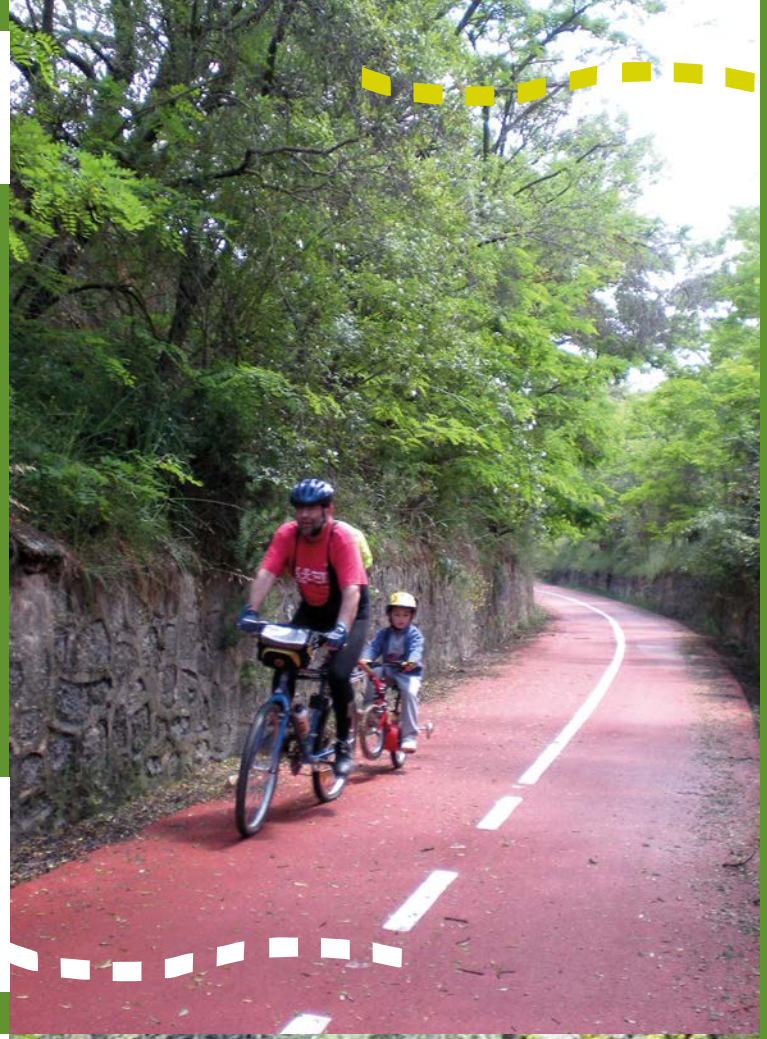


CICLAMADRID AND VIAS VERDES IN THE MADRID REGION



WHAT ARE VIAS VERDES / GREENWAYS?

The "Vías Verdes" (literally, "Greenways") are old railway lines in disuse that have been recovered as non-motorized itineraries to be travelled by hikers and cyclists. There are approximately 2,900 km of Greenways in Spain, located in all the Autonomous Communities.

The Greenways' design benefits from all the advantages of the railway lines, offering the maximum degree of ease and comfort in their route, guaranteeing universal access, including children, senior citizens and persons with disability.

The Greenways are itineraries which are full of magic, dotted with tunnels and amazing viaducts where the trains travelled in the past. They also include the old train stations, several of which have been recovered.

Itineraries to enjoy the most exceptional spots of our natural environment in a respectful way and explore these routes to discover towns and districts in a very sustainable, healthy and enriching way.



GREENWAYS IN THE MADRID REGION

Today, the Community of Madrid has 3 "Vías Verdes" (Greenways) which amount to over 70 km where travellers can discover the history, culture and natural environment of the Madrid region. Greenways located in the South and East areas of the Community to discover new spaces, towns and surprising natural environments.

Likewise, there are additional unrecovered railway lines, although without the advantages of the perfectly conditioned greenways, which can complete the experience of exploring these old train tracks.

