MAD RURAL

Easy walks and experiences to enjoy together



Financiado por la Unión Europea NextGenerationEU

GOBIERNO DE ESPAÑA MINISTERIO DE INDUSTRIA Y TURISMO

Plan de Recuperación, Transformación y Resiliencia

Comunidad de Madrid

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FAMILY GETAWAYS

The Madrid Region offers, just a short distance from the city, an unexpected landscape where nature and history can be explored as a family. Amidst tranquil valleys, granite mountain ranges, pine forests and villages that still pulse with the rhythm of rural life, every getaway invites you to slow down and let yourself be swept away by the charm of what's close at hand. These are places that surprise with their tranquil beauty and the sense of adventure they spark in the little ones.

This guide brings together suggestions for spending days outdoors along gentle trails, paths steeped in history, castles, old mills, viewpoints and hidden corners that seem to be waiting for us with their quiet promise of wonder. Each route offers the chance to walk at a leisurely pace, take a deep breath, take in the scenery and turn every discovery into a shared experience. Because exploring as a family is also about learning to see things differently: with curiosity, with calm and with a willingness to be amazed.

Many of these routes follow ancient trails, paths that for centuries were travelled by shepherds, travellers and the inhabitants of these lands. Today, those very same paths wind through fertile plains, past chapels, old buildings and landscapes shaped by time, inviting you to rediscover the Madrid Region from a more intimate and unhurried perspective. Every walk is more than just an outing: it's where memories begin to take shape and simple moments linger on.



MADRID DESTINO RURAL

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LAS VEGAS & MADRID'S ALCARRIA

EASY ROUTES, RURAL HERITAGE AND LOCAL NATURE

Family-friendly · Scenic · Heritage

This rural region boasts some of the most serene and authentic landscapes in the region. Amidst agricultural plains, centuries-old olive groves and small villages steeped in tradition, families will find easy routes where nature, history and folk culture intertwine.

The lands of Madrid's Alcarria and the Tajuña and Tagus river valleys have for centuries been a region of market gardens, vineyards and livestock trails. Today, many of these paths allow visitors to discover a pleasant and accessible landscape, perfect for a peaceful day out with the family.



Las Vegas & Alcarria Madrileña

THE PINAR TRAIL

Valdilecha

This circular route takes in one of the most unique spots in south-eastern Madrid: the Valdilecha pine forest, a remarkable stand of Aleppo pines situated at the headwaters of the Vega stream. It is an unusual sight in this agricultural region, making the walk a particularly appealing family outing.



The route follows the signposted path through the western part of the pine forest, amongst terraces of reforestation and open slopes where you can spot birds and other small animals. The surroundings alternate between shaded areas and views over farmland, ravines and the valley, creating an ever-changing landscape rich in detail.

The excursion can be rounded off with a stroll through the town centre and a visit to the church of San Martín Obispo or the chapel of the Virgen de la Oliva, situated on a beautiful balcony overlooking the village.

Technical details

Distance: 3.43 km (circular)
Estimated time: 46 mins
Difficulty: low
Surface: track and forest path
Shade: partial
Pushchairs: not recommended
Points of interest: Valdilecha pine forest, chapels and viewpoints overlooking the valley. Ideal for a short walk. Very pleasant in spring and autumn.

ROUTE TO THE ALARILLA CHAPEL

Fuentidueña de Tajo

This circular route allows you to discover one of the most striking landscapes in the Tagus Valley. The path leads to the hill of Alarilla, a historic and panoramic spot offering sweeping views over the fertile plain and the meandering river.

The route takes in farmland, open paths and sections running close to the river until it reaches the chapel, built in honour of the patron saint of Fuentidueña de Tajo. From the top, the views over the floodplain, the riverside woodland and the surrounding cliffs are particularly evocative.

As well as its scenic appeal, the walk offers an insight into the history of the Tajo crossing and the symbolic significance of this sanctuary for the town.

