



LA RIOJA  
*Apetece*



## Landscapes and Active nature in La Rioja

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*Cascade of the Jubera River.*



*Fields of Berceo, Estollo and San Millán de La Cogolla.*

## A walk in La Rioja

**A walk along the cliff** two hundred metres above the river Leza, in the Camero Viejo, to look down the canyon from a rock known as “El Torrejón”, on a bend on the road; or to admire at dawn the first ray of the sun and the venue of griffon vultures poised on the crags, the “Sentinels of the Canyon”.

**A walk along the heights**, on the green pastures of the Hoyos de Iregua, criss-crossed with rivulets in the spring and enveloped in a glacial circus under the shadows of the summits of Sierra de Cebollera, Castillo de Vinuesa and Santosonario, still covered in snow in May.

**A sunny walk in the vineyards**, full of variegated leaves that hide some of the Tempranillo clusters left over from the recent harvest in late October, in a framework of stories of kingdoms that left their testimony in medieval castles on both side of the Ebro, in the Riojan Sonsierra.

**A walk in La Rioja** is a gift for the senses in any season. A contrast of landscapes and colours that invite one to visit these northern lands, between the Cantabrian and the Mediterranean, of valleys and mountains, that have a little bit of everything, a natural surprise.



## Protected spaces



Obarenes Mountains  
above Cellorigo.

The diversity of the Riojan landscape is due to the influence of the **different climates** within a small territory. From the Cantabrian mountain range, we receive the humid winds of the Atlantic, that come up against the Iberian Range on the southern part of the Valley, while the dry, Mediterranean climate comes up the Ebro Valley and the Continental climate sneaks in from the Castilian Plateau.

The **two ecosystems** that provide the diversity of the Riojan landscape, the sierras and the valleys, have with protected spaces: the “Sierra de Cebollera” Nature Reserve (1995) and the “Sotos de Alfaro” (2001)

Furthermore, the natural wealth of La Rioja is complemented with **six natural spaces** included in the Natura 2000 network: Sierra de la Demanda, Sierra de Urbión, Sierra Cebollera and Sierra de Cameros, Sierra de Alcarama, Peñas del Iregua, Leza and Jubera Valleys, Obarenes Mountains, Peñas de Arnedillo, Peñalmonte and Peña Isasa and the Groves and Banks of the Ebro.



Heathers in Sierra de la Demanda.



**The Sierra Cebollera Nature Reserve,** is a space where the following species are found: wild pine, beech and Pyrenean oak; with high Iberian mountain ecosystems and glacial relief, in addition to fauna and flora de exceptional interest.

### Sierra Cebollera Nature Reserve

Surface area: 236.4 square kilometres

Declaration: Nature Reserve, 20 March 1995

Highest point: La Mesa de Cebollera, 2,164 metres



The Sierra de Cebollera is a privileged geological location within the Iberian Range with glacial formations, locally known as **“Hoyos”** (hollows) at altitudes above 2,000 metres. At lower altitudes, there are natural forests of wild pine, beech and Pyrenean oak, of significant ecological and aesthetic value provided by the mountain streams, with springs and small waterfalls.



Beech forest in Cebollera in autumn.





*Varied forested landscapes.*



*Deer in Cebollera.*

The Natural Park has a basic network of marked trails, comprised of seven routes. Find out more information at the Interpretation Centre.  
[www.lariojaturismo.org](http://www.lariojaturismo.org)



*Interpretation Centre of Sierra de Cebollera (Villoslada de Cameros)*

**The landscape** has changed over the past few centuries, with a return of the forests of the Sierra de Cameros which used to be pastures for the herds that used to travel on transhumance to Extremadura. This traditional activity has left its mark in the landscape and in a network of paths and cattle tracks as well as in a varied ethnographical heritage.

**The fauna** of the park is diverse, among the most characteristic bird species are the Spanish grey partridge and forest birds of prey. There is also a plethora of roebuck, deer and wild boar, subject to hunting within the Cameros, Urbión and Demanda Regional Hunting Reserve. In the rivers, in addition to the brown trout, you can find otter, the tiny Iberian desman and the scarce European mink.



*Tierras Altas Lomas de Oro Sculpture Park.*



*Butterfly.*

The Tierras Altas Lomas de Oro **Sculpture Park** is an open air museum that can be visited by walking on the Virgen and Achichuelo signposted trails. Hidden in the forest, there are four sculptures made of natural materials from the surroundings, following an artistic trend known as 'Land Art'. Finding the sculptures is like a game of hide and seek proposed by the artists so you can discover the landscape and art at the same time.

Other places that should not be missed are the Transhumance Interpretation Centre, the ethnographic exhibition of San Andrés, the shrines of Lomos de Orios and of the Virgen de la Luz or the Park Interpretation Centre.



