

Mediterranean
LIFE

Active Nature
Tourism



REGION OF
VALENCIA



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A scenic view of a mountain landscape. In the foreground, a large, gnarled tree trunk stands on the left, with its branches extending across the top of the frame. The ground is covered in lush green vegetation, including tall grasses and purple flowers. In the background, a deep valley is visible, with a river or stream winding through it. The sky is a clear, bright blue. The overall atmosphere is peaceful and natural.

Valencia Region

MEDITERRANEAN MOUNTAINS

Active tourism is the best way to discover the hidden treasures of the Valencia Region's natural heritage

Set yourself off in nature

A perfect place where you can enjoy nature through sports. The Valencia Region is a land where you can enjoy the sea, the mountains and rivers to the fullest. In Alicante, Valencia and Castellón, any time of the year is the right time to put on your hiking boots, discover magical landscapes, enjoy the mild Mediterranean temperature, soar above the mountains and cross streams, rivers, pools and waterfalls... Go outside and get active in the Valencian natural landscapes by performing your favourite adventure sports.



Why here?

- The Valencia Region is blessed with a mild Mediterranean climate, with an average of 2,730 hours of sunshine a year and an average daytime temperature between 12° and 20° degrees in Winter and between 24° and 32° in Summer.
- About 40% of the region lies above 600 meters high. Castellón, the northernmost of the provinces of the region, is the second most mountainous province in Spain, making it the ideal backdrop for the practice of mountain sports.
- The Valencia Region, on the western Mediterranean shores, is well connected by highways, high-speed rail and airlines that link it to the rest of the country as well as major European countries.
- Good air connectivity throughout the region.
- Tourist Info Network: Around 200 interconnected tourism offices to meet the demands for information from our visitors.
- Wide range of accommodation of all types (Hotels, apartments, campsites, lodges, cottages).
- Active tourism companies with which to enjoy nature activities.
- And you can also enjoy the finest Mediterranean cuisine.

Activities in nature:





Discover amazing places where you can practice your favourite sports in the Valencia Region. Or simply discover every nook and cranny and enjoy the magnificent landscapes in which you can immerse yourself in a peaceful natural environment that will make you leave all your cares behind. Green areas, unforgettable landscapes and unique places that will leave you speechless.



Check for activities in nature at:
www.experienciascv.es



Protected natural areas

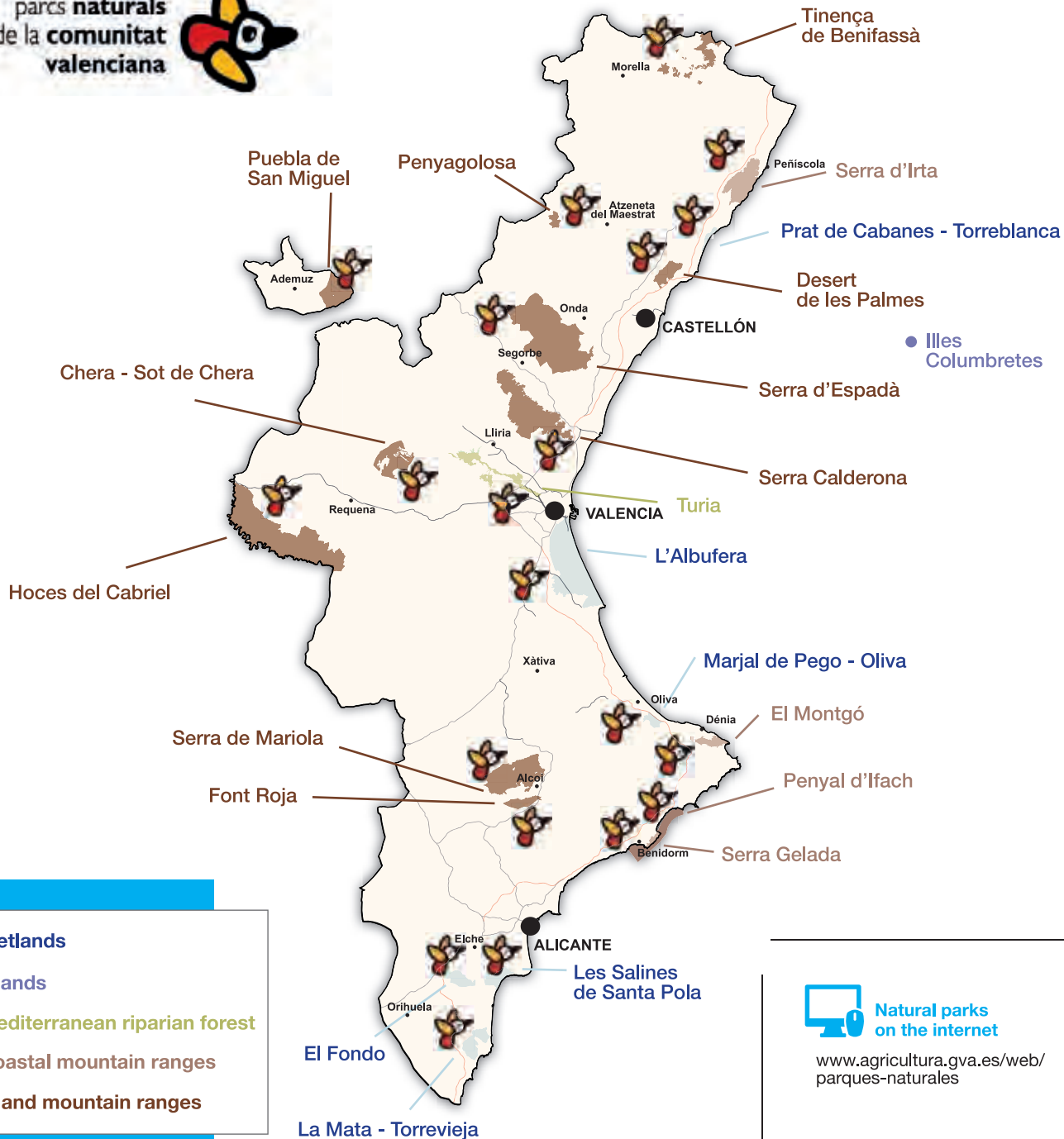
The Valencia Region, with a surface of 2,325,500 hectares, is characterised by the ample variety of lithologies that can be seen across the land, often giving rise to steep terrain in which the main rivers have carved out narrow gorges.