Technical details

Distance: 6.68 km (circular route)
Estimated time: 1 hr 58 mins
Difficulty: low
Surface: track and natural path
Prams: not recommended

Microexperience

From the chapel, children are encouraged to identify the course of the river, the farmland and the meanders of the Tagus: the viewpoint turns the walk into a mini lesson in landscape and history.



TAJUÑA GREENWAY ROUTE

Tielmes

A very pleasant walk along one of the most scenic stretches of the Tajuña Valley, from Tielmes to Carabaña. The route follows the old Tajuña Railway line as it passes through Tielmes; it is practically flat and ideal for a family outing.

Along the way, you'll come across some of the most characteristic features of the riverside landscape and the region's water culture: the Roman bridge over the river Tajuña, the chapel of San Isidro, the sanctuary of Los Santos Niños, old irrigation channels and remains linked to traditional mills and market gardens – traces of a landscape shaped over centuries by water and human labour.

Technical details

Distance: 8.31 km
Estimated time: 46 mins
Difficulty: low
Surface: greenway and compacted path
Shade: limited
Prams: suitable
Ideal for a peaceful morning. Highly recommended for taking in the agricultural and riverside scenery.

The Tajuña and Tagus floodplains have been historic market gardens for centuries. Many of the current paths still follow ancient routes linked to mills, bridges, water channels and irrigation systems.



SIERRA NORTE DE MADRID

ACCESSIBLE MOUNTAINS, SHORT ROUTES AND AMAZING HERITAGE

Family-friendly · Nature · Heritage

Sierra Norte de Madrid preserves some of the region's most authentic landscapes. Wide valleys, stone villages and ancient shepherds' paths provide the perfect setting for peaceful family outings.



THE BEAUTIFUL DEHESA OF SOMOSIERRA

Somosierra

On the western slope of Cebollera Peak, this communal pastureland preserves one of the most unique forests in the Madrid Region, featuring birch trees, holly, oaks and hazel trees along a route that is particularly appealing for children.

The route, which is short and cool, crosses streams and shaded areas through an ever-changing landscape that invites you to pause and observe the leaves, tree trunks and tiny tracks in the forest. It is particularly beautiful in autumn, although it can be enjoyed all year round.

Technical details

Distance: 4.4 km
Estimated time: 1 hr 40 mins
Difficulty: low
Surface: forest track
Shade: plentiful
Pushchairs: not recommended
Ideal for families with children who are used to walking and keen to explore a different kind of woodland.

THE DEHESA BOYAL OF EL BERRUECO

The route starts at the Plaza de la Picota in El Berrueco and follows traditional paths through the Dehesa Boyal, one of the most representative natural and livestock areas of Sierra Norte. The route passes by the Fuente del Gato, with its old granite drinking trough, and continues along the edge of the pastureland amongst ash trees, Pyrenean oaks and junipers, offering magnificent views of the El Atazar reservoir and the town centre itself.

The Dehesa Boyal of El Berrueco is classified as a Public Utility Forest and constitutes an exceptional example of a landscape linked to traditional livestock farming. It is a former communal property historically used to provide fodder for the livestock employed in agricultural work. Its pollarded ash trees —traditionally pruned so that their branches can be used as fodder at the end of summer— and its extensive pastures make this an area of great natural, cultural and ethnographic value, where livestock farming continues to this day.



The Lozoya Valley was one of the great natural corridors between the two plateaus. Many of its present-day paths follow medieval routes used by shepherds, traders and travellers



THE CALLEJAS ROUTE

Navalafuente

An easy walk with hardly any elevation gain along the Calleja Ancha and the Calleja Estrecha, flanked by ash trees, traditional orchards and ancient stone walls.

The route returns to the village, passing by the church of San Bartolomé, and offers the chance to enjoy a peaceful and welcoming rural landscape, perfect for a short family outing.

Technical details

Distance: 2.1 km
Estimated time: 1 hour
Difficulty: low
Surface: footpath and track
Shade: partial
Pushchairs: accessible
Ideal for young children or as a gentle stroll to round off a day in the Sierra Norte.
The spacious surroundings provide a chance to rest, play or have a little picnic before heading back. A hassle-free plan to enjoy together, with time on your side and the countryside as your companion.



