

Tourist Map Route Guide



Puente del Arzobispo - Peraleda de San Román

Stage
01

37,4
km

This section kicks off the itinerary of the *Ciclosenda del Tajo* (Tajo Cycle Route) at the provincial border with Toledo to enter the province of Cáceres and follow part of the River Tajo Nature Trail, one of the stretches of the river with the greatest number of natural areas from its source. The landscapes will be covered with olive trees, almond trees, holm oaks and the amazing geological heritage of the Villuercas-Ibores-Jara Geopark. The last stop of this first stage will be Peraleda de San Román and the Roman remains which are hidden among the surrounding rocky terrain.

What will you find on this route?

We enter the lands of Extremadura following the *Camino Real de Guadalupe* (The Royal Road to Guadalupe) between fields of cereal and olive groves. Used since Roman times, it acquired considerable importance in the 13th century, after the construction of the Monastery of Guadalupe, becoming one of the pilgrimage routes between the religious building and Castile.

After crossing the EX-387, the pastures give way to the municipalities of Villar de Pedroso and Valdelacasa de Tajo. In the first municipality we must stop at the Verraco zoomorphic sculpture, of Vetton origin and stamped with a funerary inscription in Latin. Here we can also visit the *Centro de Interpretación del Carnaval de Ánimas* (Carnival of Souls Interpretation Centre), a Festival of Regional Tourist Interest. In Valdelacasa de Tajo awaits another boar and the La Asunción Church, built between the 15th and 16th centuries with a range of styles among which the Gothic predominates. The Valdelacasa anticline overshadows the landscape here.

Following the River Tajo Nature Trail, we will pass through hunting reserves and crop fields where roe deer and partridges can be spotted. After turning off towards Garvín, we will arrive at Peraleda de San Román, where the San Juan Bautista Church and the Romanesque remains of the churches of San Román and La Poveda, both from the 15th century are well worth a visit.

This section of the *Ciclosenda del Tajo* (Tajo Cycle Route) runs through the *Comarca de los Ibores* (Ibores Region), following the River Tajo Nature Trail, which combines trails and road. After leaving Peraleda de San Román, the fields abound with olive groves as a prelude to some of the most beautiful views of the Valdecañas Reservoir. Among the essential stops of the stage is the Los Mármoles Roman Temple, but neither should we cease to be amazed by the stony landscapes that the Villuercas-Ibores-Jara Geopark will show us.

What will you find on this route?

Leaving Peraleda de San Román behind, following the River Tajo Nature Trail surrounded by olive groves that will accompany us during the first stretch of this stage. The trail is enclosed by old stone walls that welcome the Gualija River, which we will cross via an old bridge. Continuing along narrow roads surrounded by crops which end with the breathtaking panoramic views of the Valdecañas Reservoir.

Before reaching Bohonal de Ibor, we can take a slight detour and stop at the extraordinary ruins of the Roman city of Augustobriga, built on the banks of the Tagus and engulfed by the Valdecañas Reservoir. The most remarkable thing about this archaeological site is the Los Mármoles Temple, moved stone by stone a few metres to the west to ensure its safety.

Skirting Bohonal de Ibor to the south, we will continue the route combining parallel roads and byways, such as the one that crosses the Ibor River, which gives the region its name. There we will find the medieval Las Veredas Bridge. Further on we will arrive at Mesas de Ibor. The austere church of San Benito Abad and the Plaza de la Constitución (Constitution Square) are its highlights.

The bell tower of the church of San Sebastián Church will guide us to Higuera de Albalat.

Peraleda de San Román - Higuera de Albalat

Stage
02

39,3
km



In Alcántara, supplemented by its very important historical legacy, we start the eighth stage of the *Ciclosenda del Tajo* (Tajo Cycle Route), which runs a few kilometres from the longest river of the peninsula to reach Carbajo, passing first through Membrió and its anthropomorphic tombs. From this stage we are left looking at the magnificent surroundings which will accompany us along the way: the Tajo International Transboundary Biosphere Reserve, the Llanos de Alcántara y Brozas and the Sierra de San Pedro mountains.

What will you find on this route?