This, coupled with the strong Mediterranean climate that is accentuated by the north-south orientation of the region, gives rise to an extremely high biodiversity with numerous habitats.

This variety of habitats and the high biodiversity that results from it are perfectly represented in the natural parks and nature reserves acknowledged by the Valencian Regional Government (Generalitat Valenciana).

All in all, there is a total of 22 natural parks spread over islands, wetlands, coastal mountain ranges, inland mountain ranges as well as a Mediterranean riparian forest.

In addition, other protected environmental figures such as municipal natural places, protected landscapes or natural monuments complete the list of protected natural spaces in the Valencia Region.



Wetlands

Islands

Mediterranean riparian forest

Coastal mountain ranges

Inland mountain ranges



Natural parks
on the internet

www.agricultura.gva.es/web/parques-naturales



The Valencia Region step by step



The Valencia region offers excellent infrastructure for hiking: over 5,000 kilometres of approved paths.

Trails overlooking the sea


from cliffs and trails that delving into the most remote and lonely spots in this surprisingly hilly land.

The paths on offer include both long-distance paths that allow for interesting treks over the course of several days, as well as small and local trails.

By following these trails, you will be able to discover our cultural and natural heritage at your own pace.



In the Valencia Region, hiking trails are classified into three categories:

 **Long distance trails (GR's)**

These trails are over 50 km long.

 **Short distance trails (PR)**

Routes with a length between 10 and 50 km. They have been designed to be covered in one or two days at the most.

 **Local Trails (SL)**

These are marked routes with distances shorter than ten kilometres. These simple trails often have an underlying theme and can be covered in a single day.



Paint marks

Paint marks (horizontal signalling) will guide you throughout the tour. You will find them painted on natural elements: stones, trees, etc.

Continue sign:



Two parallel rectangles with a gap between them; the upper rectangle is white whereas the lower one is coloured according to the type of trail (red for GR, yellow for PR and green for SL).



Turn sign:

Two parallel lines at an angle, simulating the turn of the trail. The inner stroke is coloured according to the type of path and the outside line is white.



Sign wrong direction:

The lines are arranged in an X shape. The line below is coloured according to the trail type and the line above is white.



Nordic Walking



Nordic walking or Nordic running is an endurance sport and a type of outdoor exercise that involves walking while supporting oneself with poles similar to those used in skiing.

The Valencia Region is full of suitable locations for this sport, including beaches, greenways, forest tracks, agricultural roads...

Both the Asociación Nordic Walking Comunitat Valenciana (Valencia Region Nordic Walking Association) and the Asociación Nordic Walking de España (Spanish Nordic Walking Association) can provide you with further information.

Main paths for long distance trails in Valencia Region

GR 7 (E-4) This road starts in the Peloponnese and crosses the Valencia Region from north to south, offering a 600-km tour divided into 36 stages between Fredes (Castellón) and Pinoso (Alicante).

GR 10 (E-7) Crosses the Iberian Peninsula from east to west, linking the Mediterranean to the Atlantic. It starts from Puçol (Valencia) and cuts across the Serra Calderona natural park, leaving the Valencia Region through the town of Andilla (Valencia), with a total length of 112 kilometres.

GR 33 Sender de la Lluna Plena (Path of the Full Moon). This trail connects Castellón de la Plana with the peak of one of the most famous mountains in the Valencia Region: the Penyagolosa mountain, located in Vistabella (Castellón). Starting from Les Useres, it matches the path followed every year by the pilgrims de Les Useres. This highly interesting trail stretches across a total length of 56.5 kilometres.

GR 36 Serra d'Espadà. This 60 kilometre path runs through the Serra d'Espadà Natural Park, linking with the GR 7 in the town of Montanejos.

GR 37 Vías pecuarias de la Serranía (Serranía cattle trails). These former cattle trails have been provided with signs to form a circular path that covers part of the Serranía of Valencia.

GR 125 Sendero del poeta (Path of the Poet). This 75-kilometre route was created in homage to Miguel Hernandez, and it covers the southern reaches of the Valencia Region.

GR 160 Camino del Cid (The Path of El Cid). This cultural touristic itinerary follows in the steps of Rodrigo Diaz de Vivar, otherwise known as El Cid, using the Poem of El Cid, one of the great medieval epics of world literature, as its guide. The route begins in a village next to Burgos, from where El Cid left in exile, and ends with the death of El Cid in Valencia, with the option to continue all the way to Orihuela.

GR 231 Ruta de Pinars a Sabinars (From pine groves to juniper thickets). This trail starts at the town of Jérica and ends in the town of Sarrion. It covers just over 63 kilometres between the regions of Alto Palancia (Castellón) and Gúdar Javalambre (Teruel) and it can be covered in 3 stages.

GR 232 Path around the town of Santa Pola. This meeting point for hikers drawing close to Santa Pola is a circular trail starting from the Gran Playa and passing through scenic points such as the fishing harbour, cape Santa Pola, the Clot de Galvany or the salt marshes at braç del Port.

GR 236 Ruta dels Monestirs (Trail of the Monasteries). This touristic route links five Valencian monasteries over 75 kilometres by the sea between Alzira and Gandia.



GR 237 Macizo del Caroig (The Caroig Massif). This circular path links 23 towns in the Valencia Region over 350 kilometres.

GR 238 Tierra del Vino (Wine Country). This path covers a total distance of 250km across the Utiel-Requena region, noted for its vineyards.

GR 239 Camino de Santiago de Levante (Saint James' Way of the Levant). This path runs along the route followed by pilgrims from the city of Valencia as they travelled towards the tomb of Saint James the Apostle in Galicia. The entire trail has a total of 1,138 kilometres of which 140 km, run through the Valencia Region. The stage that runs through the Valencia Region has been designed to be covered in five stages.

Via Augusta although it is not officially certified as a GR, it is also marked with white and blue markings. It is the most important Roman road in the Valencia Region, as well as one of the longest bicycle touring, hiking and horse riding routes at the national and regional levels.

Other infrastructure such as greenways or cycling and pedestrian trails allow us to explore the Valencia Region, both on foot and by bicycle.



