

MTB Centres and routes in Salamanca





*Choose
your route
and cycle*

One way to get to know the Salamanca province is on two wheels. This is made easier thanks to the MTB Centres and the many signposted routes, which amount to more than 1500 km.

There are over 50 cycle paths that can be enjoyed both by those who are only looking for a pleasant day out with friends or family and also the most demanding sports people. The landscape changes: the routes go in between the mountain ranges, through cereal fields and peaceful holm oak dehesas and reaches the spectacular canyons of Las Arribes del Duero.

Bicycle lovers have at their disposal places of un-paralleled beauty, such as the Puente Mocho area –near Ledesma–, the Pozo de los Humos –between Pereña and Masueco de la Rivera–, the Las Merchanas castro –beside Lumbrales–, the viewpoints at La Code or Picón de Felipe, or the Silver Way...

Choose your route and cycle!



*Olives,
vineyards and
almond trees*

Aldeadávila de la Ribera MTB Centre

The bicycle becomes the ideal vehicle for tourism in this part of the province. There are 8 routes that begin at the Aldeadávila MTB centre: 3 low level of difficulty paths, 1 medium and 4 high difficulty routes.

More than 250 kilometres of properly marked roads, classified according to their difficulty, linking the towns of **Aldeadávila de la Ribera**, **Masueco**, **La Zarza de Pumareda** and **Mieza**, passing through some of the most beautiful and representative places in Las Arribes, such as Pozo de los Humos, in Masueco, or privileged viewpoints that will make you fully enjoy the range of boundless nature.

The network of marked trails has 7 levels of difficulty that lead the cyclist through olive trees, vineyards and almond trees; the latter, when in bloom, are truly spectacular.

Going along bridle paths, among ancient olive trees raised on their impressive stone terraces, you will reach some amazing viewpoints: those of La Code, el Cura, el Águila, Colagón del Tío Paco or Peña de la Salve, among many others. It is at the La Code viewpoint where the cyclist can contemplate one of the most beautiful views of the Duero gorge as it passes through these lands.



*Dehesa
and
wetlands*

Bañobárez MTB Centre

The Bañobárez MTB centre is the starting point for 6 circular paths with more than 140 kilometers of signposted routes that connect this municipality of **Bañobárez** with the towns of **Fuenteliante** and **Olmedo de Camaces**; in the last two, the cyclist will find interpretive stations in which to rest and get tourist information about the municipality.

The Bañobárez MTB centre offers a network of medium-difficulty paths, mild and without steep climbs, specifically suitable for family trips and which invite the visitor to enjoy pleasant rides while taking in the spectacular Salmantian dehesas. Also, the different routes, classified by their difficulty, take the visitor to the points of greatest tourist interest in the area.

Bañobárez is a town with a landscape of soft meadows crossed by leafy river banks.

The path also goes through the village of Olmedo de Camaces. Here is the Laguna de la Cervera, the source of the River Camaces, a wetland listed by the Junta de Castilla y León, and the mountain known as El Sierro. At 825 meters of altitude, this is a prominent place from which to enjoy the dehesa landscape and its holm oaks, oaks, elms, heather and chestnut trees.

In these circular routes, passing through Fuenteliante is a must, which has many an archaeological site, like dolmens, neolithic sites and the ruins of an old Roman villa. As well as all this, this is the landscape where the Morucha cattle graze, a local Salamanca breed that is perfectly adapted to this natural environment.



*Arribes
del Huebra*

Barruecopardo MTB Centre

The Barruecopardo MTB centre is the starting point for over 220 km of signposted roads joining all the neighbouring villages: **Barruecopardo, El Milano, Cabeza del Caballo, Villasbuenas y Saldeana**, which will allow the visitor to discover the landscapes and the traditional architecture that is typical of this area, between the Tierra de Vitigudino and Las Arribes del Duero.

Here there are 7 routes, 2 of them of low difficulty, 2 of medium difficulty and 3 of high difficulty, which pass through the spectacular landscapes of the Arribes del Huebra and a rich historical and ethnographic heritage where the highlights are, among others, the El Castillo castro (Saldeana), the Molino del Tío Lucas mill (Cabeza del Caballo), etc.

As well as the landscape, in Barruecopardo you can enjoy historical and cultural heritage visiting the castle ruins, among crags joined by passages and caves.

Following these routes the traveller can also get to Cabeza de Caballo. It is worth crossing the Robleo bridge, between the municipalities of Cabeza del Caballo and La Zarza de Pumareda. This is a granite bridge where the stone blocks are held together with hardly any mortar.



