

The background image shows three cyclists in the foreground, wearing helmets and cycling gear, looking at a smartphone. Behind them are the ruins of a Roman temple with several standing columns and an archway. The scene is set in a dry, sunny landscape with some trees and a body of water in the distance.

# EXTREMADURA MTB

## EXTREMADURA ON BIKE

### MTB ROUTES

- ➔ Long Distance
- ➔ Eurovelo
- ➔ Nature Trails
- ➔ Green Routes
- ➔ La Vía de la Plata

### MTB CENTRES



## Extremadura on bike

Extremadura is a true natural paradise dotted with chestnut, oak, cork oak and holm oak forests, with large mountain ranges and deep valleys such as Jerte or Ambroz, providing a contrast with the cereal plains of La Serena and the fertile plains of rivers such as Alagón or Guadiana. In addition to its high level of environmental protection, with up to sixty protected natural spaces led by the Monfragüe National Park, the Villuercas-Ibores-Jara geopark or the Cornalvo and the Tagus International natural parks, it offers a wonderful setting for outdoor sports.

And if you like to enjoy nature and sport to its full capacity, especially of your mountain bike, you are at the right place: there are over two thousand kilometres of roads, trails and tracks in Extremadura to explore on bike. Some are universal, recognised through history and their outstanding beauty; many others yet to be discovered.

An area to roll and enjoy the scenery, to get closer to its people and immerse yourself in their culture and heritage on a bike. In Extremadura you'll find new challenges, you will feel the satisfaction of meeting them and overcome your marks time and again.

On your way back will leave behind the milestones of Vía de la Plata, you can get from Europe via the Eurovelo network of roads, leave your track on the long distance routes spread across our region, or find a track that fits you at any of our MTB centres.

Extremadura is sport and nature, where the food is gourmet and the goals are monumental sites or protected natural spaces. Here distances don't matter and your great moment in Extremadura may appear at any time.

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## MTB CENTRES

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# EXTREM

## SITUATION MAP





# MADURA

...is MTB

## HOW TO GET THERE

Extremadura is located in the west of Spain and its extensive network of roads and motorways allows you to travel comfortably by private or rented car, undoubtedly the option that gives you more freedom to know each and every one of its corners.

Distance (km) By road	Madrid	Barcelona	Sevilla	Lisboa
<b>Badajoz</b>	404	1026	210	228
<b>Cáceres</b>	297	919	267	314
<b>Mérida</b>	344	965	191	287
<b>Plasencia</b>	248	870	341	392



The Renfe Mid Distance train network provides passenger transport service by train in Extremadura and it links this community with Andalusia, Castilla La Mancha and Madrid. There is a route which goes from Mérida to Sevilla; that links Badajoz, Cáceres and Madrid; another route that links Badajoz, Mérida, Ciudad Real, Madrid, and yet another route which connects Zafra to Huelva.

[www.renfe.es](http://www.renfe.es)



If you are coming to Extremadura from Madrid or eastern Spain, take the **A-5** motorway. This motorway will take you to Trujillo, Mérida, and Badajoz before it enters Portugal.

On this motorway, you will be able to go to Guadeloupe or Plasencia and northern Extremadura if you take the exit near Navalmoral de la Mata (**EX-A1**). To reach Cáceres take the exit near Trujillo (**A-58**). And from Mérida you may go south to the municipalities of southern Extremadura.

If you are arriving from the north or the south, take the **A-66** motorway which runs through the region from north to south. **N-110** is also an important gateway which runs from Ávila or Segovia up to Plasencia across the Jerte Valley.



It is located in the municipality of Talavera la Real, 14 kilometres from Badajoz. There are regular flights to Madrid and Barcelona, as well as to other cities during specific times of the year. The airport has a shopping area, car rental companies, free 24 hours public parking and a taxi stand.

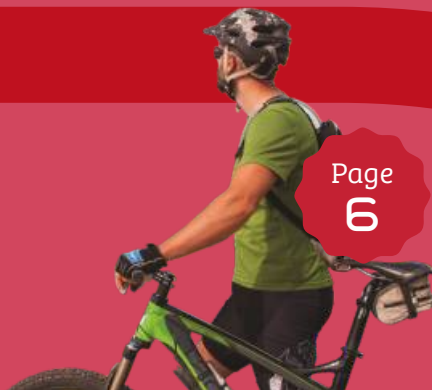
[www.aena.es](http://www.aena.es)



Caminos  
Naturales

## NATURE TRAILS

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## MTB ROUTES

“

There are thousands of kilometres of roads, trails and tracks in Extremadura to explore on bike. Some are universal, recognised through history and their outstanding beauty; many others yet to be discovered.

”

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## SHORT AND MID DISTANCE ROUTES

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## LA VÍA DE LA PLATA

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## VÍAS VERDES

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## EUROVELO

# NATURE TRAILS

Old communication routes, canals, cattle tracks, public paths and trails are being once again used for sports activities such as cycle-touring.

A journey that explores Extremadura through our four Nature Trails.

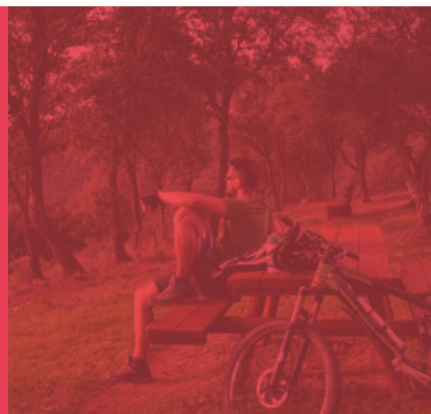
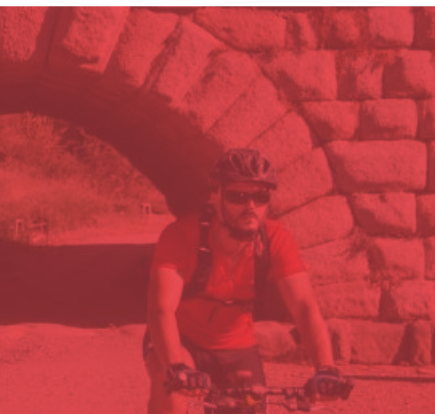
**Do you already know which suits you?**



## Extremadura MTB

*An area to roll and enjoy the scenery, to get closer to its people and immerse yourself in their culture and heritage on a bike.*

[www.extremadurabtt.com](http://www.extremadurabtt.com)







Caminos  
Naturales



4 roads and 18 stages



882 km long



More than 15 preserved areas



3 World Heritage Sites



### Zinaztli Cycle-Tourism Blog

*If you get a chance don't hesitate. The **Tagus Nature Trail** won't disappoint you. I had my share of doubts, as biking on the*

*banks of a big river can be monotonous, always with the same landscape. But the Tagus on its way passes through very diverse and interesting areas such as Las Villuercas, the Monfragüe national park, the meadows of Extremadura or the Tagus International natural park.*

[www.zinaztli.blogspot.com](http://www.zinaztli.blogspot.com)

