

'Make My Day' Special

EXPERIENCES THAT CAN CHANGE YOUR LIFE

The Reserve cannot be summarised with just ten experiences; if you come, you'll see what we're talking about...

IF NOT NOW, WHEN?

01 A "Must" MONFRAGÜE NATIONAL PARK. The Monfragüe National Park is Extremadura's crown jewel in terms of nature.

02 An experience ARROCAMPO ORNITHOLOGICAL PARK. Five signposted birdwatching routes with viewpoints strategically placed along them will give you a glimpse into how birds live in this wetland.

03 An event EXTREMADURA INTERNATIONAL BIRDWATCHING FAIR (FIO). A "must" for those who love birdwatching. FIO is the most important birdwatching fair in Europe.

04 A stellar night ASTRONOMICAL OBSERVATORY. With an educational nature, the Torrejón el Rubio Astronomical Observatory, equipped with several telescopes, puts the stars within your reach.

05 A discovery UNIQUE TREES. Five trees on the reserve are considered unique. Four of them are cork oaks that are around 350 years old and one is a hackberry.

06 A surprise EL PALANCAR CONVENT. Funded by St. Alcántara in 1557, this monastery is said to be the smallest in the world. The area where the Saint slept, seated, still remains.

07 A hiking route CAMINO NATURAL DEL TAJO Y VÍA VERDE. You'll be able to cover every last corner of the reserve with the Natural Path of the Tagus.

08 A MTB Centre MONFRAGÜE BIOSPHERE RESERVE MTB CENTRE. Look for information on the eight marked and approved MTB routes throughout the reserve...

09 An exhibition centre MONFRAGÜE BIOSPHERE RESERVE INTERPRETATION CENTRE. An old, restored church in Toril, today a modern, interactive centre where you can discover all the treasures that the Biosphere Reserve has in store for you.

10 Un menú SIT AROUND THE TABLE! To regain strength, there is nothing better than a good venison stew, Iberian ham, cheese, and some mushrooms.

NATURALLY SPEAKING

LOOK NO FURTHER, YOU HAVE ARRIVED

Monfragüe is Extremadura's emblem of nature. It was the first protected area in the region. Today it is a national park and biosphere reserve: 116,000 hectares of biodiversity unique to Europe...

"The signs invite us to go up to the Monfragüe Castle, where formidable views await us. [...] We become ecstatic contemplating the flight of the griffon vultures and black storks seeking air currents at Peña Falcón Rock, near the popular Salto del Gitano Cliff and Viewpoint".

MONFRAGÜE ROUTES. 12 APPROVED TRAILS. 07 NATIONAL PARK TRAILS. 14 BIOSPHERE RESERVE TRAILS. INFO + TRACKS. QR code.

HIKING IN MONFRAGÜE. Inside the national park there are 3 main and 4 alternative itineraries. And there are also 14 trails in the Monfragüe Biosphere Reserve.

Human Evolution Traces of Another Era. Human activities, like transhumance, have shaped the landscape of the reserve. In Serradilla, Mark of Man on Monfragüe Interpretation Centre explains everything.

Astronomy The Stellar Sanctuary. Monfragüe is a Starlight Destination. An astronomical observatory and an interpretation centre (Torrejón el Rubio) top off this stargazing destination.

Nature Unique Trees. The Venero and Cercones Cork Oaks of Romangordo and Higuera, the 'Padre Santo' Cork Oak and the Grueso Cork Oak in Mirabel, and the Hackberry at Lugar Nuevo in Villarreal de San Carlos.

Identity The Centres at the Reserve. Geology Centre, Astronomical Observatory, Rock Paintings, Visitors' Centres (North and South), the 'Pórtico de Monfragüe' Biosphere Reserve, and the House of Aromas.

1 PEOPLE COME HERE TO PEDAL. The reserve has a MTB centre (Torrejón el Rubio) and more than 300 kilometres of routes that can be done by bicycle.

2 GREAT GEOLOGICAL ROUTES. The terrain at Monfragüe is the result of extensive geological history that began more than 500 million years ago (Paleozoic). There are three routes: Monfragüe, Campaña de Albalat, and the "Los Minerales" ("Minerals") Route.