This first part of the itinerary runs south of the Tajo International Transboundary Biosphere Reserve, where we can see one of the most important megalithic sites in Europe, made up of more than 100 dolmens and menhirs such as the Cabezo, as well as enjoying breathtaking views of the Tagus, the Roman bridge of Alcántara and the reservoir dam, particularly beautiful from the Balcon del Mundo viewpoint.

On dirt trails, we will cross the Llanos de Alcántara y Brozas, a steppe area between the Salor and Tajo rivers. The route continues between holm oaks and rockroses which will take us to Membrió.

Once there, we will visit the Nuestra Señora de Gracia Church and, on the outskirts, the San Bernabé Chapel, a small church with paintings in its interior. To the south, there are very interesting anthropomorphic tombs measuring 2 metres in length and 60 centimetres in depth excavated in the rock. They are probably Visigothic, although their exact origin is not known.

We will continue to Carbajo, cycling along trails with the San Pedro mountain range as a backdrop, another area belonging to the Natura 2000 Network.

Alcántara - Carbajo

Stage
08

47,4
km



Higuera de Albalat - Villarreal de San Carlos

Stage
03

59,7
km



The first section of this stage is characterised by holm oaks and cork oaks which silhouette the pasturelands of Extremadura. Further on, the reservoirs join the landscape defining one of the routes where the untamed nature is more present, particularly thanks to the National Park and the Monfragüe Biosphere Reserve, where much of the route runs under the watchful eye of the great birds that fly over it.

What will you find on this route?

We leave Higuera de Albalat, but not before visiting its *Centro de Actividades sobre las Abejas y la Biodiversidad*, CASAB (Centre of Activities on Bees and Biodiversity, CASAB). Immersed in the pasturelands of Extremadura colonised by cork oaks and holm oaks, we will find the Tagus River. To cross the river we must cross the Albalat Bridge.

A few kilometres to the north is Serrejón, located between the plains of Campo Arañuelo and the mountains of Monfragüe. Once in Serrejón, it is possible to visit the San Ildefonso Church, whose construction began in the 15th century and was not completed until the 18th century. In the vicinity we will also find the *Mirador de los Conchos* viewpoint, from where to observe the majestic natural surroundings, and the Bermeja Cave, whose interior still preserves valuable cave paintings.

On the way to Toril, the next stop, the landscape combines wetlands and pasturelands. In Toril, the San Blas Chapel and the "Pórtico de Monfragüe" Biosphere Reserve Interpretation Centre, an excellent place to organise a visit to the territory, stand out. The route continues along dirt trails interspersed with roads.

Villarreal de San Carlos is the end of this third stage. Among sites to visit are the Socorro Chapel or the Monfragüe National Park Interpretation Centre.

Carbajo - Cedillo

Stage
09

40,5
km



The last stage of the *Ciclosenda del Tajo* (Tajo Cycle Route) runs through the Tajo International Transboundary Biosphere Reserve, so the vegetation will be considerably abundant, especially scented by rockroses. On our way we will find anthropomorphic tombs and dolmens which make up part of the area's precious heritage. After leaving behind Cedillo, the last town of the route, a beautiful scenic road will take us to the Cedillo Reservoir Dam, where the Tagus continues its descent through Portugal and which will put an end to our adventure.

What will you find on this route?

Leaving Carbajo we set off on the ninth stage of the *Ciclosenda del Tajo* (Tajo Cycle Route) at the foot of the Sierra de San Pedro mountain range. Along the way there are several caves with cave paintings among which El Buraco, El Borrico and El Agujero Caves stand out. In the area we will also find small dolmens whose origins date back to circa 4,000 years BC.

In Santiago de Alcántara further information can be obtained about this region abounding with particularly valuable megalithic sites in the Megalithic Monuments Interpretation Centre and stroll through its narrow streets of white houses.

To get to Herrera de Alcántara there are two options available, either by road or by the somewhat more demanding River Tajo Nature Trail. Both options cross the Rivera Aurela, where the river meanders surrounded by rugged mountains and trails on which grow holm oaks, cork oaks and rockroses which permeate the route with aroma.