## GUADIANA NATURE TRAIL

*Following the trail of the  
Guadiana River*

## VILLUERCAS NATURE TRAIL

*The last paradise*

## TAGUS NATURE TRAIL


*The river that leads us*

## CÁCERES-BADAJOS CORRIDOR NATURE TRAIL

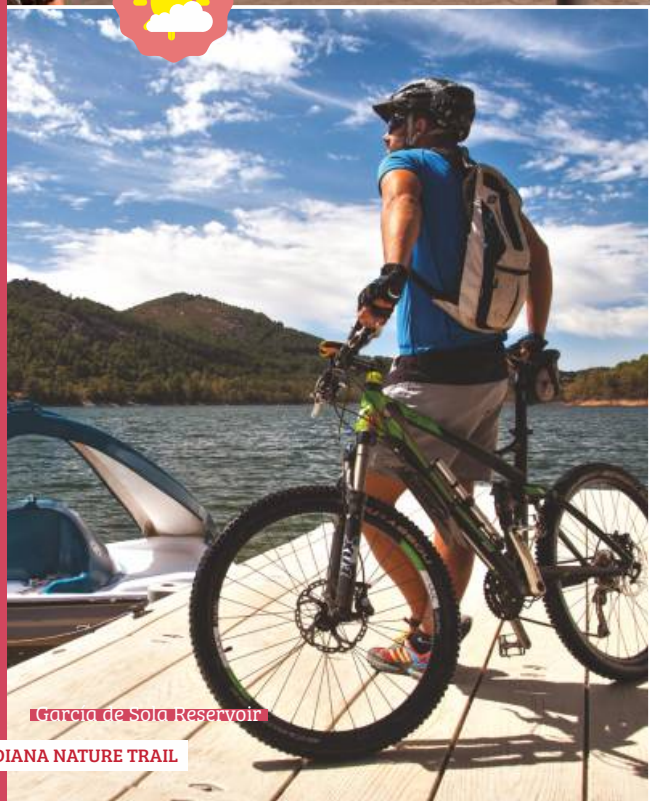
*The birds trail*



## GUADIANA NATURE TRAIL



The Guadiana Nature Trail runs for about 1004 Km along this river bed, from its source in the Ruidera lakes until the border with Portugal. The stretch in Extremadura, which runs entirely through the Badajoz province has been divided into six stages totalling 326 km, introducing the required options to make the route fit for cycling: Medellín castle, Badajoz and Mérida cities, the latter declared a World Heritage Site by UNESCO; Cijara regional reserve, Puerto Peña and Sierra de los Golondrinos special protection area for birds, Orellana and Sierra de Pela areas of regional interest or Guadiana International, a Community-wide place of importance are some of the attractions that you will encounter by following this route.



El Garcho de Soria Reservoir



“ Each stage will offer you details and landscapes that will make it singular ”



Guadiana river and Muslim castle of Badajoz



You will discover remote protected areas where the fauna shall hardly stop by your footsteps; so much amount of water that you won't believe if you don't see it, the most fertile irrigated plains than you could imagine... and an "Augustus" historical heritage.



Roman bridge of Mérida

## ROUTE DATA

### MAP



### DATA

- 326 kms
- 2,1 %
- 6 stages
- 15 towns

### STAGES

- Stage 1** → 49,3 km ⌚ 4 h and 15 min  
Villarta de los Montes — Castilblanco
- Stage 2** → 60,6 km ⌚ 4 h and 15 min  
Castilblanco — Casas de Don Pedro
- Stage 3** → 46,3 km ⌚ 3 h and 15 min  
Casas de Don Pedro — Orellana
- Stage 4** → 57,7 km ⌚ 4 hours  
Orellana — Medellín
- Stage 5** → 55,6 km ⌚ 3 h and 30 min  
Medellín — Mérida
- Stage 6** → 78,7 km ⌚ 5 h and 30 min  
Mérida — Badajoz

## VILLUERCAS NATURE TRAIL

Over the course of its 65 Km, the path of Villuercas Nature Trail is full of contrasts that runs along the south side of the Villuercas Ibores Jara geopark, taking you to emblematic places such as the Peña strait or the Guadalupe Monastery, a World Heritage Site, to finally reach Logrosán passing through Cañamero.

The route is divided into two stages of approximately 30 Km each but let not its relatively short distance trick you: the terrain of Villuercas with deep valleys and steep mountains dominated by the imposing presence of the Guadalupe monastery make up one of the most spectacular landscapes in Extremadura... and a route quite difficult to do.

As always we recommend you to get the MTB route track, which may be downloaded from web [extremadurabt.gobex.es](http://extremadurabt.gobex.es) in several formats, so that your cycle-touring experience becomes easy.

Old train station (Logrosán)





“The Guadalupe monastery and the geopark you will stun you”

Royal Monastery of Guadalupe



Las Villuercas Nature Trail also lets you link to the Vegas del Gadiana-Villuercas Green Way, which will lead you up to Villanueva de La Serena and the Gadiana Nature Trail. Also treading along the Geopark Path, it will in turn connect you to the Tagus Nature Trail: Keep biking!



Charco de la Nutria



Estrecho de la Peña

## ROUTE DATA

### MAP



### DATA

→ 68,4 kms

4,5 %

2 stages

5 towns

### STAGES

#### Stage 1

→ 34,8 km

⌚ 2 h and 50 min

Puerto de San Vicente

Guadalupe

#### Stage 2

→ 33,6 km

⌚ 3 hours

Guadalupe

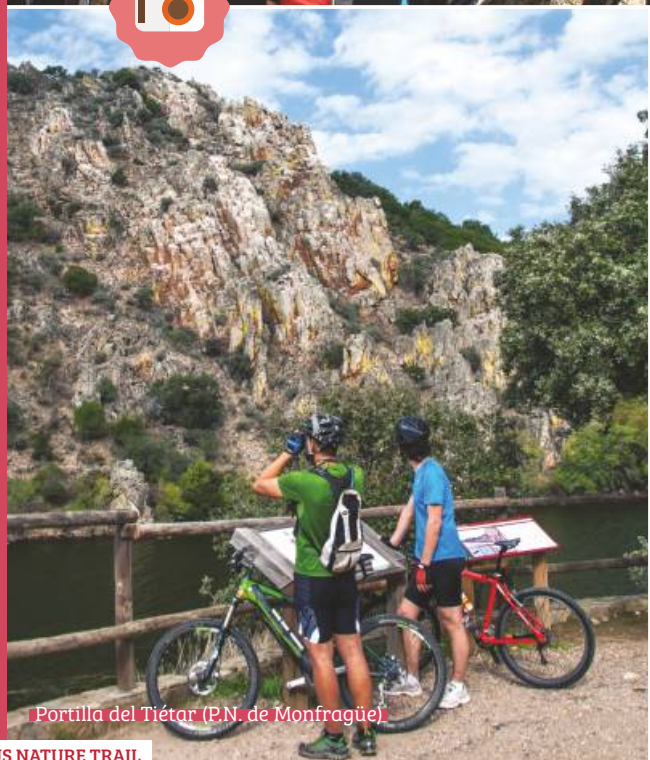
Logrosán

A man and a woman, both wearing cycling helmets and gloves, are smiling and taking a selfie with a smartphone. They are standing in front of a large, multi-arched stone bridge over a river. The woman is wearing a pink cycling jersey, and the man is wearing a red one. A red arrow points from the title area down towards the text.

