

Monfragüe

Biosphere Reserve



→ HERITAGE EXPERIENCES

Illustrated by...
Agustín Gallardo

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→ SPECIAL TRAVEL BLOG,
WITH... PILAR ARMERO

Life shines at...
the Biosphere Reserve

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→ WAYS OF LIVING, WITH...
J.R. ALONSO DE LA TORRE

Dawn at the Tagus

Page 04

It's happening!

+10 BONUS
TOP-NOTCH
EXPERIENCES

HERITAGE OF ALL

THE NATIONAL PARK

ASTRONOMICAL OBSERVATORY

THE BIRDWATCHING MECCA

+21 MARKED ROUTES



DIPUTACIÓN DE CÁCERES
ÁREA DE RETO DEMOGRÁFICO,
DESARROLLO SOSTENIBLE, JUVENTUD Y TURISMO

MONFRAGÜE BIOSPHERE RESERVE

Editing

Diputación de Cáceres
www.turismocaceres.org

Design and Contents

www.laruinagrafica.com

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The quote

“Under the sun's majestic spell, in the villages and fields of the Monfragüe Biosphere Reserve, enthusiasm for life is renewed”.

Monfragüe Biosphere Reserve

Meeting point

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“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 Biosphere Reserve Instruction Manual

The Monfragüe National Park is a Starlight reserve, which means that the quality of its skies has been certified for stargazing. Additionally, at Torrejón el Rubio there is an astronomical observatory with a marked informative nature.

The municipality of Pedroso de Acim boasts the smallest monastery in the world: El Palancar. Founded by St. Peter of Alcántara in 1557, it is a "must see" in the region.

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 Tiétar, 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.

We will use this symbol to identify activities for children in the guide → 



HOW TO GET THERE



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.

Elpaisviajero.com

The Monfragüe National Park and its Biosphere Reserve are considered one of the five best conserved areas of the Mediterranean Basin. Populated mainly by holm oaks and cork oaks, and with its variety of habitats, the region boasts being home to seventy percent of the protected species of Spain.

Traveler.es

Vehicle route through the Monfragüe National Park. Viewpoints, rivers, cliffs, bird observatories, and, of course, black and griffon vultures, Egyptian vultures, eagles, and falcons.

Elpais.com

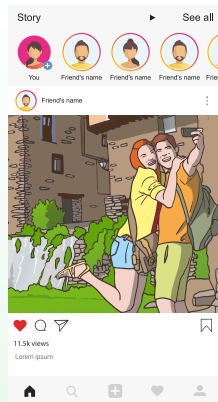
Eight Spanish sites to see wild animals in their habitat.

The Salto del Gitano Viewpoint is one of the best places at Monfragüe to watch griffon vultures.

Are you really here? Situation Map



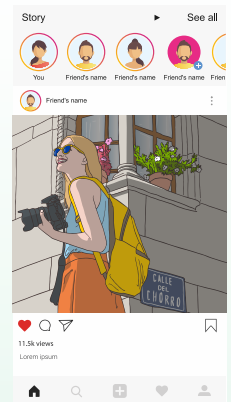
Province of Cáceres



Not without my stories

Use our hashtags and share information about us on your social networks. Here are some of the most popular ones for you to use whenever you wish:

#ColeccionaMomentos
#RinconesxDescubrir
#Monfragüe



The nearest airport is in Badajoz, 207 km away. Other recommended airports are Madrid (250 km), Seville (350 km), and Lisbon (380 km).



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



BLOGTRIP: WAYS OF LIVING

#ReservaBiosfera #CarreterasSecundarias #Monfragüe
#CastilloMonfragüe #Experiencias #SaltodelGitano #RutasMonfragüe

INTRODUCTION

Villarreal de San Carlos and the Biosphere Reserve

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The "must see" sites of José Ramón Alonso de la Torre

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EXTRAS

Museums and interpretation centres at the reserve

Pág. 09

Does the hustle and bustle of life throw you off and leave you not knowing what to do any more? Are you fed up with the treadmill of life? Well, get out of your routine; if you want to come, we've got a vacant spot for you. José Ramón Alonso de la Torre doesn't know if he's right, but he knows that he's here... and his journal highlights the best on the essence of the region and its people, its trades and its future, modernity and history, tradition, flavours, and knowledge. These are... ways of living.

*If not
now,
when?*





“Under the sun’s majestic spell, in the villages and fields of the Monfragüe Biosphere Reserve, enthusiasm for life is renewed”



DAWN AT

THE TAGUS

Ways of living

By J.R. Alonso de la Torre

Writer and Columnist

Our intrepid reporter and tireless traveller gives us the essential clues to getting to know the region.

[@JRAdeIatorre](#)



The sun rises and all of Monfragüe comes to life

The “Fuente del Francés” route

A route around Pedroso de Acim, Casas de Millán, Mirabel, and Serradilla

The interpretation centres at Torrejón el Rubio and Toril



Peña del Acero
Hill Castle (Mirabel)



Transhumance



Griffon Vulture

“We delve deep into the park and go down to the Tagus. We want to enjoy the twilight on the wooden benches arranged by the riverbank”.

The sun rises over Monfragüe and, with the awakening of the dawn, the shoulders of the roads are filled with partridges moving hurriedly about and rabbits doing acrobatic tricks – animals possessed by the energy of the awakening day. We delve deep into the park and go down to the Tagus.

We want to enjoy the twilight on the wooden benches arranged by the river bank, along the route known as the “Fuente del Francés” (“French Water”) Route – a Route which got its name to honour Maurice Jonson, a young man who drowned in this part of the river trying to save a bird of prey when almost nobody cared about saving birds of prey.

The signs invite us to go up to the Monfragüe Castle, where formidable views await us. Back at the Tagus, 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.

We go to have breakfast in Villarreal de San Carlos, an old military town founded by King Charles III in the 18th century to curb the lack of security along these routes, heavily travelled by muleteers, merchants, and travellers





who wanted to cross the Tagus over the Cardinal's Bridge. The garrison of soldiers and the military pavilions have been replaced by different buildings that fit in with the environment and where one can sleep, shop, eat, seek out fun and adventure in nature, and learn about and understand this Biosphere Reserve.

