

# TRAVELLING SLOW, LIVING MORE

*The nearby mountain range  
that never fails to surprise*

*Experiences that help you savour life*

*Now that time belongs to you, the Guadarrama mountain invites you to enjoy it at your own pace, calmly and with real quality. We propose mid-week getaways that steer clear of the weekend rush, allowing you to rediscover tranquillity, nature and the simple pleasures of life.*

*Because the Guadarrama mountains aren't just a place to visit...  
it's a place to live. And now is your moment.*

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# EL BOALO, CERCEDA, MATAELPINO

*The Camino de Santiago from Madrid*

*Donkey walks along the Camino de Santiago*

Three villages that feel like one or one village that breathes in three places. El Boalo, Cereda and Mataelpino share the same soul, the same scenery and the same traditions. Together, they form an unmissable stop for anyone seeking living history, natural beauty and deep tranquillity.

A beautiful stretch of **the Camino de Santiago de Madrid passes through their paths, and you're invited to experience it on foot, on horseback...** or walking alongside a donkey, an affectionate companion you can meet here first-hand. Cereda is home to the area's only temple **declared a Historic-Artistic Monument: the Church of Santa María La Blanca, a 16th-century jewel of Ávila-style Gothic architecture.** Built with granite from the local quarries, the same stone that shaped the Monastery of El Escorial.

This land, welcoming and beautiful, has been inhabited since Visigothic times. You can visit the **archaeological site of El Rebollar**, where a church and its necropolis reveal the life of these early "Madrilenians" of the 7th century AD. And, as it should be, end your visit by **savouring the area's excellent gastronomy**, heartfelt cooking made with the flavours of always.



# NAVACERRADA

*Peace, wellbeing and nature*

*For spa lovers and wellness seekers in the heart of the mountain*

Navacerrada in the heart of the Guadarrama mountain, offers a unique blend of wellbeing, tranquillity and nature, an ideal escape for senior travellers. Its charming streets, local shops and cuisine rooted in fresh, local produce invite you to slow down and savour the moment. Wellness tourism is one of Navacerrada's great treasures.

Here you'll find hotels specialising in **hydrotherapy, personalised treatments and therapeutic massages**, all designed to ease chronic pain and restore physical and emotional balance.



# CERCEDILLA

*Yoga retreats and mindful escape*

*For lovers of yoga, spiritual retreats and pure nature*

To speak of Cercedilla is to evoke Puerto de Navacerrada, birthplace of Madrid's summer holidays and winter skiing traditions. It is also home to iconic sports figures such as Paquito and Blanca Fernández Ochoa, who even have their own dedicated museum.

Cercedilla is nature in its purest form, mountains, forest paths and first-class gastronomy. It is one of the most authentically mountaineering villages in the entire Sierra, a true gem and an emblem of Madrid's highlands.

Its serene landscape makes it an **ideal destination for yoga and meditation retreats**, surrounded by inspiring scenery that encourages wellbeing and inner calm.

Cercedilla also offers a **rich cultural programme** that enhances every stay, making it the perfect place to care for yourself inside and out.





# MANZANARES EL REAL

*Birdlife, castles and a magical mountain*

*For birdwatchers with interest of history and the hills*

The powerful **Mendoza family** could not have chosen a more spectacular setting for **their 15th-century castle**. La Pedriza, is one of those places one must see at least once in a lifetime and often more. The striking silhouette of the mountain, together with the elegant **Castle of the Mendoza family** reflected in the waters of the Santillana Reservoir, creates a scene worthy of a painting. You can admire it from viewpoints such as El Chaparral or Quebrantaherraduras.

**The Santillana Reservoir** located in Manzanares El Real, is also a strategic stop for hundreds of migratory birds. Around it runs the delightful Tree Route Félix Rodríguez de la Fuente, an area of high ecological value surrounded by ash trees, holm oaks and restorative silence.

As you follow the trail, the reservoir reveals new views at every turn, while birds can be **observed in their natural habitat**: kingfishers, grebes, mallards, storks, herons, red kites... Every season has its own loyal companions.