LOS PRADOS CHAPEL

Garganta de los Montes

A short, easy walk linking the village to an area of meadows where this small rural chapel stands.

The spacious surroundings are perfect for resting, playing or having a little picnic before heading back. A straightforward plan to enjoy together, with time on your side and the landscape as your companion.

Technical details

Distance: 5 km
Estimated time: 1 hr 30 mins
Difficulty: low
Surface: compacted track
Shade: partial
Pushchairs: suitable

SIERRA OESTE DE MADRID

A SETTING FOR LITTLE EXPLORERS

Family-friendly · Nature · Heritage

Sierra Oeste combines landscapes of dehesa, rivers and historic villages where nature and heritage intertwine with an almost spontaneous harmony.

THE MILLS ON RÍO PERALES

Navalagamella

This riverside route preserves the remains of ancient water mills which, for centuries, harnessed the power of the water to grind grain. It's the perfect opportunity to explain to the little ones how grain was turned into flour, introducing them in a simple way to a landscape steeped in history.

The riverside path offers the chance to observe the vegetation, birds and small animals that inhabit the river environment, accompanied by the murmur of the water and the coolness of the riverbank.

Technical details

Distance: 7 km
Estimated time: 3 hours
Difficulty: low
Surface: riverside path
Shade: plentiful
Pushchairs: not suitable

The mills on river Perales operated for centuries thanks to the power of water. Today, their remains help explain to children how grain was ground before the advent of electricity.



LUNAR MUSEUM · FRESNEDILLAS DE LA OLIVA

In the heart of Madrid's Sierra Oeste, the charming town of Fresnedillas de la Oliva holds a unique treasure: the Lunar Museum. This unique space invites visitors to relive one of the most exciting chapters in human history, when man took his first steps on the Moon.

Through interactive displays, original artefacts and carefully designed recreations, you'll discover the key role Fresnedillas played in the Apollo missions, particularly during the legendary Apollo 11 landing in 1969.

Surrounded by nature and boasting the charm of a rural setting, the Lunar Museum is an unmissable stop for anyone looking to combine culture, science and tranquillity. Whether with family, friends or on an educational trip, this visit will make you look at the sky with fresh eyes.



CORDEL DEL PUENTE DE SAN JUAN

Fresnedillas de la Oliva

An ancient cattle track that winds through dehesa landscapes where holm oaks and meadows form one of the region's most characteristic settings.

It is a branch of the Cañada Real Leonesa Oriental, so our footsteps follow the centuries-old trails of transhumance.

A perfect opportunity to train your eye and understand that a landscape can hold the memory of many ways of life. In this case, the nomadic way of life of shepherds and cattle farmers who moved their animals in tune with the seasons.

Technical details

Distance: 12 km
Estimated time: 3 hours
Difficulty: low
Surface: pasture track
Shade: partial
Pushchairs: not suitable

SIERRA DE GUADARRAMA

MOUNTAINS, WATER AND TRAILS TO EXPLORE TOGETHER

Family-friendly · Nature · Mountains

Sierra de Guadarrama offers some of the most spectacular landscapes in central Spain. Wild pine forests, granite formations shaped by time and ancient historic paths allow you to enjoy the mountains as a family, whilst every step opens up opportunities for contemplation and discovery.

This national park and its protected surroundings feature signposted trails, natural viewpoints and spots where you can pause to take in the scenery, listen to the sound of water or learn to identify the plants and animals native to the mountains. For the little ones, every trail can become an invitation to wonder.