From Villarreal, a good part of the route lets us get to know the villages surrounding the Park and Reserve. To the west, Pedroso de Acim and its El Palancar Mini-Convent; Cañaveral, with its hiking routes to Villa del Arco (also known as El Arquillo); stone houses and an unexpected charm – completely unknown to mass tourism. Ancient villages like Casas de Millán, Mirabel, and Serradilla and their paths to the Tagus, their typical sweets, the stories of the boatmen in the area, the particular way of speaking of the locals of Serradilla, the grace of the natives of the town –like film actors enjoying spectacular festivals–, and, above all, their venerated and admired Cristo de la Victoria ("Blessed Christ of Victory"), a work by Domingo de Rioja done around 1630.

Returning to Villarreal by means of the motorway from Naval Moral to Portugal, we stop at Malpartida de Plasencia, which holds a lively market on Sundays where one can buy the region's cheeses, sausages, and fruits and vegetables. It is also a place where livestock is bred and raised... a prosperous town and the most populated of the Reserve. At the other side of the Tagus lies Torrejón el Rubio, where restaurants, shops, and quaint rural houses offer

"The signs invite us to go up to the Monfragüe Castle, where formidable views await us [...] as we contemplate the flight of the vultures and black storks".



Trompe l'oeil Masterpieces
(Romangordo)



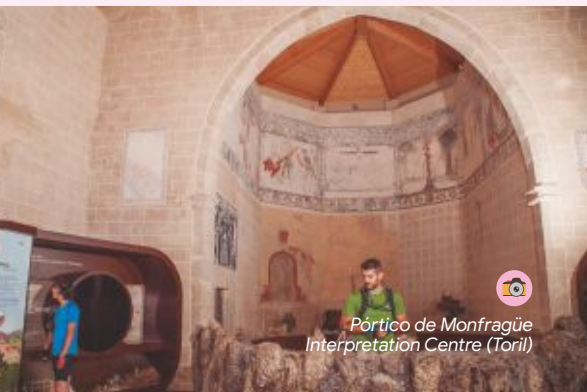
Birdwatching Area
(Saucedilla)

quality services to tourists. And to the east lies Saucedilla, with the splendid ornithological wealth of the Arrocampo Reservoir; Serrejón, surrounded by a textbook Mediterranean forest that features holm oaks, scrub, and cork oaks; Toril, which can help visitors to understand the area with its Biosphere Reserve Interpretation Centre.

At the eastern end of the Monfragüe Biosphere Reserve are Jaraicejo, Deleitosa, and the old Campana de Albalat area. Between the fourteenth and nineteenth centuries, this was the first association of municipalities in Extremadura: Romangordo, Higuera, and Casas de Miravete – where you must visit the church and the Geology interpretation centre, as well as the 12th-century watchtower.

Romangordo seems like the perfect village: there must be 50 square metres of space for gatherings per inhabitant, what used to be an old warehouse for storing things has become a beautiful street with traditional architecture, the whitewashed façades are today museum-walls that feature delicate murals that depict the traditional culture of village life: animals, migrants, the elderly, and children. In the square, there are sculptures about children's games and the Uncle Cáscoles Ecomuseum, the Nature Classroom, the House of Aromas Interpretation Centre, the Farm School, the Albalat Medina Quarter ruins, etc.

Just a stone's throw from Romangordo is Higuera, with its Bee and Biodiversity Activity Centre. We go inside, and the person in charge tells us all about the life of these insects. The centre offers a guided tour, apiculture materials, and the chance to make a hand-made beeswax candle. Outside, the bee-eaters sing their songs from the time when the sun rises and Monfragüe comes to life.



Pórtico de Monfragüe
Interpretation Centre (Toril)

A new colour in the chromatic spectrum to illustrate our Cultural Interest Assets:

STONE BLUE

#ParqueNacional #Monfragüe #ReservaBiosfera
#MonfragüeAndalusi #CampanadeAlbalat #CastilloMonfragüe

ALONG THE RIVER
The Tagus and Monfragüe's identity
Page 12

ALBALAT
AlAndalus period archaeological site
Page 14

LA VICTORIA
The Christ that everyone wanted
Page 16

VARGAS CARVAJAL
The bishop, his churches, and his ships
Page 17

In this original proposal, illustrator Agustín Gallardo introduces us to some of the most relevant heritage elements of the Monfragüe Biosphere Reserve. “Stone Blue” can be found along old pathways, in squares, churches, and monuments – always with peculiar characters who guide us through the region's history and architecture. Don't blink an eye during this unique perspective that shows us a region full of curiosities and colour.



Monfragüe Castle
(Torrejón el Rubio)

*If not
now,
when?*



ALONG THAT RIVER THERE

By Agustín Gallardo



Illustrator and
Content Writer



Albat Ruins
(Romangordo)



Giuliana Boccacci

She's in her last year of archaeology at Perugia, in the Italian Umbria region. This is the second time she has volunteered in an international excavation and her first time in Monfragüe; every day she becomes more and more interested in the Al-Andalus period of the Iberian Peninsula.



1 Castles watching over it; cattle, boats, fords, and bridges that cross it; old frontiers.. The Tagus River is Monfragüe and vice versa.



If there is anything that sets the identity of the Monfragüe Biosphere Reserve, that thing is the Tagus – the river that crosses and shapes, from Romangordo in the east to Cañaveral in the west, all of the region. And not only does the river shape the geographical identity –an identity which it shares with the constant presence of the hard Armorican quartzite and the Mediterranean scrub and forest– but it also shapes the cultural identity as the river, in its constant evolution, has marked history in one way or another. On the walls of the rocky shelters along its shores, we began to depict the life that surrounded us. And, at least five centuries before Christ, in the middle of the orientalising period, someone already had gold grave goods as spectacular as the Serradilla Treasure. Later, the swift Muslim invasion of the 8th century turned it into an ephemeral frontier that, especially from the 11th century with the new Christian advance towards the south, would end up being the scene of constant raids and violent

confrontations on both sides. The Monfragüe Castle, Al-Mofrag, and the few remains that have survived from other fortresses such as that of Miravete and Castil de Oreja come from that time. And then came the Mesta and the transit of livestock, the transhumance that the river dictated be undertaken only where it allowed, concentrating the passage of people and animals first around fords and then over bridges – by that time, most of them under the same crown. The same path and the same bridges –like the Albalat Bridge or the Cardinal's Bridge– which were to be decisive some centuries later in the bloody vicissitudes of the War of Independence, becoming the scenes of some relevant events for said war's final outcome (commemorated on the Route of the English), such as the Battle of Lugar Nuevo (1812) and the taking of Fort Napoleon.

