



DISCOVERING & ENJOYING

SPAIN

MADRID

REGION

2018 • 2019

**MADRID,
GET ACTIVE!**



Comunidad
de Madrid

NATURE AND ACTIVE TOURISM

Madrid, active tourism destination

Active Tourism Experiences in the Madrid Region 2018

If you are looking for a different, healthy and fun way of discovering the natural environment of the Madrid region, your best choice is Active Tourism.

It is always interesting to discover unusual expanses and beautiful landscapes, but why not do so while living new experiences, trying out or progressing in the practice of a sport or physical activity?

Madrid is committed to Active Tourism: a complement to traditional rural tourism through which to get to know the region and what it can offer us in the way of exciting getaways in every season of the year and for everyone thanks to the different levels on offer for all ages.

Feel the wind in your face while pedalling along the CiclaMadrid cycling routes. Let yourself be amazed by the countryside while you walk the paths, livestock trails and glens. Enjoy the rewards of reaching a summit, admiring the breathtaking views that the Madrid Mountain Range offers us and so many other activities in under an hour from the city centre!!! With the help of a map, good footwear and a healthy dose of energy we can traverse the most beautiful spaces to be found in the Madrid region while enjoying its pure air and giving free rein to our adventurous spirit.

What are you waiting for?

Active tourism throughout the year

Whichever time of the year you come to Madrid, you will find excellent opportunities at any time for enjoying outdoor activities.

Don't stay at home, Madrid awaits you.

Spring

Paths, bicycles and forests

Spring in Madrid is a veritable explosion of life, colour and Active Tourism possibilities. It is one of the best times of the year for many activities that will make us feel better about ourselves and our environment.

The days are lengthening, the temperatures are rising, and the Madrid sky is even brighter in the early spring morning.

This is the perfect season gaining a deeper knowledge of the Routes and Paths of the Madrid Region and, if you like cycling, don't miss out on CiclaMadrid, the great network of cycling routes that link up the Madrid Towns and the UNESCO World Heritage Sites.

Get active in the spring:

- The region's Network of Livestock Trails is perfect for hiking. Covering more than 4,000 kilometres, they cross every municipality and in many cases protected spaces of high natural value.
- The Mar de Ontígola, in Aranjuez, is an enclave of huge environmental value where you can practice hiking and bird watching. At this point of the river Tagus you are also allowed to practice water sports such as kayaking and canoeing.

- In Alcalá de Henares, the Parque de los Cerros is ideal for following all its signposted routes on foot or on a bike. The eco-riverside corridor along the right-hand bank of the river Henares is also recommended.

Summer

Reservoirs, kayaks and adventures

Summer is the time for enjoying the water, the shady slopes of the Guadarrama, the never-ending days and clear.

Madrid's towns are filled with visitors and activity: most of them stage their popular festivals and pilgrimages, which we can combine with our most active plans.

Summer is one of the best seasons for immersing ourselves in adventure parks and living to the fullest the experience of their fantastic zip wires as well as for nautical activities in settings of great environmental value.

To combat the heat we recommend that you visit the cool mountain reservoirs, where you can also give yourself up to the enjoyment of kayaking or paddle surfing.

Get active in summer:

- The El Atazar Reservoir is the region's largest, with a nautical resort for sailing and rowing among other activities.
- Everywhere in Cercedilla's environs you will encounter superb Active Tourism options: mountain cycling, horse riding routes, climbing and fun-filled multi-adventure parks.
- In the San Juan Reservoir by San Martín de Valdeiglesias, bathing and motor-driven water activities are allowed. The marina, which was founded in 1958, is an example in the promotion of sailing sports, with an important school and frequent regattas.

Autumn

Horse riding routes, caves and climbing

Autumn in Madrid sees the countryside decking itself out in toasted hues. The days are shorter and Madrid's light becomes even more special. This is the ideal time for discovering new places.

When the temperatures cool down, it signals the end of the harvest in Madrid's vineyards. The deciduous forests, the beech woods, poplar groves, chestnut copses and oak show colourful array of ochres, yellows and reds.

This is a special time for enjoying interesting markets and gastronomic events and for hiking and horse riding. Visiting the Patones caves or climbing in La Pedriza are also highly recommended activities.

Get active in autumn:

- In the natural setting of Manzanares el Real and La Pedriza, anyone who is enthusiastic about climbing, hiking and cycling routes has an unavoidable appointment.
- The Torrelaguna area is known for caving and paragliding. In the vicinity of Pontón de la Oliva there are also some spectacular natural walls just waiting to be climbed.
- In the Valley of the Upper Lozoya River are some very special horse riding and cycling routes where you will also enjoy the view of medieval bridges and other examples of Historical Heritage.

Winter

Skiing, snowshoeing and a lot of snow

In Madrid, there is no excuse for ceasing the practice of all kinds of open-air activities in winter with the magical snow-covered landscapes.

Madrid's typical continental climate sets the stage for our cold yet luminous winters. With snow taking the starring role, the region's mountains turn into a spectacular setting.

There is no need to put a stop to Active Tourism: the Madrid Mountain Range invites us to enjoy Nordic skiing, snowboarding or snowshoeing along some interesting routes.

Get active in winter:

- Just a few kilometres from Rascafría is Valdesquí, with more than 20 kilometres of ideal pistes for skiing and snowboarding and of course areas for sledging and playing in the snow.
- The Puerto de los Cotos mountain pass, in the heart of the Sierra de Guadarrama National Park, boasts a 4-kilometre circuit for cross-country skiing as well as delimited areas for sledging, backcountry skiing and snowshoeing.
- In the Navacerrada mountain pass, as well as practicing winter sports such as skiing, we will also find the starting point for many paths such as, for example, the renowned Schmid Trail, which does not require any special fitness training.

Accept the challenge, get active!

