

Mediterranean LiVE

cycle
Tourism

REGION OF
VALENCIA

CYCLE TOURISM GUIDE TO THE REGION OF VALENCIA



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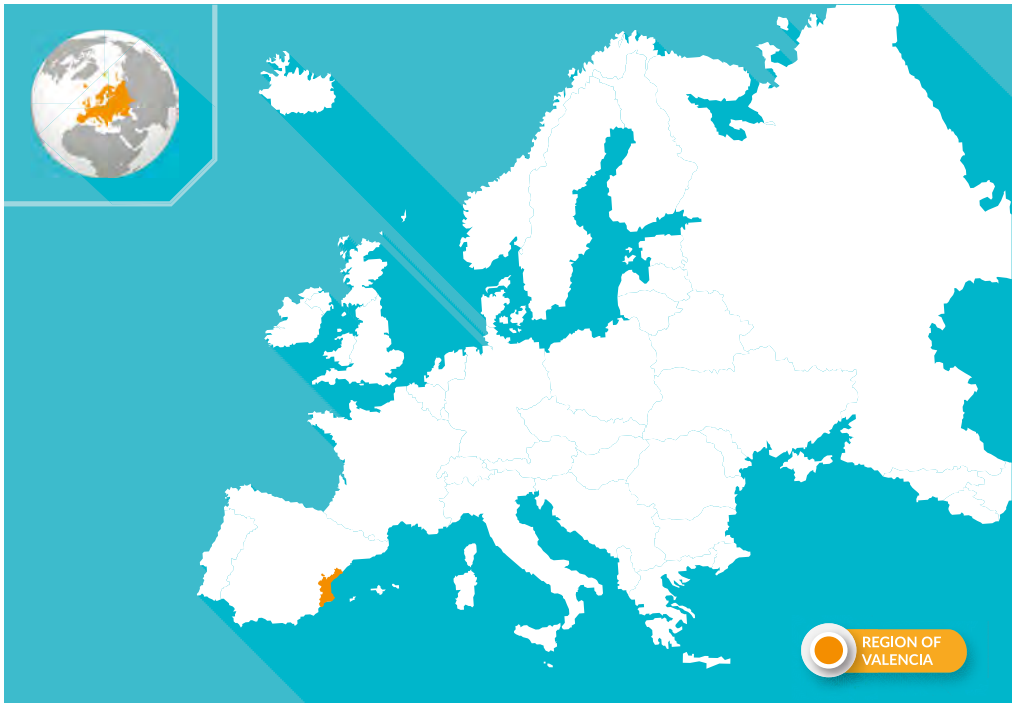
CYCLE TOURISM GUIDE TO THE REGION OF VALENCIA

Many sensations to be pedalled

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MAP OF LOCATION TO THE REGION OF VALENCIA IN EUROPE





THE REGION OF VALENCIA

A landscape to be enjoyed by bicycle.

As Valencians, we feel fortunate to have the cultural and natural heritage that we do. We would like to invite visitors to discover its awe-inspiring beauty and variety.

In the Region of Valencia, save high mountain and tropical jungles, we can find practically every kind of landscape. Thick forests to the north and the interior of Castellón, Valencia and Alicante, well-conserved beech groves, yew stands, kermes oak, cork and savin trees, and sub-desert locations that boast extremely high botanical value. Mountain peaks towering almost two thousand metres high, with high-altitude vegetation, and vast marshes flanked by rows of dunes next to the sea.

Areas with heavy rainfall and steppic zones verging on aridity. Ravines overflowing with plant life, even some solitary coves, and, of course, long beaches lapped by the Mediterranean.

This diversity of ecosystems provides for a unique natural environment of over three thousand different plant species. Many of them are exclusive endemic species, with areas home to varieties that have disappeared or are non-existent in the rest of Europe. These locations also provide shelter to countless fowl during their annual migration,

amongst protected natural parks that can be tranquilly explored by bicycle. Within Europe, this wealth makes the Region of Valencia one of its prime examples.

With over half of the territory populated by mountains, there is also a steep incline, more due to the region's dichotomy than its altitude: mountain-coast, hills and valleys, sun and shade, snow and sea. A constant driving force that creates dynamism and conditions the vegetation, fauna, economy, and above all else, human presence.

Villages perched atop hills, walled cities with a marked medieval personality, residential hubs near the sea, bathing stations, hermitages, monasteries, castles, snow wells, prehistoric caves with paintings, true mountain passes, old bridle paths and a great number of outing possibilities, have borne witness for centuries to a humanised landscape, fascinating to visitors.

With over 2,500 hours of sunshine per year, and an average temperature between 12° and 20° in winter and 24°-32° in summer, Valencian territory provides for cycling in all its versions, 365 days a year.



The Region of Valencia is also considered one of the most mountainous zones in Europe, specifically the Dels Ports region, in Castellón's interior. This is the second-most mountainous region in Spain, and Alicante's regions are not far behind. While no higher than two thousand metres, the complexity of its structural systems and its acute slopes, extensive massifs and intricate ravines make the Region of Valencia an ideal location for mountain biking. Its mountain passes are a paradise for road cyclists, and the villages, towns and interior valleys are ideal for saddlebag cycle tourism.

The fact that the Region of Valencia is easy to access, either by road, by train or by plane, clearly facilitates tourism in all regards. However, as far as cycling is concerned, it does so to an even greater extent, given that there is a vast infrastructural network to enjoy cycle tourism under completely safe conditions. Totally equipped mountain biking centres, Greenways and cycle tourism projects, such as the Vall d'Albaida with detailed routes and quality accommodations, specialised in athletic tourism, place the Region of Valencia at the forefront of Europe in terms of cyclist infrastructure. There is practically no municipality or region that has not signalled and enhanced bicycle routes for its districts.

A wide range of lodging options, all sorts of services adapted to cyclist needs and a large selection of companies specialised in active tourism to hire specific or customised products, make it easy to enjoy a different kind of holiday. You can use your bicycle as your means of transport, all while practising your favourite sport. If your holiday is longer, cultural activities and other outdoor sports (kayak, trekking, canyoning, rock climbing, windsurfing, snorkelling and cultural visits) can complete your unforgettable stay.

And lastly, the cuisine. There is no better blend than cycling and the Mediterranean diet, replenishing your strength at top-quality restaurants with an ideal nutritional balance for the athlete, all while enjoying internationally recognised cuisine.



A FEW PRACTICAL TIPS

Before embarking on any different kind of bicycle trip (road cycle tourism, mountain biking, greenways or even short outings around one of the mountain biking centres), we must bear a series of important factors in mind. This will make our journey a more pleasant and enriching experience.

The cycle tourist is advised that many of the routes in the Region of Valencia often traverse solitary locations. These are exceptional natural sites that are not prone to massive crowds, and cyclists may not meet any other people on certain routes running through the inland mountains. Therefore, whether tackling the simplest greenway or the most complicated mountain route, we must be self-sufficient and have what we need to provide for any eventuality.

Let us begin with a few recommendations.

Bicycle selection

The bicycle must be good quality, and to this end, we should go to specialised shops. At these shops, they can advise us, depending on how we will be using the bicycle. Above all else, they can guarantee that the bicycle will meet our needs. Whether a road bicycle, a mountain bike or a bicycle adapted to cycle tourism, it is fundamentally important to remember that both our safety, and the safety of others, is at stake.

Bicycle type

Almost 70% of the Region of Valencia's territory is covered by mountains. This means that, depending on how we will be using it, we must select one kind of bicycle or another. Ranging from mountain bikes, the most robust and recommended, to street, hybrid or road bicycles, there are countless models and materials.

For cycle tourism, we should select a comfortable bicycle, with a more upright position than a mountain bike, where saddlebags can be installed on the back rack. However, mountain bikes



can also adapt to any situation with a few small modifications: wheel width, power regulation or gear-shift adaptation. Road bicycles are more inclined, and are especially designed for athletic cycling.

The size

The size must be appropriate. The size of the bicycle is the most important aspect. According to our measurements, the bike should be sized as described below. If the size is incorrect, you will be uncomfortable, and you can suffer injury or fall. As a general rule, when standing over the bike, the distance between the horizontal bar and the crotch should be between 8 and 10 cm. The distance from the seat to the frame is measured by completely extending the leg, with the heel resting on the pedal. On the other hand, the seat post should not protrude any further over the bike frame than the safety mark.

Proper equipment

Cycling is one of the most dynamic, anaerobic sports that can be practised outdoors. Cycle

tourism allows us to travel while exercising. This means that we need to bear our physical condition in mind, adapting our routes to our possibilities.

We also need proper clothing: winter equipment requires a series of layers that we can don or doff, depending on circumstances. When we go uphill, our body will generate heat, and when we go downhill, we will cool down. With clothing dampened by perspiration, the thermal sensation is greater. If air penetrates the moist clothing, we can grow very cold, or even suffer from hypothermia.



During the summer, we need only to wear a technical cyclist's shirt to keep us dry and bring a light jacket garment, such as a breathable windbreaker or raincoat.

The winter in Valencia's interior can reach very low temperatures, especially in the northern regions (L'Alcalatén, Els Ports, Maestrazgo, Alto Palancia), in the central mountainous zones (Rincón de Ademuz, Serranos) and the south part of the Region (Marina Alta, El Comtat, l'Alcoià). We can cycle in our territory year-round without any issue, as long as we have the appropriate technical clothing that is specifically designed for cyclists.

Basically, three layers of protection are required during the winter. First, a synthetic-fabric T-shirt in contact with our skin to always keep us dry. The second garment should be a bit thicker, comfortable, and also breathable, to maintain our body heat. Third, we need a layer to keep us insulated from the exterior that expels the steam from our perspiration, but does not allow wind or rain to enter. This could be an Anorak or quality raincoat made of a specific material also used for other mountain activities. We should always carry it in our backpack.

Cycling shorts

Cycling shorts are a must-have garment for any kind of cycling. Adapted to our body, anatomically adjusted, cycling shorts are comfortable and irreplaceable. Short ones are available for the summer, while long ones, slightly plush for effective protection against the cold, are worn in winter.