*Beech forest in spring and in autumn.*





# Sotos del Ebro



Los Sotos del Ebro Nature Reserve, in Alfaro, consists of eight small groves on both banks of the river: Soto Morales, Soto de Alfaro, Soto de la Duquesa and Soto del Tamarigal, on the left bank of the river Ebro; and Soto de la Nava, Soto del Hormiguero, Soto del Estajao and Soto de Máquinas, on the right bank.



## Los Sotos del Ebro Nature Reserve

Surface area: 933 hectares  
Declaration: Nature Reserve, 25 May 2001  
Municipality: Alfaro

These forests are the only existing traces of the natural river vegetation that covered significant stretches on the banks of the river Ebro. Most of the area is occupied by reforested black poplars and vegetable gardens.



Lookout at Los Sotos de Alfaro.



Storks in Alfaro.

Of the groves that make up the Nature Reserve, two are of particular interest: The **Soto de la Duquesa** has a thick growth of black and white poplars, where forest species such as tits, blackbirds and warblers set up their nests and the **Soto de Morales** is flooded a significant part of the year and its vegetation consists mainly of willows, black poplars, elm trees and white poplars, where kites, hoopoes and green woodpeckers live. The storks whose nests are on the roofs of the Collegiate Church of San Miguel come to these groves to look for food.



# SBPAs

## and Sites of Community Interest



*Crags in the Valley of the Cidacos*

**La Rioja has another six natural spaces within the Natura 2000 network, some of which were already part of this European network as Special Bird Protection Areas (SBPAs):**



*Vulture in flight.*

**The Sierras of La Demanda, Urbión, Cebollera and Cameros,** The Sierras of La Demanda, Urbión, Cebollera and Cameros, which border with the provinces of Soria and Burgos, are all part of the Iberian Range with high summits such as San Lorenzo (2,271 m), Picos de Urbión (2,228 m) and La Mesa de Cebollera (2,168 m). The main habitat consists of high mountain heather and juniper; beech forests; conifer forests and mixed and cut forests. There are also protected species including the short-toed eagle, golden eagle, grey partridge, hen harrier, honey buzzard, booted eagle and the eagle owl which normally inhabit the area.

**The Sierra de Alcarama** at the heart of the Iberian Range, bordering the province of Soria, includes the ravines and bends of the Alhama and Añamaza rivers.

**Peñas de Iregua, Leza y Jubera** south of Logroño, on the foothills of the Northern Iberian Range, with a mild, cool climate. They are inhabited by protected species, including the griffon vulture, falcon and golden eagle.

**Obarenes Mountains - Sierra de Cantabria,** the north-western mountain range of La Rioja, close to the Iberian Range. The main habitat is sclerophyllous low forest; holm oak groves; rock outcrops; naked rocks and cliffs, inhabited by protected species, including the Egyptian vulture, peregrine falcon, golden eagle, eagle owl, bonelli's eagle and griffon vulture.

**Peñas de Arnedillo, Peñalmonte and Peña Isasa,** in La Rioja Baja, include part of the river Cidacos, in the municipalities of Arnedillo, Préjano, Arnedo and Muro de Aguas. The griffon vulture and the eagle owl live in these rocks.

**Groves and Banks of the Ebro.** Along the river Ebro there are several areas with gallery forests on the banks of the rivers, isolated canopied sanctuaries that maintain the biodiversity in the widely deforested Ebro Depression. The vegetation of these groves consists mainly of white and black poplars, in addition to willows, elm trees, ash trees, alder trees and tamarisks.



*Vultures in the Leza Valley.*



*Peñas del Iregua.*



*Bird of prey above the Iregua Valley.*

# Hiking in La Rioja



**Walking** for the pleasure of knowing, along paths and trails that have been shaped by the forces of Nature. Coming into contact with the history, culture and tradition of a land that will help us discover its secrets with the peacefulness of the hiker —that is the essence of hiking. It is an activity without limits, for young and old alike, an activity that can be combined with other activities, such as picture taking, drawing, plant and bird watching or just waking for its own sake, because, as the saying goes **A day of hiking is a week of health.**

In La Rioja there is the **Roman Road of the Iregua**, a trail where we can appreciate the nature that conquered a whole civilisation. Although, if we wish to speak of hiking as a joining of cultures, there is nothing better than The **Pilgrims' Way to St James** on its stretch within La Rioja. The Trails of the **Riojan Sonsierra**, reveal history through the Art and Culture of wine. In our Sierra we find a lively, dominating Nature, travelling along the **Long-distance Footpath (GR 93)**, which crosses each of its valleys. As you can see, **La Rioja** is always open to walkers, ready to show a land where paths join cultures and feelings...