Several roads will take us to Cedillo, where we can rest and enter the San Antonio Church, built in 1894. The "El Casón" Visitor's Centre has various exhibition and educational resources, as well as containing an ethnography exhibition and a viewpoint from which you can see the village itself, the Tagus River and Portugal.

The first section of this stage runs through the National Park and Monfragüe Biosphere Reserve, letting us to discover its most hidden charms. The surrounding flora and fauna will guide us, through the Cañada Real de Trujillo and the La Herrera, Enmedio and the De la Cueva mountains, to Serradilla, where we will admire its chapels and the Santuario del Cristo de la Victoria (Blessed Christ of the Victory Sanctuary) and can relax under the Pinar de Serradilla, another point of great biodiversity.

What will you find on this route?

From Villarreal de San Carlos we set off on start the fourth stage of the *Ciclosenda del Tajo* (Tajo Cycle Route) surrounded by pine forests and riverside vegetation. But before leaving this nature tourism focused hamlet, we will approach the El Cardenal Bridge, built over the Tagus in 1446 by order of Cardinal Juan de Carvajal to facilitate communications between Trujillo, Jaraiçejo and Plasencia.

Our itinerary advances through the Cañada Real de Trujillo, crossing the EX208 on a couple of occasions, until we reach the Monfragüe campsite the North Visitors' Centre, from where it continues along secondary roads and forest tracks first, and pasturelands guarded by the La Herrera mountains later. From this point we will gain momentum to surmount the Enmedio and the De la Cueva mountains, enjoying its lush vegetation. We will descend through the latter, spotting our destination among olive trees and holm oaks.

Finally in Serradilla, it's well worth while wandering its maze of streets with whitewashed houses and to visit its chapels (San Antonio, Santa Bárbara, Santa Catalina and Santa Ana), the "The Mark of Man" Interpretation Centre and the *Santuario del Cristo de la Victoria* (Blessed Christ of the Victory Sanctuary). Declared a Historic-Cultural Monument, this convent houses an iconic Christ sculpted by Domingo de Rioja in 1635, and a magnificent collection of Baroque paintings by artists such as Caravaggio, Rubens and Claudio Coello.

Villarreal de San Carlos - Serradilla

Stage
04

35,8
km



Ciclosenda del Tajo

Reacquaint yourself with the Tagus



Stage
05

Serradilla - Cañaveral

27,5
km

The fifth stage of the *Ciclosenda del Tajo* (Tajo Cycle Route) runs mainly along regional roads which cross pasturelands, crop fields and grazing lands at the foot of the Santa Catalina Mountains. Casas de Millán and Cañaveral will be the two towns where we can recover and get one's second wind and visit their heritage.

What will you find on this route?

Moving away from the white buildings which silhouette Serradilla, we follow the local road surrounded by holm oaks, cork oaks and olive trees which cover the pasturelands. These plains, teeming with fauna and birdlife, contrast with the mountain ranges which surround Casas de San Millán reaching 700 metres in height.

In Casas de Millán we will take a cultural stroll through chapels from different periods and the San Nicolás de Bari Church. Among the town's civil buildings is the Palace-House of the Marqués de Siete Iglesias, located in the small square of the Palace. A dirt road will take us to the next stop of this fifth stage, passing under the train tracks, along the La Plata highway and the Cañaveral Reservoir. In Cañaveral we can rest after visiting the San Roque Chapel and the gothic San Benito Bridge.

Stage
06

Cañaveral - Garrovillas de Alconétar

29,9
km

From Cañaveral to Garrovillas de Alconétar passing by the Alcántara Reservoir and its Roman remains emerging from the waters. This is what awaits us in this sixth stage of the *Ciclosenda del Tajo* (Tajo Cycle Route), which runs along paths shared with the Camino de la Plata or Silver Route and ends at one of the largest squares in Spain.

What will you find on this route?

We leave behind Cañaveral and its San Benito Bridge, to cycle along a trail which is part of the Via de la Plata or Silver Route, where semi-bare fields of Mediterranean vegetation hide hares, partridges and foxes.

