALCARRIA MADRILEÑA

THE ALCARRIA MADRILEÑA LOOP ROUTE

Advanced level | Scenic
72 km | Circular | MTB

Starting from Olmeda de las Fuentes, one of the most charming villages in the region, this route traces a wide circle through the Alcarria de Alcalá. The route passes through villages such as Nuevo Baztán, Campo Real, Santorcaz and Pezuela de las Torres, following farm tracks and country lanes that wind their way through fields of grain and extensive olive groves.

The landscape opens up into rolling hills and sweeping horizons, where the silence of the countryside accompanies every stretch of the route. After completing this long and demanding itinerary, the route returns to the starting point, leaving behind the feeling of having travelled through the rural heart of Las Vegas & Alcarria Madrileña, which is particularly vibrant in spring.



ROUTE THROUGH THE STONE HUTS (VALDILECHA)

Recommended for families | Heritage
38 km | Circular | Signposted

Starting in Valdilecha, this route invites you to cycle through fields of grain, vineyards and traditional paths that have shaped the region's agricultural landscape. Along the way, you'll come across as many as 17 huts built of limestone – small rural structures erected by shepherds and farmers to shelter from the elements during their long working days.

These structures, silent witnesses to a way of life tied to the land and transhumance, form part of the region's cultural heritage. The route returns to the town centre after an accessible route that combines nature, landscape and rural heritage.



TAJUÑA GREENWAY (ARGANDA DEL REY – AMBITE)

Recommended for families | Scenic
49 km | Linear | Tarmac surface

The old railway line through the Tajuña Valley has been transformed into a peaceful cycle route that follows the course of the river through fertile floodplains and villages with a long agricultural tradition.

From Arganda del Rey, the route winds gently through Morata de Tajuña, Perales, Tielmes, Orusco and Carabaña until it reaches Ambite. Its smooth, fully upgraded and well-signposted route allows you to cycle the entire length or enjoy it in sections, always accompanied by the leisurely rhythm of the riverside landscape.

A pleasant and accessible route that invites you to discover the Tajuña Valley at your own pace.



ROUTE THROUGH THE COUNTRYSIDE OF THE EASTERN SORIAN CAÑADA REAL (BREA DE TAJO)

- Recommended for families | Scenic

19 km | Circular | MTB

The route begins and ends in Brea de Tajo, amongst olive groves, vineyards and vast expanses of farmland that reflect the region's agricultural character. The itinerary follows ancient tracks linked to the historic Eastern Sorian Royal Cattle Track, one of the peninsula's major cattle routes.

Cycling through these countryside landscapes is like travelling through a world where time seems to move at a different pace, marked by the seasons, agriculture and rural tradition.

"THE 40-DAY TRAIN GREENWAY"

- Recommended for families | Historical interest

14 km | Carabaña – Estremera

This short route follows the old railway line built during the Civil War to link Madrid with the Mediterranean. Now converted into a greenway, the route allows you to cycle amongst cuttings, excavated embankments and tunnels that evoke episodes from recent history.

The route passes through open farmland where the silence of the countryside contrasts with the memory of the events that gave rise to this infrastructure. A journey that combines nature, cycling and historical memory.

OLIVE GROVE ROUTE (VALDARACETE)

- Recommended for families

13,5 km | Circular

Amidst olive groves and scrubland, this circular route allows you to discover the agricultural landscapes that characterise the area around Valdaracete. The route runs alongside the Cañada and reaches the Descansadero de Corrales de Trazas, a former livestock settlement that serves as a reminder of the importance of transhumance in the region.

A short and pleasant route for cycling through fields where agricultural tradition continues to shape the landscape.

EASTERN SORIAN ROYAL CATTLE TRACK (FUENTIDUEÑA DE TAJO)

- Recommended for families | Scenic

30 km | Linear

This route follows one of the great historic trails of the Iberian Peninsula: the Cañada Real Soriana Oriental, used for centuries by transhumant herds as they moved between the north and the south.

As it passes through Fuentidueña de Tajo, the route starts near the bridge over the River Tajo and winds its way through riverine floodplains, rolling hills and vast areas of dry farmland. Along the route, elements linked to the pastoral tradition are still preserved, and there are sweeping panoramic views of the Tagus valley, one of the most characteristic landscapes of south-eastern Madrid.