## HIKING RULES

- Do not throw away waste nor wash in water courses
- Do not make loud noises and keep your pets tied.
- Do not collect plants or bother the animals
- Do not light fires
- Do not camp without permission
- Close every gate that you find along the trail



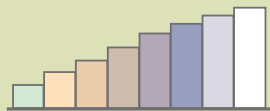
Duration of the hike



Distance



Maximum altitude differential



Altitude contour line map

Start of trail

End of trail

## PR SIGNS



Footpath continues



Wrong way



Change of direction



Stretch

## TRAIL: Villages of the Ocón Valley



3,15 - 4 h



17 Km.



321 m.

**Interest:** Landscape, art and ethnography.

**Terrain:** Road, track, trail and footpath.

**Recommended season:** Spring and autumn. **Difficulty:** Low.

Leave from the exterior square of **La Villa**, along the trail to **Santa Lucía** walking NW, leaving the vegetable gardens on the left and the town's wine cellars on the right. You will soon reach the **walls of the castle** and see **Sta. Lucía**, before you reach the village, take a trail on the left that goes uphill towards the sports area. From the square next to the church, take the **trail toward La Villa**, until you reach the previous detour and turn left, along the farmers' trail on the north side of the castle. After a few minutes, you will pass a trail on the right that goes to La Villa and a pine forest, arriving at the dividing line between the two valleys. Next you arrive at a **Windmill flour** that can be visited. Once in the valley, you pass a trail on the left that goes to Galilea, following a stretch on the road toward the E and taking a trail to the N along the **gully of the Garena**, that will take you to the crossing with the trail from **Pipaona**. After reaching the wineries, you pass the trail on the right and then turn right to climb up to the village on a paved trail. Leave Pipaona along the road and take a farmers' trail on the left that takes you to **Los Molinos**. From the washhouse pass between two buildings and take the trail toward **Aldealobos**.



Windmill.

After a poplar grove take the fork on the left that will take you to a fountain a little before the village, which you cross to take the trail that goes toward the **shrine of the Santo Cristo**. Take a detour on the right and take the trail that goes up on the left bank of the **gully of San Julián** until you arrive at the **abandoned hamlet of Oteruelo**, from which you leave along a trail that runs next to the creek and crosses it to go out toward **Las Ruedas** in a NE-SW direction, where you reach a fountain next to the bridge. Leave along the Calle de Arriba past the church, turn right onto the **Calle del Ramo** which goes up until it comes out to the trail that takes you to La Villa. Cross the road, continue and after crowning a moderate slope, turn left and connect with a lower trail in **Valdebuzano**. A little later, you arrive at the **Yards of Madorrán**, from where you climb up a little slope to the road and paths on the outskirts of **La Villa**, taking the trail of the **shrine of Santo Domingo** and the **shrine of San Juan** (13th century) arriving at the starting point.





## TRAIL: Cidacos Greenway



**Interest:** Dinosaur tracks, ethnography and Landscape.  
**Terrain:** Untouched land, stretches with ballast, urban stretches.  
**Recommended season:** Autumn, autumn, spring. **Difficulty:** Low.



El Picuezo and La Picueza.

The **Park of the Cidacos** in **Calahorra** is the current starting point of the Greenway, which begins with the trail toward the motorway, which is crossed along a lower stretch and after which you turn right to the crossing with the road that goes to Arnedo. Parallel to the road it arrives at the **Cerro del Sorbán** (Iberian archaeological find), and from this point until **Autol** the stretch is paved for conventional bicycles. In Autol, the greenway continues along the other side of the road without entering the village passing by the **station**. Following the route cross through the **Tunnel of El Gocillo**, which you should take carefully as it crosses road LR-115, after passing it you enter the valley of the Cidacos and arrive at **Quel**. Among vegetable gardens you walk from Quel to **Arnedo**, where the greenway abandons the original route to bypass village next to the course of the river. After Arnedo and the bridge of the road to Cornago you can access the **Monastery of Vico**, a beautiful viewpoint of the valley. After returning from the monastery, you follow the old route which separates from the course of the river and comes close to **Herce** where the greenway crosses a bridge. From here, the greenway begins a light climb to the **Station** in **Préjano**, where a short branch of the greenway begins which goes up to the old mines. From there you will see at your feet the towns of **Sta Eulalia Bajera** and **Somera**. Past the station you enter the **canyon of Arnedillo** where, after crossing its modern bridge you cross the second tunnel of the greenway that will leave you in the **Station in Arnedillo**, renovated to house the public swimming pool.



## GR 93 TRAIL: Laguna - San Román



**Interest:** Art, culture and Landscape.  
**Terrain:** Track, trail, footpath and some paving.  
**Recommended season:** Spring and autumn. **Difficulty:** Medium.

