

FROM THE MOUNTAIN TO YOUR TABLE

*The nearby mountain range
that never fails to surprise*

Flavours of the Guadarrama Mountain

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Here, flavours tell stories: those of Kilometre 0 Products, the hands that craft them, and a land that offers its bounty all year round. Because the true journey is not just in the landscape. It's in what is shared, tasted, and remembered.

FESTIVALS WITH TASTE

Taste the Guadarrama mountain through its traditional festivals

Festivals with taste invites you to explore the Guadarrama mountain, enjoying its most festive and gastronomic essence. Each month, a celebration unfolds, marking the meeting point between tradition, landscape, and fine food.

The journey begins in **January** in El Boalo with the Luminaria de San Sebastián, where bonfires and the aroma of chicharrón cakes and aniseed awaken the mountain's spirit. A little later, in **February**, Guadalix de la Sierra celebrates its Día de la Tortilla, a day of field picnics, tortilla, and community that leads to the joyful carnival.

In **spring**, Los Molinos flourishes with its Festival del Cambroño and creative Tapa Festival. In **August**, Manzanares El Real honours the Virgen de las Nieves with bull stews and lively festivals, while Guadarrama brings the Middle Ages to life with its colourful medieval market.

September arrives with intense flavours: Hoyo de Manzanares offers its Caldereta, a community feast surrounding a historic stew, declared a Regional Tourist Interest Festival, and Guadalix



de la Sierra celebrates its Día de las Patatas, a feast of stew that symbolises community unity. Cerceda, on the other hand, transforms its patron saint festival of the Santísimo Cristo de la Esperanza into a tribute to bull cuisine.

In **November**, Moralarzal sweetens autumn with Las Puches, an ancient dessert made of flour and aniseed, while Hoyo de Manzanares delves into the past with its Visigoth November, where gastronomy brings ancient times back to life.

The route concludes in **December** in Navacerrada, turning into a festive Christmas story with churros, fried bread, and chocolate. A warm end to a year of mountain flavours.



Consult our events calendar on our website so you don't miss all the festive flavours of the Guadarrama mountain, there's much more!

TAPAS ROUTES

Bites of the Guadarrama mountain

In Guadarrama mountain, tapas are much more than a snack: they're reinvented tradition, culinary creativity, and a meeting point for locals and visitors. Each town celebrates its own flavour festival, where bars and restaurants surprise with original dishes, ranging from the most traditional cuisine to daring fusions with local products.

Soto del Real

In February and March, **"Tapeando por Soto"** fills weekends with original tapas and pairings for all tastes. A participatory route where each diner votes for their favourite.

Alpedrete

At the end of May, the Alpedrete Tapa Fair blends tradition and innovation in a festive atmosphere. Tapas that are little works of art for the palate.



Becerril de la Sierra

In spring, the **Tapa Fair** transforms the town into a trail of bites, with prizes for the best creations and raffles for participants.

Cercedilla.

In spring, the **Semana Gastronómica del Caballo y la Gabarrería** combines tradition, mountain crafts, and ancient recipes in a unique cultural event.

In July, the **"De Tapas por Cercedilla"** route turns the town into a festival of flavours and creativity.

El Boalo, Cerceda y Mataelpino.

Every spring, bars and restaurants compete in the popular **Tapa Route**, with surprising proposals that fuse mountain cuisine with innovation.





Guadarrama

In September, the **"Saborea Guadarrama con San Miguel"** festival transforms the main square into a mosaic of flavours: from glazed skewers to braised cheeks, vegan empanadas, and patatas revolconas with free-range eggs.

Miraflores de la Sierra

Autumn arrives with **the Autumn Gastronomy Fair**, where mushrooms and game take centre stage in a delicious tapas route.

Collado Mediano

In October, **the Autumn Tapas Fair** surprises with gourmet creations such as potatoes with truffle sauce and egg yolk spheres, all in a festive and participatory atmosphere.

Check out our events calendar on our website, so you don't miss our Tapas Routes



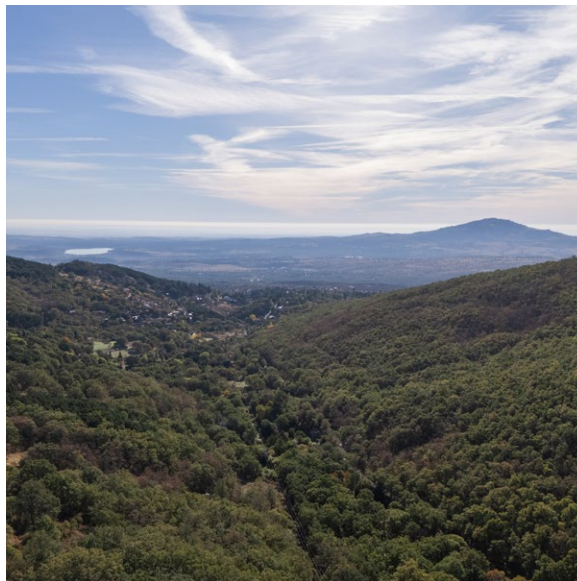
FLAVOURS OF THE FOREST

A Mushroom Journey to the Heart of the Guadarrama mountain

Among granite cliffs and centuries-old forests, a gastronomic treasure emerges from the earth: the mushrooms of the Guadarrama mountain. In the natural paradise of La Pedriza area and the Hoya de San Blas, the new Mushroom Hunting Reserve takes root, a commitment to sustainability, environmental education, and sensory pleasure. Spanning over 7,564 hectares of public lands in Manzanares El Real and Soto del Real, this reserve is regulated by the Mushroom Harvesting Plan of the Guadarrama mountain National Park, the most emblematic natural space in the Community of Madrid and a UNESCO Biosphere Reserve.