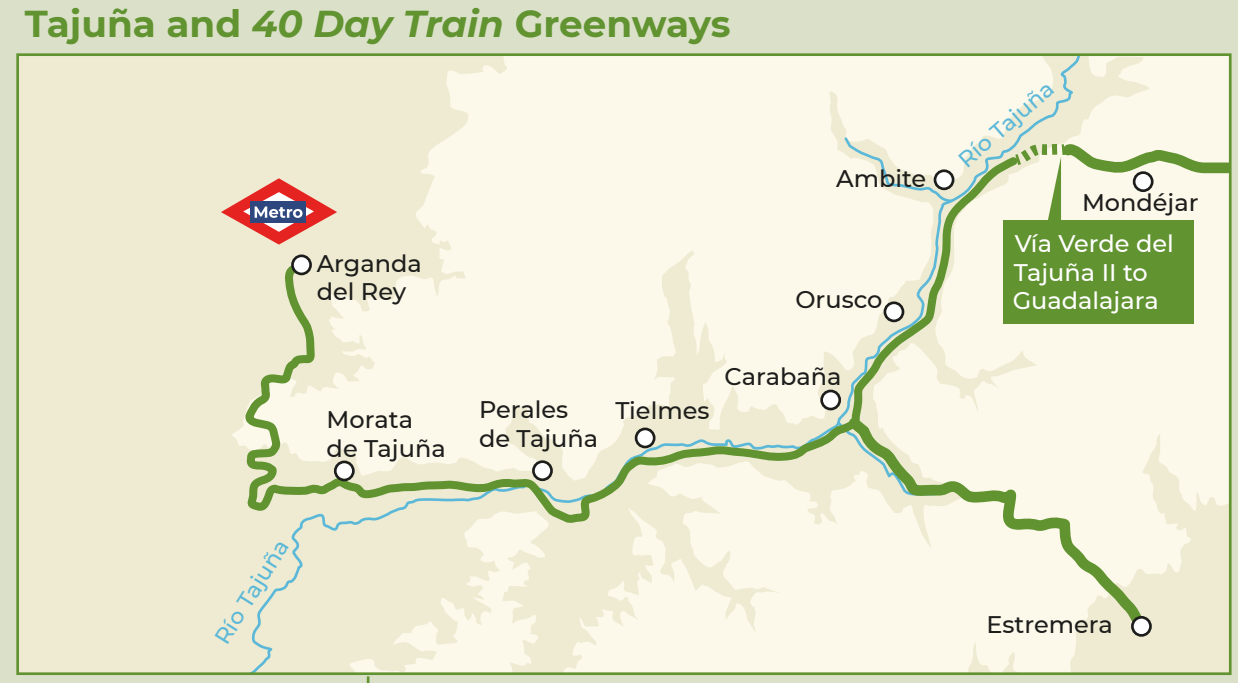
Exploring them all at your own pace is the best way to discover all the unexpected places where these old railway lines of the Community of Madrid once passed.

USAGE RECOMMENDATIONS ON VIAS VERDES

- Respect the environment, the local people, the crops and animal life.
- Pay attention to the signs and enjoy nature quietly and unhurriedly.
- Take care when travelling along sections shared with motor vehicles.
- Don't forget to carry a flashlight or carry lights on your bike for routes on which there are tunnels.
- Some binoculars, water, and comfortable footwear are basic equipment for your excursions.
- Cyclists are recommended to wear a helmet.



- Check on the terms and conditions for carrying bikes on Renfe trains, metro and public transports at "Madrid on a bicycle" on www.crtm.es.
- Before setting out, go to www.viasverdes.com and www.ciclamadrid.es for more information and warnings of possible incident.



TOURIST OFFICES OF MADRID REGION

- Tel. 902 100 007
- E-mail: turismo@madrid.org
- Sol - Tourism Centre**
Puerta del Sol, 5
- Airport - Adolfo Suarez Madrid Barajas**
T4 and T1
- Atocha Station**
First Floor. AVE Arrivals terminal

CICLAMADRID, CYCLE TOURISM IN THE MADRID REGION

The great 770-kilometre cycling route to be followed by 17 stages.