→ Majâdat al-Balât

“The way's ford”. That is how the name of this ancient Muslim city can be translated – a city whose phonetics have curiously remained almost intact to this day with the name "Albalat", which identifies the area, the nearby bridge, and also the site itself. In this place, the Tagus River's waters became



stiller, allowing them to be forded easily. It was one of the few places where this could be done in many kilometres, which would justify the establishment of a fortified city to protect the area. It is known that this was the case, and said fortified city was established by the Arabs –at least from the middle of the 10th century during the Caliphate of Córdoba– and it was maintained until the middle of the 12th century when it fell during the attacks by the militias of Ávila and Salamanca.

In recent years, during successive excavation campaigns led by expert medieval archaeologist Sophie Gilotte, the identity of that city has been hashed together – identifying a cemetery, a suburban area, and a hammâm (public bath) located outside the wall. But the most relevant findings are probably those within the city walls, where streets, paved squares, and buildings typical of the

medieval culture of Al-Andalus are easily recognised. These, added to the various other remains rescued, describe a city that was not exclusively military in nature; instead, it housed a stable population that worked in several trades as blacksmiths, goldsmiths, farmers, shepherds, and fishermen.

→ Convent of the Blessed Christ of Victory

The Blessed Christ of Victory of Serradilla was carved in Madrid in 1630 by sculptor Domingo de Rioja, having been commissioned by Francisca de Oviedo y Palacios. Apparently, even in Madrid the religious image performed miracles, which made it difficult for it to be brought to Serradilla (as was intended from the beginning) due to the attention that the image brought about – to the point of attributing its withholding to King Philip IV



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:

A Picture

From the Monfragüe Castle, definitely. The view is breath-taking.

A "Must"

The Convent of the Blessed Christ of Victory, a stronghold of spirituality.

A Recommendation

Go up to the Mirabel Castle, the image of the dehesas and the mountains is exceptional.

An Unexpected Encounter

Romangordo: The ecomuseum, the coffered ceiling of the church, the trompe l'oeil masterpieces.... it was all a pleasant surprise.

Fresh air

Fátima made a stop along the way. Her visit to the convent and, especially, the beauty of the legendary Christ of Victory overwhelmed her. Now, she is breathing the fresh, morning air of Serradilla, ready to continue her journey through the Monfragüe Biosphere Reserve.





Luis Marín

Luis works in digital marketing and social network management. Even so, his curiosity is boundless – in his spare time, he studies and writes about history, especially about the Church and its changes in the 16th century. Good job, Luis! You've come to the right place.



San Juan Bautista church
(Malpartida de Plasencia)

himself. When it finally was sent to Serradilla, forced to make a stop in Plasencia, something very similar happened as the Christ began to perform so many miracles that the bishop ordered it to be left in the Church of St. Martin. In the end, it was not until 13 April 1641 that the image finally reached Serradilla. In 1660, at the old hospital for whose chapel the image had been commissioned, the Augustinian Recollects Monastery of the Blessed Christ of Victory, was founded. Despite being a closed order of nuns, the monastery can be visited – at least part of it, as it is recognised as a Cultural Interest Asset.

→ Gutierre de Vargas Carvajal

The Church of St. John the Baptist, in Malpartida de Plasencia, is one of the most representative examples of the construction process used in Extremadura during the 16th century when many temples were expanded and reformed due to demographic and economic growth. The same thing happened with the church of the same name in Saucedilla, and with the Church of the Assumption, in Jaraicejo. In all cases, the hand –or rather the money– of the bishop from Plasencia, Gutierre Vargas Carvajal, was behind send phenomenon – a character who, by the way, would end his days sick with gout and probably afflicted by other illnesses as well, finally passing away in said town.

According to a document found in the Royal Academy of History, when his mother (Inés de Carvajal) learned of his appointment, she said: “My Gutierre, bishop... the world is lost”. Among other actions by this character is that of financing a naval expedition comprising three ships with the purpose of controlling the Strait of Magellan, colonising Patagonia, and reaching Peru – although it seems that only one of the ships managed to do so.

Another Carvajal, an ancestor of Gutierre and also Bishop of Plasencia, was the famous Cardinal of Sant Angelo who financed and ended up naming the bridges over the Tagus and the Almonte almost a century earlier, the first of which only emerges in Mofragüe when the waters of the reservoir fall drastically. But getting back to our Gutierre –who had a son with María de Mendoza who was ultimately legitimised by Philip II and would end up being quite trusted by the king–, we must also mention that he promoted the Synod of Jaraicejo, which anticipated the reforms of the Council of Trent.

One last thing: The Church of Romangordo, which is earlier, a bit more austere in terms of its forms, and which –like the Church of the Assumption in Jaraicejo– is a Cultural Interest Asset categorised as a monument, houses a beautiful and unusual Mudéjar coffered ceiling that is well worth a visit.



BLOGTRIP: LIFE SHINES

#ReservaBiosfera #Lifestyle #FIO #StarlightMonfragüe
#Birding #RutadelosIngleses #Senderismo #CasadelosAromas

EVENT OF INTEREST

**FIO: the
Extremadura
International
Birdwatching Fair**

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ONE EXPERIENCE

**The stars
in the skies
of a Starlight
Destination**

Page 21

THE GREAT
JOURNEY

**The villages of
the Biosphere
Reserre**

Page 22

MUSTS

**Pilar points
out three basic
experiences
in the area**

Page 23

You have chosen the perfect destination to enjoy with your family. You can take a cruise on the Tagus, do a word guessing game, dress up as beekeepers, stargaze from an observatory, go inside a prehistoric cave, and visit one of the smallest convents in the world. Children will love the food... after all, who can say no to good Iberian ham from the dehesa?