# MIRAFLORES DE LA SIERRA

## *Birds and poets*

### *For lovers of poetry and birdwatching*

Miraflores de la Sierra was the summer refuge of **Vicente Aleixandre, Nobel Prize in Literature**, who dedicated several poems to this peaceful mountain retreat. Guarded by the imposing **Pico de La Najarra**, the village today hums with life: **sunny terraces, antique shops and restaurants** that celebrate exceptional local cuisine make it a perfect destination for unhurried enjoyment.

Miraflores de la Sierra is a paradise for bird lovers. Its surroundings with well-preserved ecosystems designated as a **Special Protection Area for Birds (ZEPA)** and part of the Sierra de Guadarrama National Park, home to more than **150 species throughout the year**.

One of the most recommended walks begins at **the Hermitage of San Blas and leads to the Pinar de Aguirre**. This circular route, easy trail is ideal for walking slowly while listening to *the chiffchaff's song or spotting the majestic flight of the golden eagle or the black vulture*.



# GUADALIX DE LA SIERRA

## *The sea of the Guadarrama mountain*

### *For lovers of watersports and migratory birdlife*

Guadalix de la Sierra offers a wonderfully refreshing proposal: **the Pedrezuela Reservoir**, a true oasis where you can enjoy **dinghy sailing, windsurfing, canoeing, kayaking or paddleboarding**. All from its **all-year-round Marina Sport**, scenery and good food come together in this unique corner of the mountain. Here, you can finish your aperitif... and set sail, all without leaving the same place.

Set within the **Natura 2000 Network**, this reservoir is far more than a body of water. It is one of the **most important refuges for aquatic birds** in the Region of Madrid. It's an ideal spot both for seasoned birdwatchers and for visitors wishing to **reconnect with nature through a slower lens**.

In winter, it becomes a vital haven for overwintering species. In spring and autumn, it transforms into a crucial stopover for migratory birds. This natural cycle makes the reservoir one of **the best locations for quality birdwatching**: quiet, accessible and deeply rewarding.



# LOS MOLINOS

## *Romantic landscapes*

### *For lovers of literature, nature and good food*

Los Molinos shines in every season, but spring reveals it at its most spectacular: **the dehesas turn golden** as the cambroño blooms, transforming the landscape into a shimmering yellow sea.

Beyond its natural beauty and rich history, Los Molinos stands out for **its excellent gastronomy**, with restaurants where tradition and flavour go hand in hand. Here, you can enjoy a **handcrafted gin** at sunset at Huerta Jalón Distillery, creators of **Gin Monti**, a London Dry style gin, and offering tastings and unique experiences.

Another must-visit is the **Julio Escobar House Museum**. More than a home turned museum, it is a cultural space full of history and sensitivity.



# MORALZARZAL

## *A cultural destination*

### For travellers seeking culture surrounded by mountain landscapes

If anything defines Moralarzarzal, it is its **Plaza de Toros**, one of the great cultural venues of the Guadarrama mountain. Every September it hosts **the Semana Grande, one of the most notable bullfighting festivals in the Region of Madrid.**

The Plaza de Toros also houses **one of the most vibrant cultural programmes in the Sierra:** concerts, markets, fairs, sports events... a year-round calendar full of life.

This space is far more than an bullfighting arena: it is also the gastronomic heart of the town. Beneath its stands, **you'll find a selection of bars and restaurants offering high-quality dishes, the perfect complement to a day of culture, tradition... and good taste.**



# SOTO DEL REAL

## *The livestock heart of the mountain*

### For lovers of wide horizons and rural life

**Soto del Real's Green Ring**, a 5 kilometre trail, is perfect for a relaxed stroll after a **delicious meal at one of its many restaurants, known for their high-quality cuisine and warm service.**

Surrounded by dehesas (traditional grazing land) and expansive landscapes, this village offers an ideal escape to unwind. You can learn about the world of livestock through **agricultural experiences or equestrian lessons, suitable for all levels.** Here, you can also observe storks, which are part of the community, even having their own festival [Click here](#)



# HOYO DE MANZANARES

## *A movie destination*

### *For cinephiles, historians and food lovers*

Aside from its charming streets, Hoyo de Manzanares boasts **one of the most beautiful colonnaded squares in the Guadarrama mountains**, along with curious monuments like **La Caldereta**, which honours the town's famous October festivities in honour of The Virgin of the Rosary.