Hiking on the Internet

www.regionofvalencia.com

www.ecoturismo.comunitatvalenciana.com

www.activo.comunitatvalenciana.com

Download the hiking guide





Feel the dizziness of adventure

The Valencia Region is ideal for practicing climbing as it has mild temperatures during most of the year

and numerous south-facing walls that are ideal for the colder months of the year.

The predominant type of rock is limestone, but tracks in sandstone can also be found. The Valencia Region offers numerous opportunities for climbing lovers: from affordable schools on well-equipped

sports routes with a broad variety of inclines, with areas essential for classic climbing lovers, as well as the possibility of experiencing a high mountain environment on trails with a clear Alpine feel.

MOUNTAIN CLIMBING



The main climbing areas in the Valencia Region include Chulilla in the province of Valencia, Montanejos in the province of Castellon, or Sella in the province of Alicante.

Whereas rock climbing offers the greatest potential along the Valencian territory, there are also areas where you can enjoy climbing variants such as bouldering or psicobloc.



Via Ferrata Climbing

Via ferratas allow you to enjoy the feeling of height at your leisure thanks to walls fitted with metal steps like those on a ladder, helping participants on their way up.

Participants are fastened to ropes and equipped with an energy dissipator tied to a cord (lifeline).

The Valencia Region boasts a good number of areas designated as via ferratas throughout its three provinces: Chulilla, Dos Aguas, Embalse de Loriguilla Peppoli e Pepinno, Fantasma, Fuente del Chorrizo-Tous, V Aventador, Via Ferrata

carra norte del Cid, Moleta Redona, Via Ferrata de les Marujes, Molón, Via Ferrata de Pirata, Peña del Figueret, Ponoig-Ponoch, Roca Figueral, Vall d'Uixó, Villena-Sierra de la Villa, Via Ferrata de Xorret de Catí.



Climbing in Castellón

- Morella: Devesa / Peña Alta
- Xert
- Cervera del Maestre: Morral de l'Àngel
- Peñíscola: Castillo
- Vistabella del Maestrat : Penyagolosa
- Montanejos: Chillapájaros / Maimona
- Ribesalbes
- Castelló de la Plana: Castellet
- Jérica
- Borriol



Climbing in Valencia

- Chulilla
- Puçol: Penyes de Guaita
- Salem: Benicadell / Bc. de Masella
- Buñol: Agulla rotja / Carcalín
- Corbera
- Montesa: Mola / Tormo Gros
- Bellús: Barranc Fondo – Cova Petxina – l'Altet
- Montduver: La Drova
- Gandia: Bovedón / Marxuquera
- Genovés-Alboi: Aventador
- Ontinyent: Barranc Avern
- Alzira: Tallat Roig
- Ceste: Cuchillo
- Cortes de Pallás: Embalse / Cueva Mora
- Jarafuel: Tollo Pillete

Climbing in Alicante

- Agres: Frare de Muro
- Cocentaina: Mas de la Peña
- Onil: Reconco / Agulla rotja
- Ibi: Barranco Molinos
- Sella: Penyó divino
- Finestrat: Puig Campana
- Polop: Peña Roc
- Calpe: Peñó d'lfach / Toix
- Altea: Mascarat
- Alcoi: Uxola / Bc. del Cint
- Sax: Cabreras
- Salinas: Alto don Pedro
- Elda: Marín
- Petrer: El Cid Sur / Foradà / Peña del Corb
- Busot: Cabeçó d'Or
- Hondon de las Nieves: Sierra en Medio
- Callosa d'en Segura: El Polígono / Cueva Ahumada
- Redován: El Rut
- Orihuela: Pared Negra / Triángulo Rojo



Climbing on the Internet

www.activo.comunitatvalenciana.com

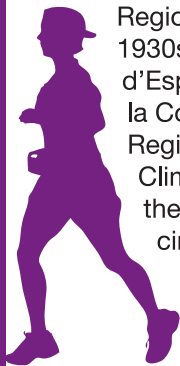
www.femecv.com



Run...

Mountain running is a sport that involves covering a circuit through mountainous terrain on foot in the shortest possible time, and which requires athletes to demonstrate speed, skill and endurance, and which has become increasingly popular over the last few years. In the Valencia

Region, this sport goes back to the 1930s, and in 1999 the Federation d'Esports Muntanya i Escalada de la Comunitat Valenciana (Valencia Region Mountain Sports and Climbing Federation) pioneered the creation of the first federation circuit in Spain.



Mountain running on the Internet

Federació d'Esports Muntanya i Escalada Valencia Region
www.femecv.com



Currently there are three modes of mountain running: linear, vertical and ultra (long-distance) based on the ratio between the total distance and cumulated altitude. They are split into three difficulty levels, Low, Medium and High, with a grade factor depending on the type of roads to be followed.

VERTICAL RACING COMPETITIONS.

Among them, the “Km Vertical de Puig Campana” in Finestrat stands out, being the most important in its kind to the point of becoming the European Championship for this discipline. It is also the only one that has been certified in the Valencia Region, with a length of less than 5km and a 1000 m difference in altitude between the starting point and the finish line at the summit. The “Carrera Vertical de Gandia” which involves more than 1000 runners, as well as the “medios KV de Simat de la Vallidigna y Borriol” are also worthy of note.

LINEAR RUNNING. These are the most popular, and a great number of races have appeared in the last few years, gaining a large number of fans among runners who enjoy mountain running. The classic “K25Trail de la Calderona “ or the “Volta al Terme de Fondegulla” stand out in particular. Circuits like the Lliga Castelló Nord, CXM la Serrania in Valencia or Xitxarra Trail in Alicante combine dozens of the most popular races among runners.

ULTRA (OR LONG-DISTANCE) RACES). These are the most modern as well as the most popular races. The most important reference for long distance running is the “Marató i Mitja Castelló-Penyagolosa” with a length of 65 Km, which has been held since 1999, and which remains the main point of reference for this discipline. Other highly popular competitions include the “GR10-Xtrem” from Puçol to Andilla, with a length of 96 km, or the “Desafío Aitana” in Finestrat with two 80 and 120 km tracks.



Costal plains, rolling hills and
spectacular mountains to discover

BICYCLE TOURISM



CYCLING ROUTES



Not only are there greenways, there are also over 400 km of pedestrian and cycling trails that connect nearby towns. They are identified with the CR logo, which stands for Ciclo-Ruta (Cycling Route), with symbols similar to the ones used in “GR” hiking trails throughout Europe.