SIERRA OESTE DE MADRID



ALBERCHE GREENWAY (PELAYOS DE LA PRESA – SAN MARTÍN DE VALDEIGLESIAS)

- Recommended for families | Outstanding scenery

14–35 km | Linear

Starting from Pelayos de la Presa, this greenway follows the old railway line that runs parallel to the Picadas reservoir. The route passes through tunnels carved into the rock and over old railway bridges as it winds its way through a landscape dominated by pine forests and hillsides covered in vegetation.

The route winds its way gently towards San Martín de Valdeiglesias, accompanied by the constant presence of water and the tranquillity of the natural surroundings.

SAN JUAN BRIDGE TRAIL (FRESNEDILLAS DE LA OLIVA)

- Recommended for families

12 km | Circular

This circular route starts in Fresnedillas de la Oliva and follows a branch of the Cañada Real Leonesa Oriental, one of the historic livestock trails that facilitated the movement of livestock between regions.

The path winds its way through open pastures and seasonal streams, in a peaceful landscape where cyclists pedal amongst holm oaks and meadows.



ALDEA DEL FRESNO AND RÍO PERALES ROUTE

- Advanced level

39 km | Circular

This route passes through ZEPA 56, a natural area of great environmental value. The route connects Aldea del Fresno, Chapinería and Villamantilla, following ancient transhumance trails that wind through pastures, streams and landscapes of great ecological richness.

A challenging route that allows you to discover one of the most valuable natural environments in the Sierra Oeste.



CAÑADA REAL SEGOVIANA ROUTE (VILLANUEVA DE PERALES)

- Recommended for families
  21 km | Circular

From Villanueva de Perales, the route crosses open pastures where the views stretch towards the Sierra de Guadarrama. The route combines country lanes with sections of old livestock trails, recalling the historical importance of transhumance in this region.



BOQUERÓN ROUTE (PELAYOS DE LA PRESA)

- Recommended for families
  25 km | Moderate | Circular

Starting from Pelayos de la Presa, the route heads towards San Martín de Valdeiglesias, passing through a landscape of lush vegetation that alternates between wooded areas and natural viewpoints.

Along the way, sweeping panoramic views of the mountainous surroundings open up before returning to the starting point.

SIERRA NORTE DE MADRID



GENARO TRAIL – GR300

- Advanced level | High enviromental value
  71 km | Circular route in stages

This iconic route circles the El Atazar reservoir, following mountain tracks, traditional paths and old livestock trails. The route can be started from various towns along the way and is usually divided into stages.

Along the way, you'll encounter hydraulic infrastructure, mountainous landscapes and sweeping views over the region's largest reservoir.

LOZOYA VALLEY NATURE TRAIL

- Suitable for stages | Heritage
  39 km | Linear

This route connects Rascafría with Buitrago del Lozoya, crossing the wide valley of the River Lozoya. The route allows you to cycle alongside the river whilst discovering historic sites such as the Monastery of El Paular or the medieval walls of Buitrago.

A route that combines nature, heritage and mountain scenery

7 VILLAGES OF THE LOZOYA

- Advanced level
  65–75 km (depending on starting point) | Circular

This circular route connects some of the valley's most characteristic villages: Buitrago, Lozoya, Pinilla del Valle, Alameda del Valle, Rascafría, Oteruelo and Gargantilla.

The route combines quiet back roads, country tracks and stretches alongside the reservoir, offering a comprehensive view of the Lozoya Valley landscape.



THE MORCUERA AND CANENCIA MOUNTAIN PASSES

- Advanced level

61 km | Circular

A route designed for those who enjoy major mountain challenges. The route involves consecutive ascents of two of the most iconic mountain passes in the Community of Madrid, within the Sierra de Guadarrama National Park.



SIERRA DE LA PUEBLA CIRCULAR ROUTE

- Advanced level

50,9 km | +1272 m

This route follows quiet roads around Prádena del Rincón and the Sierra de la Puebla. The climbs and the total elevation gain offer a sporting challenge set against a backdrop of stunning mountain scenery.



THE SOURCES OF THE JARAMA

- Intermediate–advanced | Outstanding scenery | Circular | MTB

This route ventures into one of the wildest and least-known corners of the Sierra Norte: the upper valley of the River Jarama. From the mountain villages around Horcajuelo and Montejo, the route climbs through forests and mountain tracks until it reaches high-mountain areas where the first streams that form the Jarama have their source. Along the way, panoramic views open up over the mountain ranges separating Madrid, Guadalajara and Segovia, whilst the route alternates between challenging climbs and long descents through meadows and pine forests. A route that allows you to discover the source of one of the region's great rivers in a landscape of great natural purity.