*Between the
mountains and
the Silver Way*

Entresiemras MTB Centre

The Entresiemras MTB Circuit is made up of 6 municipalities in the south of the province of Salamanca: **Cristóbal, Los Santos, Fuenterroble de Salvatierra, San Esteban de la Sierra, Santibáñez de la Sierra and Valdefuentes de Sangusín**.

With 183 kilometres of routes, the circuit offers a variety of landscapes and paths. There are a total of 9 perfectly signposted sections that vary in difficulty.

Cyclists will be amazed by the magnificent landscapes of the Sierra de Béjar, the Sierra de Francia mountain ranges and the Sangusín valley. They will also have the opportunity to walk along the historic Silver Way, a Roman road that was a path followed by the pilgrims on their way to Santiago de Compostela.

Some routes also go through most of the meadow and the Alagón valley, a river that is the region's backbone. This makes it possible to contemplate the transitional landscape between the plain and the mountain, full of vineyards and vestiges of the ancestral human labour in the area, such as the cave wineries that have been rediscovered in recent years.

The circular route that runs through the municipality of Fuenterroble de Salvatierra will allow bikers to get to know the Sierra de Tonda mountain range and the route departing from Los Santos that allows you to visit the spectacular Granite-themed park.



*Viewpoints,
railroads
and the
Vettone Lands*

Hinojosa de Duero MTB Centre

From the Hinojosa MTB Center depart 8 routes for mountain biking, just over 130 kilometres of signposted roads, classified according to their difficulty, which go through the most spectacular landscapes of the Arribes del Duero Natural Park, joining the town of **Hinojosa de Duero** with its neighbouring villages of **La Fregeneda** and **Lumbrales**.

Hinojosa de Duero offers breathtaking views over the straits and gorges of rivers from viewpoints such as Cachón del Camaces, Contrabando, or Peña de la Vela, among others.

Lumbrales is home to the Vettone Lands Visitor Reception Centre a territory most palpable at in one of the most outstanding traces in the province, the Castro of Las Merchanas. Which is also another entry point to the Arribes del Duero Natural Park. Tracks, mills and shepherd's huts that are distributed around its municipality speak of its rich ethnographic heritage.

The itinerary continues through the border town of La Fregeneda, one of the gateways between Spain and Portugal through the international bridge of Vega Terrón, where there is a river port that hosts cruises.



*Dehesas
and ancient
livestock paths*

Ledesma MTB Centre

The **Ledesma** MTB Centre offers a network of a 100 kilometres marked trails, distributed in 5 routes signposted and classified according to their level of difficulty.

Ledesma, a town declared an Historic Site, has a characteristic natural landscape and marks the beginning of the gradient the River Tormes has carved on its way.

The town has interesting pre-Roman and Roman vestiges, such as the verraco (bull-shaped ancient sculpture) in the gardens of the Fortress, the demure Puente Mocho Bridge and an imposing menhir.

One of the roads starting at this MTB Centre goes to that old bridge The Puente Mocho road runs along dehesa landscape and goes through a forest of centuries-old oaks, where you can spot griffon vultures, black kites, kestrels, black storks, foxes, rabbits and hares.

The Tajurmientos road, is a good one to see the most typical dehesa landscape; the Cordel de Merinas path; and the Tormes route, which crosses old livestock paths, are the other itineraries for walkers and cyclists, ideal ways to enjoy the most surprising landscapes.

The Centre, installed at the Tourist Hostel, has a workshop for bicycle repairs, washing and rentals.



*Waterfalls
and
free-riding*

Pereña MTB Centre

At the Pereña MTB Centre start 7 routes, more than 120 kilometres of signposted roads that link **Pereña** with **Villarino de los Aires**.

The cyclist can also enjoy 3 interpreted areas, like the Teso de San Cristóbal, the Pasadero mill and the Virgen del Castillo shrine.

One of the main attractions of this MTB Centre, in addition to its hardness and spectacular layout, are the two “Freeride” tracks that cover the incline towards Ambasaguas, in Villarino de los Aires, which allows rapid descents and jumps of all kinds.

The municipality of Pereña, known as the Balcony on the Arribes, has impressive natural landscapes, among which the Pozo de los Humos (Smoky Well), a beautiful waterfall approximately 50 metres high, and the Airón well, another waterfall that hides behind it a small cave that is easily accessible.

The routes finishes in Villarino de los Aires, which offers the visitors some jewels of local popular architecture, in particular the underground cellars and their stone arches, which are linked to the great wine tradition of the town.