## TAGUS NATURE TRAIL

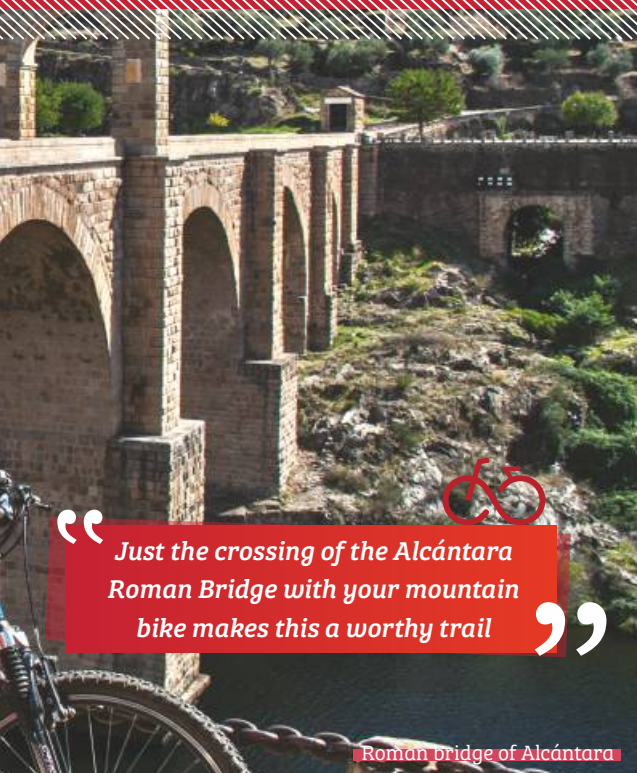
The Tagus Nature Trail runs for more than 850 Km from its start in the Teruel province until its end in Cáceres; a journey along the longest river of the Iberian peninsula whose last sector, about 355 Km divided into 7 stages designed for MTB, passes through Extremadura.

Its natural wealth is overwhelming: Villuercas Ibores Jara geopark, Monfragüe national park and biosphere reserve, Sierra de San Pedro area of regional interest, Tagus International natural park, etc. Does something else gives you more? Here the imperial eagles will look at you pass by as if you were the species in danger of extinction. And to avoid any sort of danger, at least not getting lost, we remind you that you have the MTB route track in several formats at your disposal which may be downloaded from web: [www.extremadurabt.com](http://www.extremadurabt.com)



Portilla del Tiétar (P.N. de Monfragüe)





“Just the crossing of the Alcántara Roman Bridge with your mountain bike makes this a worthy trail”

Roman bridge of Alcántara



Don't hesitate, this is one of the best options you may have to explore the entire Cáceres province from east to west and visit the most emblematic protected natural areas in Extremadura.



Rest area (Salor river)



## ROUTE DATA

### MAP



### DATA



### STAGES

Stage 1 → 31,3 km ⌚ 2 h and 15 min



Stage 2 → 27,9 km ⌚ 2 hours



Stage 3 → 56,8 km ⌚ 2 hours



Stage 4 → 54,3 km ⌚ 4 h and 30 min



Stage 5 → 57,8 km ⌚ 4 h and 30 min



Stage 6 → 46,1 km ⌚ 3 h and 45 min



Etapa 7 → 46,2 km ⌚ 3 h y 30 min



Etapa 8 → 34,9 km ⌚ 3 horas



## CÁCERES - BADAJOZ CORRIDOR NATURE TRAIL

This route will connect the capitals of Extremadura, Cáceres and Badajoz, which in itself is already an incentive taking into account that Cáceres has been declared a World Heritage Site by UNESCO and the Badajoz, apart from having a beautiful fortress or colourful places such as the Plaza Alta, it is the most vibrant city in the region.

The 110 km of the corridor are divided into two stages that pass through protected natural areas of great importance such as Llanos de Cáceres and Sierra de Fuentes special bird protection areas or Sierra de San Pedro area of regional interest, this latter being one of the best representations of the Mediterranean forest of the peninsula.

Yes, this is a wild ride for sure, but has a lot of countryside and few towns, therefore you need need to go prepared; the MTB route tracks which may be downloaded from web [extremadurabtt.gobex.es](http://extremadurabtt.gobex.es) will be of great help in this adventure.



C.I. ambiental del corredor ecofluvial río Zapatón





“  
Extremadura is both: Cáceres and  
Badajoz. So here they are.”

Plaza Mayor of Cáceres



Sunflower crops

## ROUTE DATA

### MAP



### DATA

→ 110 kms

1,9 %

1 2 stages

5 towns

### STAGES

Stage 1 → 53,2 km ⌚ 3 h and 45 min



Stage 2 → 57,1 km ⌚ 4 h and 15 min



This corridor enables you to use the Cáceres-  
Tagus Nature Trail link, to unite this last route  
with the Guadiana Nature Trail, thus creating  
a trail hub between the two great journeys for  
MTB in Extremadura.



San Pedro Mountains



# LA VÍA DE LA PLATA (The Silver Route)

The Vía de La Plata, which runs from Seville to Gijón, was one of the main roads that provided transportation in Hispania during the Roman Empire, crossing the peninsula from south to north.

A path use dover the centuries by the Visigoths, Muslims, Sephardic Jews and Christians that has continued to play an important role in the transportation network of the Iberian peninsula even to day.



5 stages



339 km long



10 preserved areas



2 World Heritage Sites



 Zinaztli

*Its characteris more natural compared to the "manufactured" roads of the French route. The natural and landscape wealth is beyond doubt. More over, it has that pilgrim environment which give sit its charm.*





## VÍA DE LA PLATA

*The oldest of the roads...  
a new experience.*



### Blog Bicigrino


*The Vía de La Plata is great adventure and if you've "mastered" the French Route previously you can check for yourself that you are on one of the most beautiful and spectacular cycletourism routes.*

[www.bicigrino.com](http://www.bicigrino.com)





# LA VÍA DE LA PLATA



Considering the secular nature of pilgrim way towards Santiago de Compostela, the Vía de la Plata is usually done from south to north. The stretch in Extremadura therefore begins at Monesterio, where the province of Seville just ends and Badajoz starts and goes up to Baños de Montemayor, the last town in the province of Cáceres before entering Salamanca.

Two World Heritage sites, Cáceres and Mérida; the manor of Zafra; wineries at Tierra de Barros; the Roman town of Cáparra; the Almohad wall of Galisteo, the hot springs of Baños de Montemayor... and in between them the Cornalvo nature reserve, the San Pedro mountain range, the plains of Cáceres and Sierra de Fuentes, the Central Mountain Range, etc. A route filled with history, culture, nature and gastronomy and those who love long bicycle tours would enormously enjoy: Have a good journey!



■ Iberian ham, one of the Silver Route stars ■





“The Vía de La Plata is a classic, one of the major European path ways”

Floripes Tower (centre) at the Alcántara reservoir



The stretch in Extremadura is probably the part which conserves the most number of elements linked to the original road, and it appears in numerous sections. Bridges, temples, arches, milestones, theatres and Roman baths await you on the way.