LOS ALTOS DEL HONTANAR

- Advanced level | Scenic

Circular | MTB

The Los Altos del Hontanar route takes in some of the highest peaks in the Sierra Norte area, following mountain tracks that link open hillsides, passes and sweeping panoramic views of the mountains. Along the route, the landscape alternates between areas of mountain scrub, oak woodlands and high-altitude pastures, offering unobstructed views over the valleys and villages of the region. A challenging route that invites you to explore the highest and most secluded parts of the mountain range.

LOS ALTOS DE LA MORCUERA

- Advanced level | High natural value

Circular | MTB

Starting in the vicinity of Rascafría, this route heads into the upper Lozoya valley and climbs along tracks and mountain paths towards the slopes of the Morcuera Pass. The route passes through oak groves, pine forests and mountain meadows, following mountain streams and taking in some of the most iconic landscapes of the Sierra de Guadarrama National Park.

The panoramic views over the Lozoya Valley and the surrounding peaks make this route one of the most rewarding experiences for mountain biking enthusiasts in the Madrid mountains.



TOUR OF PORREJÓN

- Advanced level | Scenic

Circular | MTB

This circular route circles the Porrejón massif, one of the most distinctive peaks in the Sierra Norte. The route follows forest tracks and old cattle tracks that link mountain villages, passes and mountain pastures.

Along the way, long climbs alternate with fast descents, offering sweeping views over the valleys and mountains of northern Madrid.

EL PENDÓN LOOP

- Advanced level | Scenic
  Circular | MTB

El Pendón dominates the mountain landscape around Bustarviejo and Valdemanco, and this circular route takes you round this iconic mountain along forest tracks and traditional paths.

The route passes through pine forests, high-altitude meadows and old cattle tracks that once linked the villages in the mountains. From various points along the route, spectacular views open up towards the Sierra de Guadarrama and the valleys of northern Madrid.



BUSTARVIEJO – VALLE HERMOSO

- Recommended for families | Natural surroundings
  Circular | MTB

This route starts in Bustarviejo and heads into the Valle Hermoso area, a peaceful landscape of meadows, streams and country tracks winding between stone walls and old livestock farms.

The route is accessible and enjoyable, making it ideal for families while discovering some of the most tranquil landscapes of the Sierra Norte.

ALONG THE FRONT LINE

- Intermediate | Historical value
  Circular | MTB

This route follows old tracks that pass through sites linked to the Spanish Civil War in the Sierra Norte. Along the route, you can spot the remains of defensive positions, trenches and fortifications that formed part of the front line during the conflict.

Cycling along this route allows you to discover a mountainous landscape shaped by history, where nature and memory intertwine.



MENDOCINO TRAIL

- Medium difficulty | Heritage
  Linear / in stages | MTB or gravel

Inspired by the ancient historic trails linked to the Mendoza family and the trade routes north of Madrid, this route connects several mountain villages via country lanes, livestock tracks and quiet roads. The route passes through landscapes of dehesa, small valleys and villages with traditional architecture, offering a journey that combines nature and history



VALGALLEGOS ROUTE

- Medium difficulty | Scenic
  Circular | MTB

This route runs through the area around Valgallegos, a region of open countryside where mountain meadows alternate with small woodlands and livestock tracks.

The route takes you cycling through peaceful valleys and past natural viewpoints offering sweeping views of the Sierra Norte and its villages.



SIERRA DE GUADARRAMA

The Sierra de Guadarrama is a prime destination for mountain biking. Its paths and tracks take you through some of the region's most iconic landscapes, passing through forests, mountain passes and charming mountain villages.

The five stages presented below offer a different way to discover the mountain range on two wheels, combining nature, heritage and sport. A route that invites you to explore some of the most iconic spots in this natural area and to enjoy the diversity of landscapes that characterise the Sierra de Guadarrama.

STAGE 1. NAVACERRADA – GUADARRAMA

An attractive mountain route that takes you into some of the most characteristic landscapes of the Sierra de Guadarrama. Covering some 25 kilometres, it combines easy-going paths with natural surroundings of great beauty, making it ideal for starting the journey.

STAGE 2. GUADARRAMA – MORALZARZAL

A smooth and accessible route that crosses the foothills of the mountain range, winding through pastures and along traditional paths. The climb to La Cobañera, at Collado Mediano, presents the main challenge of this stage, which is around 26 kilometres long.