You leave from the square in **Laguna**, bordering the church on the left to take a trail which leaves the village and after a light climb reaches a saddle, from which after walking down a river bed you arrive at the **River Tejada**. Wade across and continue along it to **El Solar de Tejada**. Leave El Solar bordering the façade to return to the trail next to the river, you access a narrow footpath to the right and when you reach the end you turn left and go to the **gully of Las Majadillas**. After the wire fence cross the course and turn right to climb along a trail up to the **saddle of Argayo**, you turn right and take a narrow footpath to a creek that you ford and again cross a gully and climb among land plots to **Muro en Cameros**. Take the **old trail to Torre** ignoring a trail on the left and climbing to a saddle with a water tank. From there, walk down along a narrow footpath toward the **road de Torre**, that you cross and continue along a narrow footpath until you arrive at **Matamanco Gully**. Wade across and climb up a steep narrow footpath to a gate, from here the trail runs on a more gentle slope and takes you to a track crossing on a saddle. Pass the road on the left and following the telephone poles you arrive at a gully, ford the river and turn right to take the trail that takes you to **Torre en Cameros**. From the Church turn left and take the **old trail to San Román** until you arrive at a shrine partially in ruins, turn slightly on the right and ascend along a small trail to a saddle and from there, walk down half way down the slope to another one. Pass the wire fence on the left and climb slightly to the gate of



the wall of the **dehesa** (wooded pasture) of **San Román**, cross and zigzag down to the track with a water trough. Walk down until you arrive at the road, then turn left and continue to you arrive at San Román.



Canyon of the Leza.



## TRAIL: Shrine of Toloño



**Interest:** Monuments, landscape and environment.

**Terrain:** Trail and footpath.

**Recommended season:** Year round. **Difficulty:** Medium.



Beech forests in the Sierra de Toloño.

It is advisable to start from km 2.3 of the road from **Ribas de Tereso** to **Peñacerrada**. Leave your car there and take the first trail on the left of the road. After 400 m, you arrive at a fork where you turn right, to again turn left after reforested pine grove. Once past the wire fence that marks the provincial border, climb up toward the west to the junction of the trail of **Labastida a Toloño**. The footpath continues until it climbs up to the **Shrine of the Toloño**, where you can admire an endless landscape on a clear day. After crossing the turnstile of the border of the municipality, continue on a meadow to a beech forest, where you will find a **water trough** and a fence and some concrete cylinders, from where you take a track that zigzags down 1 km to a gate for vehicles. When you arrive at the road cross it at the provincial border and take a detour on the right where there is a traffic signal warning about sharp bends. The footpath ends at a cultivated plot of land which you border until you enter the forest. After two ponds, the footpath turns into a track which joins the initial trail and then the road where you left your car.



## GR 93 TRAIL: Ezcaray - San Millán



**Interest:** Art, culture and Landscape.

**Terrain:** Track, trail, footpath and some paving.

**Recommended season:** Spring and autumn. **Difficulty:** Medium.

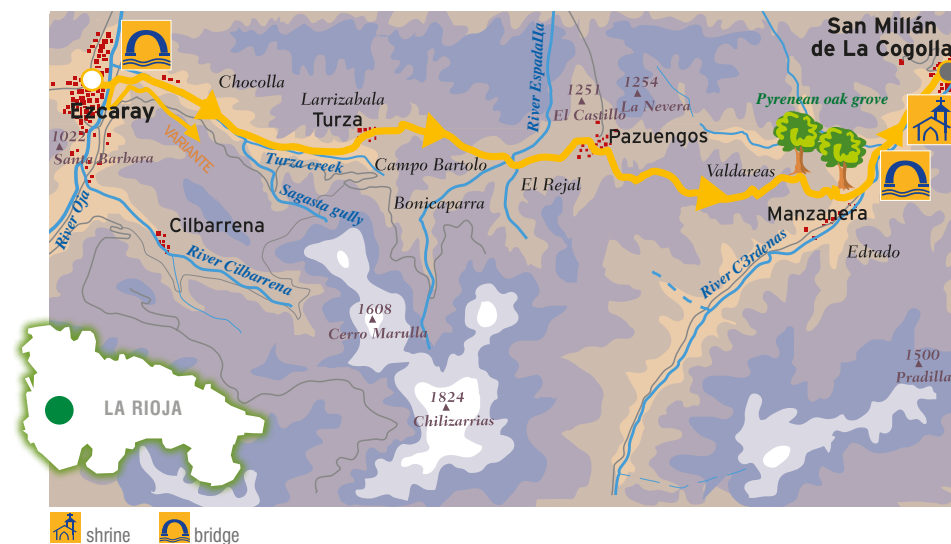


River Oja in Ezcaray.



Sierra de San Lorenzo.