Top Selection THE TRAILS OF THE REGION. 01 NATIONAL PARK TRAILS. 02 UMBRÍA DEL BARBECHOSO TRAIL. 03 GARGANTA DE LA CANALEJA TRAIL.

BIRDWATCHING FOLLOW THESE SIMPLE TIPS FOR BIRD WATCHING

Monfragüe is known by nature lovers around the world as one of the best places to see birds (many of which are endangered) relatively easily. Six viewpoints make things even easier for visitors.

01 FIO EXTREMADURA. The FIO, or Extremadura International Birdwatching Fair, has become a European leader for bird lovers. Guided tours, exhibitions, conferences, and workshops in the middle of the National Park.

02 PUNTOS DE OBSERVACIÓN. We're going to give you three so that you make good use of your binoculars: Portilla del Tiétar Viewpoint, Salto del Gitano Cliff and Viewpoint and the Arrocampo Park.

03 ARROCAMPO. Five signposted birdwatching routes with viewpoints strategically placed along them will give you a glimpse into how birds live in this wetland.

04 ON YOUR OWN. A good option to get to know the reserve is to hire the services of one of the specialised companies that work in the area: guided tours, rental of bird hides and hydrohides, birdwatching experiences, etc....

BIRD CENTER MONFRAGÜE. The home of the ornithologist. If you're still not satisfied and want to see birds in the biosphere reserve, you must visit this centre in Torrejón el Rubio.

PLEASE, COME IN WITHOUT KNOCKING FULL SPEED AHEAD FOR CULTURE

"Castles watching over it, cattle, boats, fords, and bridges that cross it; old frontiers... The Tagus River is Monfragüe and vice versa. Around it there are convents like the Cristo de la Victoria ("Christ of Victory") Convent in Serradilla, castles like the Monfragüe Castle, and a marvel: Romangordo, with Majadat al-Balát, a church, and trompe l'oeil masterpieces."

Fátima Castillo Trips to Reserves. Fátima likes biosphere reserves and plans her trips around visiting them. This time, she's in the Monfragüe Biosphere Reserve. She has kindly answered our questionnaire.

MONFRAGÜE CASTLE. If you go up, you will have 360° views of Monfragüe and its surrounding dehesa. A hiking route (red) goes up towards it, or you can choose to go by vehicle.

BIOSPHERE RESERVE MONTH. In November, one of the most anticipated events takes place: talks, activities, gastronomy, culture... all throughout the Monfragüe Biosphere Reserve.

EVENTS AND MUSEUMS. "Becoming familiar with the festivals and exhibition centres in the Monfragüe Biosphere Reserve is the best way to get to know its traditions, its products, its customs, and above all its people. Fun is 100% guaranteed."

1 MUSEUMS AND INTERPRETATION CENTRES IN ROMANGORDO. ROMANGORDO - You can choose the House of Aromas, the Route of the English Interpretation Centre, and the Uncle Cáscoles House Ecomuseum. Or visit them all!

2 VISITORS' CENTRES. MALPARTIDA DE PLASENCIA, VILLARREAL DE SAN CARLOS AND TORREJÓN EL RUBIO - All the information about the reserve and the national park at your disposal so that you can better plan your route. EXTREMADURA INTERNATIONAL BIRDWATCHING FAIR. The great event for lovers of birds and nature in general.

GASTRONOMY MONFRAGÜE BIOSPHERE RESERVE: GRUB'S UP!

Starters. CHEESES: Made in a traditional way - fresh, tender, and cured with all the aromas and flavours that are typical of here.

Migas del pastor. In the land of transhumant shepherds, you cannot miss a good dish of 'migas'. It's a traditional dish made with breadcrumbs that never goes out of style.

Star Products. Here's the shopping list: pork, lamb, and beef, as well as goat cheeses, honey, and wild berries. On your mark... Get set... ENJOY!

Main Dishes. Cardillos Omelette. Just because it's simple doesn't mean it's not a delicacy. Cardillos ("golden thistle") is a delight of nature that tastes better in this region.