Tourism on two wheels

Travelling around the Valencia Region by bike is one of the most pleasant ways to enjoy the landscapes and get to know its natural and historical heritage.

In addition to Greenways, this is also made possible by an extensive and dense network of local roads, forest trails and agricultural roads.



Greenways

These are former railway lines that have been adapted and transformed into cycling and walking paths. They are simple paths that are not technically or physically exacting. There are over 250 kilometres of railway infrastructure in the Valencia Region that have been adapted for this sport.

1. Denia Greenway

5.8 km. It offers panoramic views of the Montgó Natural Park and Sierra Segaria.

2. Alcoi Greenway

10 km. It crosses a Mediterranean forest in the Cascarral de la Font Roja Natural Park, surrounded by pines and viaducts.

3. Maigmó Greenway

25 km. This greenway runs through a region of potters, vineyards and landscapes eroded by wind and water (badlands).

4. Torrevieja Greenway

6.7 km. An urban promenade along the local salt lake.

5. Ibi Greenway

1.5 Km. Located in a peri-urban environment with a landscape alternating between patches of almond and olive trees. The old road runs along the wide agricultural valley that separates the Menejador mountain range from the Cuartel mountain range.

6. Xixarra Greenway

42 km. From the Santuario de las Virtudes to the town of Biar, this way allows you to enjoy the charm of these lands in Alicante as well as to link up with the south-eastern stretch of Saint James' Way. It runs through the Sierra Mariola and the valleys of Vinalopó, Agres and Serpis.

7. Serpis Greenway

40 km. From the Comtat MTB Centre it runs through the Estret de l'Infern and the Racó Duc, which are among the most spectacular natural landscapes in the Valencia Region, the way to the sands of the Mediterranean.

8. Ojos Negros Greenway

67.7 km. This greenway, which runs from Teruel to the Valencian coast, is the longest greenway in Spain. The section that crosses the Valencia Region runs from the Barracas highlands to the foothills of the Sierra de Javalambre, through the valley of the Palancia River to the rich agricultural lands along the Mediterranean.

9. Via Verde del Mar (Greenway of the Sea)

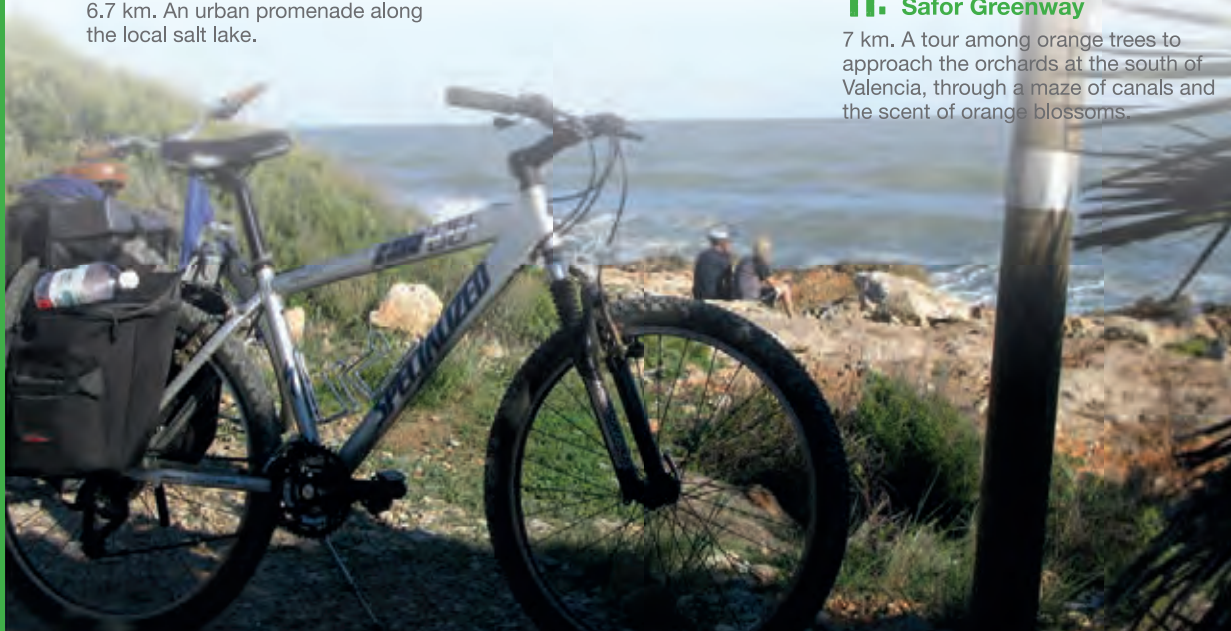
5.7 km. Along the coast between Benicàssim and Oropesa del Mar.

10. Xurra Greenway

15 km. A greenway between orange trees on the outskirts of Valencia, linked to the GR 10 trail that goes from Puçol to Lisbon.

11. Safor Greenway

7 km. A tour among orange trees to approach the orchards at the south of Valencia, through a maze of canals and the scent of orange blossoms.



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Cycle tourism on hiking routes

The layout of some trails allows for cycling as in the case of the Via Augusta and Path of El Cid (GR 160).

The former was the great backbone of the Iberian Peninsula, and it was commissioned by Emperor Augustus on the basis of the Via Heraclea (Heraklean Way), running from Cadiz to the Pyrenees.

In the Valencia Region, along with the Via Dianium with its route along the coast, it stretches across a total length of 630 Km. The Path of El Cid GR has variants for those sections that are inaccessible to bicycles.



Greenways on the Internet

www.viasverdes.com

www.cicloturismo.comunitatvalenciana.com



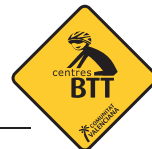


Many sensations to be pedaled



A complete network of ten MTB centres spread all over the region, offering more than 4,000 km throughout 136 perfectly traced and waymarked routes.

What is an MTB Centre?



A **MTB Centre** is a free access centre for mountain cyclists, with an associated network of marked trails and a number of additional support services for cyclists.

Regardless of their level, users are bound to find trails starting from MTB centres that will allow them to discover the most beautiful areas in the Valencia Region.



What does an MTB centre have to offer?

MTB centres offer several trails with different difficulty levels which will take you through areas with little road traffic, usually on dirt roads.