*Dramatised 'Monfragüe:
A Paradise of Legends' Route
(Torrejón el Rubio)*

If not
now,
when?

Pilar describes the reserve to us in terms of its lifestyle. The best corners, gastronomy, TOP events.... Take note!

@piarmero



LIFE SHINES AT...

Monfragüe Biosphere Reserve

By Pilar Armero

Journalist and Blogger



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



Villarreal de San Carlos and the National Park

A pleasant surprise, the Salto del Gitano Cliff and Viewpoint

Birdwatching: centres, viewpoints, and top events



Visitors' Centre
(Villarreal de San Carlos)



Serradilla

PLAN FROM VILLARREAL

Villarreal de San Carlos is perfect for planning your getaway to the Monfragüe Biosphere Reserve. You will see the movement of guides and guards from the National Park, hikers, bird watchers, travellers, and schoolchildren who fill this charming place with life. Go into the information centre and ask for a map with the routes and resources marked on it, and also visit the Serradilla Interpretation and Information Centre, where they will tell you what you can do at this nearby municipality.

Before you go, don't forget to test out your best smile at the Territory of Bandits photo call – a film made in 2013 and starring more than 200 locals. If you learned to read with the Rayas Method books, you're going to love knowing that these books came from the printer of Serradilla, Agustín Sánchez Rodrigo.

WORD GAMES IN SERRADILLA

You can go by boat from Serradilla to the more hidden side of the iconic Salto del Gitano Cliff and Viewpoint – the side which can only be seen from the water –, travelling on a cruise that changes route from March to August due to bird nesting. The dock is under the Tagus bridge at kilometre 4 of the regional road to Torrejón el Rubio.

Since you're here, try to guess what calapachitu and quiloti mean. These are two of the more than 200 words that appear in wrought iron on the façades as a tribute to the regional serraillanu dialect, a variant of Asturleonese, spoken only in Extremadura. Try the delicious sourdough bread, referred to as pan de masa

A unique way of speaking: the 'Serraillanu' dialect (Serradilla)

Get lost in the streets of Romangordoo

The routes in the reserve and national park



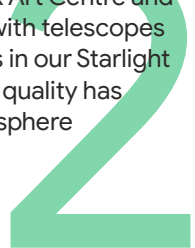
Monfragüe National Park
Northern Visitors' Centre
(Malpartida de Plasencia)

mairi in the region, a good pringá (a slow-cooked meat and bread dish with an anise flavour), or any other home-made delight at a traditional bakery, where you will surely have trouble deciding.

HAVE FUN WITH YOUR CHILDREN

The Monfragüe Biosphere Reserve is a fantastic choice to visit with your family and have a great time at really entertaining centres. The Bee and Biodiversity Activity Centre at Higuera de Albalat is shaped like a honeycomb and you can dress up as a beekeeper there and make handmade candles with beeswax. It is also worth testing out your nose at the House of Aromas in Romangordo, and signing up for soap and cosmetic workshops.

The Monfragüe Northern Visitors' Centre, at kilometre 9 of the EX-208 motorway from Malpartida de Plasencia to Trujillo, is perfect to discover what makes this destination draw people in like it does. Children will love seeing the animal tracks lit up in the ground, trying to distinguish between the different bird songs, and seeing how big birds' nests can get. And, adults will love it too – as is the case with the Bird Centre and Southern Visitors' Centre in Torrejón el Rubio, where you can find out what the best places are for birdwatching. In the town there is also the Rock Art Centre and an astronomical observatory with telescopes to look at the sun and the stars in our Starlight Destination skies – this seal of quality has been granted to the entire Biosphere Reserve.





Visit the Northern Visitors' Centre of the Monfragüe National Park with your kids – an interactive space with a picnic area, a drinks machine, and a pond where the birds come to drink.



At the small El Palancar Convent, don't forget to check out where St. Peter of Alcántara slept, seated on a stone with his head resting on the wall.



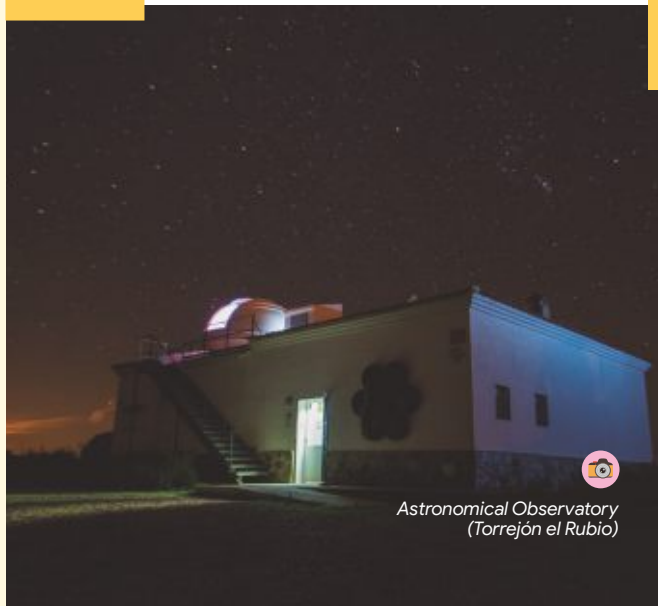
On Easter Monday the pilgrimage celebration of the Virgin of Monfragüe is held in the castle of the same name – a place where three other similar celebrations are held.

Other places to visit with your family include the shelter with rock paintings on the way up to the Monfragüe Castle (prior reservation required through the Torrejón tourist office) and the El Palancar Convent in Pedroso de Azim, founded by St. Peter of Alcántara and in which everything is tiny.

A DAY AT THE RACES

At the Monfragüe Biosphere Reserve, in addition to the storks at San Blas, there are also horse races in Toril every February held in the purest of racetrack styles – and they get packed. It's something unique, just like the long-awaited Route of the English between Casas de Miravete and Romangordo in May, in which locals dressed as 19th-century soldiers re-enact the battle of the War of Independence that played out there.

Put the finishing touches on your frenetic days with Iberian sausages, cheeses, and sweets – and combine them with our local honey, stews, and casseroles.



Astronomical Observatory
(Torrejón el Rubio)

10 INSTAGRAMMABLE MUSEUMS

Dear, have you brought the tourist guide?