Venison Stew. In autumn, in addition to enjoying the bellowing of the deer at the reserve, take advantage and try a good venison stew.

Mushroom Stew. *NOTE: Accompany these dishes with Iberian ham from here. It's the star product.

Special THE SUPER-FOOD. Honey: delicious, nutritious, and natural. And all the other related products like pollen and royal jelly.

BIOSPHERE RESERVE Monfragüe TOURIST MAP It's happening! 10 BONUS TOP-NOTCH EXPERIENCES. HERITAGE OF ALL. THE NATIONAL PARK, THE BIRDWATCHING MECCA, ASTRONOMICAL OBSERVATORY, +21 MARKED ROUTES. ENJOY! 10 experiences that will change your life: it's time to live like never before. Tourist map: Trails, information points, museums, bird watching...

Biosphere Reserve Monfragüe

Tourist map

INSTRUCTION MANUAL

Welcome to the heart of the Province of Cáceres. And not only because the Monfragüe Biosphere Reserve is in the geographical centre of the Province, but also because the main artery of this region, the Tagus River, as well as one of its tributaries, the Tíetar, both run through this place.

A natural paradise, our Province is home to the Monfragüe National Park, a hotspot for bird lovers from all over the world, but this is not the only birdwatching area in the region, because the Arrocampo Reservoir is the habitat of aquatic species that are difficult to find in much of the interior of the Peninsula.

This area has been inhabited since ancient times, as evidenced by its 107 shelters with primitive rock paintings that go from the Epipaleolithic to the Neolithic, one of the best collections of this type of art in Europe. At present, the area inhabitants tackle demographic challenges with intriguing means, like the Romangordo "trampantojo" (trompe l'oeil) masterpieces, paintings by young artists which deceive the eye and recreate new spaces in the rural world. Likewise, they face demographic challenges through the area's rich and varied selection of active tourism options, heritage, and gastronomy.

Discover the Monfragüe Biosphere Reserve, a space where life can be experienced with all the five senses.

"Fine tune your hearing and sight in this paradise, and get ready to listen to the bellowing of the deer, walk among cultures and rockrose, go on a trompe l'oeil route, and try to translate the regional 'Serrallani' dialect, something that is unique to Extremadura".

POINTS OF INTEREST

Interpretation/Information Centres

- 01 Monfragüe Geocentre
- 02 Bee and Biodiversity Activity Centre (CASAB)
- 03 House of Aromas
- 04 Uncle Cáscoles House Ecomuseum
- 05 Route of the English Interpretation Centre
- 06 Mark of Man on Monfragüe Interpretation Centre
- 07 Lugar Nuevo Interpretation Centre of Villarreal de San Carlos
- 08 "Pórtico de Monfragüe" Biosphere Reserve Interpretation Centre
- 09 Monfragüe Rock Art Interpretation Centre
- 10 Astronomical Observatory / Skies of Monfragüe Interpretation Centre
- 11 Legends of Monfragüe Interpretation Centre (Tourism Office)
- 12 Monfragüe Birdcentre
- 13 National Park Northern Visitors' Centre
- 14 National Park Reception and Information Centre
- 15 Arrocampo Ornithological Park Information Office
- 16 Tourist Boat Dock

Places of Natural Interest

- 01 National Park Border
- 02 Biosphere Reserve Border
- 03 The Hackberry at Lugar Nuevo
- 04 The Cercones Cork Oak
- 05 The Venero Cork Oak
- 06 The Padre Nuestro or Santo Cork Oak
- 07 Mirabel Cattle Dehesa Cork Oak

National Park Trails

- 01 Red Trail: Monfragüe Castle Circular / 16,0 km
- 02 Green Trail: Malvecino Stream - Gimio Hill Circular / 7,9 km
- 03 Yellow Trail: La Tajadilla Viewpoint Circular / 8,9 km
- 04 Brown Trail: Serradilla Linear / 14,0 km (one way)
- 05 Purple Trail: Torrejón el Rubio Linear / 13,0 km (one way)
- 06 Black Trail: Barbaón Path Linear / 23,2 km (one way)
- 07 Blue Trail: Malpartida de Plasencia Linear / 19,0 km (one way)