Routes are colour coded according to their level of difficulty and many itineraries are circular, beginning and ending at the MTB centre's reception point.

You can also interconnect or combine them to make even longer routes.



Route clasification

All routes are fitted with a complete standard signalling system as used in other European MTB centres, made up of different signals placed along the routes, especially at intersections.

They are classified into different levels of difficulty based on several parameters: length, slope, nature and terrain condition, danger, etc. Routes are identified by a colour code according to their difficulty, ranging from green (very easy) to black (very difficult).

 Very easy

 Difficult

 Easy

 Very difficult



MTB centers on the Internet

www.cicloturismo.comunitatvalenciana.com



All MTB routes can be downloaded to your GPS device:

MTB centers in wikiloc

MTB guide free download





Monasteries Route – El Pas del Pobre

This is a circular route of medieval origin that starts and ends in Alzira. This 142 km trail is meant to recover an ancient pilgrimage route and it hinges around relevant monasteries of the Hieronymite, Augustine, Dominican and Cistercian orders in three regions: La Safor, La Vall d'Albaida and the Ribera Alta.



It can be covered in several stages and it will allow you to discover the local cultural, historical and natural heritage throughout 17 municipalities. You will get to see agricultural environments, such as l'Horta de Gandia, as well as abrupt and lush forests overlooked by the imperturbable Montdúver, the mountain that surrounds four of the five monasteries that are part of the route.

The tracks are available at: <http://es.wikiloc.com/wikiloc/view.do?id=9128766>

Btt CV TransCentres: La Muntanya d'Alacant

Live it your way! This route links the El Comtat en L'Orxa MTB Centre with the Vall de Pop Parcent MTB Centre. This route, which overlooks the sea, is divided into five sections that can be covered in five stages, depending on your skill level and available time.

All in all, these are 158 km of pure mountain biking paths, 95% of which can be done by bicycle with a positive altitude change of 4,612 metres. The route has been designed to be covered using GPS systems as it is geo-referenced.

This route will allow you to discover the hinterland of the Costa Blanca, the five valleys of La Marina: Vall de Pop, Vall d'Alcalà, Vall de Perputxent, Vall de Gallinera and Vall d'Ebo, with their rich heritage, as well as to enjoy the cuisine of the mountains of Alicante.

The tracks are available in: <http://es.wikiloc.com/wikiloc/user.do?id=134502>

Els Ports MTB Centre (Morella)

Located in the former Giner Factory in Morella, it proposes 38 routes with a total length of 1,016 km., all of which are fitted with signposts. It has 4 information points located in the towns of Zorita, Forcall, Portell de Morella and Cinctores. It offers accommodation in hostels and cottages.

Alto Mijares MTB Centre

Located in Montanejos, in the Campuebla Apartments & SPA. It offers 8 routes with a total length of 251 km. Highlights include the Fuente Los Baños natural landscape, the Chillapájaros Strait, the Maimona ravine, the Salto de la Novia landscape in Cirat and the Arenoso reservoir, which features another information point.

Los Serranos MTB Centre

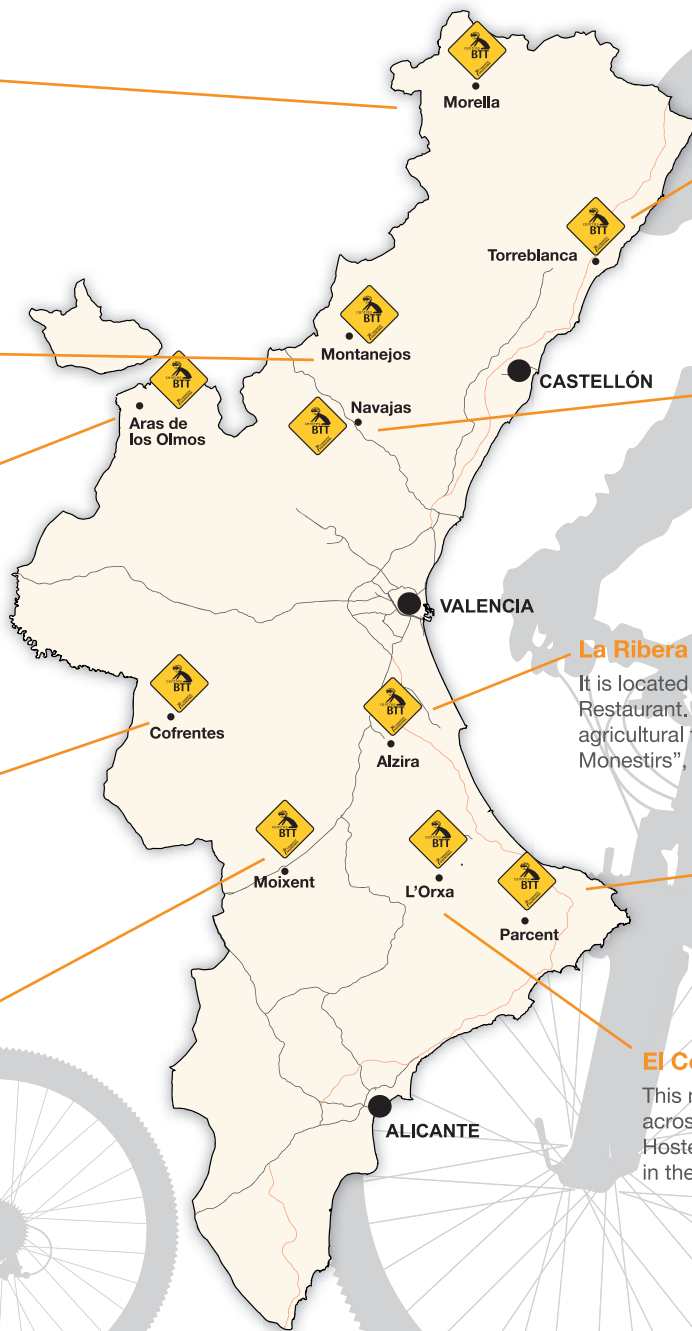
Located in the facilities of the Aras Rural tourist complex located in Aras de los Olmos. It proposes 16 routes with a total length of 467 km. It offers hotel accommodation in log cabins. The routes run through a natural enclave surrounded by the river Turia and the foothills of the Sierra de Javalambre.