Returning to our cycle tour path, the vegetation increases as we reach another of the reservoirs of the River Tajo Nature Trail, that of Alcántara. The route will leave us with magnificent views of the Tagus River and the reservoir. Heading south around the reservoir, the stage continues between striking rock formations and wooded areas before reaching the Plaza de la Constitución (Constitution Square), in Garrovillas de Alconétar. Recognised as a Historic-Artistic Monument of National Interest, it is one of the largest squares in Spain.

Garrovillas de Alconétar - Alcántara

Stage
07

42,9
km



Almond, holm oak, olive and pine trees silhouette the first part of this stage of the *Ciclosenda del Tajo* (Tajo Cycle Route), which will end at the entrance of the Tajo International Transboundary Biosphere Reserve, at the emblematic Roman Bridge of Alcántara. The history of this town, where vestiges dating back to the Palaeolithic have been found, is distinguished by its churches, chapels, convents, palaces and ancestral homes.

What will you find on this route?

We bid farewell to the great Plaza Mayor of Garrovillas de Alconétar (main square) and the abandoned San Antonio de Padua Convent to undertake the seventh stage of the *Ciclosenda del Tajo* (Tajo Cycle Route), under a field teeming with almond trees.

We will continue bypassing creeks until reaching Mata de Alcántara along a dirt trail separated from the River Tajo Nature Trail. Along the way, the San Lorenzo Chapel, patron saint of the municipality, as well as numerous anthropomorphic tombs and other archaeological remains which these lands hold, can be seen.

Symbolic in Mata de Alcántara is the Renaissance church of Santa María de Gracia (16th century), which occupies the centre of the Plaza de España and has been declared a Site of Cultural Interest. Its interior preserves murals attributed to Juan de Rivera.

At the entrance of Alcántara the vegetation of the land changes. We are in front of the Alcántara Dam also known as the José María de Oriol Reservoir, a fantastic place for bird watching, among which the griffon vulture and the Bonelli's eagle, stand out. Of course, we can't forget its valuable Roman legacy, with its famous bridge, which was completed circa 104, a National Monument since 1924. The monumentality of Alcántara is underlying in buildings such as the Hospedería Conventual de Alcántara, which occupies the former convent of San Bartolomé (15th century) or in the Conventual de San Benito, among many others.



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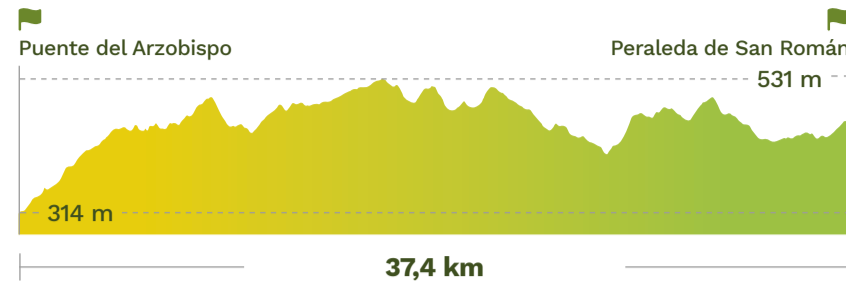
Ciclosenda del Tajo

Reacquaint yourself with the Tagus



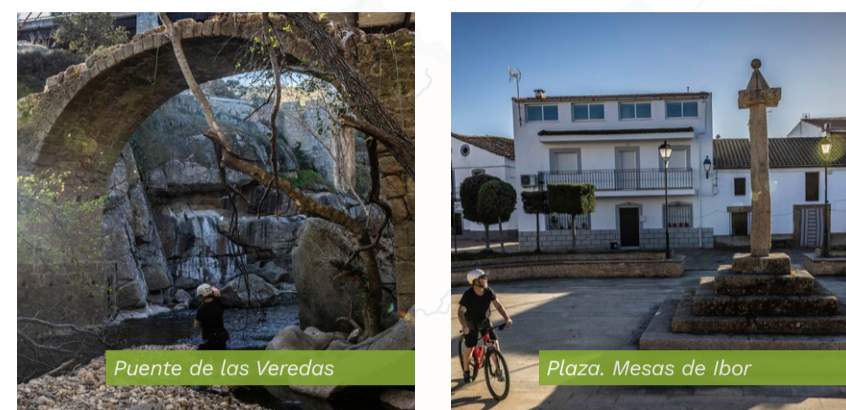
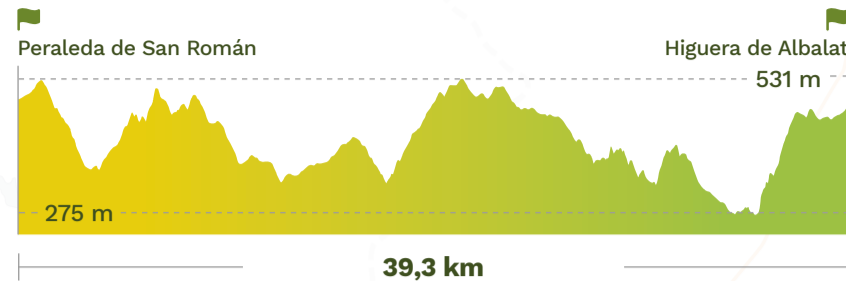
Stage 01