Madrid is rich and diverse. Madrid region is a small microcosm where, in addition to extensive urban spaces, you find dense pine and holm oak forests, alpine summits, vineyards and olive groves, steppes and charming villages filled with life... That's Gran Tour CiclaMadrid. The Tour is geared to almost everyone's abilities and can be adapted to each cyclist's.

Madrid is more than Madrid.

FURTHER INFORMATION

- www.viasverdes.com
- www.ciclamadrid.es
- www.turismomadrid.es

Download our CiclaMadrid Conecta app on:

Download our Vías Verdes app on:

Social Networks:

- CiclaMadrid: @cicla_madrid, ciclamadridES

- Vías Verdes: @viasverdes_ffe, ViasVerdesEspanolas, @viasverdesffe, vivelavia



1. CICLAMADRID GRAN TOUR

The CiclaMadrid Gran Tour is a great 770-kilometre cycling route to be followed by stages. Why not do it at least once in your life? Three Unesco World Heritage Sites, seven Madrid Towns, enchanting villages, historic gardens and natural parks... All of Madrid in only 17 steps.

The Tour is geared to almost everyone's abilities and can be adapted to each cyclist's characteristics by simply joining stages together wherever one wishes, or do them all one by one. The stages cover around 25 kilometres.

Mornings are for cycling, afternoons for wandering... That's the idea.

www.ciclMadrid.es

Gran Tour CiclaMadrid conecions with Vías Verdes/Greenways

Stage 3

In Carabaña: Tajuña and 40 Day Train Greenways.

Stage 15

In Navalcarnero: Conection in the iron bridge with Guadarrama river Greenway.

Stage 13

In San Martín de Valdeiglesias and Pelayos de la Presa: Alberche disused railway line.

In addition to Gran Tour (420 km / 17 stages) CiclaMadrid offer:



5. SIERRA OESTE

Countryside Cycling Tourism

Location: San Martín de Valdeiglesias · Pelayos de la Presa.

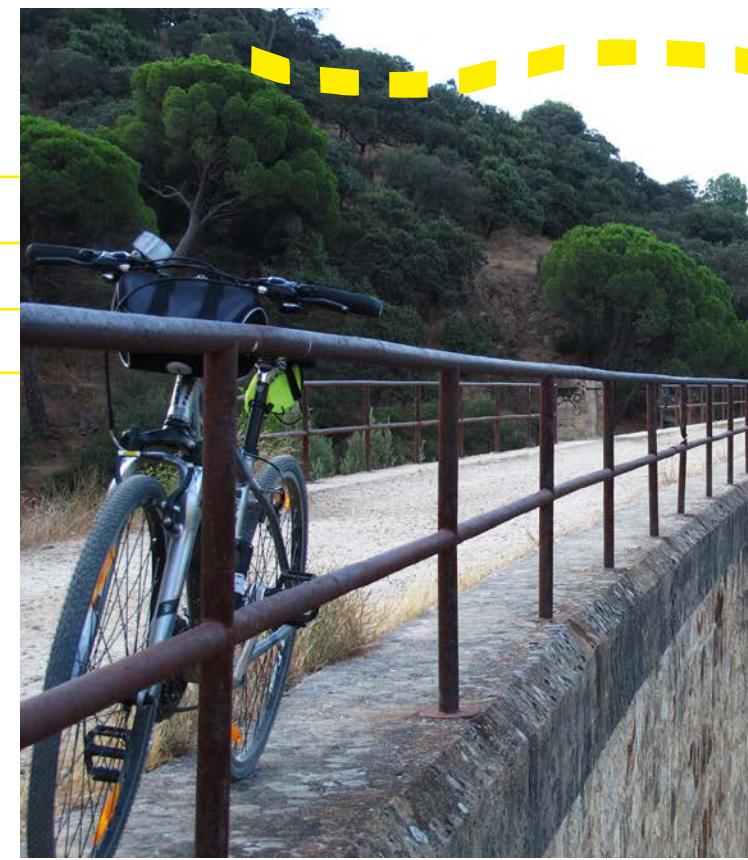
Category: Countryside Cycling Tourism.