El Valle MTB Centre

Located in Cofrentes, at the Municipal Sports site. The 9 itineraries on offer are structured by the rivers Cabriel, Júcar and Cautabán. It has 3 information points located in Ayora, Jalance and Jarafuel.

Massís Caroig MTB Centre

Located in Moixent, in the Les Alcusses hostel. It offers a total of 13 routes that run through the counties of Channel of Navarrés, La Costera and the Vall d'Albaida. It has 3 information points located in Enguera, Navalón de Arriba and Quesa.



Costa Azahar MTB Centre

It is located in Torreblanca, in the Torrenosta campsite, between the mountains and the sea, very close to the beach. It features 10 routes that will allow you to discover three natural parks: The Desert de les Palmes, El Prat de Cabanes-Torreblanca and the Sierra de Irta. It offers accommodation at the campsite.

Alto Palancia MTB Centre

Located in the Altomira Navajas Campsite. It features 9 tours of varying difficulty that delve deep into the Natural Parks of the Sierra Calderona and Espadán mountain ranges. The Ojos Negros Greenway is located a few meters away from the MTB centre.

La Ribera MTB Centre

It is located in the town of Alzira, in the “La Casa Blava” Hotel-Restaurant. With 9 proposed routes going through the scenery of agricultural fields and cultural landscapes such as the “Ruta dels Monestirs”, with its 142 km, which can be covered in three stages.

Vall de Pop MTB Centre

A mountain bike centre in a small, charming hotel in a delightful valley surrounded by mountains and near the sea, in the inland Costa Blanca. It offers ten routes.

El Comtat MTB Centre

This mountain bike centre offers a 431 km journey spread across 14 routes of varying difficulty starting from the Serpis Hostel; two of them run through the Serpis Greenway, ending in the town of Villalonga, near the coast.



Check the plans of the MTB centres, the starting locations for the routes and, if you're planning to take a trip with a large group through a Natural Park, be sure to check with the park office first and inform them of your visit or process your permit based on the number of bicycles.



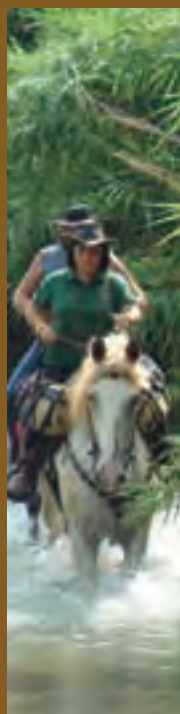
Enjoying nature on horseback



Enjoy nature and the scenery at your leisure, travelling as a group or with family.

The Valencia Region, with its long-standing equestrian tradition, offers you the opportunity to go riding on trails with varying durations; from trails for riders with very little or no experience, to itineraries performed over the course of several days, allowing for some unforgettable sightseeing.

In addition to the numerous forest tracks or livestock paths that you can follow, the Valencia Region boasts a total of nine routes that have been certified by the Royal Equestrian Federation of Spain, being fitted with all the touristic infrastructure and services you need to have a pleasant ride on our finest steeds.



Equestrian Itineraries approved by the Royal Equestrian Federation of Spain

IE-001 Trail of the Monasteries (Valencia)

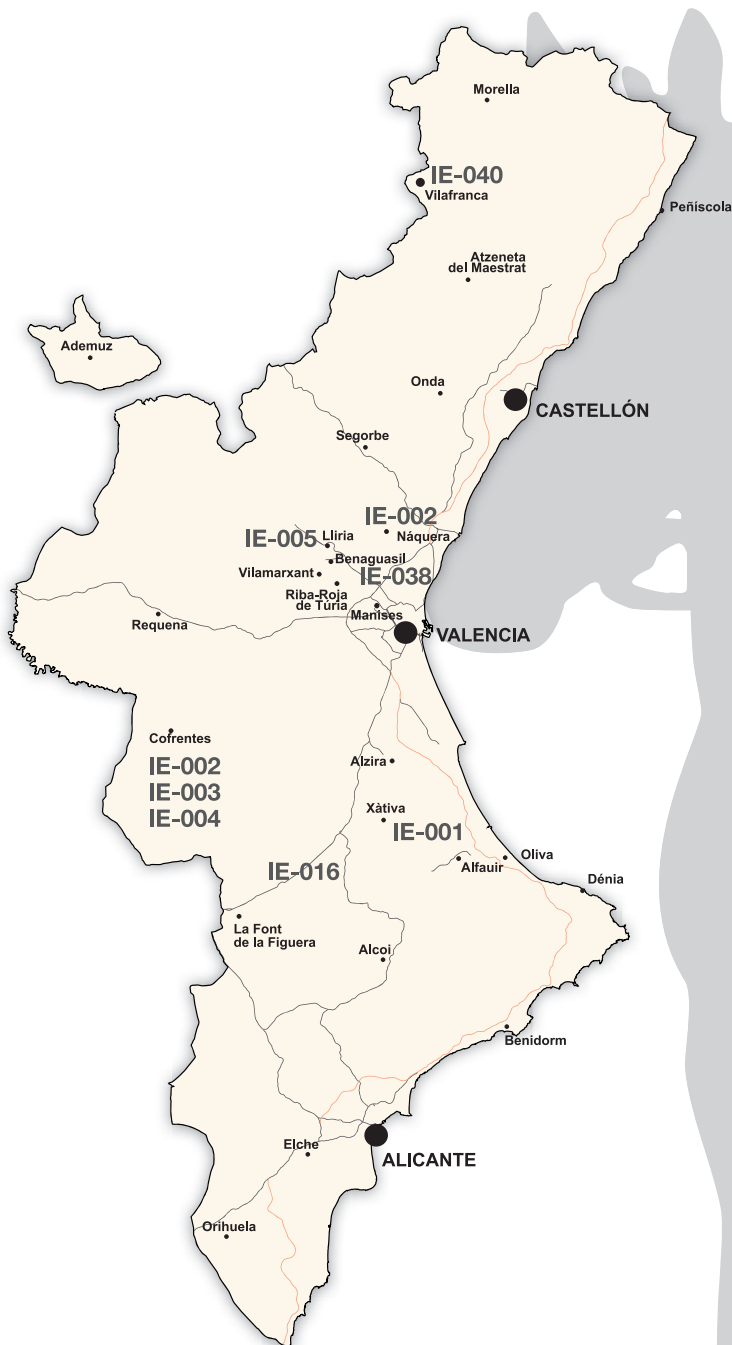
An 83-kilometre trail starting from the Monastery of Sant Jeroni de Cotalba in Alfauir and ending at the Monastery of La Murta de Alzira, crossing the Safor, the Vall d'Albaida and the Ribera Alta.

