

14 Guidelines for Responsible Tourism

Mindful
mountain
exploration

Safe trails

Talk
to us

Take care
of the water

Our greatest
enemy: fire

Breathe better

Protect the
wildlife and flora

Prepare for
your visit

Respect
traditions

Clean
villages,
happy pets

Cyclists and
drivers, allies

Listen to
the sounds

Support local
businesses

Clean nature

THE GUADARRAMA MOUNTAIN TAKES CARE OF ITSELF

The nearby mountain range that always surprises
Come, explore, appreciate, enjoy, and protect



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GOBIERNO DE ESPAÑA
MINISTERIO DE INDUSTRIA Y TURISMO



Plan de Recuperación,
Transformación
y Resiliencia



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Plan de Recuperación,
Transformación
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Romans, Visigoths, and kings have long recognised the value of this land, chosen as a place for recreation. Our forests and mountains have played a part in defining key moments, from Napoleon's march to the early development of mountain tourism in Madrid.

This land has been welcoming us for centuries. Let's ensure it remains so, so future generations can also enjoy this privileged place.

You are in a unique area: a National Park, a Biosphere Reserve, with more than 30,000 hectares of protected spaces. Local institutions and residents have joined forces to preserve this privileged space. **Help us care for it.**

"Our elders knew how to look after this wealth, so that we can now enjoy it. Let's learn from them."

"Whoever comes to the Sierra to feel, leaves a trace... without harming."

1. TAKE CARE OF WATER, CARE FOR THE FUTURE

The Guadarrama mountains are water. The Manzanares and Guadarrama rivers both start here, along with countless streams and beautiful landscapes like the reservoirs of La Jarosa, Navacerrada, Santillana, and Pedrezuela. All our villages have ancient fountains and springs, where our grandmothers used to fetch water in pitchers. Our ancestors didn't waste a single drop, and the Pilancón of Guadalix is an example to the effort of channelling water to our villages.

Your contribution

- Be responsible with showers and baths, especially in summer, we double the population!
- Keep the streets clean so we don't need to water frequently.
- Enjoy our water, considered among the best in Spain, with awareness.

*"Water you waste today,
thirst is what you'll gather."*



2. PREPARE YOUR VISIT: ENJOY WITH PLANNING

The stonemasons worked with time, planning, respecting the environment that gave them sustenance. They listened to the stones and knew how to read their language. While walking through the streets of our charming villages, enjoying the traditional granite houses, learn from our stonemasons and visit us with calm and planning.

Your contribution:

- We're very close to Madrid. Why not come by train or bus?
- Use our tourist information to plan your tailored visit.
- Visit us year-round, and be prepared to enjoy, but also respect the spaces and the rest of our neighbours.

"As the stonemason does with the stone, come you to the mountain: with respect, time, and a well-made visit."



3. BREATHE BETTER: SUSTAINABLE MOBILITY

En tiempos de nuestros abuelos y bisabuelos, viajar era una In the times of our grandparents and great-grandparents, travel was an experience in itself. This lovely old station from the late 19th century bears witness to those days when people came to the mountain slowly, enjoying the journey with zero CO2 emissions. Alpedrete, Collado Mediano, Los Molinos, and Guadarrama have the C-8b Cercanías line, and from Cercedilla, you can take the C-9 line, a feat of early 20th-century engineering that connected the Guadarrama mountains to Madrid in a clean and sustainable way.

Your contribution:

- Choose clean options: train, bus, carpool.
- Walk through our villages once you arrive.
- Every sustainable option helps preserve the landscapes that brought you here.

"If it's pure air you're seeking, by train you must breathe it."



4. FESTIVITIES AND TRADITIONS WITH RESPECT

Our villages are full of celebrations that have been celebrated for centuries: : Los Perreros in Miraflores de la Sierra, La Caldereta in Hoyo de Manzanares, La Vaquilla in Los Molinos. Tradition-rich festival like the Luminarias, also celebrated in El Boalo, Moralarzal, and Becerril de la Sierra. Festivals full of joy and respect for decades... Let's not break this tradition; come and enjoy with us while respecting our traditions and our villages.