Length: 20 km.

Duration: 1 Day / 1 night.

In this stage between San Martín de Valdeiglesias and the Picadas reservoir, you can travel part of the old railway line which extends between Aldea del Fresno and Casas Viejas (Ávila) known as the **Vía del Alberche** (Alberche way).

Warning: We warn you that this is not a conditioned "Vía Verde" (Greenway) but an old railway line in disuse -with very basic conditioning- hence you must observe extreme precaution in the junctions with roads.



7. GUADARRAMA RIVER GREENWAY

An escape route on the banks of the Middle Course of the Guadarrama River

Location: Between Móstoles and the bridge over the Guadarrama River.

Length: 4.5 km.

Users:

Type of surface: asphalt and compacted soil.

Natural environment: farmlands, river banks, Regional Park of the Middle Course of the Guadarrama River.

Connection to CiclaMadrid: it is possible to continue up to Navalcarnero (km. 12) along the old railway line (unconditioned and without signs) to connect to the Gran Tour.

The Route

This small greenway starts from the populated city of Móstoles. If it is accessed by train, the **Móstoles-El Soto local train station** will be the route's starting point. You must travel parallel to the nearby shopping centre and use the underpass of the A5 motorway. After passing it, the greenway starts beside the large **El Soto park**, a green oasis in the big city where it is very pleasant to stroll around its lake. This is another good starting point, since the greenway is signalled from the park.

In the first few kilometres, the greenway extends parallel to the road which goes to the Guadarrama colony among fields which reveal their best splendour in spring. This route allows you to easily enter into the **Regional Park of the Middle Course of the Guadarrama River**. What could be better than crossing this Madrid River on its fantastic **iron railway bridge!** This well-conditioned latticework bridge preceded by an unmistakable railway trench is the most emblematic element of the greenway and the golden highlight of the excursion. If we decide to continue, the old station of the Guadarrama River awaits us on the other side of the bridge.

From here up to **Navalcarnero**, the old railway line has not been recovered as a greenway, hence it is necessary to travel along rural roads without signs. In this attractive town, we can connect to stage 15 of the Gran Tour of **CiclaMadrid**.

Brief historical note
It was in the year 1887 when the works began on the railway line which would connect the banks of the Manzanares River at the height of the Madrid bridge called "Puente de Segovia", and southwest of -what was then the - Madrid province. In 1898, the line construction was finished which passed through Móstoles and extended to the Toledo town of Almorox.

Steam engine trains and locomotive railcars which in their final years bore the "FEVE" shield, travelled along their tracks until 1970, although four years earlier, the Navalcarnero-Almorox section was closed due to its unprofitability. Hence, this modest narrow track railway line became part of the current local train line C5 between Atocha and Móstoles-El Soto.

Environmental tourist attractions
El Soto park, the iron bridge and the Regional Park of the Middle Course of the Guadarrama River are the main tourist attractions of this small greenway.

Scan this QR code with your mobile device for additional information.



Guadarrama River Greenway

2. ARANJUEZ AND THE TAGUS RIVER PLAINS

Cultural landscape and wine tourism

Location: Aranjuez · Chinchón · Carabaña · Arganda del Rey · Ciempozuelos · Aranjuez.

Category: Family Cycle Tourism.

Length: 178 km.

Duration: 5 Days / 4 Nights / 6 Stages.

In this stage, travel the **Tajuña Greenway** between Arganda del Rey and Ambite and the **40 Day Train Greenway** between Carabaña and Estremera.

You will enjoy the red asphalt paths of the best Greenways in Madrid!



Further information on: www.ciclMadrid.es



6. TAJUÑA AND 40 DAY TRAIN GREENWAYS

Along the lovely Beet Train road

Tajuña Greenway: Between Arganda del Rey and Ambite passing through the municipalities of Morata de Tajuña, Perales de Tajuña, Tielmes, Carabaña and Orusco.

The 40 Day Train Greenway: Between Carabaña and Estremera passing through Valderacete.

Length: A total of over 67 km.