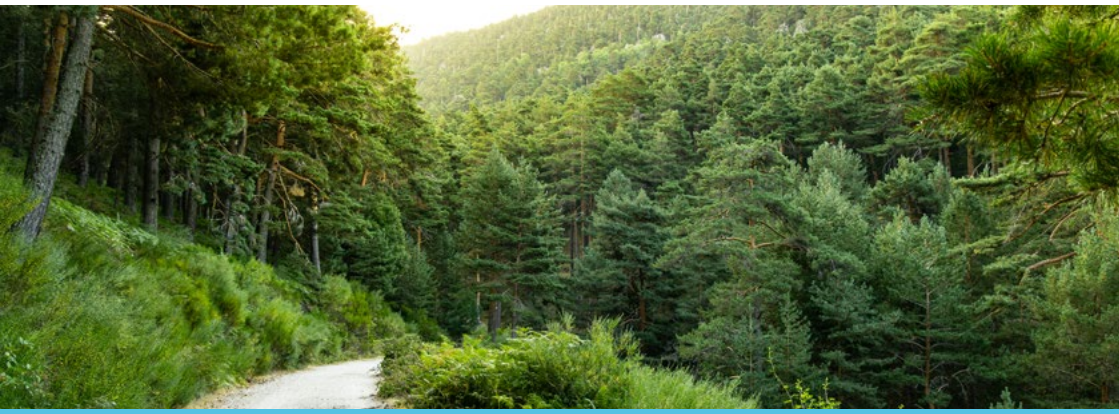
THE WATER TRAIL – CERCEDILLA

An easy and very pleasant route through the Fuenfría Valley, ideal for families and for those seeking a cool, shaded walk in the heart of Sierra de Guadarrama. The route follows the old water conduit that carried water from the Las Berceas reservoir to the town's storage tanks, winding through pine forests and mountain clearings.

This is a route with very little elevation gain, which is easy and accessible, making it perfect for a leisurely walk. Although the section of Camino del Agua is short, it is usually completed as a circular walk by linking it to Camino Puricelli.

Technical details

Distance: 5 km
Estimated time: 2 hours
Difficulty: low
Pushchairs: not recommended



Microexperience

The route can be rounded off with a visit to the Ski Museum and the Valle de la Fuenfría Visitor Centre, two stops that help you gain a better understanding of the history and landscape of this mountainous area.

FROM MANZANARES EL REAL TO MATAELPINO ALONG CAMINO DE SANTIAGO

La Pedriza

This linear route links the La Pedriza area with the main square in Mataelpino, following a section of the Camino de Santiago from Madrid. The route alternates between easy paths, views of the mountains and the open landscape of the foothills, making for a pleasant walk for the whole family.

Along the way, you'll come across historical references to Camino de Santiago and sweeping panoramic views of the granite massif, making this outing an evocative blend of nature and cultural heritage.