Footwear

Footwear must always have a rigid sole to prevent injury or deformations on the soles of our feet. However, our footwear should also allow us to walk with certain degree of comfort when we want to dismount from the bicycle to visit sites of interest.

A step-in pedal is highly recommended, since it provides safety and makes our body and the bicycle one. The cleats go into the lower part and hook into the pedals. There are shoes for step-in pedals where the cleats remain hidden between the sole's blocks, so you can walk with certain normalcy.

Accessories

Socks, gloves to protect our hands and sunglasses are also mandatory, since they keep insects and branches out of our eyes. Of course, a helmet is also required.

Not only can a helmet save our life if we fall; it also protects us from cold and intense high temperature, preventing heat stroke, since it acts to regulate our body's temperature. It has been proven that cyclists who use a helmet have a more constant active temperature, have fewer problems, do not become as overheated, and recover faster after exerting effort. There are truly remarkable helmets at specialised shops. They do not weight much and cause no discomfort to the head, even when going uphill.

Tools

Although there may be bicycle models that use some specific type of tool, generally speaking, all bicycles tend to use the same type of tools for basic repairs.

A short summary would be a set of Allen wrenches, small pliers, a knife, a few replacement tyres and patches, a pump, a chain tool, if possible with a standard link, bicycle oil, and tyre levers to change the wheel if punctured. Also useful is a roll of insulating tape, some flanges, small scissors and a small piece of tyre for provisional repair of any possible breakage in the wheel.

We must also not forget a basic first-aid kit, as well as a small backpack to transport all of the aforementioned. If the journey is long, or if the trip will last several days, it may be advisable to bring saddlebags or bring what is needed in panniers, well-secured and inside a leak-proof bag, such as those used for canyoning.

Regarding food, it is always advisable to bring an energy supplement, such as bars or nuts to be consumed on the go. And water, of course, depending on the route, how hard it is, and how many fountains or villages are on the way. Hydration is fundamental. Under intense heat, we need to be especially careful and avoid travelling during midday hours.

Both on the bike and in the mountains, common sense and prudence are our best allies. If necessary, we must know when to stop.





GREENWAYS IN THE REGION OF VALENCIA

*Arteries for family cycle
tourism.*

The first Spanish railway between Carcaixent and Gandia was inaugurated 8 February 1864. It had a “blood engine,” as animal traction was called, and the track was only 1.38 m wide. The thirty horses pulling the cars took around three hours to cover the 37 km between both towns.

Ten years later, the railway operation was purchased by José Campo Pérez (Marqués de Campo (Campo Marquis)), and in 1881, a steam engine was added. This made it the second railway with a metric track in Spain, the first one having begun operation between Silla and Cullera three years earlier.

The complete route between Carcaixent and Dénia was inaugurated in March 1884. Originally, it transported oranges, and is the oldest greenway adapted to cyclists and trekkers today.

Of the 375 km of abandoned railway lines in the Region of Valencia, over half of them have been recovered as non-motorised infrastructures.

These routes, removed from motorways, with gentle slopes, wide curves and rest areas

exclusively for cyclists, trekkers, horseback riders and individuals with reduced mobility, make them fundamental points to travel vast swathes of Valencian territory under very safe conditions.


Greenways are arteries for family cycle tourism, a vast network that reaches many different locations in Valencia. With our little ones, we can discover the old iron roads and the towns they serviced, our archaeological heritage with abandoned train stations, bridges and spectacular aqueducts, tunnels that light up when we go through them, paths excavated as trenches, and a constantly-changing landscape. The Greenways are also ideal for those who wish to try cycle tourism for the first time. The Region of Valencia currently has twelve prepared Greenways, covering a total of 176 km, all in perfect condition. Further amplification plans are also underway.



VÍAS VERDES

More information on these greenways at:
www.viasverdes.com/itinerarios/principal.asp



 Indicates the starting point of each of the Greenways.

Ojos Negros Greenway



Departure: Barracas (Castellón)

Arrival: Torres-Torres (Valencia)

Distance: 67,7 km

Average difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=46



Ojos Negros Greenway is the longest in Spain. It begins in Ojos Negros mines, in Sierra Menera (Teruel), and ends in Sagunto. The iron mineral was transported by railway from its starting point to the port of Sagunto, and only operated for fifty years. It was inaugurated in 1907.

Of its total 218 km, half its length lies in the Region of Valencia, and 67 km are completely prepared, in perfect condition for use. The entire route can be covered in several days from the mines, alternating between parallel paths and recovered Teruel sections.

To do so, we need some form of transport to take us to the starting point, given that the current railway line that runs in parallel does not reach the beginning of the track.

Del Mar Greenway



Departure: Benicàssim (Castellón)

Arrival: Oropesa (Castellón)

Distance: 6 km

Low difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=45



Until the railway came, Benicàssim was a group of homes and country houses, with scarcely any business and a subsistence economy. When the Marqués de Campo built the Valencia, Tarragona-Barcelona line, the third railway on the Peninsula, the town grew economically and in size, to such an extent that the tracks divided the town.

The new route in 2004 freed the city from the train tracks, and the old dismantled platform became a spectacular greenway next to the sea. The initial route can be continued along the entire coast, even to Peñíscola, since this section is joined to the Costa de Azahar Mountain Biking Centre, and links Del Mar Greenway to the Prat de Cabanes and Sierra de Irta Natural Parks. This makes for a beautiful route along the northern coast of Castellón, travelling through two protected spaces in an almost unaltered state. The route can be combined to return with the current railway from Peñíscola, Torreblanca or Benicàssim stations.

➤ Dénia Greenway



Departure: Dénia (Alicante)

Arrival: Els Poblets (Alicante)

Distance: 6 km

Low difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=7

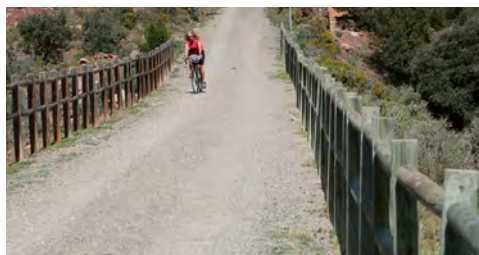


This Greenway was initially inaugurated as a route within the Natural Pathway network. Follow the route of the old Carcaixent-Dénia railway that transported oranges to the ports of Gandia and Dénia for exportation.

It is entirely prepared and very well-signposted, with informative panels on the history of the railway. It can link with the Oliva-Gandia section, the Safor Greenway, although it has still not been entirely adapted as a greenway. It can also connect to the Verger, and from there, take the bike lane to Marjal de Pego-Oliva, a marshland with great biological and landscape value, since this is the source of the Racons River. This is where several springs surface, such as the Font Salada. It is also one of the Vall de Pop Mountain Biking Centre's sea outlets, joining Dénia with Parcent.

Dénia Greenway runs through fields and modernist houses surrounded by palm trees, in a setting of great beauty framed by the Montgó and Segaria mountains.

➤ Alcoi Greenway



Departure: Alcoi (Alicante)

Arrival: La Canal (Alicante)

Distance: 10 km

Average difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=12



This is built over the old Alcoi-Alicante railway, used to export products manufactured in Alcoi. As soon as we leave the city, the route brings us to the Carrascar de la Font Roja Natural Park. We can enjoy the highly diverse

landscape in the area, riding amongst pine trees, kermes oak, alder, ash and Valencian oak.

The Greenway crosses two impressive viaducts and several tunnels. It is advisable to have lights so as to avoid travelling in the dark, since their automatic lighting is not always operational. The Siete Lunas viaduct may also be observed, an impressive engineering feat towering 46 m over the Polop riverbed and measuring 260 m in length.

Other points of interest are the bridge crossing the Batalla ravine, and the view of Alicante's mountains. The constant uphill path after leaving Alcoi comes to an end in the port of Carrasqueta.

At the end of the Greenway, on the Canal esplanade, the route can be continued to Agost, or even join with the Maigmo Greenway.

Ibi Greenway



Departure: Ibi (Alicante)

Arrival: Ibi (Alicante)

Distance: 1,5 km

Low difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=128

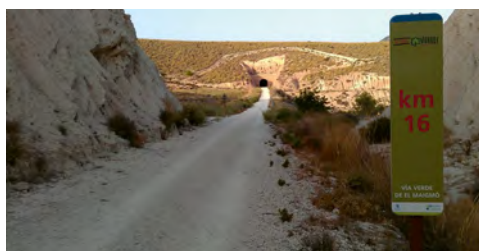


A very short route in the urban perimeter area of the city of Ibi, with alternating almond and olive groves. The old abandoned track runs through the wide agricultural valley separating the Menejador mountains (to the north), forming part of the Carrascar de la Font Roja Natural Park, and the Cuartel mountains to the south.

This section, recovered for families with children, individuals with reduced mobility, or people of a certain age who enjoy strolling during their leisure time, has a point of added interest: it goes around the Ciudad del Juguete (Toy City), and offers the possibility of visiting the museum.

Just 2 km away from the end of the Greenway, we find the Torretes-Font Roja biological station, where studies to improve and preserve Mediterranean flora are conducted. Its premises can be freely explored, amongst aromatic plants, rose bushes, cacti, fruit trees and other species from the Mediterranean ecosystem.

Maigó Greenway



Departure: Agost (Alicante)

Arrival: El Maigó (Alicante)

Distance: 22 km

High difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=14



Built during Primo de Ribera's dictatorship on complex orography, this railway posed a challenge to engineers at the time. Infrastructure work was completed in 1932, but the Civil War put a halt to it and the tracks were never laid. Reports from the 1960s dismissed lengthening it, and in 1984, the old platform was used for other purposes.

The Greenway covers a surprising landscape, full of contrasts, from the Agost depression to the Maigó mountains, with impressive watercourses, ravines and highly-eroded gullies. Patches of Mediterranean forest dot the route. There is a certain incline, reaching an altitude of 440 m, between the 220 m in Agost and 660 m above sea level in the port of Maigó.