An Ecosystem that Nurtures, Inspires, and Feeds

Here, mushrooms are more than just food: they're a symbol of ecological balance. **Boletus, Níscalos, Rebozuelos, and Amanitas** emerge as jewels of the humus, thanks to the magic of **mycelium**, that invisible tissue that travels underground, connecting trees, roots, and life. Every mushroom harvested is part of a delicate natural cycle where fungi decompose, nourish, regenerate... and also delight.



An Ecosystem that Nurtures, Inspires, and Feeds

To participate in this unique experience, it is **mandatory to obtain a harvesting permit**, available on the official website www.setaspedrizasanblas.es. This permit system helps regulate pressure on the environment while educating harvesters on mushroom identification, minimum harvest sizes, and the protection of mycelium.

Learn, Explore, Taste

The Mushroom Reserve is not only a place to harvest, it's an open door to mushroom culture. You can experience:

- **Workshops with experts**
- **Autumn of Bars:** a gastronomic route where bars and restaurants from Manzanares El Real and Soto del Real reinterpret mushrooms through culinary lenses.

Harvesting Yes, But Responsibly

Because not all that glitters is edible. Some species, like the **Amanita phalloides** or **Galerina marginata**, are toxic and potentially fatal. So, **only harvest what you know** and respect the rules: wicker baskets, clean knives, and previous training.



OUR LOCAL “KM 0” GASTRONOMIC PRODUCTS

Flavours with origins in the Guadarrama mountain

The Guadarrama mountain is a land where nature and tradition merge to create products of exceptional quality. Consuming Km 0 not only means opting for authentic flavours, but also supporting local producers who, with their artisanal and sustainable work, keep the spirit of the mountains alive.

Guadarrama mountain PGI Meat

The Guadarrama mountain Meat is the region's flagship product. With Protected **Geographical Indication (PGI)**, it comes from breeds such as Avileña, Charolés, and Limusín, raised on extensive pastures. The result: tender, juicy meat with an authentic flavour.

Find our points of sale at: <https://carneguadarrama.com>



Mountain Honey with Identity

Mountain honey is a true **reflection of its natural landscape**, cultivated in a privileged environment where bees feed on the nectar of wildflowers such as lavender, blackberries, and broom. This artisanal product captures the character of the mountain, offering **deep flavours and unique aromas** thanks to sustainable practices that respect natural cycles and the ecosystem's biodiversity. Each jar of honey is a testament to the patient, respectful work of beekeepers who care for their hives in the heights of the mountain.

Apiculture in this region is based on **artisanal methods** that preserve the nutritional and sensory qualities of honey, maintaining the essence of the valleys, forests, and mountains.

Among the **producers** that make this unique honey possible are: *Miel Artesana La Abeja Viajera*, *Miel de Navacerrada*, *Miel artesana Tía Pili* y *Miel Daillo*.



Highland Cheeses

Cheeses La Laguna – Miraflores de la Sierra

Located in the heart of the National Park, this cheese factory, founded in 2011, works with fresh milk from local herds, without additives, and with environmentally respectful processes. Their varieties, goat, sheep, and sheep with truffle, have received the Gold Medal at the World Cheese Awards. Cheeses La Laguna are available at their cheese factory in Miraflores de la Sierra and in over 600 sales points across the Community of Madrid.

Artisan Cheeses Peña Rubia. Guadalix de la Sierra

Cheeses made with raw milk from local sheep and goats. Their range includes everything from mild semi-cured to intensely flavoured cured cheeses, all handcrafted with care. They have also been awarded at the World Cheese Awards.

Direct sales are available to the public, and on weekends, they sell at the local market in Guadalix, giving you a chance to meet the producers and taste the cheeses directly from those who craft them.

Organic Milk

EcoLactis. Soto del Real

Specialists in organic mare's milk, unique in Spain. Known for its nutritional and cosmetic properties, EcoLactis produces everything from capsules and freeze-dried powders to soaps and natural creams. Visits: their organic farm opens its doors for you to get close to the mares, learn about the milking process (always respectful of the foals), and discover the innovation behind this unique product.

Craft Beers

Gabarrera. Becerril de la Sierra

The first and only certified organic brewery in the Community of Madrid. Their beers are named after iconic mountain peaks such as La Maliciosa, Siete Picos, and Peñalara. Made with pure water and organic malts, they are a perfect fusion of tradition and sustainability.

They were awarded in the first edition of the International Organic Beers and Meads EcoBirra Competition. Experiences: they offer a taproom, guided tours, tastings paired with local products, and customised events.



Maltacaballar. Alpedrete

This brewery has revolutionised the craft scene with unique varieties such as Incitatus IPA and Al-Jur Lambic made from mountain blackberries. Awarded the Avanza por la Sierra 2025 prize, it combines tradition with modernity. Visits: They organise guided tasting weekends, where visitors discover the entire brewing process, from mountain water to the final product.

Distillate with Character

Gin Monti – Los Molinos

Made in small batches of 100 bottles using a traditional copper still, this London Dry gin combines 15 Mediterranean botanicals with pure water from the National Park. It has been internationally awarded and recognised as Spain's Best Dry Gin at the World Gin Awards. Experiences: The distillery offers guided tours and tastings, where visitors can learn about the process and sample different gin and tonic combinations with their flagship product.



Taste the Essence of the Guadarrama mountain

Every bite here tells a story of tradition, landscape, and passion. From the roots of the forest to the kitchens of our homes, the mountain transforms local products into unforgettable experiences. Let this journey through its flavours inspire you to return, discover more, and savour the very soul of this unique land at your own pace.