Biosphere Reserve Trails

- 08 La Breña Trail (SL-CC 42) Circular / 7,3 km
- 09 Molino de la Hoyuela Trail (SL-CC 43) Circular / 5,7 km
- 10 Garganta del Fraile Trail (SL-CC 44) Circular / 9,0 km
- 11 Garganta de los Nogales Trail (SL-CC 45) Circular / 10,5 km
- 12 Las Fuentes Trail (SL-CC 46) Circular / 7,5 km
- 13 La Piñuela Trail (PR-CC 64) Circular / 11,4 km
- 14 Ermita de Tebas Trail (PR-CC 65) Circular / 11,2 km
- 15 Umbria de Barbechoso Trail (PR-CC 66) Circular / 11,8 km
- 16 Cerro Tejonera Trail (PR-CC 67) Circular / 20,4 km
- 17 Las Mestas Trail (PR-CC 68) Circular / 19,9 km
- 18 El Robledo Trail (PR-CC 69) Circular / 14,6 km
- 19 Garganta de la Canaleja Trail (PR-CC 70) Circular / 7,6 km
- 20 Dehesas de Maulique Trail Circular / 23,0 km
- 21 Parque Ornitológico de Arrocampo Circular / 5,5 km

Places of Cultural Interest

- 01 Palancar Monastery
- 02 Monfragüe Railway Town
- 03 Iglesia de San Juan Bautista
- 04 Parish Church of San Juan Bautista
- 05 Monastery of the Santísimo Cristo de la Victoria
- 06 Albalat Archaeological Site
- 07 Church of Nuestra Señora de la Asunción
- 08 Parish Church of Santa Catalina
- 09 Cardinal's Bridge
- 10 Albalat Bridge
- 11 Monfragüe Castle
- 12 Mirabel Castle

Geological Routes (by vehicle)

- 01 Monfragüe Route Linear / 39,1 km
- 02 Campana de Albalat Route Circular / 45,7 km
- 03 Los Minerales Route Circular / 34,1 km

Are you here?

At the Monfragüe Biosphere Reserve, you won't be able to relax. There are too many things to do: a National Park, Starlight Destination, 12 approved trails, ornithological observatories, unique trees, and if that's not enough an International Birdwatching Fair (FIO). Come and see!



Download all the Materials

Birdwatching

Monfragüe is known by nature lovers around the world as one of the best places to see birds –many of which are endangered– relatively easily. Six viewpoints make things even easier for visitors.

The Astronomical Sanctuary

Monfragüe is a Starlight Destination. An astronomical observatory and an interpretation centre (Torrejón el Rubio) top off this stargazing destination.

Museums and Interpretation Centres

Discover the events and museums of the Monfragüe Biosphere Reserve is the best way to get to know the region's traditions, its products, its customs, and above all its people. Fun is totally guaranteed.

Hiking

What should you take in your backpack? A map of the region, sandwich, a change of clothes, water, and a "bota" wineskin bag. Don't worry about the trails, we'll make sure they're there. In fact, we'll even show them to you on the map.