But, in addition to all this, near Villarino there are numerous viewpoints on the Duero or the Tormes Rivers, among which the Faya or Ambasaguas viewpoint, a place of rest and silence where the River Tormes pours its waters into the great Duero.



*Historic and
Industrial
Heritage*

Saucelle MTB Centre

The Saucelle MTB Centre is located at the start of 7 routes for mountain biking. Surrounded by water at all times, these trails take the visitor through a rich historical and ethnographic heritage. These are just over 115 kilometres of signposted roads connecting the town of **Saucelle** with the neighbouring **Vilvestre**, passing through the spectacular landscapes of the Arribes del Duero.

In Saucelle there is also the hydro-electric dam to visit, one of the most outstanding engineering works in this area. Next to it is the town known as Salto de Saucelle, built during the construction of the dam and which now offers tourist accommodation.

The proposed MTB routes end in Vilvestre, a town with ancient roots, as attested by the archaeological site known as the Castle rock shrine. A border territory, Vilvestre knew how to protect its population during the wars against Portugal, with its walls and its castle. Also, in Vilvestre you can enjoy the La Barca leisure area, with its picnic area, its shelter and a river dock from where boat trips on the Duero depart.



*Nature
and
border stories*

Sobradillo MTB Centre

From the Sobradillo MTB Centre, there are 5 routes with more than 100 kilometres of signposted roads, which connect this town with the neighbouring villages of **San Felices de Los Gallegos, Ahigal de los Aceiteros** and **La Redonda**.

A mandatory stop in Sobradillo is the Casa del Parque Arribes (Arribes del Duero Visitor Centre), where the visitor can get to know in depth the Natural Park's resources.

Also, some of the proposed routes go through San Felices de los Gallegos, a municipality declared an Historic Site. Its term also includes archaeological gems such as the Vettone castro in Castelmano or the Puente de los Franceses bridge, witness of the border wars.

The routes beginning at this MTB Centre also take the cyclist to Ahigal de los Aceiteros, where there are cereal fields and meadows dotted with fresh water fountains. The main feature here are the Arribes del Águeda River, but mankind has still managed to leave its trace too.

La Redonda is another of the municipalities these routes go through. Here tradition becomes visible in its stone houses with large doors for old carriages. And next to tradition, nature in its purest state: the Morgáez banks are a permanent natural show where water is always present.



Other routes:

Sierra de Béjar Cyclist Network

The Sierra de Béjar Cyclist Network currently includes a total of 15 mountain routes, which cover around 400 kilometres, passing through different environments. Most of them depart from the city of **Béjar**, although some start at **Montemayor del Río, La Calzada de Béjar** and **Sorihuela**.

The routes are colour-coded, depending on their difficulty level, both in technical and physical terms: beginners, initiates, experts and authentic challenge.

In addition to these mountain bike tours, this Cyclist Network offers 8 routes, 6 trial zones and bicicaching (treasure hunts) in the area.

Carbajosa de la Sagrada-Alba de Tormes Green Way

This route, with hardly any difficulties for cyclists, is about 20 kilometres long, and crosses the municipalities of **Alba de Tormes, Terradillos, Calvarrasa de Arriba, Arapiles** and **Carbajosa de la Sagrada**.

This is the first section of the Silver Way - Natural Trail for pedestrian and cyclist use, which is being extended. Next to the route is the historical site of Los Arapiles, where a famous battle was fought.



GR-80

Between the walled cities of **Ciudad Rodrigo** and **Almeida** runs a circular, 110 kilometre long route, ideal for cycling, riding or even for walking.

These two cities, featuring bastions, and the **Fuerte de la Concepción**, are valuable examples of military architecture, which are striking when seen from above due to their star shapes.

This route also runs through the archaeological site of Siega Verde, a World Heritage Site, and the Archaeological Park of Vale do Côa (Portugal).

www.gr80.net

Bajo Tormes Cycling Tourist Route Network

Over 55 kilometres of signposted roads make up this network of cycle paths which communicate the five towns of Bajo Tormes: **Almendra**, **Monleras**, **Villaseco de los Reyes**, **Sardón de los Frailes** and **El Manzano**. The route invites you to take a quiet stroll through the Salamanca meadow, suitable for all types of cyclists, through a landscape that is surprising at any time of the year.

www.bajotormes.es

Armuña Routes

These are 7 signposted itineraries, which begin and end at the municipality of **Castellanos de Moriscos**, where there is an information and bicycle repair point.

Known as the 'Armuña Routes', they have varying degrees of difficulty and go through La Armuña, a well-known cereal district to the north of the capital.

<http://castellanosdemoriscos.es/areas/deportes/instalaciones>

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