From the town hall of **Ezcaray**, cross the **bridge over the river Oja** and turn left, at the end of the fence of the park turn right and take a track that turns into a trail that gently climbs to the village of **Turza** which you cross until you arrive at a track, which you cross towards the right to return to the trail on the left toward the saddle after crossing a gate, where you turn right following the wire fence, which you leave behind to take a trail that runs parallel to a creek. After about 4 minutes return to the trail at a detour on the right until you arrive at the **river Espadaña** that you ford if there is water and continue along a track to a gate and then on flat pastures to **Pazuengos**. From this town you leave from behind the church to a creek with a gate that you cross and take a trail on the left until you arrive at a saddle, which you cross toward the south-east and walk down between Pyrenean oaks to a turnstile that you cross to take a fire break that descends to another saddle which you take on the right and zigzag down to the trail of Lugar del Río and, once there, turn left on the road which you soon leave to turn right and cross the bridge over the river Cárdenas which you follow, first on the right bank and then on the left bank until you arrive at **San Millán de la Cogolla**.





## TRAIL: Trail of the Roman Road



5 h. 20 min.



15,5 Km.



706 m.

**Interest:** Landscape, culture and villages.

**Terrain:** Trail and track.

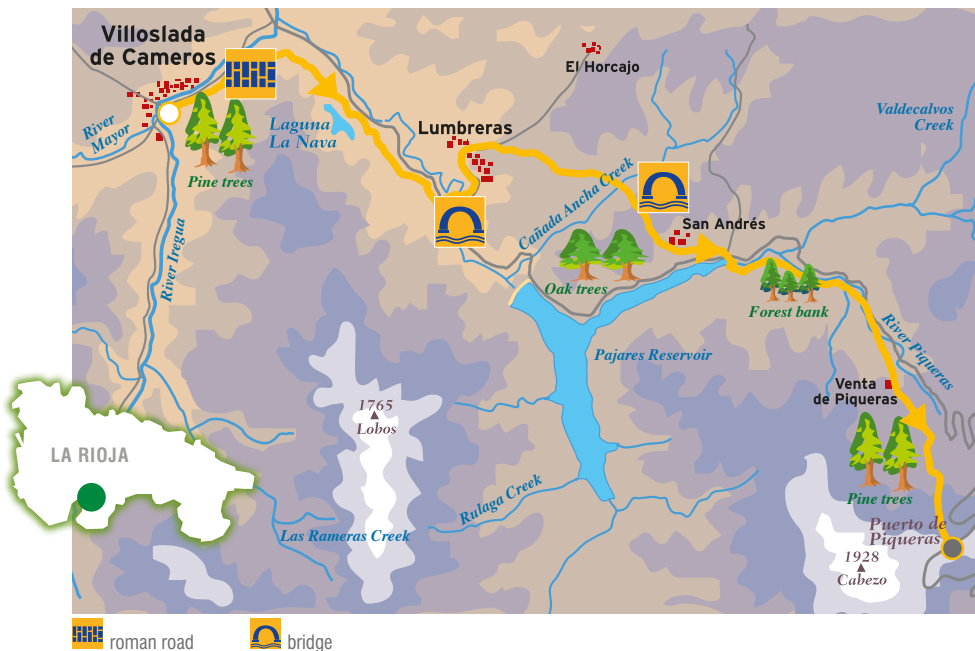
**Recommended season:** Spring and autumn. **Difficulty:** Medium.



Hiking on the Roman Road.

It starts from **Villoslada**, along the track that climbs from the **shrine of San Roque**. In the first bend you leave the track and enter the pine grove on a footpath. In this stretch you will find a long cobbled part which ends at a gate, which you cross and walk down along the trail to the **Laguna de La Nava**, cross a large field toward the south where there is usually water in early spring, until you find a track that turns into a trail from where you can already see Lumbresas, which crosses the N-111 road and goes down to the river; passes the bridge over the river Piqueras and goes up to **Lumbresas**. You leave the village along the trail that leaves from the hostel, arriving at a crossing where after crossing a gate you enter the Dehesa.

After walking among oak trees, you cross a meadow and cross the bridge over a creek, after crossing climb up to a tower with a gate that makes the start of the **trail to San Andrés**. From here go down to the N-111 and cross a bridge after a cattle grid you turn left and walk along a trail next to the **river Piqueras** on the other bank, you arrive at a gate and walk to the **Venta de Piqueras**. Once in the Venta, leave from behind the cross to climb up the pine grove following the “**Cañada Real**” cattle track to the **Puerto de Piqueras** where the route ends.



## TRAIL: Viniegra de Abajo-Ortigosa



5 h. 30 min.



19'5 Km.



537 m.