Average gradient: 2,5 % Route type: Linear
 Minimum altitude: 314 m Maximum altitude: 531 m
 Elevation gain: 595 m Elevation loss: -441 m
 Estimated time: 3h 20min Difficulty: Easy



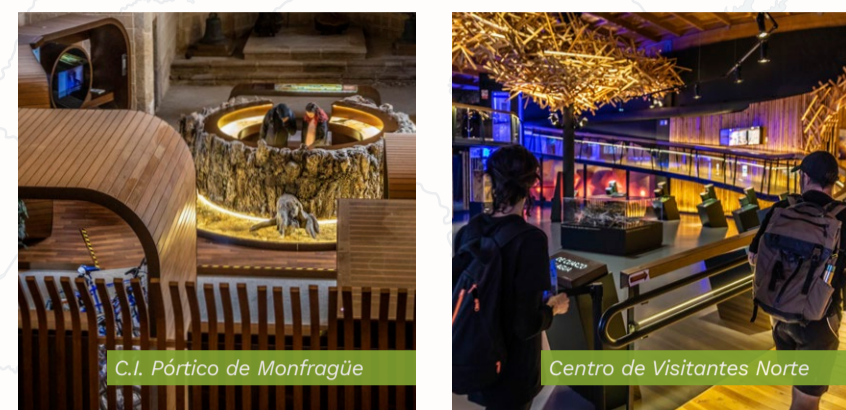
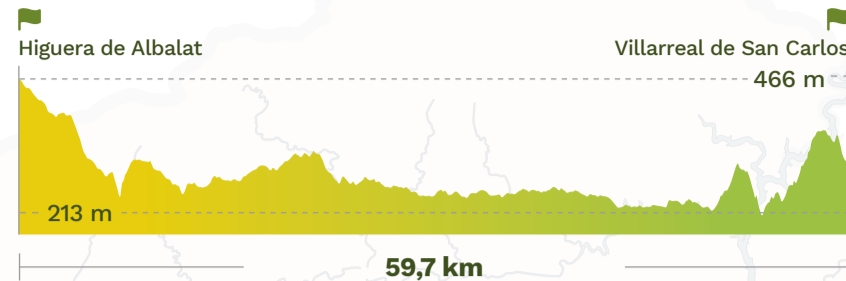
Stage 02

Average gradient: 4,7 % Route type: Linear
 Minimum altitude: 275 m Maximum altitude: 531 m
 Elevation gain: 1022 m Elevation loss: -1029 m
 Estimated time: 4h Difficulty: Difficult



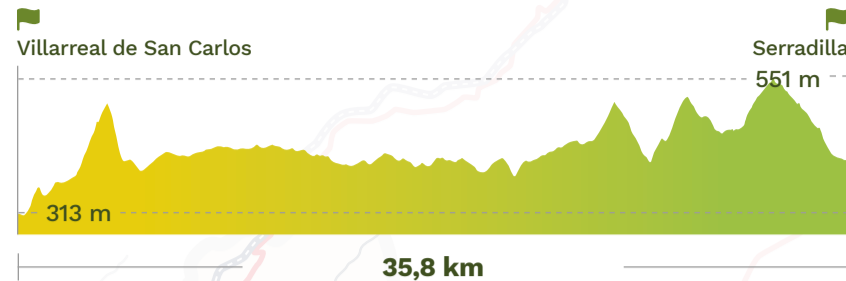
Stage 03

Average gradient: 2,3 % Route type: Linear
 Minimum altitude: 213 m Maximum altitude: 466 m
 Elevation gain: 758 m Elevation loss: -909 m
 Estimated time: 5h 10min Difficulty: Difficult