Your contribution:

- Enjoy our festivals throughout the year.
- Respect our streets, squares, and the rest of the residents.
- Leave us memories of your stay... not scars.

"In festivities and pilgrimages, joy without disputes; leave a memory in the mind, not on the street or in history."



5. LISTEN TO THE MOUNTAIN SOUNDS

In 1917, tuberculosis patients used to come to the La Barranca sanatorium to heal. They sought to breathe our pure air and the tranquillity of our silence... Heal with us and enjoy the sounds of nature, leaving the noise of the big city behind.

Your contribution:

- Here, silence speaks too. Listen to how the wind combs through the oak trees, how the birds talk among the pines, how footsteps echo on centuries-old paths.
- This is not a place for loudspeakers or shouting. The mountain has its own soundtrack.
- Hike your routes enjoying the sounds of nature, not the noise of your music. Respect, listen, feel...
- Don't come with loud motorcycles, nor accelerate abruptly or honk... here we live at a different pace... don't rush... it's not worth it...
- Turn down the volume, raise your awareness. Let yourself be enveloped by the sound magic of a living territory.

"Who listens to silence, heals within."



6. ENJOY THE MOUNTAIN AND SNOW WITH RESPECT AND MINDFULNESS

The construction of the railway line to Segovia in 1888, with a stop in Cerdilla, promoted hiking and mountaineering, leading to the creation of this lovely station, now listed as a heritage site by the Community of Madrid. Those early mountaineers didn't have the equipment we have today, yet they ascended the mountains with more responsibility than we often show now, when everything seems easy. But La Pedriz, La Bola del Mundo, La Cuerda Larga, or La Maliciosa are not peaks for impromptu visits, especially in the snow. Learn from those early mountaineers.

Your contribution:

- Equip yourself properly for high-altitude activities.
- Plan your route and avoid any improvisations.
- Follow the "full parking" signs for your own safety.

"Whoever climbs the mountain without care, will soon turn back... and stray from the path."



7. SAFE TRAILS, HAPPY MOUNTAINS

These schools, built in the late 19th century, were part of an educational campaign across the area. The early teachers of the village balanced their classes with excursions to the mountains to learn from them. Let's do the same and learn from our forests and mountains, by caring for and respecting them.

Your contribution:

- Stick to signposted trails for your safety and the preservation of the environment.
- Enjoy a camping night respecting the rules of the National Park (check their website).
- On a trail, it's inevitable to feel "the call of nature." Please, do not leave any waste behind.
- Respect our rivers and reservoirs; they are not suitable for swimming. For your own safety, refrain from bathing or swimming... and remember, that's the water you'll drink tomorrow.
- Walk, breathe, relax... and don't come with a 4x4 or motocross... the fine is not worth it.

"Who knows how to read the wind and listens to the sparrow, learns more than with any lesson."



8. CYCLISTS AND DRIVERS, ALLIES

This bridge, built in the 16th century over the Manzanares River, bears witness to a time when roads were peaceful and traffic-free. We no longer enjoy those serene paths, but we can make our roads safe if we all show respect and empathy. The Guadarrama mountains are part of the 50 km Ciclamadrid Tour, which connects Guadalupe de la Sierra to El Escorial, and over 100 km of MTB routes. Travel along them responsibly.

Your contribution:

- Drivers: keep a 1.5m distance from cyclists.
- Cyclists: avoid peak hours, respect traffic signs.
- Everyone: empathy and patience on the road.

“On the road, there’s space for all, if we go without haste and with good manners.”

9. HAPPY PETS, CLEAN VILLAGES

The kennel men were responsible for training the herding dogs. They knew that: “The dog is not the problem, the problem is the owner,” “Exercise, discipline, and affection, in that order.” Come to the mountain with your pet and learn from the kennel man, who have their own festival in early February, to remember how they managed to drive away even Napoleon himself.