The last section bears gypsum, clay and gravel, resembling an Old American Western film set. The greenway boasts rest areas, protective rails and informative panels. There are a few short sections shared with automobiles, who are granted access to adjoining properties.

Xixarra Greenway



Departure: Santuario de las Virtudes (Alicante)

Arrival: Biar (Alicante)

Distance: 15 km

Average difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=16



Also known as the Virtudes Greenway, the name Xixarra (Cicada) comes from the term used to refer to Alicante's trains, because of their exterior aspect and the monotonous sound of the locomotives compared with the sound of the cicadas, so abundant along the entire route.

It was part of the old route that covered two different interconnected railways: the one that travelled Villena-Alcoi-Yecla, and the Alcoi-Gandia line. They both joined in Muro del Comtat.

The prepared section begins in the Santuario de las Virtudes and continues to the town of Biar, with a connection to the Southeast St James Way. This route does not have tunnels or spectacular viaducts, but it has long, leisurely, truly beautiful sections, with calm, serene stopping points under broad horizons. With hardly any hills, this route is a delicious outing, with the added attraction of the Biar and Villena fortresses.

Torreveija Greenway



Departure: Torreveija (Alicante)

Arrival: Ctra. de Los Montesinos

Distance: 7 km

Low difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=15



This Greenway begins near the leisure park, the Habanera Museum and the Salt Industry Interpretation Centre. We soon see the huge mountains of salt as we travel through the Mata and Torreveija Lagoons. We skirt the Torreveija lagoon, considered the largest saltwater lagoon in Europe, with a 25-km perimeter, measuring 7 km in length. This Natural Park is one of the most important in the Region of Valencia, and is the largest lagoon after the Albufera of Valencia. A colony of flamingos nests and lives there almost permanently, since they no longer need to hibernate in Africa. The warm, constant temperatures in Torreveija and southern Alicante allowed certain migratory fowl to change their habits.

The Greenway runs very close to the shore, so we can approach the water in certain sections, on red, highly salty earth, covered with steppe vegetation adapted to such harsh conditions. A calm route, suitable for the entire family, on a branch of what was once the old Alicante-Murcia railway, along its detour to Torreveija for salt transport.

Antic Trenet Greenway



Departure: Carcaixent (Valencia)

Arrival: entre Carcaixent y Alzira

Distance: 11,75 km

Average difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=163



Following the route of the old, narrow-gauge line between Dénia–Carcaixent. This route, with its evocative name, follows the old feve line. -Spanish narrow-gauge railways- it crosses the territory of the Ribera Alta region, starting in the Valencian town of Carcaixent. This old trainline is now a pleasant route through Valencia's interior which is expected to grow to more than 30 km when it finally reaches Tavernes one day.

Manuel Greenway



Departure: Manuel (Valencia)

Arrival: Manuel

Distance: 1,35 km

Low difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=166



First steps in the redevelopment of the Xàtiva – La Pobla Larga trainline. The conversion of this old trainline crosses the Valencian region of Manuel being the first kilometre of this project. In the future, it is planned to join up the municipalities of Manuel, La Pobla Llargu and Xàtiva. A way of promoting sustainable mobility and offering new routes in Ribera Alta county.

Llíria Greenway



Departure: Llíria (Valencia)

Arrival: Benaguacil (Valencia)

Distance: 6 km

Low difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=144



In 2014, the necessary adaptations to make it a Greenway were made to the old railway route that joined Llíria and Valencia. This section, passing through the municipality of Benaguacil, had been in disuse.

The course begins at the old Llíria train station building, and ends in Molinet, an old Benaguacil halt, near the paper factory. This location has a rest area, trees to provide shade, tables and bicycle parking.

The route winds through orange trees and agricultural crops, as well as the traditional Valencian landscape, bordering the banks of the Túria River. This route, which has yet to be signalled and prepared as such after the Greenway ends, can easily be continued on agricultural paths until reaching the Túria Natural Park and connecting to the city of Valencia. Moreover, this natural corridor provides the possibility of using the metro to return to the starting point.

Xurra Greenway



Departure: Valencia

Arrival: Puçol (Valencia)

Distance: 15 km

Average difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=106



To the north of the city of Valencia, a large part of the Horta of Valencia has been conserved. While riding amongst typical crops, note the tiger nut, used to make the highly-valued Alborià orxata.

The Greenway follows the platform dismantled while conserving the narrow-track (FGV) and RENFE lines. This was a part of the Calatayud-Valencia railway that joined the towns of Calatayud, Teruel, Sagunto, Valencia and Grau. The new lines to Zaragoza and Canfran, and the one coming from Tarragona, parallel to this one, led to its closure.

It cuts through a landscape of enormous cultural and ethnographic value. This is the last part standing of the historical cropland irrigated with water from the Túria River, an example of a water operation of Roman origin. Reinforced and extended by the Arabs, such an operation would be difficult to find elsewhere on the planet. The Tribunal de las Aguas (Water Court) has been judging disputes between agriculturalists regarding the ditches irrigating these lands since time immemorial.

La Safor Greenway



Departure: Gandia (Valencia)

Arrival: Oliva (Valencia)

Distance: 7 km

Low difficulty

www.viasverdes.com/itinerarios/itinerario.asp?id=105



Of the 66 km travelled by the “Carcaixent-Dénia trenet (Carcaixent-Dénia little train),” only 13 were recovered, in the Els Poblets-Dénia section (Dénia Greenway), and the section between Gandia and Oliva. The latter,

known as the Safor Greenway, crosses beautiful orange groves between the two cities. It leads us to discover extraordinary monuments in both cities, especially the Borgia Castle in Gandia, and the Casa Mayans, secondary headquarters of the MUVIM. These monuments and museums are worthy of a thorough visit.

The network of irrigation ditches and traditional fields lies on both sides of the Greenway, running in a completely straight line to Oliva and flanked by old farmsteads and country homes. The proximity of urban hubs such as the Alquería de la Comtesa, Bellreguard, Palmera and Piles makes this Greenway more interesting. Moreover, it is very close to the best beaches on the Valencian coast.



METROVALENCIA CYCLIST ROUTES

In order to promote the combined use of bicycles with public transport, and to encourage learning about the cultural and landscape heritage of the towns serviced by the metro network, Ferrocarrils de la Generalitat Valenciana has designed 18 routes that travel to the sites of greatest

interest. They can be accessed from the stations themselves, with no need for a private vehicle. The routes are linear, and bicycles may be transported by train on Saturdays, Sundays and bank holidays at all stations.



▶ Xurra Greenway

Departure: L5 and L7 Aragón Station

Arrival: L3 Rafelbunyol Station

Distance: 19 km

Average - Low difficulty



Converted to a Greenway, this path can be cycled on the old railway platform that joined the city of Valencia with Aragón. Alboraià, Almàssera, Meliana and Rafelbunyol are the towns we can discover on this route. The most interesting aspect is observing the farmsteads and traditional homes, as well as their cultivated fields, in the Huerta Històrica de Valencia (Historic Cropland of Valencia).



▶ Túria Park

Departure: L2 Benimàmet Station

Arrival: L8 Marina de Valencia tramway

Distance: 15 km

Low difficulty



The old Túria riverbed, now converted to a Park, is a green road that crosses the city from end to end. Sites of relevant monumental interest in Valencia can be observed without leaving the path. The IVAM, José Benlliure, the Cathedral, the Sant Pio V and History Museums, as well as the most important green zones, such as the Botanical Garden, the Cabecera Park and the Viveros (plant nursery) can be viewed.



Route difficulty level:

■ Low difficulty

■ Average - low difficulty

■ Average difficulty

■ Average - high difficulty

■ High difficulty



► **The Maritime Façade**

Departure: L5 and L7 Ayora Station

Arrival: L3 and L9 Alboraya-Palmaret Station

Distance: 10,5 km

Low difficulty



This route leads us to discover and enjoy the new port facilities, the beaches and the Malvarosa Seafront Promenade, as well as the nearby Alboraya beaches. Ideal year-round, the route between the Alboraya beaches and the line-3 metro station in this town allow us to appreciate the Horta of Valencia's historic landscape.



► **Túria Natural Park (I)**

Departure: L2 Clot Halt

Arrival: L2 Paterna Station

Distance: 14 km

Average difficulty



The main attraction of the route winding through Túria Natural Park are the Entrepins and Vallesia pine forests, and the natural "balcony" on the Túria River, across from the Aguas Potables de Valencia (Potable Water of Valencia) facilities. A site of singular beauty, it is relatively unknown despite its proximity to Valencia. The route ends with a tour of the city of Paterna.



► El Camp del Túria

Departure: L2 Lliria Station

Arrival: L1 Bétera Station

Distance: 21 km

Average - Low difficulty



The changing landscape along this route through Camp del Túria is noteworthy, between the Túria River valley and the Carraixet ravine. Mainly sloping downward, there are a few sections on dirt paths and a few gentle uphill climbs that make the outing more interesting and pleasant. Mountain zones are combined with irrigated and dry crops, typical of the region.



► Túria Natural Park (II)

Departure: L2 Lliria Station

Arrival: L2 Clot Halt

Distance: 45 km (long) o 38,7 km (short)

Average - High difficulty

Average Diff.



The route travels over both shores of the Túria River, in the Natural Park. This route is long, flat and extremely interesting, with different landscapes blending riverside forests. There are pine zones, carob crops and olive and orange trees on the lower part. Also of note is the cultural heritage, visible all along the route, such as the old mills and country houses in Rio, Los Frailes and La Barca, as well as the Santa María Monastery.



► El Marjal dels Moros

Departure: L3 Rafelbunyol Station

Arrival: L3 Rafelbunyol Station

Distance: 28,5 km

Average - Low difficulty



The Marjal dels Moros is one of the most important lagoons on the Valencian coast. Although small, this space bears exceptional biological wealth. It is remarkable how effortlessly one can watch the birds that live here. In addition to showcasing this natural space, this route leads you to the urban hubs of Puçol, Puig and Rafelbunyol itself.