**Interest:** Art, culture and landscape.

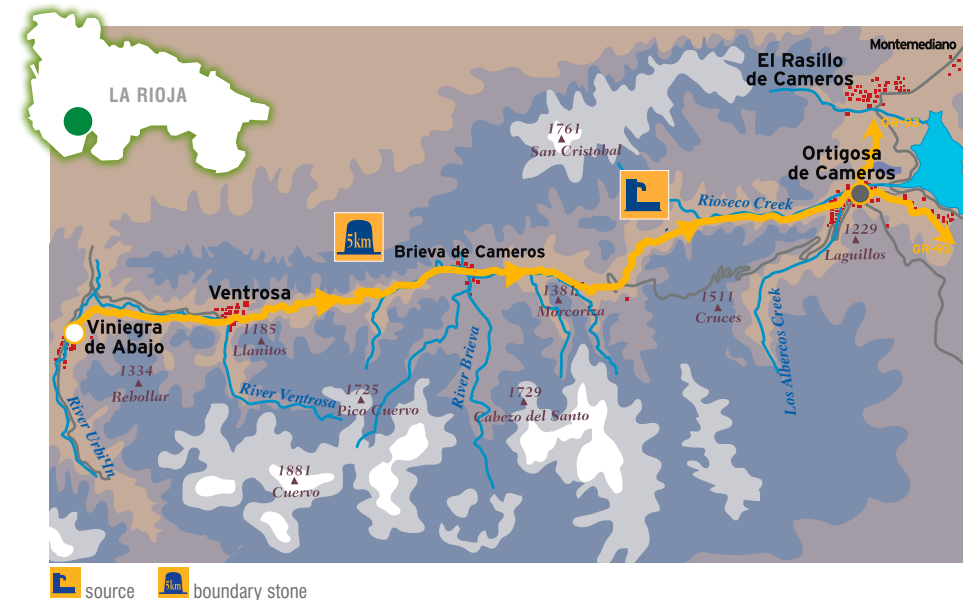
**Terrain:** Trail and footpath.

**Recommended season:** Spring and autumn. **Difficulty:** Medium/High.

Exit along the upper part of the village taking the track to the cemetery. Turn right when you reach it and pass under it and walk up along the trail until you arrive at a wire fence, which you cross to descend down a gentle slope to **Ventrosa**. From the village, a track goes out passing two barns. Leave the track and take a trail half way down the slope which intermittently shares the route with the track to a saddle where you turn right and continue to a **boundary stone known as “El Palo”**. Walk down and turn left down a gully that joins another one that comes from the right. Descend along a narrow footpath parallel to the power line until you reach Brieva. Leave the village on the road to Ortigosa and take a track on the right 200 m after the last house. Before reaching the gravel pit, take a footpath that takes you to the gorge. Climb parallel to the river until you arrive at some cattle shelters. Ignore a footpath on the right and climb up along a trail that zigzags along a rocky hilltop. Continue to a shelter with a water source and pass below it and continue until you reach a saddle where you cross a cattle grid on the road to take a trail to the left until you arrive at a narrow footpath with a considerable slope that turns into a trail that takes you to a creek. Wade across and descend next to the creek to a track. Turn right passing a bridge and, after 20 minutes, cross another cattle grid, ignoring a track on the left and climb until you arrive at a water trough on the outskirts of **Ortigosa**, walking down its streets to the centre of the village.



Creek in Brieva.





# MTB in La Rioja



Mountain bikes are widely used nowadays. In addition to being a clean sport, it also offers healthy advantages, helping you prevent disease, stay in shape and enjoy a nature sport. Mountain bikes also have specific characteristics and each person needs to adapt the bicycle to their needs.

The routes we propose are quite demanding, as there are steep slopes in our mountain valleys but if you are a little bit in shape, it is a challenge that you can overcome. You can cycle most of the time and some times you may require certain technical ability in certain paths, or on stony terrain. Never hesitate to get off the bike and walk if you believe there is hazard. Above all, we must be sensible. There are also leisure bicycle routes suitable for any one that touch upon several towns in the Valley.

## Correct posture:

**Seat height:** Sitting on the seat with your leg fully stretched, you should be able to reach the pedal. Alternately, stand beside the bike and set the seat height to match your hip.

**Seat:** Level it so that its position is perpendicular to the central axis, with the narrow part of the seat sufficiently toward the front for your tailbone not to hurt.

**Handlebars:** the correct position should allow you to hold the handlebars with your arms slightly bent and your head in a position that allows you to observe the ground without forcing your eyes at an angle of 45°.

**Brakes:** To brake easily, their position should be comfortable for you to brake. If they are incorrectly placed, you will have to adopt a bad posture for your wrists.

**Frame size:** The most common reason behind a bad posture is an inappropriate frame size. If the frame is the right size, when you stand with the bicycle between your legs there should be a hand's

width between your crotch and the bar. If the distance is less, the frame is too big and you have a good chance of falling off the bike and if it is more, you will not manage an appropriate posture.