IE-002 Cofrentes “Júcar and Cabriel Rivers” (Valencia)

This route runs along the banks of the Júcar and Cabriel rivers as they pass through Cofrentes. Throughout this 13-km route, you will be able to enjoy the spectacular gallery forest offered by this town and its riparian vegetation. Besides, the route also gives you the chance to see interesting geological formations of volcanic and sedimentary origin.

IE-003 Cofrentes “Volcanic Route” (Valencia)

This 7-km trail leads us to the Cerro de Agrads Volcano, one of the main attractions in Cofrentes. It is a volcano that can be visited (the only one in Valencia) with an altitude of 527 metres.



IE-004 Cofrentes “Mount Alcola and Sácaras” (Valencia)

This is the longest equestrian tour offered in the town of Cofrentes. It has a total length of 26 km, with spectacular views of the Valley of Cofrentes and Júcar Canyon. It could be said that this is a panoramic itinerary, thanks to the high altitudes it reaches in the areas of Alcola and Sácaras.

IE-005 Lliria-Montes de la Concordia (Valencia)

This is a flexible route that can be adapted to the physical characteristics of riders and horses, as well as to the time available for the activity. Therefore, two variants of this path are available, one of which is shorter, as well as alternatives to extend the stay in the area by carrying out additional trips.

IE-016 Camino de Santiago de Levante (Saint James' Way of the Levant)

This path is traditionally followed on foot, but nowadays there is also an equestrian itinerary, pending approval, that can be followed on horseback. This is the Levant path, which starts from the city of Valencia.

IE-031 Turia Route (Valencia)

This route is quite easy, with mild slopes and trails that are wide and comfortable enough for horses. Moreover, there are plenty of natural and cultural attractions on display. This route is fitted with the necessary equestrian and touristic services to enjoy a pleasant tour, with the option for riders and horses alike to spend the night.

IE-032 Nàquera “Pi del Salt” (Valencia)

This is a simple and flat route along the river. It has a slope of less than 4% in mountain areas and the paths are wide enough for groups.

IE-038 Benaguasil-Les Travesses-Lliria (Valencia)

This equestrian itinerary has a total length of 19.4 km, to which you may add 6 km from the accesses to the IE-031 Ruta del Turia, for a grand total of 25.4 km.

IE-040 Vilafranca-Bosc de Palomita (Castellón)

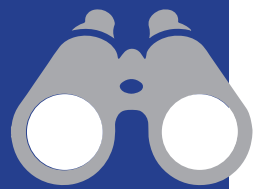
A 13.9 km circular route. It is signposted in both directions. It starts and ends at the La Pareta hostel, and it runs through the Palomita Municipal Natural Space.



Equestrian Tourism on the Internet

www.activo.comunitatvalenciana.com

BIRDWATCHING



30 | 31



The diversity of ecosystems in protected areas allow the Valencia Region to offer a wide variety of species, over 400, that can be watched throughout the year. There are also different habitats where you can observe them: wetlands, crags, lakes, rivers, cliffs, steppes. It boasts an extensive network of protected natural areas, with specific infrastructure that allow for correct and comfortable observation on your own or using the services of specialised guides.



Birdwatching on the Internet

www.birding.comunitatvalenciana.com

Asociación Guías Birding de la Comunitat Valenciana
(Birding Guide Association of the Valencia Region)

www.birdingcv.com

Download the Birdwatching in the Valencia Region Guide which includes the main species as well as recommended areas and seasons for bird watching.



Birdwatching in the Valencia Region

-  Wetlands
-  Inland mountain ranges
-  Steppe areas
-  Coastal areas

ZEPA Alto Turia and Sierra del Negrete

Cliff-nesting forest birds and birds of prey: griffon vulture, Egyptian vulture...

Hoces del Cabriel Natural Park

Cliff-nesting forest birds and birds of prey: Royal and Bonelli eagles.

ZEPA Meca-Mugrón-San Benito

Steppe birds: Little bustard, bustard, kestrel...

ZEPAs Moratillas-Almela and Els Alforins

Steppe birds and birds of prey

ZEPA Clot de Galvany

Small wetland with easy to observe waterfowl

Natural Park El Fondo

Wetland and salt marsh with lots of waterfowl

ZEPA Sierra Escalona and Dehesa de Campoamor

High density of birds of prey: Bonelli eagle, eagle-owl...

Desert de les Palmes Natural Park

20 species of birds of prey in post-breeding migration

Tinença de Benifassà Natural Park

Birds of prey and forest birds. You can visit a muladar (a rubbish tip for birds of prey).

Prat Cabanes-Torreblanca Natural Park

Marsh passerines, waterfowl, Montagu's harriers and marsh harriers...

Illes Columbretes Natural Park

Eleonora Falcon breeding taking advantage of passerine migration

ZEPA Marjal i Estanys d'Almenara

Lots of waterfowl and reed passerines

ZEPA Marjal dels Moros

Accessible. Lots of waterfowl in a small space.

Natural Park Albufera

The largest wetland in Valencia

LIC Cap de Cullera

A strategic point to watch seabirds.

Marjal de Pego-Oliva Natural Park

Lots of waterfowl. Varied environments.

Penyal d'Ifac Natural Park

Seabirds on rocks and birds in nearby salt marshes.

