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DISCOVERING & ENJOYING

SPAIN

MADRID

REGION

2018 · 2019

**MADRID,
NATURALLY!**



ECOTOURISM



Madrid,
Naturally!

Ecotourism: sustainability and recreation

Madrid can feel rightly fortunate for having such diverse and ecologically valuable expanses such as the Montejo Beech Forest, which was recently listed by UNESCO as a Natural World Heritage Site, the Guadarrama Mountain Range Natural Park, the Sierra del Rincón Biosphere Reserve or the Picturesque Expanse of the Abantos Pine Forest and the Area of La Herrería, to mention just a few.

This universe of nature is only an hour away from the big city and visitors can access it via different connections and all kinds of facilities. In Madrid's natural spaces, visitors will find plans for every taste.

All of this makes of the Madrid Region an exceptional destination for enjoying its environment through Ecotourism, allowing us to discover them while conserving their environmental and landscape values for future generations.

If you like to enjoy nature and an authentic cultural setting, this is your opportunity to interact and participate in its conservation and development.

Natural diversity

Reconnect and contribute!

Believe it or not, the Madrid Region is a setting where lovers of the countryside and the rural medium also find satisfaction. Less than an hour from the city centre you can find a wide variety of landscapes in well-managed spaces, National Parks, Biosphere Reserves and, since 2017, a site listed by UNESCO as a Natural World Heritage Site: the Montejo Beech Forest.

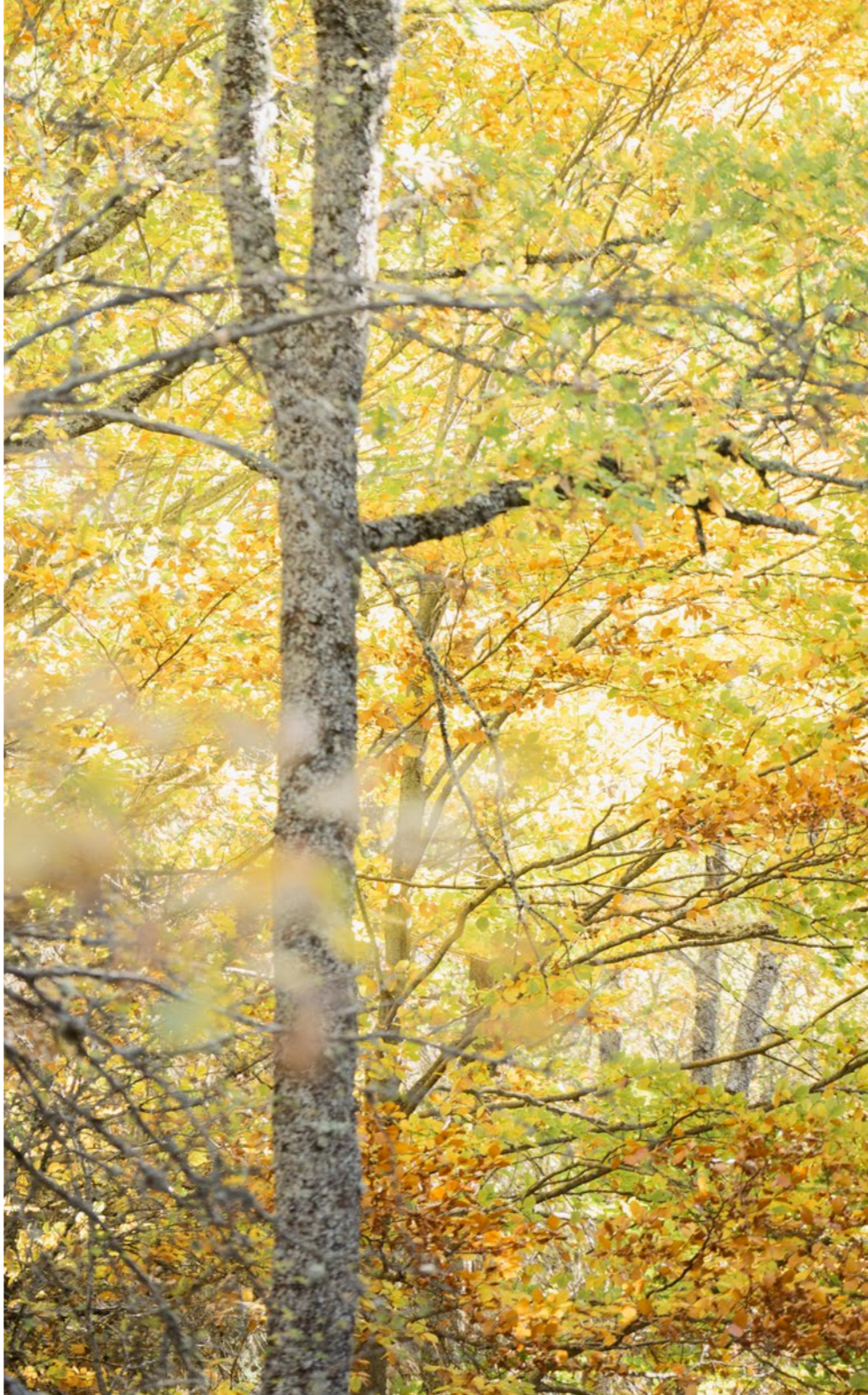
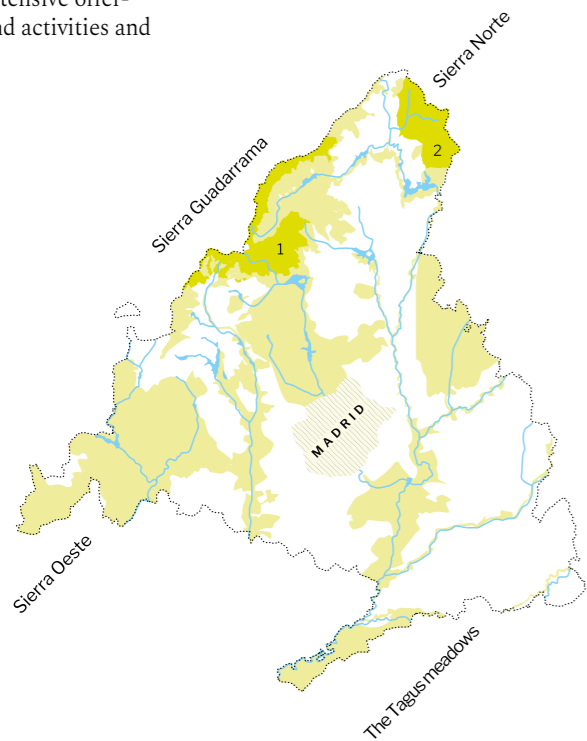
Surrounding the historic towns and the three UNESCO World Heritage Cultural Sites (San Lorenzo de El Escorial, Aranjuez and Alcalá de Henares) is a natural universe waiting to be discovered, with an extensive offering of accommodation and activities and an excellent cuisine.