...¡Oops!





Because I'm worth it

EVENTS AND MUSEUMS TO ENJOY THE MONFRAGÜE BIOSPHERE RESERVE

Pay attention here; these are the top ten events and museums in the Monfragüe Biosphere Reserve – the best way to get to know the region's traditions, its products, its customs, and –above all– its people. Fun is totally guaranteed.

01


 **FIO Extremadura**
Villarreal San Carlos




149k likes

The #FIO, or Extremadura International Birdwatching Fair, has become a European leader for bird lovers. 😊

02


 **Romangordo Museums**




47k likes

Put them into focus: the House of Aromas, the Uncle Cáscoles House, and the Route of the English Interpretation.

06

 **Museums of Torrejón el Rubio**



127 likes

Here they are: #Monfragüe: A Legendary Destination, Astronomical Observatory, the Rock Art Centre, and the BirdCenter.

07

 **Monfragüe Reserve Month**




→ November

45k likes

At the end of each year, one of the most anticipated events takes place. Talks, activities, gastronomy, culture...

MONFRAGÜE MOMENTS

Events y museums Top

 Toril Horse Race

03



→ February

❤️ 🔍 🗑️ 24k likes

The #horse race is included amongst the six best in Spain and the most important of Extremadura. 😊

 Interpretation Centre Geology


04



→ Casas de Miravete

❤️ 🔍 🗑️ 365k likes

An interpretive space to understand the reserve's geological structure. Educational and fun.

 4 Lobos y 3000 Buitres

05



→ Serradilla

❤️ 🔍 🗑️ 1,2k likes

Extremadura XCM Open, a tough #MTB marathon that is held at the end of March or beginning of April.

 Interpretation Centre Mark of Man


08



→ Serradilla

❤️ 🔍 🗑️ 98k likes

A unique place to discover the archaeological and ethnographic heritage of the reserve. Tools, utensils...

 Re-enactment of the Route of the English

09



→ Romangordo (may)

❤️ 🔍 🗑️ 895 likes

Re-enactment of the historical #battle between the English and French, along with a hiking route.

 Northern Visitors' Centre

10



→ Malpartida de Plasencia

❤️ 🔍 🗑️ 91k likes

#Monfragüe National Park Reception Centre. A modern, interactive and educational building. 🥰🥰



NATURALLY SPEAKING

Nature, history and adventure

Are you trying something new?

#ReservaBiosfera #Monfragüe #Senderismo #Birding
#PeñaFalcón #ÁrbolesSingulares #MTB #Astroturismo

EXPERIENCES

Unique Trees: the Venero Cork Oak, the 'Padre Santo' Cork Oak, the Hackberry at Lugar Nuero, etc.
Page 33

BIRDWATCHING

We'll tell you the best kept secrets for you to enjoy paradise
Page 32

HIKING

More than 20 marked routes to walk merrily
Page 28

STARGAZING AND MTB

Starlight destination and the best MTB routes in the reserve
Page 30

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 where endangered species such as the imperial eagle, black vulture, and black stork live. Human beings have inhabited this space since prehistoric times, serving as proof of this are the 107 shelters with rock paintings. A Starlight Destination because of its value as a stargazing site, Monfragüe has surprises in store for you both day and night.

*If not
now,
when?*



MONFRAGÜE ROUTES

12

APPROVED
TRAILS

07

NATIONAL
PARK TRAILS

14

RESERVE
TRAILS

INFO+TRACKS



FOURTEEN TRAILS TO HAVE THE RESERVE AT YOUR FEET

*PENELOPE, DO
YOU WANT TO
TAKE A TRAIL?*

*OF COURSE,
PACO! WE'RE IN
MONFRAGÜE*



Despite its size, a good part of the reserve can be covered on foot; therefore, there are fourteen signposted trails. One of the more interesting trails is Cerro Tejonera Trail (PR-CC 67) in Serrejón: 10 km of Mediterranean forest. The La Hoyuela Mill Trail (SL-CC 43) in Torrejón el Rubio, just



Fran and Carlos are hiking around the Campana de Alabalat area. And everything it has to offer has really surprised them: interpretation centres, trails, trompe l'oeils, unique trees....

6 km long, will take you to an old water-powered flour mill.

And if you prefer gorges and waterfalls, PR-CC 70, in Romangordo, takes you through a lush forest of alder, chestnut, and hackberry trees over a 10 km walk. Also interesting are the Garganta del Fraile Trail, in Serradilla, and the La Breña Trail, in Deleitosa, which run through interesting places like the La Portilla Waterfall and the Venero Frio Gorge, respectively.

Special Routes

SOME SUGGESTIONS

01 NATIONAL PARK ROUTES

In the National Park, there are three main itineraries identified in green, yellow, and red; the latter will take you to the Monfragüe Castle, where you can also see its rock paintings.

02 ARMORICAN QUARTZITE ROUTE

This route actually covers the entire Province: from the VilluercasIbores Jara Geopark to Tagus International. It crosses, of course, the Monfragüe Biosphere Reserve. It features quartzite rock formations and beautiful landscapes.

03 I LOVE THE BERREA

One of Monfragüe's attractions is being able to enjoy the bellowing of the deer in early autumn. Tours and workshops are set up to enjoy this experience every year.



STARGAZING

THE RESERVE: THE GREAT STELLAR SANCTUARY

At night, the Monfragüe sky also lets its wealth shine through. Monfragüe is a Starlight Destination, as it has excellent qualities for observing the sky. To round off the experience, the municipality of Torrejón el Rubio is home to the Monfragüe Astronomical Observatory, where –in addition to an interpretation centre– there is a four-metre-diameter dome with various telescopes, including a solar telescope, for observing the sky. Everything is very educational, making this an ideal activity for the whole family.

STELLAR PROPOSALS

01 PORTILLA DEL TIÉTAR VIEWPOINT

This is the main viewpoint, along with the Monfragüe Castle and the Salto del Gitano Cliff and Viewpoint.

02 ASTROPHOTOGRAPHY

Ideal for astrophotography, you'll be able to capture the magic of the Milky Way.