## Before you leave:

**Dress:** Cycling shorts are especially designed to protect sensitive areas and prevent rubbing and your shirt should be designed to wick moisture and provide breathability. Gloves are advisable in case of falls and to get a better grip on the handlebars. Sunglasses will protect you both from the sun and from stones and insects. A backpack with a raincoat and/or windbreaker is also advisable.

**Repair kit:** Spare tubes, chain tools, Allen wrenches, tyre levers, flathead and torx screwdriver, pump or CO2 cartridges (they are anti-ecological) and patches.

**Food:** The most comfortable option is to carry energy bars. Even if you are not hungry, you should eat periodically, preferably salts and carbohydrates that can be mixed with water, fruit and especially water.

**First-aid kit:** hydrogen peroxide, iodine, dressings, bandages, sun protection and lip balm.

Stretching exercises: Make sure you stretch properly before getting on the bike and not only your legs but also your back, to prevent injury and discomfort.

Recommendations: Take a mobile phone, a map with the route, a compass, binoculars and a field notebook. Check the weather forecast and study your route thoroughly.

**Check the bike:** tyre pressure, tyre condition, gears and brakes. Lubricate the chain and gears.

And last but not least, do not forget your helmet which is required by law outside city limits.

## Upon your return:

**Stretching exercises:** legs, arms, back... these are also important when you come back.

Remove any foreign objects that may have lodged in your tyre grooves and check tyre condition.

If the bike got dirty, wash it with water, avoiding direct contact with parts that have ball bearings and grease. Remove excess water with a dry cloth. Remove grease from the chain every once in a while.



3:15 - 4 h  
Duration of the hike



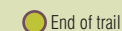
24 km  
Distance



321 m  
Maximum altitude differential



Start of trail



End of trail



## MTB ROUTE: Los Sotos de Alfaro

 2,30 h	 24 Km.	 20 m.	<b>Interest:</b> Landscape, environment. <b>Terrain:</b> Track. <b>Recommended season:</b> Spring and autumn. <b>Difficulty:</b> Low. <b>Water:</b> There is a water fountain in a recreational site within the Nature Reserve
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We offer two possible bicycle routes that begin from the same point in opposite directions, allowing you to visit two of the groves in Alfaro.

**Soto del Hormiguero:** Take a broad street on the left before arriving at the train station. At the end of the street, cross a bridge to the other side of the greenway and take the first turn on your left passing by a cooper's. Continue between fruit orchards until you arrive at another fork where you continue on the left riding north-west until the trail turns ninety degrees and accompanies the River Ebro along the grove known as **El Espeso**. Continue on the track alongside the River until you reach an area that has stone reinforcements, which is the Soto de **El Hormiguero**. After enjoying it, turn back and take the first left. A long straight stretch running south-west will take you to where the next route begins.

**Soto del Estajao:** From the previous crossing, take the route on the right heading north-east, where you will soon see a **recreational area** with a fountain. After this, take the trail on the right and continue to some nest poles. After these take a track on the left to enjoy the **Soto del Estajao**, then retake the previous route to head south among black poplars. At the next detour, take the left option and again on the left up a small slope that will take you, veering right to your starting point.



Sunrise in Los Sotos de Alfaro.



Sotos del Ebro.



 fountain

## MTB ROUTE: Green Trail of the Alhama

 1,20 h	 12 Km. (solo ida)	 140 m.	<b>Interest:</b> Landscape, villages, culture. <b>Terrain:</b> Track. <b>Recommended season:</b> Year round. <b>Difficulty:</b> Low. <b>Water:</b> There is a fountain in every village.
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The trail begins next to the new building of the **Spa of La Albotea**, and runs along the right bank of the river Alhama along the flatlands with vegetable gardens on one side and rocky outcrops on the other. The trail enters **Cervera**, at the LR-123. Follow the road towards Cabretón, after the abattoir, and turn right before the bend where the GR 93 trail is signposted. Continue another kilometre and then leave the trail to continue on the bank of the **Alhama**.

Continue until you reach **Contrebia Leukade**, a major Celtiberian archaeological find. Border the hill by the site and continue between vegetable gardens to **Inestrillas**, cross the LR-284 and after another kilometre you will arrive at **Aguilar de Río Alhama** where the route ends.



BTT in the Alhama Valley.



 Spa

 Archaeological find



Contrebia Leukade.



Rock outcrop of the Alhama.



## MTB ROUTE: La Grajera

 2,45 h	 32 Km.	 280 m.
<b>Interest:</b> Culture and landscape. <b>Terrain:</b> Paved and trail. <b>Recommended season:</b> Year round. <b>Difficulty:</b> Baja. <b>Water:</b> In La Grajera, Navarrete and Fuenmayor.		






Amanecer en Navarrete.