Baños de Montemayor Spa

## ROUTE DATA

### MAP



### DATA

→ 339 km

2,2 %

1 5 stages

23 towns

### STAGES

#### Stage 1

→ 47,3 km

2 h and 30 min



#### Stage 2

→ 62,6 km

3 h and 15 min



#### Stage 3

→ 72,6 km

3 h and 45 min



#### Stage 4

→ 81,4 km

4 h and 15 min



#### Stage 5

→ 75,1 km

3 h and 55 min



# VÍAS VERDES

(Green routes)

The so-called green routes replace the old railway routes, mostly mining routes, which with the passage of time had lost all their usefulness. This unique distinctive feature makes them routes which are suitable for any type of bicycle tourism fan, owing to its low difficulty level.

If you want to disconnect and if you are the one who feels the call of nature and your bike, your alternative is the **Vía Verde Vegas del Gadiana and las Villuercas**.



**1 Green Route**



**57.7 km long**



**6 preserved areas**



**2 provinces**



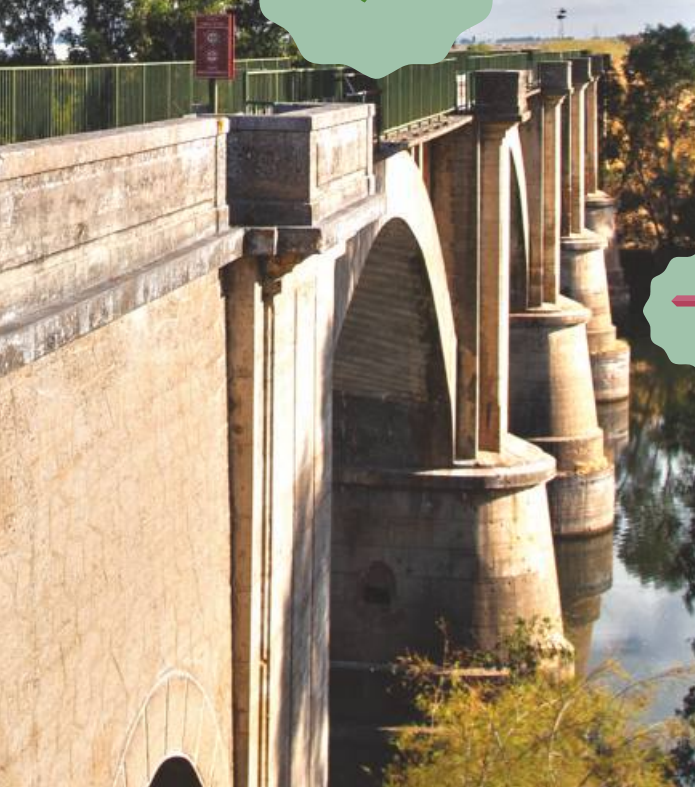
**GEO Mundo GEO**

*This Green Route is the perfect way to get to know one of the most interesting areas of Extremadura. Its 56 kilometres stretch and fairly level roads makes it ideal for all sorts of public.*

[www.mundo-geo.es](http://www.mundo-geo.es)



# VÍAS VERDES



## VÍA VERDE VEGAS DEL GUADIANA AND LAS VILLUERCAS

*Biking along the irrigation areas  
of Extremadura*



### EL DIARIO VASCO COM

*The Route is an extremely spectacular option, as it criss crosses through meadows, wetlands, and crops. The Green Route connects the provinces of Cáceres and Badajoz and enters into the largest wintering area of cranes coming from north Europe. Recommendable!*

Ten getaways to disconnect in Extremadura  
[www.diariovasco.com](http://www.diariovasco.com)



# VÍA VERDE VEGAS DEL GUADIANA AND VILLUERCAS

This railway line project was started during the the twenties with a plan to connect Villanueva de La Serena and Talavera de la Reina, i.e. the river beds of the Tagus and Guadiana. However it never came to operate and its construction was definitively abandoned in the sixties.

Converted into a Green Route its current path connects the railway stations of Villanueva de La Serena, in Badajoz province and Logrosán, a town located inside the Villuercas-Ibores-Jara geopark of Cáceres province whose remarkable mining past may be know by visiting the Costanaza mine and its interpretation centre.

The 57.7 km. route passes through corn, rice and fruit trees fields of the Guadiana river plans, a surprising fertile landscape which each year attracts thousands of wintering birds, especially the tall cranes, therefore it has several environmental protection measures put in place. We're sure here you will discover a very different Extremadura.



Old train station of Madrigalejo





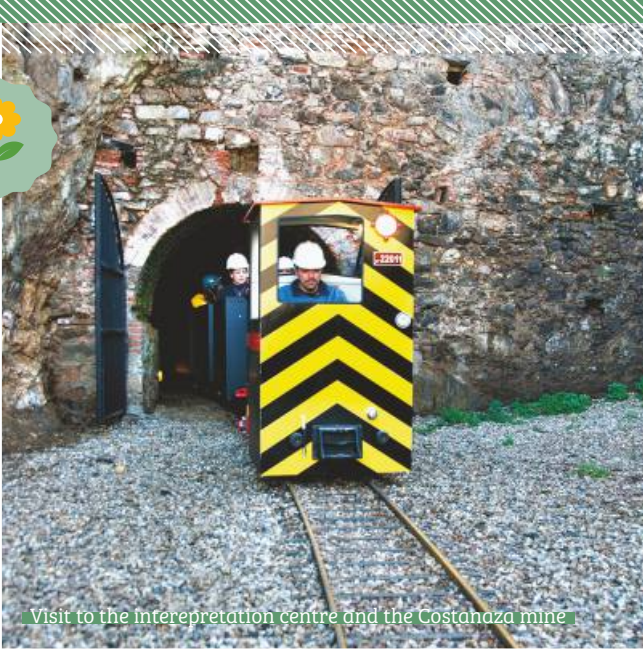
“ The irrigation areas of the Guadiana river plains present a very different face: green and water ”



Train station of Logrosán



Despite the fact that it is a long route, it is very convenient to traverse, as its average slope is barely over 1%. But if you want more, you may connect with the Natural Path of Villuerkas at Logrosán or with the Guadiana at Villanueva de La Serena.



Visit to the Interepretation centre and the Costanaza mine

## ROUTE DATA

### MAP



### DATA AND PROFILE

- 57,7 km
- 1 stage
- 1,2%
- 4 towns
- 3 h and 45 min



Cranes

# SHORT AND MID DISTANCE

We propose you to do some routes in one or two stages, ideal for day trips or on weekends. Most of them also function as links between longer routes, which means that if you long for more just continue biking.



4 routes and 6 stages



245 km long



8 preserved areas



2 World Heritage Sites



Blogspot.com

Numerous stork nests on large granite boulders and many horses welcome us to the Barruecos Natural Monument.

Cáceres-Barruecos Circular  
[www.oscarylolaenbici.blogspot.com](http://www.oscarylolaenbici.blogspot.com)





“

Alone, with friends or with family,  
cycling is in fashion: with these routes  
we make it easy for you

”



### Peña los Perdíos (Don Benito)

What in principle became a proposal  
which emerged almost by accident,  
finally became a reality on a Saturday

in mid-September.

The so-called **Transerena or King's Path** would  
become a long but an unforgettable day for 15 mates.