But not only this. You will also find plans for every taste: from specialized experiences for observing specific wildlife or flora to learning activities or straightforward routes for those who seek to disconnect and relax.

Explore the landscapes of Madrid, watch and photograph its flora and wildlife, tour its mountains and interpret their geological history, discover forests and glens. Learn about their natural history, taste local products and listen to the neighbours.

All this is offered by Ecotourism in Madrid, a trip involving all of your senses to reconnect with the natural environment of the Madrid Region and contribute to the sustainable development of its towns and villages.

- Featured Protected Natural Areas
- 1 Sierra de Guadarrama National Park
- 2 Sierra del Rincon Biosphere Reserve
- Red Natura 2000



Sierra de Guadarrama

Mountains of painters and poets

The Sierra de Guadarrama -Guadarrama Range- offers visitors a unique landscape culminating in the Peñalara Peak, with an altitude of more than 2,000 metres. When you visit you will enjoy a lush landscape covered in trees and scrubland that are home to a variety of animal species: birds, reptiles, amphibians and mammals such as squirrels, wolves and mountain goats.

In this spectacular setting you will be able to indulge in fascinating activities such as watching freely ranging wolves, collecting some irresistible varieties of mushrooms such as saffron milk caps and morels, get close to a mountain goat or discover the secrets of how the region's artisan beers are made.

Sierra Norte

The rural Madrid

The abundance of water favours a broad variety of vegetation and animal species that make of this region a veritable paradise, especially in the Montejo Beech Forest and in the Sierra del Rincón, which is a Biosphere Reserve. Prominent among the wildlife are black vultures, innumerable invertebrates and amphibians.

In this landscape you will have the opportunity to glimpse royal eagles from bird watching hides, become a shepherd for a day and attend bread-making workshops or learn cheese-making techniques.

Sierra Oeste

Biodiversity refuge

Predominant in the Sierra Oeste -Western Range- of the Madrid Region is the mountainous terrain that gives way to lower areas through which the rivers Alberche and Perales flow. The wide range of landscapes, together with the variety of vegetation on view, are of high ecological value.

In the villages of the Sierra Norte you will also find different outdoor activities for immersing yourself in the environment such as riding a donkey, receiving an introduction to astronomy by joining night-time star-watching tours, following the course of some of Madrid's most important rivers or learning about unique insect species.

The Tagus meadows

The cultivated riverside

The meadows -Vegas- of the rivers Tajo, Tajuña and Jarama boast a strong presence of riverside areas and leafy forests, perfect for lovers of nature and rural areas and the numerous enchanting villages located in an idyllic setting.

The Middle Basin of the Jarama, which runs from the Sierra Norte to the so-called Henares Corridor, features a widely varying topography where we can find mountainous foothills to the north in the vicinity of the mountain range as well as meadowlands.

In these areas you can engage in the world of wine and its eco-friendly production, discovering many of the secrets of wine making. You will also discover beekeeping and honey production and the meadows and flower species from which the bees make it.

CiclMadrid and Ecoturism

Pedaling

If cycling is your thing, don't miss out on the Ciclamadrid tours: 420 kilometres connecting tourist destinations and resources, among them the four World Heritage enclaves and the Guadarrama National Park. A straightforward, eco-friendly, accessible and healthy way of discovering the charm of our region and its natural environment.

- Gran Tour Ciclamadrid
- Corridors / Access
- World Heritage
- ☆ Towns of Madrid



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