You leave from **La Grajera**, along the Pilgrims' Way of St James. After crossing the road that takes you to **Navarrete** instead of continuing on the Pilgrims' Way, take a detour that will take you among the vines to a tunnel under the national road that goes to **Fuenmayor**. Following this trail you arrive at Fuenmayor, where you take the Trail of the Ebro (GR 99) going north. After following very close to the River Ebro the trail will take you to the Quarter of **El Cortijo**. Pass some aeriels and continue to Logroño, where you will arrive at the Valdegastea areas. Take the bicycle path to the **Park of San Miguel** and from there back to La Grajera. Another option in the Valdegastea area is to continue along the River Ebro across the **City of Logroño** to the Quarter of Varea (5 km) so you can enjoy the park along the River.



 Tunnel  St James Way

## MTB ROUTE: Rioja Alta (Haro-Briones-San Vicente-Haro)

 3,15 h	 30 Km.	 480 m.
<b>Interest:</b> Landscape, villages, environment. <b>Terrain:</b> Paved, track. <b>Recommended season:</b> Spring, summer and autumn. <b>Difficulty:</b> Low / medium. <b>Water:</b> There is a fountain in every village.		

The route leaves from the town of **Haro** and follows the signposts of routes **13** and **13.1** of the Trail of the Ebro (**GR 99**). Cross the N-124 and take the turnoff to **Gimileo**, where there are surprising views of the Ebro from the viewpoint of San Pelayo. Cross the traditional vegetable garden of San Millán and continue until you arrive at **Briones**, where the Ebro draws a large meander called the Curva de Briones. Here there are also magnificent views from the village castle tower. Outside the town, the trail continues along a track between gravel pits. After it comes out to the road, the trail continues to the medieval bridge of **San Vicente de la Sonsierra**. Cross it and, before you reach the town, take the trail that runs along the banks of the Ebro towards the **bridge at Briñas**. It is an easy-to-cycle terrain of great natural value. From there you can come out to the bridge over the river Tirón, and enter **Haro** along the Bodegas quarter.



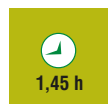
Autumn on the banks of the Ebro.



 View  Bridge  Castle



## MTB ROUTE: Pajares Reservoir



**Interest:** Landscape, villages.

**Terrain:** Paved, track, ruts.

**Recommended season:** Spring summer and autumn. **Difficulty:** Low / medium.

**Water:** There are fountains in Lumbresas and San Andrés.

From **Lumbresas** leave along the access road until you arrive at the crossing of the N-111.

Cross the road, pass along the bridge of the River Piqueras and on the left, come out to the track that climbs up to the **Pajares reservoir**. continue until you arrive at a track crossing.

Continue on the left descending until you arrive at another crossing.

Follow the track on the other side and you will begin to border the reservoir, crossing a bridge over the river Piqueras and **the creek of the Cañadillas** until you arrive at the road.

Continue on the left along the road to the **San Andrés** crossing, where you turn right on the LR-457 until you arrive at the village.

You continue along the road until you arrive at the **Ethnographical Museum**, where you can take the track of the **Roman Road**, cross a metal gate, and descend on the rock surface until you arrive at a bridge. Cross the wooden bridge and climb up to the **Alto de las Verdades**. Descend to the **wooded pastures** where you cross a gate and continue until you arrive at **Lumbresas**. You always have the option of returning along road N-111 (with less traffic on holidays) from San Andrés to Lumbresas, if you do not wish to do the second part of the route along the mountains, as it is a little more physically and technically demanding.



Shadows in the forest.



Museum Bridge

## MTB ROUTE: The monasteries (Nájera-Badarán-San Millán-Cañas-Azofra-Nájera)



**Interest:** Landscape, villages, culture, monuments.

**Terrain:** Paved, track.

**Recommended season:** Spring, and autumn. **Difficulty:** Medium.

**Water:** There is a fountain in every village.

Leave **Nájera** from the Monastery of **Santa María The Real**, along the Pilgrims' Way to St James. After the first uphill climb, when you start descending, take the first track on the left, leaving the Way. Continue heading west until you reach road LR-312 and turn left towards **Cordovín**. Cross this town and continue towards **Badarán**. Once there, go down to the flatlands of the **River Cárdenas** along a trail that leaves after crossing the village bridge. Continue along this trail that runs along the bank until you arrive at **San Millán de la Cogolla**. After visiting the monasteries of **Suso** and **Yuso**, you can continue toward Berceo along the road following the LR-206 to **Cañas** and its **Cistercian Abbey**. From Cañas, take a detour along paths toward the nearby villages of **Canillas de Río Tuerto** and **Torrecilla sobre Alesanco**. From there, on a paved road, you can reach **Alesanco** and after a few kilometres on the LR 206 you reach **Azofra** from where you can return to **Nájera**, like a pilgrim coming back from **Compostella**.



Bridge Pilgrims' Way to St James monastery