03 NEBULAE AND TELESCOPES

The M17 (Omega) and M16 (Eagle) nebulae are visible to the naked eye. With binoculars or a telescope, you'll just be amazed.

CYCLING TOURISM

MTB COLLECTOR ROUTES IN THE

IF YOU WANT CYCLE ROUTES, WE HAVE CYCLE ROUTES

The reserve has a MTB centre and more than 300 kilometres of routes that can be done by bicycle. There is something for all tastes and all physical conditions. Do you dare to discover them?

● VERY DIFFICULT

01 Carroñera: 60 km

● DIFFICULT

02 Camino de la Trashumancia: 40 km

03 Cuatro Lobos: 52 km

● EASY

04 Monfragüe Panorámico: 29,3 km

05 Dehesas de Arrocampo: 39,7 km

06 Camino del Tajo: 21,2 km

07 La Canaleja: 25,2 km

08 La Raña: 28,4 km

CTION, THE RESERVE



Get to know some of these paths with David Cachón through his *The Cáceres Bike Adventure reports*



MTB Contest "The Goods Non Stop" (Cañaveral)



MTB MONFRAGÜE THE KEYS TO PEDALLING

Let us give you all the details so that your cycling experience goes off without a hitch.



+INFO
Routes,
tracks,
data....

01

CAMINO NATURAL DEL TAJO

Another great option: the Natural Path of the Tagus Route crosses the whole Reserve from the east to the west – the best way to get to see everything.

02

VÍA VERDE DE MONFRAGÜE

Next to the Monfragüe station, in the Malpartida de Plasencia region: 17 km of an old railway route that has been converted for recreational use.

03

THE GOODS NON STOP

Experience an adventure by completing the route between Madrid and Lisbon measuring more than 770 km. A challenge that passes through the Reserve.



BIRDING

ARE YOU A BIRD WATCHING AFICIONADO? THEN PLAY IT SAFE: CHOOSE MONFRAGÜE

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. These are ideal for those with reduced mobility, as they can be accessed by car. The Salto del Gitano Cliff and Viewpoint is the most well known, just in front of Peña Falcón Rock, where the black stork, griffon vulture, and Egyptian vulture nest. It is also common to observe the imperial eagle, peregrine falcon, Eurasian eagle-owl, white-rumped swift, and blue rock thrush.

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....

But this is not the only place for birdwatching: let us show you some more:



FIVE ORNITHOLOGICAL HOTSPOTS


01 LA TAJADILLA

Featuring a picnic area and parking, this is a good place for sighting Bonelli's eagle and the Egyptian vulture.

02 PORTILLA DEL TIÉTAR

A bit more modest than Peña Falcón Rock, but the best place in the park to observe the Eurasian eagle-owl and the imperial eagle.



 Birdwatching
(Monfragüe Castle Viewpoint)

03 AROUND THE GREAT TAGUS RIVER

A tourist boat takes you around Peña Falcón Rock... seeing birds from the water is something different, just wait and see.

04 ARROCAMPO ORNITHOLOGICAL PARK

In Saucedilla, two routes and five observatories: the swamphen, water rail, Eurasian bittern, and squacco heron – the latter two in danger of extinction – are some of the birds that you can see.

→ birdingsaucedilla.com

05 CHARCO SALADO

This wetland where you can see cranes and black storks is located on the Las Mestas Trail (PR-CC 68).

OTHER EXPERIENCES

LET'S TALK ABOUT UNIQUE TREES

THE VENERO AND LOS CERCONES CORK OAKS

In Romangordo and Higuera de Albalat, with an estimated age of 350 years.

THE PADRE SANTO ('HOLY FATHER') AND GRUESO CORK OAKS

Another two centenarian cork oaks in Mirabel whose estimated age is also 350.

THE HACKBERRY AT LUGAR NUEVO

In Villarreal de San Carlos, the only species declared unique to the region, measuring 15 metres in height and about 200 years old.

IN MEMORIAM

EL ABUELO DE TORIL

The Abuelo de Toril, a cork oak that was more than 500 years old, is still remembered today, as it completed its life cycle in December of 2011 when it finally fell. Seven of its acorns were used to plant more trees in its memory.



Venero Cork Oak
(Romangordo)

Hi! Could you take a picture of me?

Sure! But it has to be quick, I'm on my way to Monfragüe



The list of all lists

THE BEST OF THE BEST: BY CATEGORY

We're going to show you seven themed categories in a display of technique and synthesis. In just a single glance, you'll be able to see "the best of the best" of each section: activities for children, weekend plans, gastronomy, hiking trails, cycling tourism, and our birds zone. Yeahh!

We clearly click on **ACCEPT**.

🔍 I LOVE LISTS



READY-MADE PLANS FOR A WEEKEND

If you come, you'll have things easy. Synchronise your calendar and note down the ideas we've prepared for you after days of intense debate. We've got it packed.



FRIDAY · Arrival and settling in

Afternoon · Immersion in the reserve

Start with Toril, visit the Pórtico de Monfragüe Interpretation Centre and they'll tell you everything you can do. Take advantage and stop at the Portilla del Tiétar Viewpoint.



SATURDAY · Birdwatching and sports

Morning · A little exercise

A trail or a MTB route are your best options to start the morning off right.

Afternoon · Messages from thousands of years ago

Take advantage of the afternoon to birdwatch around Monfragüe and visit the Castle's rock paintings.



SUNDAY · The day of the villages

Morning · A tiny monastery

Visit the El Palancar Monastery, which they say is the smallest in the world.

Afternoon · Village time

Serradilla or Mirabel are two good options for a nice walk.

DO YOURSELF A FAVOUR AND EAT IN FOUR SIMPLE STEPS

Local products and three typical dishes. That's right, to be able to make this information easy to digest for you, we've simplified the culinary offerings of the region.



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

Anything that has to do with Iberian ham, lamb, and beef – but also goat cheeses, honey, and wild berries.



MUSHROOMS

Increasingly present on local menus and a resource on the rise in the region: Caesar's mushrooms.... mmmmm.



VENISON STEW

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

WHEN YOU LET THE KIDS DECIDE

Six activities that we know will leave a good mark on your little ones' childhood. Whether walking, by bike, or at night.