Transerena

[www.mtblosperdios.blogspot.com](http://www.mtblosperdios.blogspot.com)

## CÁCERES-LOS BARRUECOS CIRCULAR

*Los Barruecos natural  
monument, a unique spot*

## PASSAGE THROUGH GEOPARK

*History, nature and  
geology at Villuercas  
and Ibores*

## CÁCERES - NATURAL PATH OF THE TAGUS LINK

*Roman milestones  
and steppe birds*

## TRANSERENA

*Castles, mountains and plains:  
La Serena region on MTB*



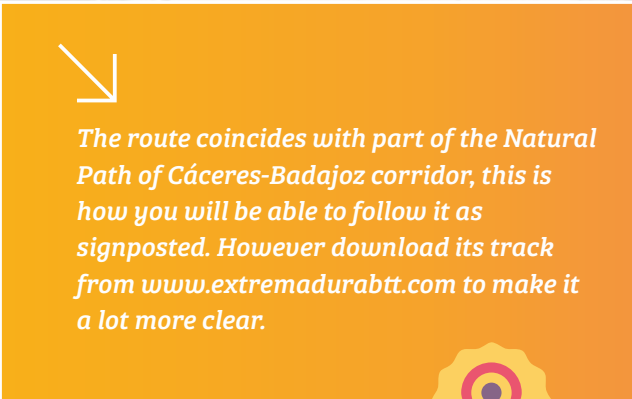
# CÁCERES-LOS BARRUECOS CIRCULAR

The route starts and ends at Cáceres, an ideal proposal for those who spend a few days in this city declared a World Heritage Site by UNESCO and would like to explore its surroundings more in-depth. Especially the Barruecos natural monument in Malpartida de Cáceres, where the avant-garde art and nature live in harmony: starting from the Vostell-Malpartida Museum work the brilliant works of the German artist can be seen up to the granite boulders scattered over this amazing natural landscape.

The route, which follows the signposting of a variant of the Natural Path of the Cáceres-Badajoz corridor, will also take you through a part of the special bird protection area in Llanos de Cáceres and Sierra de Fuentes, where it is very likely that you will see great bustards, little bustards, montagu's harriers, Iberian grouses etc. A recommendation: take your binoculars and you'll be glad you did.



Los Barruecos



## ROUTE DATA

### MAP




### DATA AND PROFILE



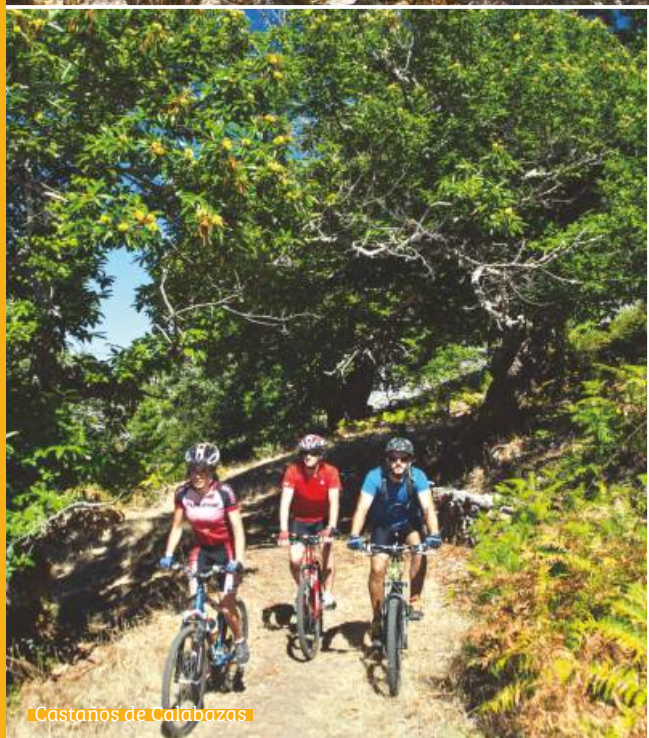


# PASSAGE THROUGH GEOPARK



The Passage Through Geopark coincides with part of the section of the Jerónimos Way, one of the pilgrimage tracks to Guadalupe that connects its monastery to the one at Yuste, in the La Vera region. This in reality allows you to cross the Villuercas-Ibores-Jara geopark from north to south or vice versa, and also linking the MTB routes of the Natural Path of Villuercas and the Natural Path of the Tagus.

The route consists of two quite demanding stages, surpassing valleys and mountains that spring up offering a unique landscape known as the apalachense relief. Oak forests and centennial chestnut trees such as those in Calabazas; the Cueva de Castañar natural monument, spectacular karst cavity; the Humilladero chapel, etc., and of course the Guadalupe monastery, the Mudejar jewel of Extremadura declared a World Heritage Site.



Calabazas





“



The Passage Through Geopark is MTB in its purest state: nature and action!

”

Chestnut trees forest



This route has everything: geology, exuberant flora, unique fauna, pilgrim tradition, historical heritage, culture, etc., and a few respectable slopes. But you may be rest assured that it will be worth the effort.



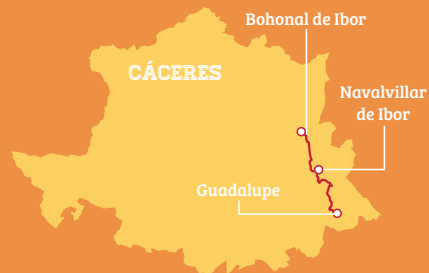
Castañar de Ibor cave



Square and monastery of Santa María de Guadalupe

## ROUTE DATA

### MAP



### DATA

→ 63,2 km

2 stages

4,6 %

4 towns

### STAGES

#### Stage 1

→ 30,9 km 2 h and 45 min

Bohonal de Ibor

Navalvillar de Ibor


#### Stage 2

→ 32,3 km 2 h and 50 min

Navalvillar de Ibor

Guadalupe

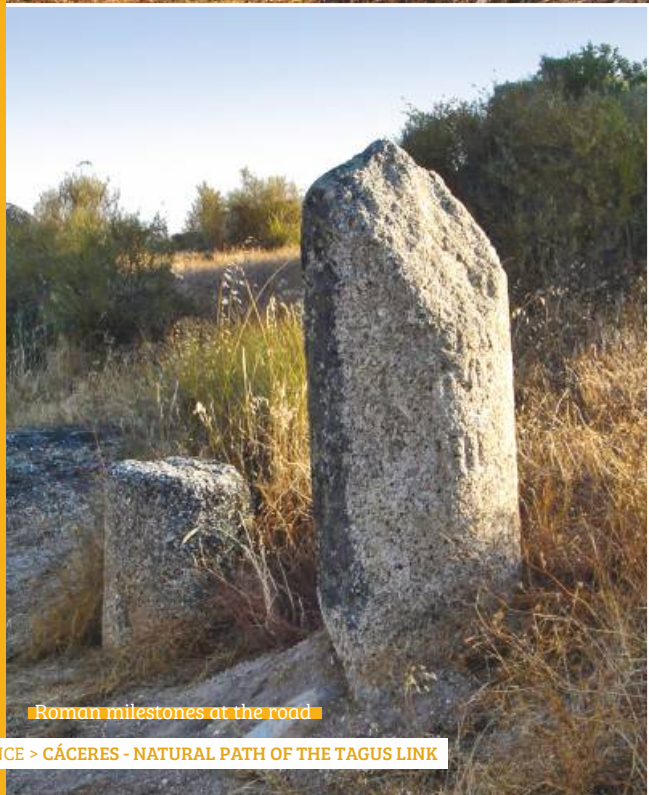
# CÁCERES NATURAL PATH OF TAGUS LINK



The route which is designed to be done on a single day, will allow you to connect the Natural Path of the Tagus with Cáceres, whose monumental site is recognised as a World Heritage Site by UNESCO.