► Bétera – Rafelbunyol

Departure: L1 Bétera Station

Arrival: L3 Rafelbunyol Station

Distance: 13,6 km

Low difficulty



All along this very simple route, we will cross the Pla de Pinyeta and a few important ravines in the region, such as the Carraixet, Portaceli and Cerezo, as well as the Nàquera and the Cabeç Bord. Additionally, we can enjoy the wonderful views of the Calderona mountains, all while visiting country houses such as the Masía del Pinar and the Masía de Carles. An ideal route for beginner cyclists.



► Bétera - Godella

Departure: L1 Bétera Station

Arrival: L1 Godella Station

Distance: 12,7 km

Average - Low difficulty



This entire route is flat. With this trip, we can visit the Estrella or Torre en Conill country houses, as well as pedal amongst lovely orange tree groves. Of course, there are also pine trees, some of which are found at Providencia local area. Lastly, we recommend visiting the city centres of Burjassot, Rocafort and Godella, where our outing comes to an end.



► The Júcar - Túria Canal (I)

Departure: L1 Carlet Station

Arrival: L1 Massalavés Station

Distance: 23,4 km

Low difficulty



This trip is a peaceful ride through the Ribera's croplands, but also along the Júcar-Túria canal's service road at the highest section. The landscape changes along with the route, skirting low mountain sections with pine trees. There is a more "mountainous" alternative, paths that converge in the canal pathway again.



► L'Horta Sud

Departure: L1, L2 and L7 Sant Isidre Station

Arrival: L1 Picassent Station

Distance: 21,2 km

Low difficulty



On this route, we first reach Picassent by historic cropland paths, which then turn to orange trees, especially after Picassent, which was originally non-irrigated land. Enjoy an agricultural landscape, with a few traditional and other newer constructions. Above all else, observe humanised territory, adapted by man to new crops.



► The Júcar - Túria Canal (II)

Departure: L1 Picassent Station

Arrival: L1, L2 and L7 Picanya Station

Distance: 15,4 km

Low difficulty



This route, travelling along the Júcar-Túria canal between Picassent and Torrent, then stretching on to Picanya, is slightly downhill. However, it can be completed without much difficulty. Both the beginning and the end provide recreation at the agricultural sites in the outskirts of these three towns.



► **Benifaíó Croplands**

Departure: L1 Picassent Station

Arrival: L1 Alginet Station

Distance: 18,5 km

Average difficulty



This route hosts cultural attractions in the Ribera region, since it brings us to the Espioca and San Miguel country houses, or the huertos (croplands) (horts, as the large landholdings with lordly homes from the beginning of the century are traditionally called). The Águila, Aguilar and Francés huertos are examples. We can also explore the towns of Picassent, Benifaíó, Almussafes and Alginet.



► **Upper Júcar Riverbank**

Departure: L1 Alberic Station

Arrival: L1 Villanueva de Castellón Station

Distance: 37,9 km

Average - High difficulty



A mountain pass with a steep downhill grade on a dirt path make this route slightly difficult; nothing that a cycle tourist with a bit of experience could not overcome, but perhaps a bit much for a beginner. However, the effort is worth it, as you can contemplate the impressive new Tous Dam and the entire length of the Júcar riverbank, a flooded landscape created by the river itself.



► **Moncada Irrigation Ditch**

Departure: L1 Burjassot Station

Arrival: L3 Albalat dels Sorells Station

Distance: 13,7 km

Average - Low difficulty



On this route, the Moncada irrigation ditch leads us on an outing through the Horta Nord. On several occasions, we will cross the ditch over small bridges, and on others, we will pedal right next to it, following its course. Irrigation ditches are one of the most important symbols of landscape and economic transformation. Thanks to these ditches, many dry crops became fertile, and their water was transformed into power for mills and factories.



► **Iberian Lliria**

Departure: L2 Lliria Station

Arrival: L2 Lliria Station

Distance: 45,2 km

Average - High difficulty



In addition to being the longest of the Metrovalencia routes, the first part is slightly uphill, which means you need a morning to visit the archaeological sites. On this route, you will discover the Camp del Túria irrigation canals, and the Edetani plains between Lliria and the Concordia local area, in the Calderona mountains next to Alcuplas.



► **Túrria Natural Park (III)**

Departure: L2 Pobla de Vallbona Station

Arrival: L3, L5 and L9 Manises Station

Distance: 23 km



Average - High difficulty

This route runs almost entirely parallel to the Túrria River. It is surprising to see that there are still sections with exuberant riverbank vegetation, and zones where the river has yet to lose its identity and charm. This section of the Túrria was declared a Natural Park to protect the landscape and conserve the architectural remains of cultural interest marking its shores.



► **From Lliria to Rafelbunyo**

Departure: L2 Lliria Station


Arrival: L3 Rafelbunyo Station

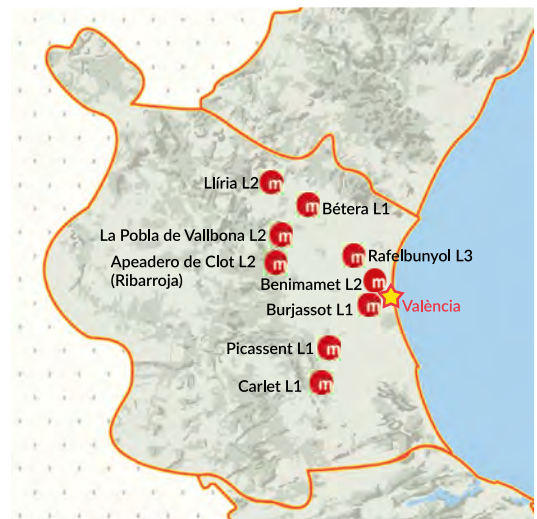
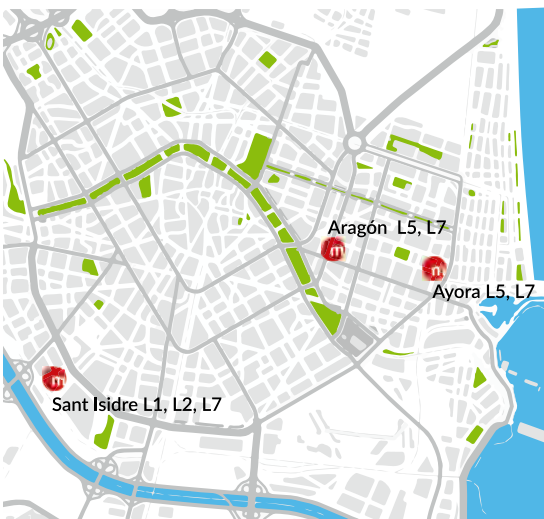
Distance: 33,8 km



Average difficulty

This route runs through the foothills of the Calderona mountains, and is one of the longest. Notwithstanding, given that it goes downhill, it is fairly attainable for cycle tourism. It begins in the city of Lliria which, due to its rich archaeological heritage, is perhaps worthy of a visit on its own. Afterwards, amongst pine trees, dry crops and orange groves, we approach the Calderona mountains, going through the Cabeç Bord fortifications, before reaching Rafelbunyo.

 Indicates the exit point from each of the MetroValencia stations.





MOUNTAIN BIKE CENTRES IN THE REGION OF VALENCIA

The Mountain Bike Centres of the Region of Valencia are free-to-access spaces, prepared for mountain biking, that have a vast network of signalled routes. They offer cycle tourists a whole series of equipment and complementary support services for mountain biking, from an educational, touristic and inclusive perspective.

Whatever the cyclist's level may be, any Mountain Biking Centre in the Region of Valencia can be used as a starting point to travel to the most beautiful and unknown natural sites, riding in complete safety.

Each Mountain Bike Centre has a welcome point with an assistance and information service for the visitor on the routes it offers, their difficulty, lodging sites, places of special information and how to hire bicycles at some of them. It also has parking areas, spaces for washing and repairing bicycles, showers, services, first-aid and medical care.

Moreover, the Mountain Bike Centres have information points or panels located in different towns in the region so you can ride on the network from any of these towns, as well as the tourist resources available in the zone.

All the Mountain Bike Centres were made with certain quality standards, both in the services provided and the infrastructures developed, since they are certified and endorsed by the Agència Valenciana del Turisme.

There are several routes with different degrees of difficulty that generally run through areas with scarce motorised traffic. These are mainly forest paths and unpaved roads, although in some zones, this is not entirely possible. The routes are classified by colour according to their difficulty level, where the distance, grade, cyclability and the state of the path are taken into account.

Most of the routes set out in the Mountain Bike Centres are circular, beginning and ending at the welcome point, but on occasion they are also long linear routes that even provide for connecting with two or several Mountain Bike Centres. This feature increases the possibility of travelling a multiple-day route through the interior of the



Region, also connecting with coastal cities. This formula provides for extraordinary bicycle trips in the Valencian mountains. They can be planned and customised, a one-of-a-kind experience thanks to the fascinating landscapes of Valencia's geography.

Different signalling and marking systems complete this tourist infrastructure, adapted to all levels. Each visitor can select the route or routes that best match their possibilities, depending on their physical condition.

El Comtat was the first Mountain Bike Centre completed in the Region of Valencia. The technical project was conducted in 2008 and marked the following year. A brand image was developed, which was adopted by the other Centres. They follow the same criteria, supervised and endorsed by the Valencian Tourist Board.

www.centresbtt.com
facebook.com/centresBTT
blogs.comunitatvalenciana.com

All Mountain Bike Centre routes can be downloaded to your GPS:
Centres BTT en wikiloc.com



There are currently ten Mountain Bike Centres in the Region of Valencia, encompassing practically all ecosystems present with their different cultural landscapes. They all have features that set them apart, providing in-depth knowledge of the cultural and geographical variety found in Valencian territory, with special emphasis on the most attractive sites for active tourism.

Alto Palancia Mountain Bike Centre

Welcome point: Camping Altomira

Town: Navajas (Castellón)

Region: Alto Palancia

Nº routes: 9

Kilometres signalled: 385



The nine routes that form the Alto Palancia Mountain Bike Centre run through varied territory with sharp contrasts. The main natural attractions it holds are complemented by great cultural and patrimonial wealth, fruit of the intense human activity conducted throughout the course of history. Adapted to different difficulty levels, these routes invite the visitor to discover all this value at the slow pace provided by a mountain bicycle.