Technical details

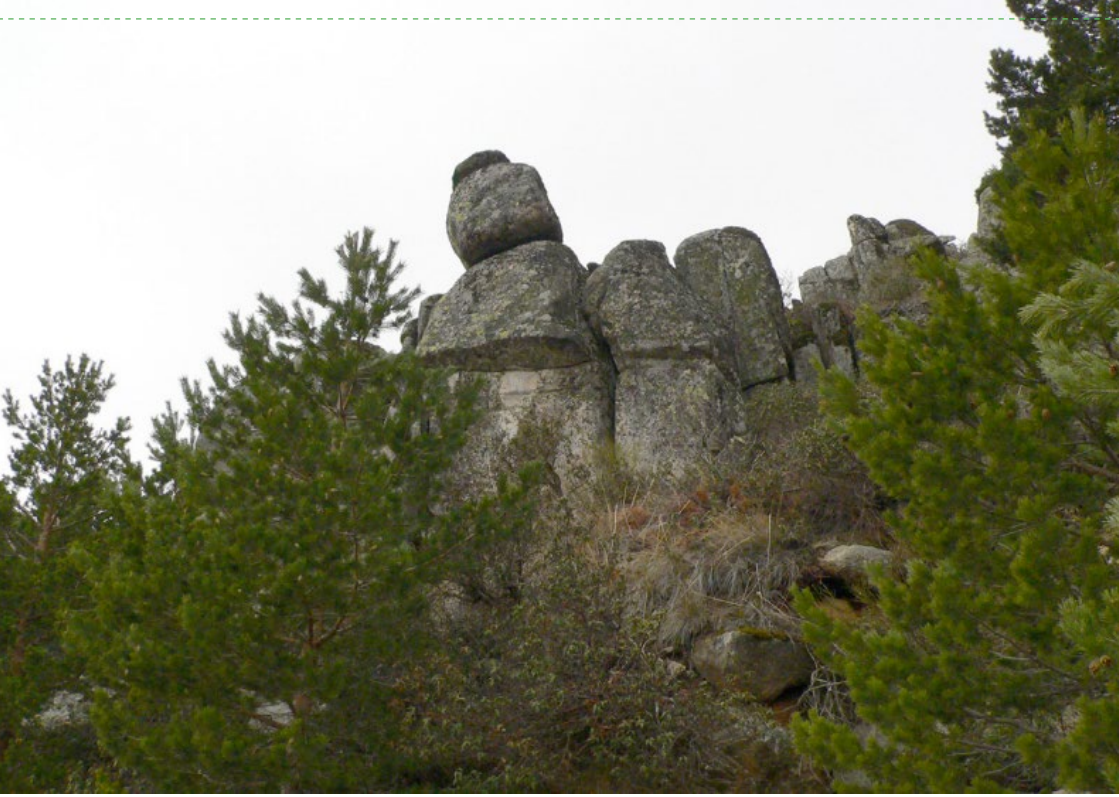
Distance: 7.2 km
Estimated time: 2 hrs 30 mins (one way)
Difficulty: low
Surface: paths and tracks
Elevation gain: 165 m
Pushchairs: not recommended
Ideal for families with children who already enjoy moderate walks.

Discover, appreciate, enjoy and protect... Before setting off on the route, it's well worth visiting visitor centres and nature centres such as those at La Pedriza or the Fuenfría Valley. Their information panels, models and educational activities help you to better understand the landscape and encourage a more mindful and respectful visit to the environment



Microexperience

Very close to this route, you can find activities involving horses and donkeys, a brilliant way to round off the day with an experience that brings you into contact with the animals and the mountain landscape.



LA PEÑA DEL ARCIPRESTE DE HITA

Estación de Tablada

A circular route that is somewhat more challenging, but particularly appealing for older children due to its blend of history, literature and adventure amongst rocks and pine forests. The path leads to the famous rock dedicated to the Archpriest of Hita, set in a granite landscape with great character.

Hidden amongst the rocks are several 'treasures' that turn the walk into a game: engraved inscriptions, references to *The Book of Good Lover* and the unique treasure chest that usually holds a copy of the book and a guest book for walkers.

Technical details

Distance: 6.8 km
Estimated time: 3 hours
Difficulty: moderate
Elevation gain: 276 m
Terrain: mountain trail
Pushchairs: not suitable

Recommended for children who are used to walking and keen to experience a little interpretive adventure.

Microexperience

Suggest a treasure hunt to the children: find the engraved rocks, read the verse from *The Book of Good Love* and, if available, sign the guestbook in the chest next to the rock.

SOTO DEL REAL GREEN RING WALK

This 'Green Ring' is a pleasant circular route of over five kilometres that circles the town amidst mountainous landscapes, green spaces and areas of great natural value. This walk, which is accessible and suitable for all, invites you to enjoy nature at a leisurely pace whilst taking in some of the best views of the Sierra de Guadarrama.

Along the route, visitors will find extensive pastures and ash groves, panoramic views of La Pedriza and various elements of the local heritage, such as the parish church, the medieval bridge and the chapel of Nuestra Señora del Rosario. The route combines history, culture and the natural environment in an ideal setting for walking, practising outdoor sports, birdwatching or discovering the area's characteristic flora.

Thanks to its excellent accessibility and the information panels dotted along the route, the Green Ring is the perfect choice for families, occasional walkers and nature lovers wishing to explore one of the most attractive corners of the Sierra de Guadarrama.





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