Stage 04

Average gradient: 3,7 % Route type: Linear
 Minimum altitude: 313 m Maximum altitude: 551 m
 Elevation gain: 765 m Elevation loss: -672 m
 Estimated time: 3h 45min Difficulty: Difficult



Monfragüe National Park and Biosphere Reserve

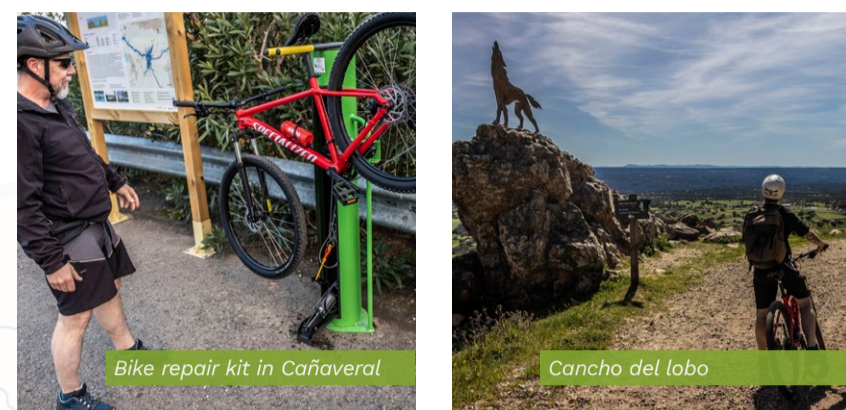
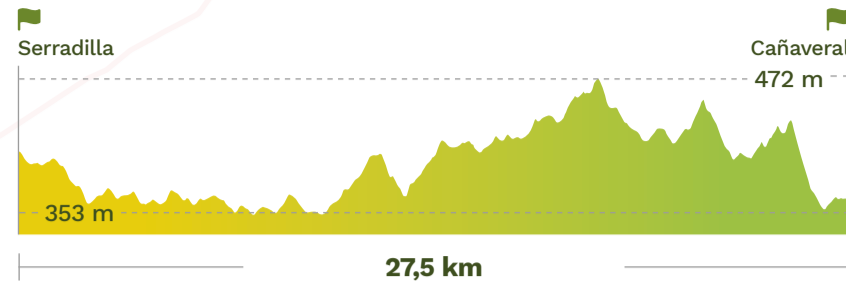
Stages 3, 4, 5, and part of Stage 6 runs through the Monfragüe National Park

Declared Biosphere Reserve in 2003 and National Park in 2007, Monfragüe is one of the most extensive and best preserved examples of Mediterranean forest, which combines with continental and Atlantic fragments, bringing together a very diverse nature among which endangered species such as the Iberian lynx can be found.

Furthermore, this unique reserve is an extraordinary sanctuary for the sighting of Spanish imperial eagles, black storks, vultures and other large birds.