Tajuña Greenway: 49 Km (+ 4.3 km from the Arganda metro station to the La Poveda Railway Museum in Arganda). There are also an additional 6 km from Perales to the quarry.

The 40 Day Train Greenway: 14 km.

Users:

Accessibility: Suitable although with major speed bumps in the Morata - Perales section and sections shared with motorized traffic.

Type of surface: asphalt.

Connection to CiclaMadrid: In Carabaña (Stage 3 of the Gran Tour).

The starting point is located in the town of **Arganda del Rey**, a site which can be reached from the city of Madrid by means of Metro line 9. The starting point (km 0) is located at Avenida del Ejército, 200 m from the metro station however we recommend a visit to the **La Poveda Railway Museum**, located 4.3 km from the Arganda Metro Station where you can travel in one of its **historical trains**. For this purpose, we can take the La Poveda bicycle lane which uses the railway esplanade. Shortly before arriving, we cross the M-300 road. Pay attention at the junctions!

Scan these QR codes with your mobile device to discover the history, environmental tourist attractions and additional information.



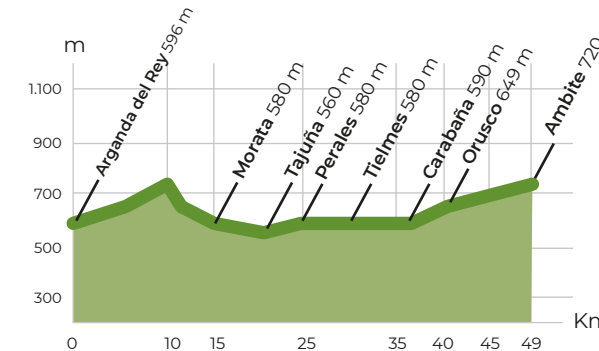
Tajuña Greenway



40 Day Train Greenway

The Route
Now in the Tajuña Greenway, having passed the industrial zone of Arganda and the Hospital del Sureste, the route passes under the A-3 motorway; we now begin a moderate ascent which concludes in a zone known as El Alto to subsequently bypass a cement factory. From here, there is a pleasant descent which leaves us before one of the best terraced areas over the Tajuña valley just before arriving to **Morata de Tajuña**. This section up to the next town, **Perales**, has the specific feature of small level differences.

Tajuña. Altimetric profile.



After Perales, the route passes under the A3 motorway. At this point, it is necessary to travel a few more metres on the right shoulder of the access road to the motorway to finally connect to the road recovered as a "via verde" (greenway) which leads to **Tielmes** next to the south river bank. We must warn that this new section shares traffic with several vehicles that access from the neighbouring properties. You must be very careful. In this area, the route travels through orchards, fields and cornfields.

Having passed Tielmes, at km 35, we arrive to Carabaña, where we can connect to the **Gran Tour CiclaMadrid** (Stage 3) and the **40 Day Train Greenway**, a branch railway line with a 14 km route which takes us up to **Estremera** in a slight ascent among spectacular trenches, olive trees and farm lands.

Continuing along the Tajuña Greenway from **Carabaña**, there are the final 6 km, which extend in a section where the former railway line could be more faithfully recovered. We pass by **Orusco** and a pleasant pine grove prior to arriving to **Ambite** and the old **railway station** which is now a café-restaurant and a swimming pool. A golden highlight for this one-day excursion.

BICYCLE RENTALS AND SERVICE SUPPLIERS



Do you need anything for your adventure? Query here for all the travel agencies, technical support companies, bicycle rentals and other types of businesses.

3. SIERRA DE GUADARRAMA

Road Cycling Tourism

A set of routes with options to do road hikes, mountain biking or bicycle tourism as a family.

Category: Sport Cycling on the road.

Length: 347 km.

Duration: 8 Days / 7 nights / 3 routes.

4. SIERRA NORTE

Mountain Bike Tour

A circular route which encircles the entire "Sierra Norte" mountains of Madrid on roads and trails with a good surface in an ideal route for mountain bike fans.

Category: Mountain Sport Cycling.

Length: 213 km.