The routes offered penetrate the Sierra Calderona and Espadán Natural Parks, where you can visit sites of great touristic interest, such as Jérica, Navajas and Segorbe, and enjoy one of the longest greenways in Spain, the Ojos Negros Greenway. The centre itself is found on this very route. Of the nine routes offered, three of them begin at the information point located in Barracas, at the region's border.

comunitatvalenciana.com/que-hacer/btt/centro-btt-alto-palancia

El Valle Mountain Bike Centre

Welcome point: Pab. Dep. Manuel Tarancón

Town: Cofrentes (Valencia)

Region: Valle de Ayora - Cofrentes

Nº routes: 9

Kilometres signalled: 254

The El Valle Mountain Bike Centre, along with the Jalance, Ayora and Jarafuel information points, is the starting point for the routes to travel throughout a large part of the region.

The routes offered run through seven municipalities, with the Cabriel, Júcar and Cautabán Rivers acting as the backbone. El Valle's municipalities are home to a broad variety of tourist attractions, to combine mountain cycling with other activities: boating on the Júcar, canoeing down the Cabriel River, visiting the Ayora, Jalance and Cofrentes castles, or exploring the Don Juan cave with specialised guides.

The Cofrentes spa offers a relaxed, comforting stay, and can be the ideal complement to physical exercise. The signalled routes are equally distributed between four difficulty levels, with suggestive names such as Cañones del Júcar (Canyons of the Júcar) or Castillos del Valle (Castles of the Valley). The latter is a linear route that crosses the entire region.



comunitatvalenciana.com/que-hacer/btt/centro-btt-el-valle

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comunitatvalenciana.com/que-hacer/btt/centro-btt-el-valle



El Comtat Mountain Bike Centre

Welcome point: Albergue del Serpis

Town: L'Orxa (Alicante)

Region: El Comtat

Nº routes: 14

Kilometres signalled: 431



The El Comtat Mountain Bike Centre was the first inaugurated in the Region of Valencia, and set the path to be followed by the other centres.

Its welcome point is found in the Albergue del Serpis (Serpis Lodge), near the towns of Cocentaina, Muro and Alcoi. It is easy to access the Serpis Greenway from the Mountain Bike Centre, which connects Alicante's interior with the coast. The routes offered run through the mountains surrounding the Serpis River section, before entering the Estret de l'Infern, the only pass possible toward the sea and coastal plains.

The most demanding routes go up to the anticlines, and then exit to the river canyon. They continue over the slopes, without descending, or descend to other interior valleys such as the Vall del Vernissa, the Vall de Gallinera and the Vall d'Alcalà, where towns of Moorish origin appear to have never aged, stuck in time. Another 176 km was added in the year 2015 to the initial 255 km, which increased outing possibilities with a new information point located in the San Vicent hermitage, in Agullent. These new routes connect the El Comtat Mountain Biking Centre with the Vall d'Albaida and the Caroig Mountain Biking Centres.

comunitatvalenciana.com/que-hacer/btt/centro-btt-el-comtat

Els Ports Mountain Biking Centre

Welcome point: Complejo Fábrica Giner

Town: Morella (Castellón)

Region: Els Ports

Nº routes: 37

Kilometres signalled: 1.016

The Els Ports Mountain Biking Centre is located in the Giner Factory, in Morella, old industrial facilities that made a textile colony near the Bergantes River. They were restored by the Generalitat Valenciana and turned into a tourist complex. The routes have different difficulty levels, ranging from easy rides for the whole family to routes that are highly demanding, both physically and technically. All the routes are circular. Nine of them begin and end at the Giner Factory welcome centre, three of them at the Zorita information point, ten at the Forcall point, six at Portell de Morella, and nine at the Cincortres information point.

Each route is thematic, and its purpose is to discover some aspect of Els Ports' natural or cultural heritage. Thus, for example, route 1 shows the importance of the region's rivers and their relationship with its inhabitants, route 7, by winding through the region's mountain ranges, recalls the traditional labour of colliers, and routes 10 and 12 lead us to one of the most mysterious and magical sanctuaries in the Region of Valencia: the Balma.



comunitatvalenciana.com/que-hacer/btt/centro-btt-els-ports

Massis del Caroig Mountain Bike Centre

Welcome point: Albergue de les Alcusses

Town: Moixent (Valencia)

Region: La Costera

Nº routes: 9

Kilometres signalled: 442



The Albergue de les Alcusses (Alcusses Lodge), located in the municipality of Moixent, is the welcome point for the Massis del Caroig Mountain Bike Centre.

This is where most of the routes that run through the regions of Canal de Navarrés, Costera and Vall d'Albaida begin, all of which are located to the south of the Valencian province, on the border with the province of Alicante.

The variety in landscape is one of the main features of the routes offered by this centre, straddling the Valencian mountain systems and the tableland. Along with the wealth of the landscape, the high number of tourist resources offered by the territory is of note. These include the nearby Bastida de les Alcusses, one of the most important Iberian sites on the Peninsula, wine tourism based in the Dels Alforins wineries, and the chance to enjoy valuable natural sites in the area, such as the Serra Grossa, highly attractive to cycle tourists.

In addition to the welcome point, other starting points located in Enguera and Navalón de Arriba are offered.

comunitatvalenciana.com/que-hacer/btt/centro-btt-massis-del-caroig

Costa de Azahar Mountain Bike Centre

Welcome point: Camping Torrenostrera

Town: Torreblanca (Castellón)

Region: Plana Alta

Nº routes: 10

Kilometres signalled: 212

The Costa de Azahar Mountain Bike centre is located in the Castellón town of Torreblanca, specifically on the Torrenostrera beach. This is an ideal place to discover the coastal Prat de Cabanes-Torreblanca and Sierra de Irta Natural Parks. The landscapes forming the territory crisscrossed by these routes are immensely beautiful, making for a diverse stage that opens out over the Mediterranean, combining traditional coastal tourism with active, cultural and athletic tourism. The ten routes offered lead us to discover unfrequented, hidden corners along the coast, as we ride next to archaeological remains, manor homes, abandoned country houses, fortified hermitages, sentry towers and modernist urban hubs. A great combination of culture and nature, complemented by the ever-present sea.

In addition to the welcome centre, the information points located in Peñíscola, Benicàssim and Desert de les Palmes, encompassing three natural parks, are offered as starting points. Route number 10, called the Camino del Litoral (Coastal Path), connects us to the towns of Benicàssim and Peñíscola, all without leaving the coast, and includes the Del Mar Greenway.



comunitatvalenciana.com/que-hacer/btt/centro-btt-costa-azahar

La Ribera Mountain Bike Centre

Welcome point: Hotel Rest. La Casa Blava

Town: Alzira (Valencia)

Region: La Ribera

N° routes: 9

Kilometres signalled: 415



With this Mountain Bike Centre's nine routes, we can explore the Quaternary alluvial plain's different settings, on the Júcar riverbank. Nestled

between the Corbera mountain range and the Tous mountains, there are extensive orange groves and irrigation infrastructures not found anywhere else in the world. There is also an important cultural element, with the Ruta de los Monasterios (Route of Monasteries), described as a crossing, and the transition from the coastal plains to the Murta and Casella valleys.

The city of Alzira boasts a valuable historical and artistic heritage, with its walled historic city centre. Its surroundings are home to the rural Valencian landscape par excellence, amongst orange trees, mountains and valleys, with lovely towering examples of rural architecture from the late 19th and early 20th centuries.

A series of outings are offered to explore the Júcar's floodplain, with fertile fields irrigated by the waters of the Acequia Real, and the Corbera, Cavall Bernat and Les Agulles mountain ranges, from whence we can contemplate the immense green tapestry of orange trees, all the way to the Cullera beach.

comunitatvalenciana.com/que-hacer/btt/centro-btt-la-ribera

Alto Mijares Mountain Bike Centre

Welcome point: Campuebla Aptos. & Spa

Town: Montanejos (Castellón)

Region: Alto Mijares

N° routes: 8

Kilometres signalled: 266

The Alto Mijares is a territory with a long touristic tradition since time immemorial, home to thermal springs around Montanejos.

This region is crossed by the Mijares and Maimona Rivers, making for an incomparable environment. This is one of the most intense in the Region of Valencia, and the jump-off point for countless nature activities, such as mountain climbing, rafting, canyoning, trekking, bungee jumping and kayaking.

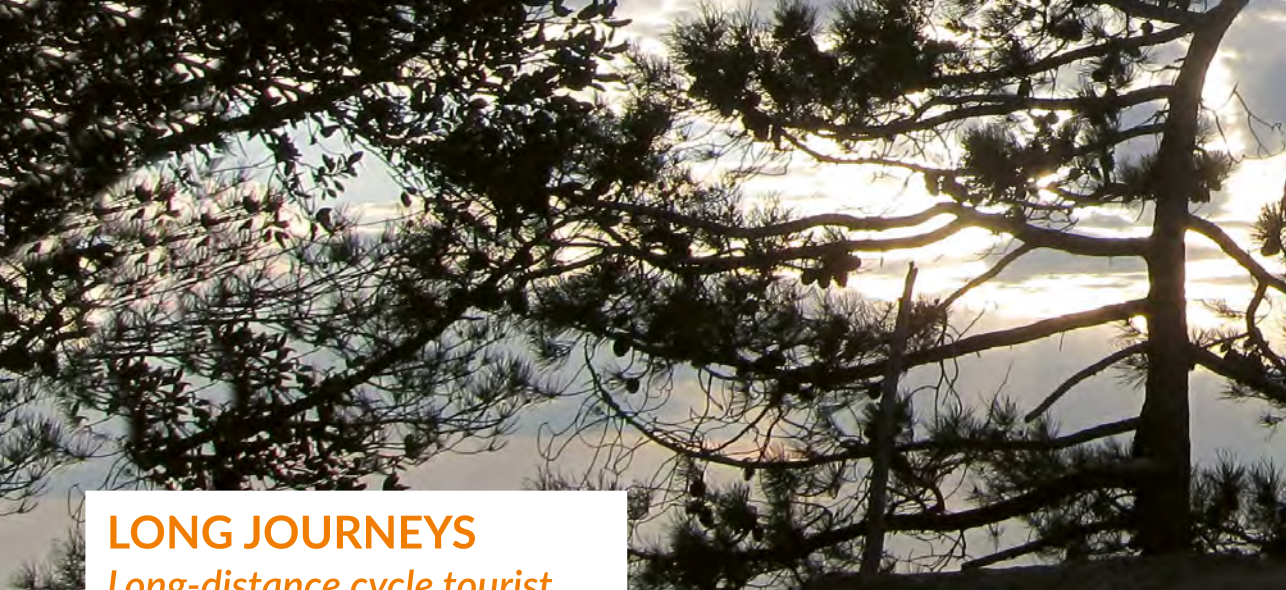
Upon reaching Montanejos, the Mijares River widens into a small bowl where we find two colossal canyons, the Strait of Chillapájaros and the deep basin of the Maimona ravine. Of note is the long-distance GR-36 path, that winds through the Espadán range to Vilavella, and the Camino del Cid (The Way of El Cid), with the Conquista de Valencia (Conquest of Valencia) routes, (stage 46 and 47), and the Anillos del Maestrazgo routes.

