

# INTRODUCTION

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## CYCLE TOURS

### Route 1 Serranía de Ronda

Stage 1 Málaga airport to Yunquera  
Stage 2 Yunquera to Ronda  
Stage 3 Ronda to Teba  
Stage 4 Teba to Álora  
Stage 5 Álora to Málaga airport

### Route 2 Sierra de Grazalema and Torcal

Stage 1 Álora or Málaga airport to Carratraca  
Stage 2 Carratraca to Ronda  
Stage 3 Ronda to El Bosque  
Stage 4 El Bosque to Zahara  
Stage 5 Zahara to Teba  
Stage 6 Teba to Antequera  
Stage 7 Antequera to Málaga airport

### Route 3 Las Alpujarras and the Sierra Nevada

Stage 1 Almería airport to Alhama de Almería  
Stage 2 Alhama de Almería to Bayárcal  
Stage 3 Bayárcal to Capileira  
Stage 4 Capileira to Granada  
Stage 5 Granada to Alhama de Granada  
Stage 6 Alhama de Granada to Colmenar  
Stage 7 Colmenar to Málaga airport  
Option 1 Bayárcal to Granada  
Option 2 Pampaneira to Alhama de Granada

## **Route 4 Sierra Morena**

- Stage 1 Sevilla to Almadén de la Plata
- Stage 2 Almadén de la Plata to Cazalla de la Sierra
- Stage 3 Cazalla de la Sierra to Ojuelos Altos
- Stage 4 Ojuelos Altos to Hornachuelos
- Stage 5 Hornachuelos to Córdoba
- Stage 6 El Pedroso to Hornachuelos
- Stage 7 Cazalla–El Pintado loop

## **Route 5 Sierras de Gredos and Guadarrama**

- Stage 1 Madrid–Barajas airport to Navalcarnero
- Stage 2 Navalcarnero to Piedralaves
- Option 1 Navalcarnero to Piedralaves via the Vía Verde del Alberche and San Martín de Valdeiglesias
- Stage 3 Piedralaves to Burgohondo via the Collado de Serranillos
- Stage 4 Burgohondo to Ávila
- Stage 5 Ávila to Segovia
- Stage 6 Segovia to Cercedilla
- Stage 7 Cerceda to Madrid-Barajas airport

## **Route 6 Madrid to Bilbao via the Sierra de la Demanda**

- Stage 1 Madrid–Barajas airport to Cogolludo
- Stage 2 Cogolludo to Galve de Sorbe
- Stage 3 Galve de Sorbe to San Esteban
- Stage 4 San Esteban to Quintanar
- Stage 5 Quintanar to Anguiano
- Stage 6 Anguiano to Miranda
- Stage 7 Miranda to Amurrio
- Stage 8 Amurrio to Bilbao
- Option 1 Najerilla valley to Santo Domingo
- Option 2 Sierra de la Demanda loop

## **Route 7 Los Pireneos**

- Stage 1 San Sebastián to Leiza
- Stage 2 Leiza to Auritz/Burguete
- Stage 3 Auritz/Burguete to Ansó
- Stage 4 Ansó to Jaca
- Stage 5 Jaca to Broto
- Stage 6 Broto to Campo
- Stage 7 Campo to Pont de Suert
- Stage 8 Pont de Suert to Tremp
- Stage 9 Tremp to Coll de Nargó
- Stage 10 Coll de Nargó to Berga
- Stage 11 Berga to Olot
- Stage 12 Olot to Girona airport
- Option 1 Hernani to Leiza
- Option 2 Olot to Anglès

## **Route 8 Picos de Europa**

Stage 1 Llanes to Cangas de Onis

Stage 2 Cangas de Onis to Posada de Valdeón

Stage 3 Posada de Valdeón to Potes

Stage 4 Potes to Llanes

Option 1 Puerto de Pandetrave to Potes

Option 2 Puertos de Aliva loop

Option 3 Covadonga

Further reading

Appendix 1 Temperatures and Rainfall

Appendix 2 Sunrise and Sunset Times

Appendix 3 Language Notes

Appendix 4 Travelling to Spain

Appendix 5 Spanish Airports: Routes and Maps

Appendix 6 Car Hire Companies

Appendix 7 Organised Cycle Holiday Companies