Stage 05

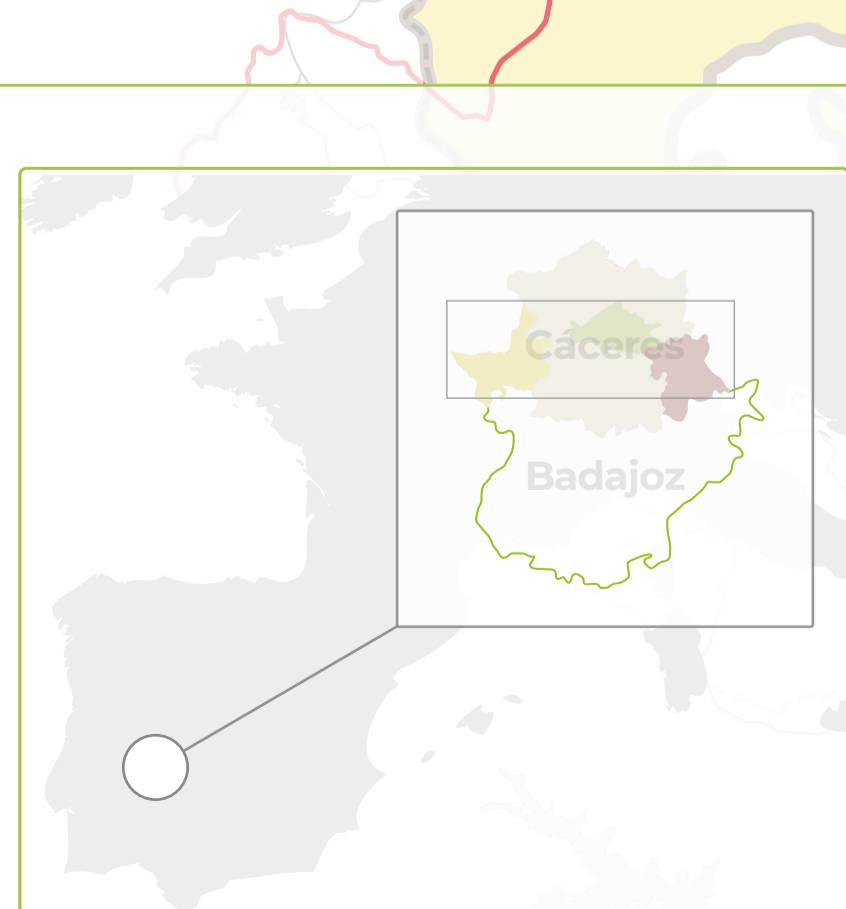
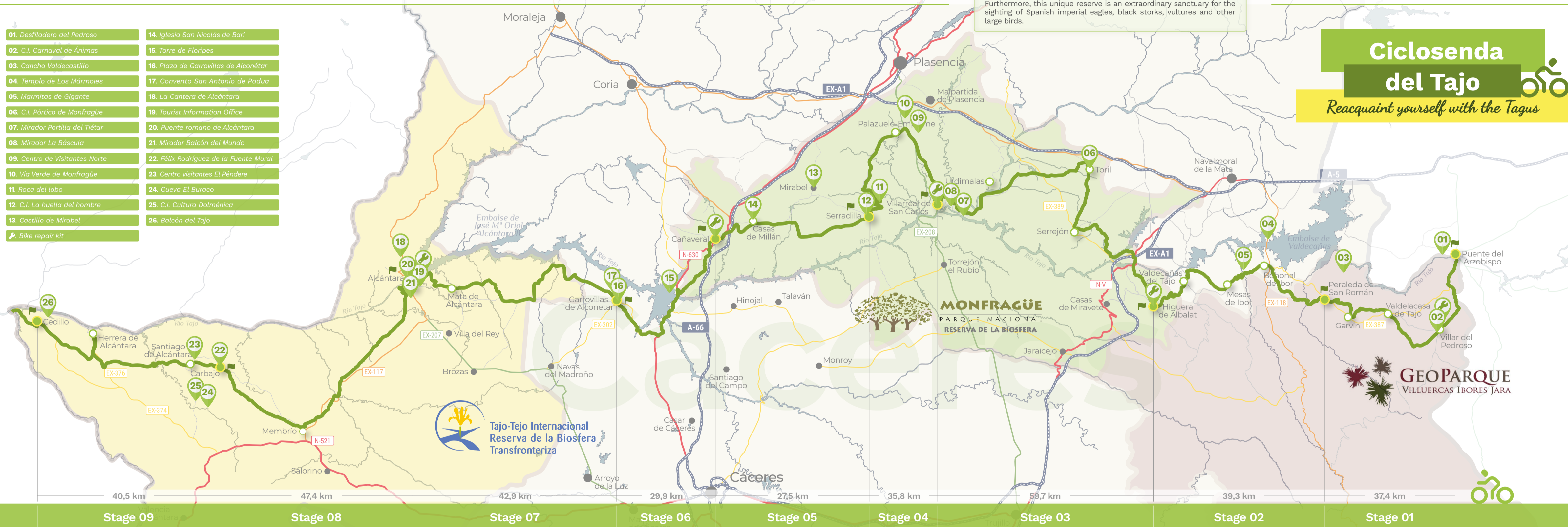
Average gradient: 2,6 % Route type: Linear
 Minimum altitude: 353 m Maximum altitude: 472 m
 Elevation gain: 402 m Elevation loss: -453 m
 Estimated time: 1h 50min Difficulty: Easy