This Mountain Bike Centre's routes lead to exceptional locations, running through Montán, Cirat, Arañuel, San Vicente de Piedrahita and Puebla de Arenoso.



comunitatvalenciana.com/que-hacer/btt/centro-btt-alto-mijares





LONG JOURNEYS

Long-distance cycle tourist journeys.

Designed to last several days, these long journeys are true voyages through the heart of the Region of Valencia, and on some occasions, through border communities. There are long routes such as St James Way from Valencia, the Camino de los Corporales and the Camino del Cid, with large, complete stretches in our territory.

These routes are the fruit of public and private initiatives, with carefully maintained sections. Here, the priority is direct communication with the lodging owner, the villages and their people, with local companies that take care of reservations and assisting the cyclist, even transporting luggage between lodging points. This project in design and signalling, with detailed GPS tracks, offers visitors the best of our landscapes, hotels and rural cottage lodgings, the villages the route covers, and the tourist and cultural resources of greatest interest.

The long routes snake throughout the territory so the visitor can enjoy truly sustainable, inclusive, active and environmentally-respectful tourism. Bike travel is the most human, cleanest and quietest way to explore our natural spaces without altering them, at the velocity closest to natural speed. It also provides freedom and independence. It makes us interested in the environment, grow more aware and cease to be passive observers. One perceives the wind, sun, aromas, cold and heat. The trip becomes an authentic adventure that is both personal and exciting. An experience chock-full of sensations, where the journey is more important than the destination.

The Cycle Tourism Guide to the Region of Valencia has selected documented circular or linear journeys, and detailed information on these routes can be found on their webpages. It is completely safe to ride them, even if not marked on the ground. We can follow the GPS tracks or apps adapted to smartphones.




In some cases, and on routes designed by active tourism companies or alternative travel agencies, there are QR-format links to obtain further information, download the tracks, or even organise or hire a touristic product. In other cases, such as the routes made by public initiative, entities or associations, there are links to the reference webpage, or directly to the GPS tracks.

All of these cycle tourism possibilities offered by the Region of Valencia have the necessary infrastructures along the routes, including lodging, bars, restaurants, grocery shops, medical services, information offices and bicycle repair shops.

The long trips we explain as follows are designed both for mountain biking and road biking, adapted to everyone's possibilities, but they do require minimum physical preparation and certain bicycle experience. The orography of the Valencian territory makes the routes more, or less, difficult. Its beauty and diversity are the main draw.

Bon Voyage



 Indicates the starting point of each of the Long Journeys.

A mountain cycle tourism route designed for mountain bikes, running through the Tinença de Benifassa Natural Park, Els Ports and the Matarranya region. This wild route is of spectacular beauty, with deep river canyons, vertiginous peaks and dense forests, including the southernmost beech forest in Europe. This circular route does pose a challenging element, and can be completed in two or three stages. In total, it is 180 km long, with the start and end point in the Castellón village of El Boixar.

The webpage 7pobles.com can personalise the route, make the stages shorter so the trip lasts more days, or for cycle tourists who prefer pavement, undertake logistics to complete Volta als Ports on a road bike and travel through each and every one of the Tinença's towns.



www.7pobles.com/3regnesbtt/

▶ *Route should ideally be completed in 3 stages, joining the 3 old historic regions of Aragon, Catalonia and Valencia.*

▶ *180 km to fully traverse two protected natural parks, the Tinença de Benifassà Natural Park and the Dels Ports Natural Park.*

▶ *There is also the road option, custom designed for the visitor. The purest form of cycle tourism, we visit the seven villages in Tinença de Benifassà.*



On Mountain Bike

Starting point:	El Boixar (Castellón)
Total distance on 2 stages:	129 km (67km and 60 km)
Accumulated elevation gain:	3.550 m
Total distance on 3 stages:	177 km (67km, 62 km and 48 km)
Accumulated elevation gain:	5.650 km

Circular route / Mountain cycle tourism

Organisation and information:
www.7pobles.com

Monasteries Route

The Ruta de los Monasterios de Valencia (Monasteries of Valencia Route) (Sendero de Gran Recorrido GR-236) (Long-Distance Path GR-236)), is a historic and religious path of medieval origin that was recovered and signalled to be travelled by foot, bicycle, on horseback or by car. This route connects five Valencian monasteries: Santa María de la Murta in Alzira, la Valldigna in Simat, Aigües Vives in La Barraca (Alzira), Sant Jeroni de Cotalba in Alfauir and the Santo Domingo Convent in Llutxent.

When constructing the route, old mountain paths, roads and Royal Cattle Tracks were recovered. This is where the poor travelled from monastery to monastery, in search of food and shelter. For trekkers, the route begins in the city of Gandia and comes to an end in Alzira, penetrating the Valencian regions of Safor, Vall d'Albaida and the Ribera Alta. The Monasteries Route for mountain bikers begins and ends in the city of Alzira. It is 142 km long, and there is specific mountain biking signalling along the entire route.

This route goes through a total of 22 municipalities, including Xeresa, Xeraco and Tavernes de Valldigna, at sites not crossed by the trekking path.

- ▶ *A route of medieval origin through monasteries from the Hieronymite, Augustine, Dominican and Cistercian orders, in three regions: Safor, Vall d'Albaida and the Ribera Alta.*
- ▶ *The mountain bike route is 142 km long, and begins in the city of Alzira. It is circular.*
- ▶ *The Monasteries Route has recovered old medieval paths, such as the Paso del Pobre, livestock trails, rural roads and old abandoned railway tracks.*



On Mountain Bike / On road bicycle

Starting point: Alzira (Valencia)

Accumulated elevation : 2.005 m

Distance: 142 km

Stages: 2/3 days

Circular route / Cycle tourism



turisteandoporgandia.com/ruta-monasterios-bicicleta/



Detailed track

<https://es.wikiloc.com/wikiloc/view.do?id=9128766>

▶ Camino del Cid

The Way of El Cid is a touristic, athletic and cultural itinerary that traverses Spain from Burgos to Valencia, connecting the historic footprints left by Rodrigo Díaz de Vivar, known as El Cid Campeador.

The narrative thread for this journey is the *Cantar del Mío Cid* (The Song of my Cid), an epic medieval poem telling the adventures, battles and banishment of the mercenary knight. The sites, villages and castles cited in the work are the main focus of the Way of El Cid, as well as other places not mentioned in the *Cantar*, but that are related to the historic character.

The route is 3,400 km long, stretching along roads, paths and motorways, divided into

eight thematic inter-connected routes. Of all the thematic routes, two of them cross the Region of Valencia: The Ruta de la Conquista de Valencia (Conquest of Valencia Route) and the Ruta de la Defensa del Sur (Defence of the South Route). They both have two versions:



▶ Conquest of Valencia Route

This thematic route has two well-differentiated parts. The first is the section between Cella (Teruel) and Jérica (Castellón), where we find villages of historic interest, separated by extensive juniper groves, the Palancia River valley, the Barracas plain and the fantastic descent to the houses of Ragudo.

On Mountain Bike

Route: From Cella (Teruel) to Valencia.

Regions: Teruel, Castellón and Valencia

Distance: 251 km / 165 km in the Region of Valencia

Stages: 4 days (62 km / day approx.)

Lineal route / Mountain cycle tourism

The second part, which uses the Ojos Negros Greenway until joining the Vía Augusta, winds along peacefully, with a gentle descent until it reaches the sea. It was the platform for the old mining train and the Huerta of Valencia. It comes to an end in the city of Túria, passing through Sagunto and Puig de Santa María.



www.caminodelcid.org/rutas/la-conquista-de-valencia-btt--mtb-554118

On road bicycle

Route:	From Cella (Teruel) to Valencia.
Regions:	Teruel, Castellón and Valencia
Distance:	221 km approx. / 135 km in the Region of Valencia
Stages:	4 days (55 km / day approx.)

Lineal route / Street cycle tourism



www.caminodelcid.org/rutas/la-conquista-de-valencia-cicloturismo-554518

► Defence of the South Route

A path brimming with contrast, from the highly humanised coastal plains to the less inhabited southern mountain ranges. The path skirts La Albufera and La Dehesa de Valencia until reaching Alzira, passing through Algemesí in the Ribera del Júcar. It reaches the historic city of Xàtiva, crossing the Vall d'Albaida through Ontinyent and Bocairent, at the foot of the Mariola mountain range.

The Banyeres de Mariola castle is the first fortress of Almohad origin crossed by the route. Following this same line of defence, the route takes visitors to the Biar, Villena, Sax and Petrer castles, until reaching Orihuela. Before reaching Orihuela, however, we cross the Palmeral de Elx (Palm Grove of Elx), declared World Heritage.

On Mountain Bike

Route:	From Valencia to Orihuela (Alicante)
Regions:	Valencia and Alicante
Distance:	249 km
Stages:	4 days (62 km / day approx.)