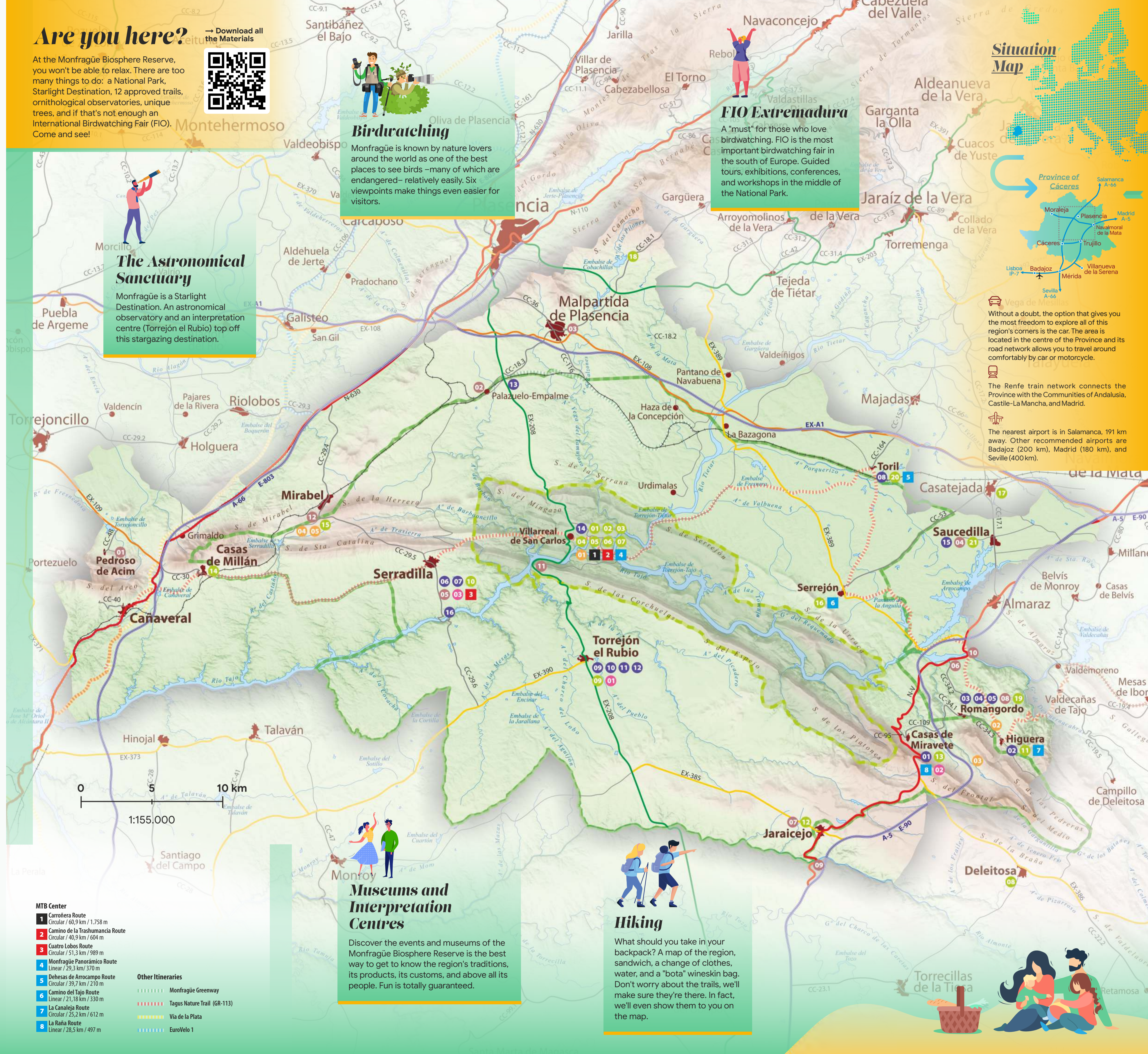
Situation Map



Without a doubt, the option that gives you the most freedom to explore all of this region's corners is the car. The area is located in the centre of the Province and its road network allows you to travel around comfortably by car or motorcycle.

The Renfe train network connects the Province with the Communities of Andalusia, Castile-La Mancha, and Madrid.

The nearest airport is in Salamanca, 191 km away. Other recommended airports are Badajoz (200 km), Madrid (180 km), and Seville (400 km).



MTB Center

- 1 Carroñera Route Circular / 60,9 km / 1.758 m
- 2 Camino de la Trasmurcancia Route Circular / 40,9 km / 604 m
- 3 Cuatro Lobos Route Circular / 51,3 km / 989 m
- 4 Monfragüe Panorámico Route Linear / 29,3 km / 370 m
- 5 Dehesas de Arrocampo Route Circular / 39,7 km / 210 m
- 6 Camino de Tajo Route Circular / 21,38 km / 330 m
- 7 La Canaleja Route Circular / 25,2 km / 612 m
- 8 La Raña Route Linear / 28,5 km / 497 m

Other Itineraries

- Monfragüe Greenway
- Tagus Nature Trail (GR-113)
- Via de la Plata
- EuroVelo 1