It is also a good option to do a round trip from the capital of Cáceres thus getting to know a stretch of the Via de la Plata, with whose path it coincides for the most part and the Roman milestones that it still conserves. Almost the entire route also runs along the boundary of the protected natural area of Llanos de Cáceres and Sierra de Fuentes, therefore if you make the effort to take an interest in it you will have many opportunities to observe steppe birds such as great bustards.

And don't forget that you'll pass by Casar de Cáceres, the town which is the cradle of our internationally famous cheese: torta del Casar. It is well worth a stop.



Roman milestones at the road





“ The route runs through a stretch of the *Vía de la Plata* where you may still find some old Roman milestones ”

Tajo riverbanks



Cáceres, 2015's Spanish Gastronomy Capital

## ROUTE DATA

### MAP



### DATA AND PROFILE



27,9 km



1 stage



2,4 %



2 towns



2 hours




Except while going out of Cáceres the route follows the path of the *Vía de la Plata*, thus you may follow its signposting. However we recommend you to download the MTB track from [www.extremadurabtt.com](http://www.extremadurabtt.com)



Vía de la Plata (The Silver Route)



# TRANSERENA



The Transerena or Twine of the King's Path (GR 115) runs through the La Serena region from east to west in two stages, the first through a more abrupt and mountainous terrain than the second, that passes through the dry land crops and grasslands of the llanos serones.

From its start at Capilla, at the foot of its magnificent castle, the route promises fun with its winding nature through the special bird protection areas "Sierras de Peñalsordo and Capilla" and "La Serena and Sierras Periféricas" where you need to carefully watch towards the sky apart from the road. The castles of Almorchón, Benquerencia and Magacela, along with its dolmen; or the elm grove of the chapel of Belén are some of its attractions. You will also have the gastronomic fare, with star products such as Castuera turrón or the La Serena Designation of Origin Cheese.



Guadalefra ford





“The Transerena is a route filled with contrasts, a very interesting one to do on MTB”

Dolmen and castle (background) of Magacela

One of the advantages offered by this route, apart from its many attractions, is that it will allow you to connect from Villanueva de La Serena to Vía Verde Vegas del Guadiana and Villuercas or with the Natural Path of the Guadiana.



La Serena reservoir



Castiella de Capilla

## ROUTE DATA

### MAP



### DATA

→ 98,5 km

2 stage

2,6 %

7 towns

### STAGES

#### Stage 1

→ 56,8 km

⌚ 4 h and 45 min



#### Stage 2

→ 42,2 km

⌚ 3 hours



# EUROVELO



Eurovelo is a European long distance cycling network which aims to connect the European continent through fourteen long paths, crossing from one end to another and connecting the main cities and tourist areas.

In Spain, the Eurovelo 1 (EV1) route runs from Irún, on the national boundary with France, up to Ayamonte, on the southern border with Portugal, following the route of the Via de la Plata in Extremadura.



**5 stages**



**349 km long**



**10 preserved areas**



**2 World Heritage Sites**



**Blog:  
2 people cycling**

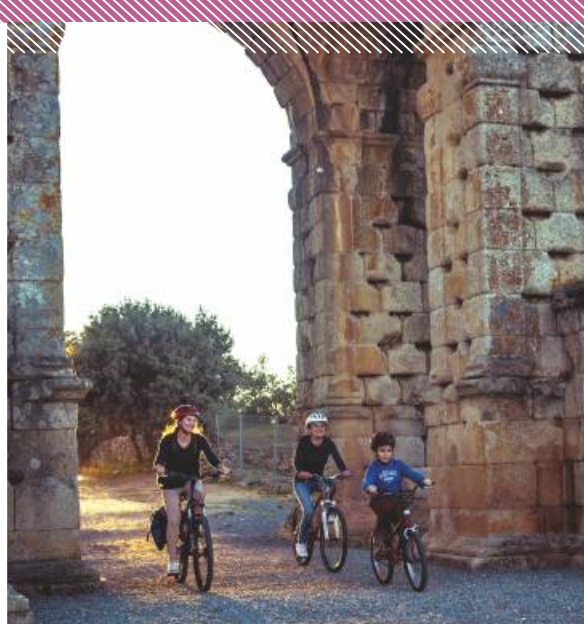
*On the quiet paths of Extremadura we were able to observe interesting birds such as the common stork and the black vulture. etc. What a beautiful place!*

**[www.2peoplecycling.com](http://www.2peoplecycling.com)**

By Jan-Willem and Saskia

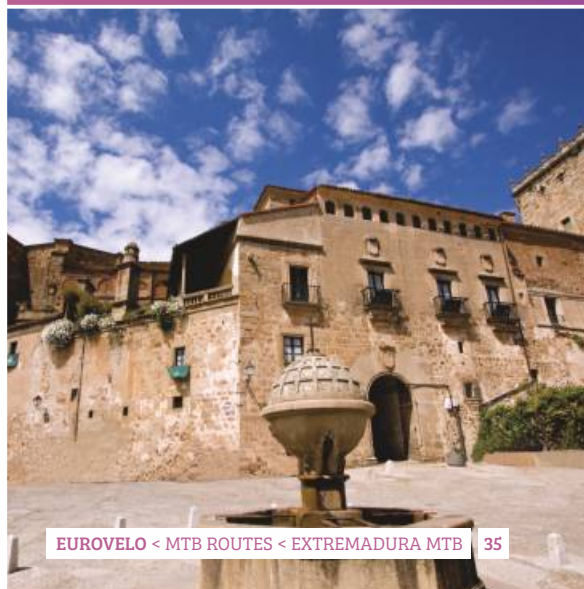






## EUROVELO-1 (EVI) THE ATLANTIC ROUTE

*Extremadura from north to south*



### Journal of the Traveller Eurovelo: Europe by bicycle

*Eurovelo consists of 14 long-distance routes that pass through the entire European continent. The physical effort, paused visit, at our own pace, without doubt, will add more to your biking experience. A good way to forget about the car and to merge into the landscape.*

[www.diariodelviajero.com](http://www.diariodelviajero.com)

By Enric Cardona

# EUROVELO 1

## THE ATLANTIC ROUTE

Eurovelo is a real adventure; only the Atlantic route is made up of 8186 km! Norway, Scotland, Ireland, England, France, Portugal and of course, Spain. The stretch in Extremadura on the most part coincides with the path of the Vía de la Plata, with the novelty of addition of an alternative to the town of Plasencia. However, in contrast to this the tour is proposed from north to south and the stages do not coincide entirely.

In any case it offers countless attractions, both heritage wise as well as in its natural wealth, also taking very much into account the gastronomic aspect that will allow you to discover our major products in their areas of origin: the Iberian ham from the D.O. Dehesa de Extremadura, our best wines from the the D.O. Ribera del Guadiana, the torta del Casar with its own Designation of Origin, etc., thus this will give you much more taste to your biking.