Lineal route / Mountain cycle tourism



www.caminodelcid.org/rutas/la-defensa-del-sur-btt--mtb-553518

On road bicycle

Route:	From Valencia to Orihuela (Alicante)
Regions:	Valencia and Alicante
Distance:	250 km
Stages:	4 days (60 km / day approx.)

Lineal route / Street cycle tourism



www.caminodelcid.org/rutas/la-conquista-de-valencia-cicloturismo-554518

▶ El Camino de los Corporales

The Camino de los sagrados corporales, from Llutxent to Daroca (Aragon), follows the route set by one of the oldest and most surprising medieval legends in Valencian culture. Based on the miracle of the holy cloths, narrated in a manuscript dated 1340, this path begins at the Monastery of Corpus Christi or of Santo Domingo, and follows the route that a mule, loaded with holy cloths, continued to Daroca, where they are kept today.

The legend harkens back to Jaime I's conquest of the Kingdom of Valencia, at a time when relic worship was a fundamental pillar to keeping the faith in border regions. This pilgrimage path was recovered in 2008 as a new expression of religious and cultural tourism, in order to contribute to the development of the villages it crosses.

The route is 340 km long, and 190 km cross land in the Region of Valencia, going through interesting cities such as Alzira, Llíria, Olocau, Segorbe, Jérica, Caudiel and Barracas.

▶ *The route recalls the tradition of one of the oldest legends kept alive in Valencia.*

▶ *Cycling the Camino de los Corporales is an extraordinary experience, thanks to the history and immaterial heritage of the Vall d'Albaida*

▶ *Javier Prats was the first to travel the Camino de los Corporales after it was recovered in 2008. Driven by history and an adventurous spirit, he was only accompanied by a mule and a horse. 340 km, 76 hours walking and 12 days.*



On Mountain Bike / On road bicycle

Starting point:	Llutxent (Valencia)
Welcome point:	Daroca (Aragón)
Accumulated elevation gain:	4.070 m
Distance:	339 km / 207 km in the Region of Valencia
Stages:	5 days

Lineal route / Saddlebag cycle tourism



www.llutxent.es/page/sagrats-corporals-llutxent

Jaume I's Route to Vall d'Albaida

Jaume I's Route to Vall d'Albaida is a regional route, focused on rural tourism and closely related to trekking and cycle tourism. The entire route combines historic and heritage elements with rich landscapes.

The route includes 10 villages: Bocairent, Ontinyent, Albaida, Bufali, Montaverner, La Pobla del Duc, Llutxent, Castelló de Rugat, Rugat and Aiolo de Rugat. Two historians created the project, Abel Soler and Rafa Jordá. The route's focus is on following the path travelled by the monarch during the conquest, whose villages and locations are mentioned in the *Llibre del Fets*, an exceptional 13th-century document.

It can be both walked or cycled with a bicycle of any type, any time of the year. It is oriented toward family tourism, there are hardly any hills, the paths are all paved and there is almost no traffic. Moreover, the region offers the visitor a broad range of tourist options (lodging, restaurants, museums, guided outings and historic monuments).

▶ *Jaume I's route is historical in nature, since the villages along the route were founded by Jaume I.*

▶ *Part of the route is the Camino Real de Gandia (Royal Path of Gandia), also travelled by the monarch himself in the Middle Ages.*

▶ *This is an ideal family route.*

▶ *The route provides visitors with the possibility of three kinds of tourism: trekking, cycle tourism or tourism by car.*

▶ *The old mountain paths and roads were added to the route to showcase the region's landscape and its ecological and environmental beauty.*



On Mountain Bike / On road bicycle

Starting point:	Llutxent (Valencia)
Welcome point:	Bocairent (Valencia)
Accumulated elevation gain:	200 m
Distance:	50 km
Stages:	2 days

Lineal route / Family cycling



valldalbaida.com/rutas/ruta-jaume-i

East St James Way

The East St James Way, or St James Way from Valencia, is the route followed by Jacobean pilgrims who began their journey at the capital of Túrria and reached Santiago de Compostela by means of the Royal Road to Toledo, crossing the current communities of Valencia, Castilla-La Mancha, Madrid, Castilla-León and Galicia.

The route follows the old Vía Augusta, exiting the city of Valencia on San Vicente Street to go to Alfafar, Catarroja, Silla, Almussafes, Benifaió and Algemesí. Previously, it entered Alzira on a lovely Gothic bridge, now disappeared, and from there it went to Carcaixent, Xàtiva, Canals and Montesa. Through the Vall del Riu Canyoles, a unique natural pass, the path reached the tableland, passing by Moixent, Font de la Figuera and Albacete.

The East St James Way, after passing Quintanar de la Orden and Toledo, connects with the Vía de la Plata (Silver Way) at Zamora.

Marked and approved as a Sendero de Gran Recorrido (Long-Distance Path) (GR-239), it is advisable to obtain pilgrim's credentials before leaving. This credential is issued by the Asociación de Amigos del Camino de Santiago (Association of Friends of St James Way). The entire route can be cycled.



On Mountain Bike

Starting point:	Valencia
Welcome point:	Santiago de Compostela (Galicia)
Distance:	1237 km / 120 km in the Region of Valencia
Stages:	18-20 días / 2 days in the Region of Valencia

Lineal route / Saddlebag cycle tourism



www.vieiragrino.com/camino/camino.asp

> The Southeast Way

The Southeast St James Way leaves the city of Alicante and crosses the provinces of Alicante, Murcia, Toledo, Madrid and Zamora, where it connects with the Vía de la Plata (Silver Way) in Benavente, or with the French Way in Astorga. In Albacete, it connects with the East St James Way, coming from Valencia.

Its origins harken back to a royal letter dated 1646, where Juan de Villuga describes the route between Alicante and Santiago de Compostela, the inheritance of the old medieval roads travelled by merchants from Toledo to the port of Alicante and vice-versa. There is proof of hospitals along the route that had sheltered pilgrims since the 13th century.

Before leaving, it is advisable to obtain pilgrim's credentials from the Asociación de Amigos del Camino de Santiago de Alicante (Association of Friends of St James Way of Alicante).



On Mountain Bike

Starting point:	Alicante
Welcome point:	Santiago de Compostela (Galicia)
Distance:	1137 / 69 km in the Region of Valencia
Stages:	15-18 days

Lineal route / Saddlebag cycle tourism



www.encaminodesdealicante.org/camino-del-sureste/etapas

> The Dawn Way

The Dawn Way begins in the town of Xàbia, specifically in the Port, also known as the Aduanas del Mar. It connects to the St James route network, and is one of the most recent Jacobean routes.

This is the fruit of a private initiative, inaugurated 30 May 2010. It can be travelled by foot, by bicycle or on horseback. Before connecting to the Southeast Way, the Alba Way goes through the towns of Xàbia, El Verger, Pego, l'Adsubia, Fornà, Vilallonga, L'Orxa and Beniarrés.

This route is essentially interesting because it joins the easternmost point of the Iberian Peninsula with Santiago de Compostela. It also connects to places such as Jesús Pobre, Dénia, El Verger, Pego, l'Atsubia and Ontinyent with

paths, greenways and old roads, until reaching Almansa, where it joins the Camino de Levante (East St James Way) and the Camino del Sureste (Southeast St James Way).



On Mountain Bike

Starting point:	Xàbia (Alicante)
Welcome point:	Santiago de Compostela (Galicia)
Distance:	1.225 km / 142 km in the Region of Valencia
Stages:	18-20 days

Lineal route / Saddlebag cycle tourism



www.caminodelalba.com/en-bici.html

Wool Way from Valencia and Requena

The Camino de la Lana (Wool Way), or better known as the Requena Way, is most likely the oldest and best-documented. It also holds the greatest historical consistency as far as its course is concerned, since both Romans and Arabs used it for travel, followed by wool merchants later in history.

The first pilgrimages to Santiago from Valencia, passing through Requena, began after the reconquest. The first collection written on paths in Spain to Santiago, by Pedro Juan de Villuga, describes it in detail. This collection documents a distance spanning 183 leagues, exactly the same distance it measures today. In his novel *l'Espill*, Jaume Roig describes his pilgrimage to Sant Jaume de Ponent, passing through Buñol and Requena, in 1456.

Recovered by Vicente Hernández, after tenacious, enthralling research work, the Requena Way is now entirely marked and signalled. It leads toward Santiago de Compostela, passing through Buñol, Siete Aguas, Requena, Utiel, Camporrobles and Mira, until joining the French Way in Santo Domingo de la Calzada.



On Mountain Bike

Starting point:	Valencia-Requena
Welcome point:	Santiago de Compostela (Galicia)
Distance:	1.070 km/123 km in the Region of Valencia
Stages:	16 days

Lineal route / Saddlebag cycle tourism



elcaminoderequena.blogspot.com.es/

➤ Vall d'Albaida Cycle Tourism Crossing

Vall d'Albaida is a region with a strong personality and an important cultural and architectural legacy. It is nestled amongst the Benicadell and Covalta mountains, the Grossa mountain range, Els Alforins, Pou Clar and the Mariola mountain range, symbolic and emblematic locations in Valencia's natural heritage.

The Vall d'Albaida Cycle Tourism Crossing, or the Volta a la Vall d'Albaida, is a circular route that joins all the villages in the region, designed to be travelled in stages. It shows natural parks and protected spaces, as well as the historical and cultural heritage of its towns.

The route is very beautiful, thanks both to the landscapes it cuts through, and the additional thematic routes possible at the sites of greatest interest. The general route is 201 km long in total, with a 4-day recommended duration. 173 km can be added with 8 thematic routes that begin in different towns along the general

route. Thus, the cycle tourist who so wishes may complete the trip or prolong their holidays, visiting sites of special interest that the main route does not reach. Promoted by the Vall d'Albaida Mancomunitat de Municipis, and designed by José Manuel Almerich, both the route and the lodging sites at the end of each stage were cared for to offer cycle tourists top comfort while thoroughly exploring the region of Vall d'Albaida.