- 01. Desfiladero del Pedroso
 - 02. C.I. Carnaval de Ánimas
 - 03. Cancho Valdecastillo
 - 04. Templo de Los Mármoles
 - 05. Marmitas de Gigante
 - 06. C.I. Pórtico de Monfragüe
 - 07. Mirador Portillo del Tiétar
 - 08. Mirador La Báscula
 - 09. Centro de Visitantes Norte
 - 10. Via Verde de Monfragüe
 - 11. Roca del lobo
 - 12. C.I. La huella del hombre
 - 13. Castillo de Mirabel
 - 14. Iglesia San Nicolás de Bari
 - 15. Torre de Floripes
 - 16. Plaza de Garrovillas de Alconétar
 - 17. Convento San Antonio de Padua
 - 18. La Cantera de Alcántara
 - 19. Tourist Information Office
 - 20. Puente romano de Alcántara
 - 21. Mirador Balcón del Mundo
 - 22. Félix Rodríguez de la Fuente Mural
 - 23. Centro visitantes El Pèndere
 - 24. Cueva El Buraco
 - 25. C.I. Cultura Dolménica
 - 26. Balcón del Tajo
- Bike repair kit

Ciclosenda del Tajo

Reacquaint yourself with the Tago



Tajo International Transboundary Biosphere Reserve

This natural park of more than 25,000 hectares runs across eleven municipalities, between the Roman bridge of Alcántara and the Cedillo Reservoir Dam, forming a solitary extraordinary nature route.

An area of great significance thanks to the diversity of its flora and fauna. It is easy to spot the black vulture or the imperial eagle, which is why it is classified as a Special Protection Areas for Birds, SPA and Site of Community Interest. The valuable historical heritage of the area is added to its imposing landscapes to make this reserve a unique natural park on the border with Portugal, a country where it will continue to stretch across with the same characteristics but different management.

Stage 06

Average gradient: 3,2 % Route type: Linear
 Minimum altitude: 202 m Maximum altitude: 358 m
 Elevation gain: 540 m Elevation loss: -564 m
 Estimated time: 2h 40min Difficulty: Easy

Cañaveral Garrovillas de Alconétar 358 m

202 m 29,9 km

Stage 07

Average gradient: 3,6 % Route type: Linear
 Minimum altitude: 218 m Maximum altitude: 337 m
 Elevation gain: 750 m Elevation loss: -856 m
 Estimated time: 3h 50min Difficulty: Difficult

Plaza de Garrovillas de Alconétar Conv. San Antonio de Padua

Stage 08

Average gradient: 3,1 % Route type: Linear
 Minimum altitude: 147 m Maximum altitude: 395 m
 Elevation gain: 955 m Elevation loss: -853 m
 Estimated time: 4h 15min Difficulty: Difficult

Alcántara Carbajo 395 m

147 m 42,9 km

Villuercas Ibores Jara Geopark

Stages 1 and 2 of the Ciclosenda del Tajo (Tajo Cycle Route) runs through the Villuercas-Ibores-Jara Geopark. Located between the basins of the Tago and Guadiana Rivers, having a 2,544 km² area which covers an important geological heritage, silhouetting its landscape together with the rest of the natural and cultural heritage. Its highest point Risco de la Villuercas (1,601 metres), magnificent views of the Geopark can be seen.

In 2011 it became part of the European Geoparks Network and in 2015 it was declared a UNESCO Global Geopark.

Stage 09

Average gradient: 3,4 % Route type: Linear
 Minimum altitude: 128 m Maximum altitude: 443 m
 Elevation gain: 773 m Elevation loss: -936 m
 Estimated time: 3h 20min Difficulty: Easy

Carbajo Cedillo 443 m

128 m 40,5 km

C.I. del Megalitismo Balcón del Tajo