■ Plaza Grande of Zafra





“The Atlantic Route is entertainment, sport, sustainability and culture”

Plaza Mayor of Cáceres



The alternative route to the town of Plasencia offers new attractions to the route. In "El camino en datos" we analyse it with this option, although, as always, if you want all the information and tracks you may get if from [www.extremadurabt.com](http://www.extremadurabt.com)



Torta del Casar



## ROUTE DATA

### MAP



### DATA

→ 349 km

2,9 %

1 5 stages

23 towns

### STAGES

#### Stage 1

→ 57,3 km

2 h and 55 min



#### Stage 2

→ 89,3 km

4 h and 30 min



#### Stage 3

→ 74,9 km

3 h and 45 min



#### Stage 4

→ 63,1 km

3 h and 15 min




#### Stage 5

→ 64 km

3 h and 15 min

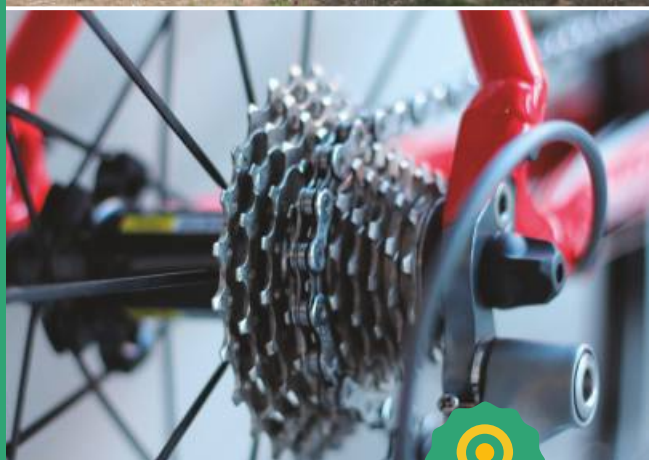


# MTB CENTRES

 An MTB centre is an information, guidance and help point for mountain biking, associated with an equipped tourist area (MTB space) where in their surroundings, the lovers of this activity may supplement it by practising various other kinds of activities such as trekking, horse riding, birding, etc.

Equipment approved by IMBA (International Mountain Bicycling Association) and therefore it complies with the minimum requirements in terms of beaconing and signalling of the routes, information about them and their classification according to the level of difficulty that sportsmen will be able to obtain at each one of these centres.

In short, an area open to all those interested in nature and in practising sports, with special interest in MTB fans.



Whatever be your level, the MTB Centre will allow you to discover some of the most beautiful landscapes and ride safely: the green, blue, red or black colours determine the demanding nature of the routes from easy to hard.







## MTB SERVICES



A minimum of one hundred kilometres of routes for all levels of difficulty.



Circuits mapped and marked, based on the degree of difficulty.



Reception points that offer biking services.

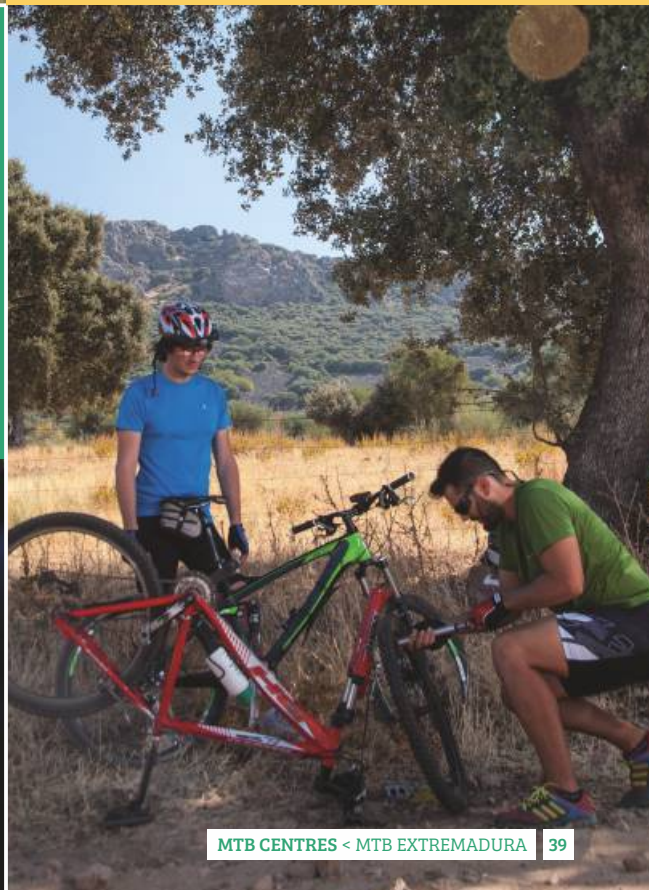


Reception points that offer biking services.



You may find all the updated information about the MTB Centres on our website along with information, material, photos and downloadable tracks.

► [www.extremadurabt.com](http://www.extremadurabt.com)



# JERTE VALLEY MTB CENTRE



The centre which is approved by **IMBA** (International Mountain Bicycling

Association), comprises of 6 routes designed to use for mountain biking. A total of 160 km signposted that will allow you to discover some of the most picturesque and characteristic places of the Jerte valley, one of the most spectacular regions of Extremadura. Its paths also will allow you to travel between the different towns of the valley.



An area where you will find all the information for mountain biking in the Valle del Jerte region.

► [centro-btt-valle-del-jerte.blogspot.com.es](http://centro-btt-valle-del-jerte.blogspot.com.es)



## SERVICES PROVIDED:



160 Km of signposted routes



6 differentiated routes



Reception and information point



Downloadable materials on each route



Caño Cascade (Valdastillas)







Los Pilonos (Garganta de los Infiernos)

## OTHER INFORMATION JERTE VALLEY



It is made up of 11 municipalities, with an approximate population of 11,200 inhabitants.



The valley has 15 natural pools spread across the area.



The Garganta de los Infiernos natural reserve is the most visited protected area of Extremadura only behind the Monfragüe National Park.



The Cherry Blossom festival has been declared a Festival of National Tourist Interest.



There are plenty of cold and crystal clear water gorges in the valley that are born in the dividing mountains. The most visited for its spectacular beauty is the Garganta de los Infiernos natural reserve and its scenery known as the Pylons: routes 3 and 4 will let you explore the area.

► [www.turismovalledeljerte.com](http://www.turismovalledeljerte.com)



Cherry blossom



# SIERRA DE GATA MTB CENTRE



This MTB Centre will help you to practice mountain biking in one of the most

beautiful and authentic regions of Extremadura: the Sierra de Gata region. Its terrain, diverse range of flora and fauna, abundance of water and mild climate, make the landscape of Sierra de Gata a perfect scenario for biking and to explore deep into its valleys or to make the summits of its tough peaks.