On Mountain Bike / On road bicycle

Starting point:	Ontinyent (Valencia)
Welcome point:	Ontinyent (Valencia)
Accumulated elevation gain:	4.667 m
Distance:	201 km
Stages:	4-5 days

Circular route / Saddlebag cycle tourism



Detailed track
<https://es.wikiloc.com/wikiloc/view.do?id=16762005>

► *Thematic routes from: Aielo de Malferit, Bellús, Pinet, Llutxent, Montitxelvo, Rafol de Salem, Agullent.*

► *There is a shorter version (142 km) for saddle-bag cycle tourism only on paved roads, with a 2,800-m elevation gain.*

▶ Cycle Tourist Trip to Salinas Mountain Range

And interesting crossing that includes the towns of Villena, Yecla, Pinoso and Salinas, using a section of the Xixarra Greenway and the peaceful paths skirting the Salinas mountain range.

The landscape and cultural attractions in this setting are adorned by the mountain range, which reaches an altitude of 1258 m at La Capilla del Fraile. The range is surrounded by vineyards and the Salinas lagoon. An old agricultural colony, now abandoned, once found its home in the middle of the broad valley. The abundant vegetation of the Salinas mountain range is surprising in the midst of wide Alicante corridors. One might say a green island in a sea of ochre earth, and the immense ecological value of the site impresses visitors when they visit it.

Ideal for a two-day trip, if we continue the track, we reach El Pinós, a location with great culinary tradition and quality wines. There are also several wineries and restaurants in this

village to delight cycle tourists. This is an ideal location to spend the night, given that there are 50 more km until returning to Villena.

- ▶ *During the route, we can contemplate hundreds of hectares of vineyards.*
- ▶ *The broad interior valley, between El Caire and the Tío Bernardo crag, was the site chosen to establish the “Sierra de Salinas” Colony at the beginning of the century, in order to provide the underprivileged with a plot of land and a home.*
- ▶ *An ideal route to travel as a family, with hardly any traffic, difficulty or elevation gain.*



On Mountain Bike/ On road bicycle

Starting point:	Villena (Alicante)
Welcome point:	Villena (Alicante)
Accumulated elevation gain:	621 m
Distance:	109 km
Stages:	2 days

Circular route / Saddlebag cycle tourism



<https://valenciaticloturismo.wordpress.com/vuelta-cicloturistica-a-la-sierra-de-salinas/>

> The Costa Blanca Mountains

The Marina Mountains provide several possibilities for circular routes, both with mountain and road bicycles. The cycle tourism options allow visitors to enjoy the extraordinary landscape of the Costa Blanca's interior. On one side, the Bernia mountain range and the Xaló valley, and on the other, the Aitana mountain range and the Guadalest valley.

Designed to be travelled in 3 or 4 days, these long routes were made by using the existing El Comtat and Vall del Pop Mountain Bike Centres' infrastructures. The starting points for the mountain routes leave from Dénia, Calpe and Benidorm, where the train is combined with the bicycle. They cover the beautiful sites of Vall de Gallinera, Vall d'Alcalà and Vall de Laguar. With the short version, they return to the starting point through the Marjal de Pego Oliva Natural Park, and through the Vall de Perputxent and the Serpis River on the longer route.

The territory offers road and athletic cycle tourism options, with well-known hills in the professional cycling world, such as Coll de Rates and Coll de Confrides. The longest route

reaches Xàbia, Moraira, Benitatxell and the Cape of Sant Antoni.

- ▶ *A journey through white villages of Moorish origin in a deeply Mediterranean region.*
- ▶ *The natural and cultural landscape, charming hotels and cuisine, with the sea as the backdrop to mountains over one thousand metres high, make for an unbeatable stage for cycling in all its forms.*
- ▶ *Professional international cycling teams are found in the Costa Blanca's imposing landscape as they train during the winter for the great cycling races, such as the Tour de France, the Vuelta a España and the Volta a la Comunitat Valenciana.*



On Mountain Bike *Bernia and Vall de Pop*

Starting point:	Dénia (Alicante)
Welcome point:	Dénia (Alicante)
Accumulated elevation gain:	2.913 m
Distance:	122 km
Stages:	3 days

Circular route / Mountain cycle tourism



www.mapaderuta.com/rutas-bici/btt/BTT-1b.html

On Mountain Bike

Marina Mountains

Starting point:	Dénia (Alicante)
Welcome point:	Dénia (Alicante)
Accumulated elevation gain:	3.364 m
Distance:	150 km
Stages:	4 days

Circular route / Mountain cycle tourism



www.mapaderuta.com/rutas-bici/btt/BTT-1c.html

On road bicycle

Vall de Pop and Coll de Rates

Starting point:	Dénia (Alicante)
Welcome point:	Dénia (Alicante)
Accumulated elevation gain:	3.300 m
Distance:	193 km
Stages:	2 days

Circular route / Sports cycling



www.mapaderuta.com/rutas-bici/road/road-2b.html

On road bicycle

Marina Mountains

Starting point:	Dénia (Alicante)
Welcome point:	Dénia (Alicante)
Accumulated elevation gain:	4.800 m
Distance:	380 km
Stages:	4 days

Circular route / Sports cycling



www.mapaderuta.com/rutas-bici/road/las-montanas-de-la-marina.html

➤ Cycle Tourist Trip to Crevillent Mountain Range

An ideal route to be travelled in two stages. It visits Alicante's interior villages, between Elda and San Isidro, including Monòver, La Romana, Fondó de les Neus, Hondón de los Frailes and Abanilla, and connects with the Canal de Crevillent route. The entire course runs along roads with very light traffic and hardly any difference in altitude, surrounding the Crevillent mountain range.

The predominant landscape is vineyards, where the table grape is cultivated, a fundamental economic resource for the region. This is the zone where the famous grapes used to celebrate New Year's Eve are obtained. Since they come late and can be preserved on the vine, wrapped in paper, they can be consumed at Christmas.

This route can use the train as support, since it leaves from the Elda station. We can end either at Crevillent by following the canal, or at San

Isidro, where we find the train station to return to Alicante.

- ▶ *This route runs across the wavy landscape of Alicante's interior, covered by an extensive tapestry of vineyards.*
- ▶ *This is the area where a 14th-century sweet wine is made, Fondillón. It comes from the Monastrell grape, and can still be tasted at its wineries.*
- ▶ *La Romana offers rural lodging, highly recommended for the end of the stage.*



On Mountain Bike / On road bicycle

Starting point:	Elda (Alicante)
Welcome point:	Crevillent o San Isidro (Alicante)
Accumulated elevation gain:	600 m
Distance:	90 km
Stages:	2 days

Lineal route / Saddlebag cycle tourism



<https://valenciaticoturismo.wordpress.com/vuelta-cicloturistica-a-la-sierra-de-crevillent/>

▶ The Wine Route in Alicante

This cycle tourist option covers the Wine Route in Alicante, partially following a section of the Southeast St James Way. This route is also called the Vinalopó Route or the Route of Castles.

It connects the towns with the greatest wine production tradition in Alto Vinalopó, and allows visitors to discover a highly important cultural heritage, whose boom was possible thanks to its relationship to wine cultivation.

The ideal starting point for beginner cycle tourists or those who are not in top physical condition is to leave from Villena, the highest town along the entire route. We also have the assistance of the train from Alicante, which allows visitors to travel with bicycles if a reservation is placed beforehand.

It is advisable to travel this route in two stages, despite its short distance, because of the great number of sites of interest. These include the Atalaya Castle in Villena, the Santa Eulalia Colony, an old village abandoned in the 19th century, built under the ideals of utopic socialism, and the Sax Castle, Petrer, Elda

and Novelda. The latter is a clear example of modernist architecture. The route comes to an end in Elx, a city doubly declared World Heritage.

▶ *Also known for the Route of Castles, this cycle tourism route provides the opportunity to visit Alto Vinalopó's fortresses.*

▶ *The train is an excellent combination to complete this bicycle outing, and even to leave from Alicante.*

▶ *A linear route, it is ideal for getting started in the cycle tourism world, or to ride as a family.*

▶ *El Palmeral and Misteri d'Elx are declared World Heritage.*



On Mountain Bike / On road bicycle

Starting point:	Villena (Alicante)
Welcome point:	Elx (Alicante)
Accumulated elevation gain:	155 m
Distance:	60 km
Stages:	2 days

Lineal route / Family cycling



<https://valenciadoturismo.wordpress.com/zona-de-villena/ruta-del-vino-de-alicante-en-bici/>

▶ The Routes of Jaime I

The Routes of Jaime I is an ambitious project whose purpose is to cross the Region of Valencia from north to south, following in the footsteps of the monarch as described in the *Llibre del Fets*, a detailed chronicle of the most relevant moments in his life, an autobiography written in the 13th century.

This is a cultural travel guide with 29 itineraries and 129 towns, providing a different kind of experience. Each one of the routes, which can be completed in one weekend, offer historical information, along with a selection of hotels, restaurants and businesses.

Although adaptation for cycle tourism was not initially planned, an extraordinary GPS route for mountain biking was privately recorded. It uses Jaime I's routes as a base, entirely crossing the Region of Valencia, exploring its most grandiose and hidden locations.

This is by far the most complete and longest route we can complete in the Region of Valencia, making this crossing an unforgettable

experience, only within reach of those who see this journey as a true personal challenge.

- ▶ *The route goes through Castellón, Valencia and Alicante and is 665 km long, with 17,240 m of accumulated elevation gain.*
- ▶ *An extraordinary journey, crossing the Region of Valencia from north to south, only on paths and tracks.*
- ▶ *This crossing is highly physically demanding, only suitable for the most daring who seek to thoroughly explore Valencian territory through its mountains.*



On Mountain Bike / On road bicycle

Starting point:	La Sénia (Tarragona)
Welcome point:	Alicante
Accumulated elevation gain:	17.240 m
Distance:	665 km / 663 km in the Region of Valencia
Stages:	11-12 days

Circular route / Mountain cycle tourism



Detailed track

<https://es.wikiloc.com/wikiloc/user.do?id=128852&from=30&to=40>



www.rutasjaumei.com/index.php