Among centuries-old oaks, junipers and cork oaks, the **La Cabilda** area is a serene spot that invites slow walks and reconnection with nature.

Come and meet the majestic **Cork Oak, over 400 years old and standing 12 metres tall**, designated a Singular Tree by the Community of Madrid. You'll also find **the Mens Sana, Corpore Sano Routes**, combining La Cabilda's natural beauty with the sports facilities of La Paloma Park.

**The Visigoth archaeological site of La Cabilda** is open to visitors by reservation, where you can learn about life in the 7th century AD. After your visit, you can enjoy **excellent local cuisine, the perfect way to complete your day.**

In May, immerse yourself in the magic of the seventh art with **"Hoyo, a Movie Village"**: a guided tour through the town's cinematic history, film anecdotes, and iconic filming locations. Relive the golden age of Hollywood Westerns... without leaving Madrid.



# BECERRIL DE LA SIERRA

*Nature and organic craft beers*

*For lovers of craft beer, bulls and Iberian ham*

Becerril de la Sierra is one of the **quietest and most peaceful corners of the Guadarrama mountains**, yet it also offers a rich culinary scene. One of its highlights is the **Mirador del Alto del Hilo**, which offers stunning views over two reservoirs: Navacerrada and Majalespino. And in the background, the imposing silhouette of La Maliciosa, one of the Sierra's most beloved and representative mountains.

For those who **appreciate organic craft beer**, this is your destination. Here, you can taste **La Gabarrera**, brewed at the foot of the Guadarrama mountain.

**Enjoy tastings and visit the brewery** to discover the personalised treatments designed to relieve chronic pain and enhance both physical and emotional well-being.



# COLLADO MEDIANO

*Under the stars*

*For astronomers and foodies*

At the highest point of the municipality, you'll find **Peña Rubia, Cabeza Mediana and the Sierra del Castillo**, with the **imposing natural monument of La Cobañera** at their feet — a symbol of the town proudly displayed on its local coat of arms. In the lower areas, ancient ash trees, holm oaks and cork oaks complete a varied and enchanting landscape.

In Collado Mediano, **you can experience unique activities that combine science, culture and nature**. These experiences go far beyond simply looking through a telescope: they take you on a journey to understand the skies from a historical, mythological and artistic perspective.

The town also preserves a valuable **Roman legacy at the El Beneficio archaeological site**, which houses one of the few Roman inns from the 2nd to 5th centuries AD still standing in Spain.



# ALPEDRETE

*Cycling routes... and a well-earned craft beer*

*For MTB lovers and fans of quality craft beer*

The history of Alpedrete is written in stone. Its name derives from the Latin Ad Petrum ("by the stone"), referring to the granite that defines the landscape and gave life to traditional crafts. This heritage is remembered at **the Canter Museum** and in a monument dedicated to the local craft of stonecutting. Alpedrete also surprises **with its local shops, alongside bars and restaurants where you can enjoy everything from traditional dishes to more innovative proposals.**

Here, you'll have the chance to dive into **the world of craft beer at Maltacaballar**. The guided tour allows you to explore their brewing process firsthand, from selecting quality ingredients to the techniques and equipment used to create their products.

**The town's dehesas (traditional grazing lands) are perfect for cycling, whether on an MTB or e-bike.** You can explore them independently or join a guided tour organized by reservations centre Sierra de Guadarrama, which takes you along the historic paths of this beautiful municipality.

# GUADARRAMA

*Memories of the Civil War*

*For history scholar, nature lovers, and foodies*

**A former health resort**, Guadarrama holds the memory of the Spanish Civil War, particularly at **the Alto del León battle**, where significant traces of the conflict remain.

**Its lively Plaza Mayor, with its porticoed square**, is the beating heart of the town, where **tradition, gastronomy, and the mountain atmosphere come together**. Guadarrama also surprises with its **Pinar de la Plata**, named for the sunlight that glimmers off its pine trees. Hidden within this peaceful setting is **the Jarosa Reservoir**, a true natural treasure.