## SERVICES PROVIDED:



233 Km of signposted routes



10 differentiated routes



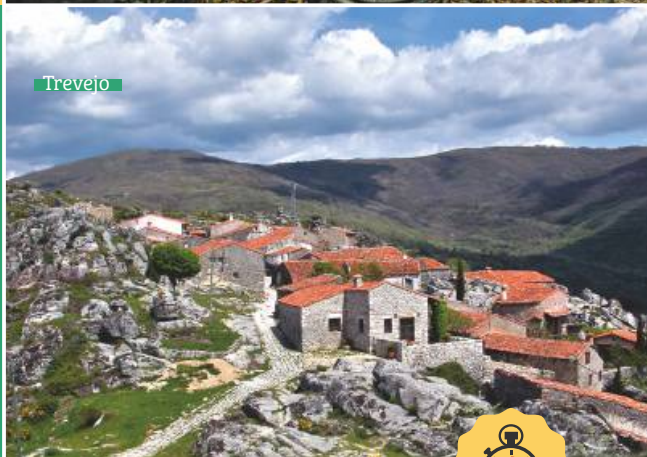
Reception and information point



Downloadable materials on each route



Trevejo



An area where you will find all the information for mountain biking in the Sierra de Gata region.

► [senderos.sierradegata.org](https://senderos.sierradegata.org)







## OTHER INFORMATION SIERRA DE GATA



It is made up of 21 municipalities, with an approximate population of 16,300 inhabitants.



5 of its towns have been declared as Heritage of Cultural Interest under the Historical Site category.



A vernacular language known as A Fala is used in several villages of Sierra de Gata.



Almost all towns have natural pools.

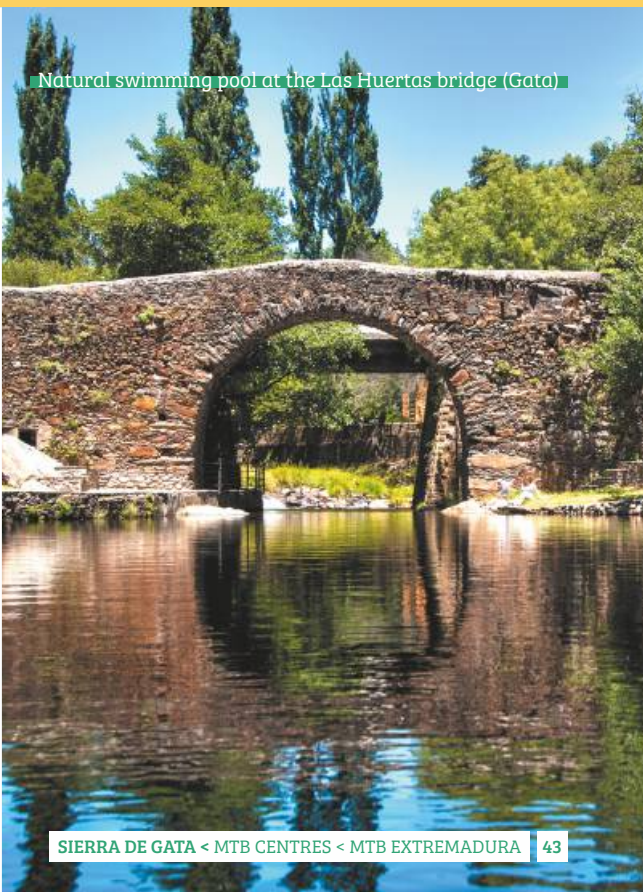


Sierra de Gata has been declared as a special bird protection area for its great ornithological interest, but its botanical, mycological or landscape values are not far behind.

► [www.turisgata.com](http://www.turisgata.com)



Amanitas cesáreas

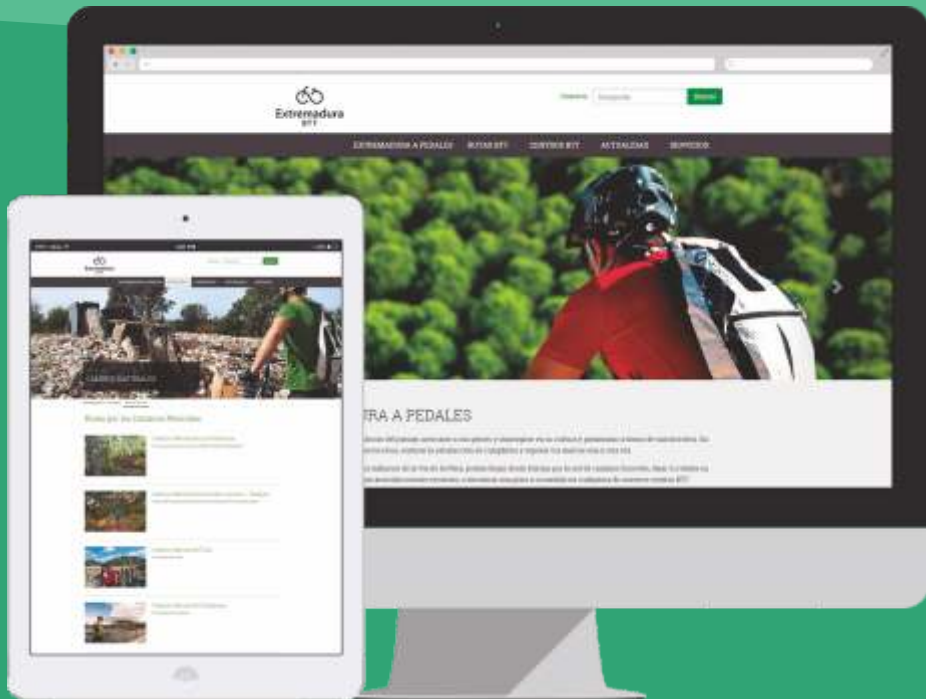


Natural swimming pool at the Las Huertas bridge (Gata)

Visit the website:

**WWW.EXTREMADURABTT.COM**

*Welcome to the new ExtremaduraBTT website,  
you will find everything you need, routes, MTB  
centres, lodgings... and much more!*



“

There are thousands of kilometres of roads, trails and tracks in Extremadura to explore on bike. Some are universal, recognised through history and their outstanding beauty; many others yet to be discovered.

”







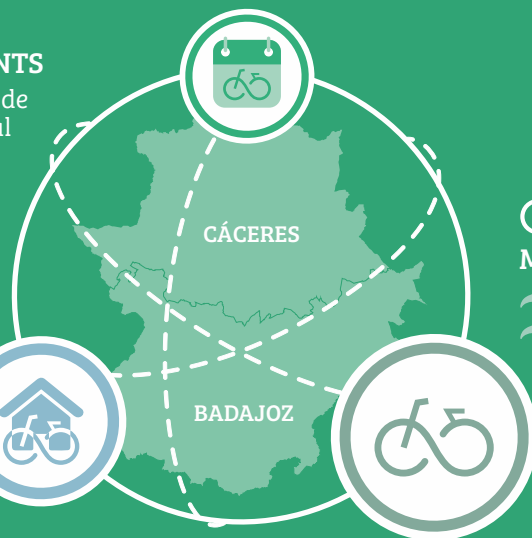
### MTB EVENTS

- Multitude of anual events



### MTB CENTRES

- 16 routes
- 393 km



### MTB ROUTES

- 11 big routes
- More than 1500 km

[www.turismoextremadura.com](http://www.turismoextremadura.com)

[www.extremadurabt.com](http://www.extremadurabt.com)



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