STAGE 3. MORALZARZAL – HOYO DE MANZANARES

At 14 km, this is the most technical stage of the route. The section through the Sierra del Hoyo requires greater control of the bike and offers the chance to enjoy some of the region's most distinctive granite landscapes.

STAGE 4. HOYO DE MANZANARES – SOTO DEL REAL

A moderately difficult route connecting two iconic spots in the area surrounding the Cuenca Alta del Manzanares Regional Park. Its nearly 24 kilometres alternate between forest sections, panoramic mountain views and gentle climbs.

STAGE 5. SOTO DEL REAL – NAVACERRADA

At 26 km, this is the longest stage of the route and brings the journey to a close with a pleasant route along the foothills of the mountains. Its sweeping views and diverse landscapes make this final stretch a magnificent grand finale to the experience.



SHIMANO SPACE IN SOTO DEL REAL

The Shimano Space in Soto del Real is one of the best-known meeting points for cyclists exploring the Sierra de Guadarrama. Situated alongside the routes leading to iconic mountain passes such as Canencia and La Morcuera, it offers services and facilities designed to make cycling trips easier.

ROAD CYCLING: THE MOUNTAIN PASSES OF THE SIERRA DE GUADARRAMA

The Sierra de Guadarrama is one of the top cycling destinations in the Community of Madrid. Its mountain roads allow cyclists to tackle some of the region's most iconic mountain passes, surrounded by stunning scenery and sweeping panoramic views.

- Navacerrada Pass (1,858 m). The highest pass in the Community of Madrid and in the Sierra de Guadarrama. A classic climb of around 9 kilometres with a 665-metre elevation gain, situated between Bola del Mundo and Siete Picos.

- Puerto de la Morcuera (1,796 m). One of the climbs most favoured by cyclists. Starting from Miraflores de la Sierra, it involves a climb of nearly 600 metres over some 10 kilometres, with average gradients of 4% to 6%.

- Puerto de Guadarrama or Alto del León (1,511 m). A historic mountain pass in use since Roman times. Starting from Guadarrama, it climbs 545 metres over 8.7 kilometres and is one of the most iconic climbs in the mountain range.

- Canencia Pass (1,524 m). Quieter and less busy, it winds through pine forests and mountain landscapes of great environmental value, ideal for those seeking a more relaxed experience.

In addition to these major passes, the Sierra de Guadarrama offers numerous secondary roads and routes through the valleys, allowing you to enjoy road cycling amongst mountain villages, pastures and natural areas of extraordinary beauty.



TRANSCAM: A CYCLING TOUR OF THE COMMUNITY OF MADRID

The TransCAM is one of the great bikepacking routes in the Community of Madrid. Covering more than 560 kilometres in a circular route and with a cumulative elevation gain of around 6,600 metres, it offers a genuine tour of the region on two wheels, allowing you to discover the diversity of Madrid's landscapes and territories.

The route is divided into twelve stages and passes through some of the region's most iconic natural areas. These include the Sierra de Guadarrama, the Sierra Norte, the Lozoya Valley, the Campiña del Henares, the floodplains of the Jarama and Tagus rivers, and the landscapes of south-eastern Madrid. Along the way, the route links historic villages, livestock trails, rural paths and protected natural areas, offering a comprehensive overview of the region's natural and cultural heritage.

An ideal option for those looking to combine sport, adventure and exploration of the region in a long-distance cycle tour.

CICLAMADRID TOUR

The Gran Tour CiclaMadrid is one of the most comprehensive cycle-touring options for discovering the Community of Madrid on two wheels. Designed as a grand circular route, it connects natural areas, charming villages, historic towns and some of the region's key heritage sites in an itinerary designed to be enjoyed at a leisurely pace.

The route is organised into 17 stages, with an average distance of approximately 25 kilometres per stage, allowing the journey to be adapted to each cyclist's pace and preferences. Along the route, you'll pass through regions as diverse as the Sierra de Guadarrama, the Sierra Norte, Las Vegas, the Sierra Oeste, and the Alcarria Madrileña, linking mountain landscapes, river valleys, country lanes and historic towns.

Among the route's main attractions are the Villas de Madrid, renowned for their historic heritage: Buitrago del Lozoya, Patones, Torrelaguna, Rascafría, Manzanares El Real, San Martín de Valdeiglesias, Navalcarnero, Chinchón, Colmenar de Oreja, Villarejo de Salvanés and Nuevo Baztán. An ideal way to combine sport, nature, culture and gastronomy while discovering the extraordinary diversity of the Madrid region.



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https://www.madrural.com/en/experiencias-en/on-two-wheels/

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