Your contribution:

- Pick up after your pet.
- Keep your pet on a leash to protect both, it and the wildlife.
- Try to avoid letting them urinate on pavements in the villages, water here is a vital resource, and we can’t water every day.

“Trained dog, respected village; let their trail not be paid by the next person.”



10. CLEAN NATURE, CLEAR CONSCIENCE

This beautiful medieval bridge, which goes across the Chozas stream, recalls times of transhumance, errands, and bandits... and also of clean roads, fields, and forests. Let's learn from our ancestors, who didn't discard waste because everything was reused.

Your contribution:

- Take a thousand memories, but leave no trace of your stay.
- Use bins and recycle whenever you can.
- Do not smoke in natural spaces; if you do, never throw cigarette butts away.

"The mountain has no hands, but it has a memory: don't leave your rubbish behind, it won't forget history."



11. OUR GREATEST ENEMY: FIRE

This magnificent Olma tree is estimated to be over 150 years old... imagine that... and that's why it's included in the Catalogue of Singular Trees of the Community of Madrid. Our forests were formed around 15,000 years ago, after the last ice age... it is our duty to protect this legacy and do everything possible to avoid fire and its irreparable destruction.

Your contribution:

- Not a single cigarette butt: put it out and dispose of it in bins.
- Glass only in bins.
- Never start a fire or barbecue.
- Electric vehicles: avoid parking in sensitive areas.

"What took centuries to grow, don't let it burn."



12. LEARN ABOUT THE FAUNA AND FLORA: RESPECT AND PROTECT

This old building, was located on the outskirts of the village, was where animals were housed, farming tools stored, and feed and water were kept. The villagers have not forgotten the teachings of their grandparents and know how to listen to the animals and nature. They know what they need and what they must "borrow" to maintain the balance in which they've coexisted for centuries. Let's follow their example to enjoy the richness of the Guadarrama mountains.

Your contribution:

- Observe animals with respect, without disturbing them.
- Don't feed them, not even the wild goats.
- Visit us during the week for a more authentic experience.

"The mountain lets itself be loved when you come quietly and at dawn."



13. TALK TO US: THE SOUL OF THE MOUNTAIN

The medicinal properties of the ferruginous, nitrogenous, and arsenical springs of Moralarzal have been known since ancient times, and people came here to seek their healing waters. All our villages have their typical springs, from which the pure, fresh water of the Guadarrama mountains flows. They are the soul of our villages, and our elders and locals are also our soul, giving identity and meaning to these places you love to visit. Don't leave without getting to know us.

Your contribution:

- Approach with respect and curiosity, especially during the week.
- Listen to our stories and share yours.
- The best memory doesn't fit in a backpack: it's the human connection.

"Who greets and stops, takes away more than a photo: they take the soul of the mountain in every face."



14. SUPPORT LOCAL CONSUMPTION: AUTHENTIC FLAVOUR AND QUALITY

The Caldereta, a typical bull stew, has its own festival and monument in Hoyo de Manzanares. Here, you'll find everything, so enjoy first-class products like the IGP Guadarrama mountain Beef.



Your contribution:

- Shop in our local tahonas and stores.
- Book in local restaurants to taste our gastronomy and the famous Beef with Protected Geographical Indication (IGP).
- Discover our unique shops run by locals who will welcome you with open arms.

*“What’s cooked slowly
nourishes within; and
what you buy here, takes
care of what’s here.”*

365 days of responsible experiences await you. Each season offers a different mountain: autumn colours, winter snow and cuisine, spring flowers, summer trails. In harmony with the Community of Madrid’s campaign “The legacy of your journey”, we understand that the Guadarrama mountains are not just a destination: it’s a shared heritage. Your travel choice can help protect its landscapes, biodiversity, and local life. Because being responsible isn’t a limitation, it’s the most authentic way to experience Guadarrama mountains.

*“Who listens to the past,
walks well guided.”*