In search of fossils

Look for fossils or pan the river in search of gold thanks to the workshops at the Monfragüe Geocentre.



Castles

The Mirabel and Monfragüe are ideal to let the kids be the stars of the story.



Custom size

What about visiting the El Palancar Monastery, which seems as though it was custom made to be the kids' size?



On wheels

The Greenway is an excellent option for the little ones: it's pretty flat and has the best surface.



To the cave!

Visit the Rock Art Interpretation Centre and then the rock paintings at the Castle cave.



Starry sky

Learn everything you need to know at the Astronomical Observatory and then gaze at the stars through its telescopes.

BIRDWATCHERS OF THE WORLD: PARADISE IS HERE

You'll be able to check a lot of birds off your list at the reserve. You'll find the elusive swamphen, the skilled osprey, and the triple play of birds of prey: vultures, eagles, and falcons. Shall we go?



ORNITHOLOGICAL WEALTH

To speak of the reserve is to speak of birds. On the dehesa, you will find cranes, and in the rocks there are griffon vultures, Egyptian vultures, black storks....



ARROCAMPO PARK

A true paradise for watching lake birds. More than 170 species, 5 viewpoints, and many routes. Enjoy!



POINTS OF OBSERVATION

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.



APP BIRDING IN EXTREMADURA

Complete list of 150 birds, songs, images, habitats, and the best routes for birdwatching in Extremadura.

CAMPING AND CARAVANNING ARE COOL. CASE STUDY:

Camping and caravanning are on the rise. Here are 6 keys to have a blast when travelling with your house. Do it yourself!



Excellence

Monfragüe está entre los cinco mejores parques de España para ir con caravana, según *Indie Campers*.



Caravan area

Malpartida de Plasencia and Deleitosa have places set up for campers and caravans.



BBQ Special

Barbecues are a classic, but be careful with limitations on making a fire in the summer season.



Wastewater

The two camping areas mentioned also have a water change service.



Where to park

Like any other vehicle, you can park where parking is permitted.



Helpful tips

Many of the viewpoints in the National Park have parking areas.

CYCLING TOURISM AND MTB COLLECTION PRESENT

Aluminium rims, carbon fibre frame, graphene sprockets.... Materials matter, but don't forget to stop and eat and drink. You're in Monfragüe.

→ turismomonfrague.es/centrobt



CARROÑERA 60,1 KM

The name in and of itself is telling – this is the most difficult route of the reserve:

Serradilla, Villarreal de San Carlos, Malpartida de Plasencia, Serradilla.



CAMINO DEL TAJO 21,2 KM

A linear route without excessive complications between Serrejón and Higuera de Albalat. Perfect for the less demanding.



CUATRO LOBOS 52,3 KM

A bit less difficult than the previous one, but also very demanding:

Serradilla, Mirabel, Casas de Millán, Serradilla.



LA RAÑA 28,4

Another linear trail, but a bit more demanding because of the climb to Miravete: Casas de Miravete, Jaraicejo, Deleitosa.

TRAILS AND ROUTES TO BREAK YOUR BOOTS IN

36/37

What should you take in your backpack? A map, sandwich, a change of clothes, water, and a 'bota' wineskin bag. Don't worry about the trails, we'll make sure they're there. Ok, let's give you some recommendations.



GREEN, RED, AND YELLOW

Doing the 3 main routes of the park is a must if you want to really enjoy the space. Relax, you can't go wrong.



EL ROBLEDO ROUTE PR-CC 69

A circular trail measuring 14 km in Malpartida de Plasencia: oaks, chestnut trees, cork oaks, anthropomorphic tombs, and a Celtic fort. Excellent.



LAS FUENTES SL-CC 46

A circular trail measuring 7.5 km in the municipality of Jaraicejo that takes you through the area springs and goes up to La Raña, in Cantalgallo, an area with very special landscape.

UMBRÍA DEL BARBECHOSO PR-CC 66

Another highly recommended circular trail in Mirabel measuring 10.5 km: a castle, unique trees, chestnuts, and the incredible shade.

Guys, what have you found?

I've got it! The key lies in Monfragüe

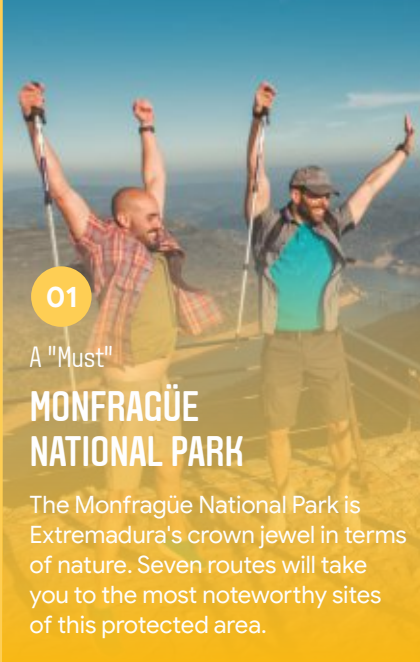


'Make My Day' Special EXPERIENCES THAT CAN CHANGE YOUR LIFE

The Reserve cannot be summarised with just ten experiences; if you come, you'll see what we're talking about. The time has come to put what we have learned into practice – we've chosen them for you sure that you'll have a blast.

It's time to travel!

Q MONFRAGÜE EXPERIENCES



01

A "Must"

MONFRAGÜE NATIONAL PARK

The Monfragüe National Park is Extremadura's crown jewel in terms of nature. Seven routes will take you to the most noteworthy sites of this protected area.



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. Ideal for the whole family.



03

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.

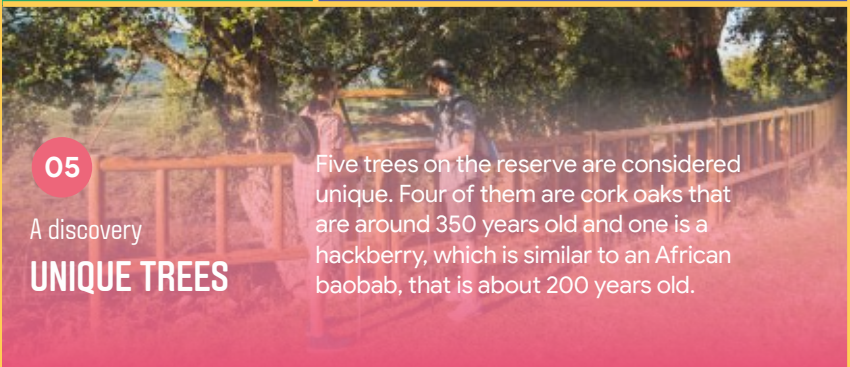


04

An event

EXTREMADURA INTERNATIONAL BIRDWATCHING FAIR (FIO)

A "must" for those who love birdwatching. FIO is the most important birdwatching fair in Europe. Guided tours, exhibitions, conferences, and workshops in the middle of the National Park.



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, which is similar to an African baobab, that is about 200 years old.

06

A MTB Centre

MONFRAGÜE BIOSPHERE RESERVE

Look for information on the eight marked and approved MTB routes throughout the reserve... and off you go pedalling! 😊

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. If you prefer something a little easier, the Monfragüe Greenway is for you.

08

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.

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

A menu

SIT AROUND THE TABLE!

To regain strength, there is nothing better than a good venison stew, Iberian ham, cheese, and some mushrooms. Delightfully delectable.

HI! I'M ANA! 😊



The office of...

ANA MARÍA RUIZ, TOURIST GUIDE

With the great *"There are no longer tomatoes that taste like tomatoes"* in mind, we are bringing you the office of Ana to shed light on this and other questions.

A SUPERFOOD

Honey: delicious, nutritious, and natural. And all the other related products like pollen and royal jelly.

AN "ALL-IN-ONE" EXPERIENCE

Monfragüe is, in and of itself, an "all-in-one": nature, gastronomy, culture, heritage ... what else do you want?

ZERO STRESS

Considering that a monastery is, in and of itself, a place of retreat, El Palancar (Pedroso de Acim) is an oasis of tranquillity.

AN ACTIVITY

Stroll through Romangordo and enjoy the "trick" of the trompe l'oeil masterpieces. Urban art in the rural world.

MON AMOUR

Let the stars be the only witnesses to a romantic night under the skies of Monfragüe.



Sometimes you have to get out to find what you're looking for

INFORMATION OF INTEREST

Discover the extraordinary effects of travelling to the Biosphere Reserve. Information, downloads, and helpful tips. And remember, true balance is in movement. That's it.

Q MONFRAGÜE INFORMATION



COMMANDMENTS OF THE RESPONSIBLE TOURIST

—
Prepare your trip well

—
Look for lodging with sustainable practices

—
Be picky when making reservations

—
Say goodbye to prejudices

—
Support the local economy

—
Choose transport wisely

—
Minimise waste

—
Be a responsible photographer

—
Respect the flora and fauna

—
Mingle with the locals



BIOSPHERE RESERVE INTERP. CENTRE
Toril - Tel. 927 577 191

NATIONAL PARK NORTHERN VISITORS' CENTRE
Malpartida de Plasencia
Tel. 927 199 134

BEE AND BIODIVERSITY ACTIVITY CENTRE
Higuera de Albalat
Tel. 927 198 992

MONFRAGÜE GEOCENTRE
Casas de Miravete
Tel. 927 576 581

TOURISM OFFICE, ROCK ART INTERP. CENTRE, LEGENDS OF MONFRAGÜE, ASTRONOMICAL OBSERVATORY, AND BIRD CENTRE
Torrejón el Rubio
Tel. 927 455 292

ARROCAMPO ORNITHOLOGICAL PARK
Saucedilla
Tel. 927 544 037

ROUTE OF THE ENGLISH, UNCLE CÁSCOLES, AND HOUSE OF AROMAS
Romangordo
Tel. 927 576 581

NATIONAL PARK RECEPTION AND INFORMATION CENTRE
Villarreal de San Carlos
Tel. 927 199 134

MARK OF MAN INTERP. CENTRE AND LUGAR NUEVO
Serradilla
Tel. 652 504 927

ReservaBiosferaMonfrague

Monfrague_

www.reservabiosferamonfrague.es

No matter what options you choose, don't forget to put some of these things in your suitcase or backpack:

01 **BIOSPHERE RESERVE TOURIST GUIDE**

02 **TOILETRIES, BASIC FIRST, SWIMSUIT AND A FEW CHANGES OF CLOTHES**

03 **BOOKS FOR READING**

04 **ADD POINTS OF INTEREST TO GOOGLE MAPS**

05 **CÁCERES PROVINCE ROUTE GUIDE**

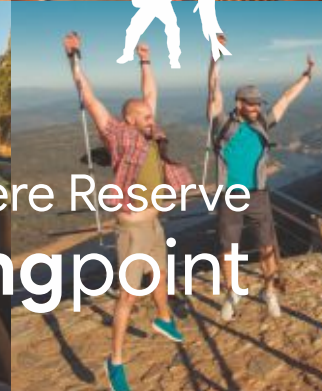
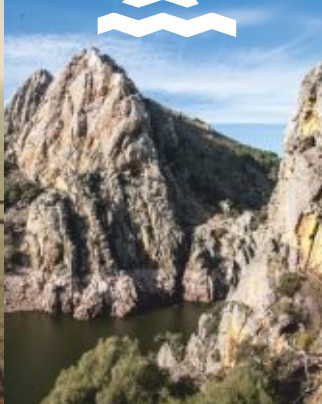
06 **CAMERA OR MOBILE PHONE WITH ENOUGH MEMORY**



Download or view the car route through the Monfragüe Biosphere Reserve



Space included in the Cáceres Province Network of Interpretation Centres



Monfragüe Biosphere Reserve
Meetingpoint

Province of Cáceres

Home Great Plans Blogtrip

I want to go!

It's happening!



Monteagudo de las Alcázaras, desde 2003
Programa sobre el Hombre
y la Biosfera

Monfragüe Biosphere Reserve Meeting point

Q IF NOT NOW, WHEN?



DIPUTACIÓN DE CÁCERES
ÁREA DE RETO DEMOGRÁFICO,
DESARROLLO SOSTENIBLE, JUVENTUD Y TURISMO

www.turismocaceres.org