Font Roja and Serra de Mariola Natural parks

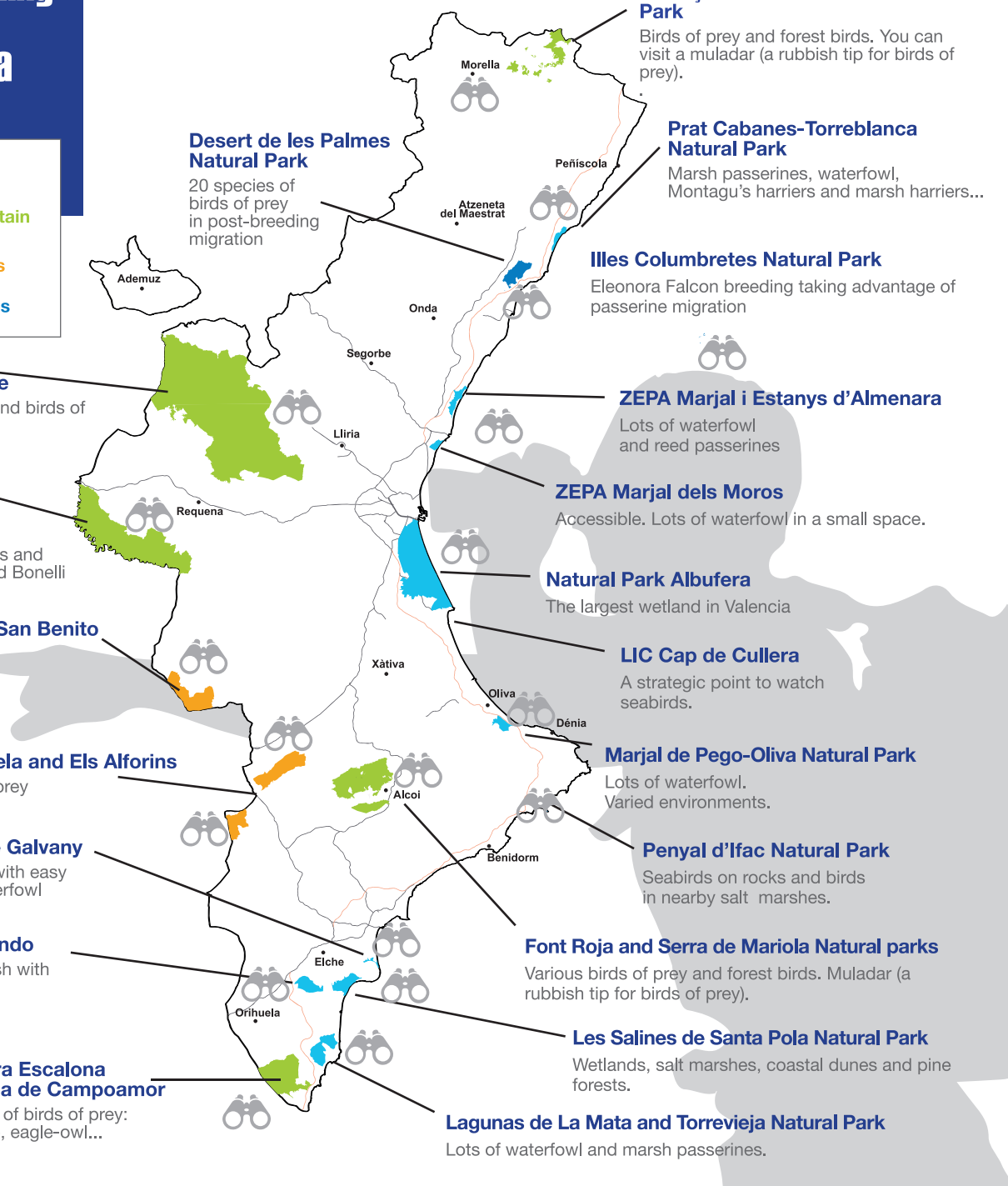
Various birds of prey and forest birds. Muladar (a rubbish tip for birds of prey).

Les Salines de Santa Pola Natural Park

Wetlands, salt marshes, coastal dunes and pine forests.

Lagunas de La Mata and Torrevieja Natural Park

Lots of waterfowl and marsh passerines.





MORE ADVENTURE AND NATURE IN THE VALENCIA REGION

RELEASE ADRENALINE AND ENJOY ADVENTURES IN WATER, ON LAND OR IN THE AIR

A full range of activities you can perform alongside experts and qualified guides and monitors, all in the best spots in the Valencia Region, both inland and on the coast.

All sports are suitable for all kinds of tourists in normal physical condition, although the difficulty level of most activities can be suited to the customer's profile.

Moreover, thanks to our privileged climate, you can enjoy your favourite activities year-round.



You can find all companies that offer their services that will guide you on your adventure on our website:

activo.comunitatvalenciana.com



RAFTING

Descend along rapid rivers aboard inflatable rafts propelled by oars that can hold several people.

Teamwork is very important in this activity, as it is necessary to steer the boat with the coordinated action of the oars.

This activity, which is suitable for people seeking strong emotions, can be practiced throughout the year, always using specific equipment.

Where can I practice this sport?

The Mijares river

Whitewater rafting at the height of the town of Montanejos, in Castellón. This is one of the most extreme sections due to the rapids experienced on a Class III trail. Moreover, rafters are also rewarded with a privileged view of the Chillapájaros landscape.

The Turia River

On the stretch from Vilamarxant to Ribarroja. This is a simple, fun downward stream that can be enjoyed with the whole family.

The Cabriel river

Located in the Valencian town Venta del Moro, which can be completed with sections from Tamayo to Tete.



RIVERBOARDING

Riverboarding is based on a streamlined board designed exclusively to navigate whitewater rivers. This device resembles a surfboard cut in half and adapted for rivers, but with a larger volume.

In riverboarding, both the body and feet must be supported. These are provided with fins which act as a propulsion mechanism.

The athlete, who is in constant contact with water, wears a wetsuit that insulates him or her from the external temperature at all times.

In the Valencia Region, you can practice riverboarding in the waters of the Gabriel river.

KAYAK IN WHITewater RIVERS

This involves descending down a river with different degrees of difficulty in a specifically equipped individual kayak, circumventing natural obstacles by means of different techniques, thus discovering unforgettable and rich natural spaces and landscapes.



CANOEING

A canoe is a relatively small boat which moves through the use of paddles. Rowers sit facing the desired direction (unlike in rowing, where rowers are facing backwards from the direction they want to go).



There is also a mode known as raft canoeing that is similar to the rafts used in rafting. This sport can be practiced in the Júcar and Gabriel rivers.



KAYAK IN CALM WATERS

This is the main activity in canoeing as it is the basis for learning the other modalities in kayaking. Practice in calm waters offers us a safe and fun way to get to know kayaking, as a new system to discover different landscapes and as a group activity that can be enjoyed together with colleagues, friends, family, etc.

The canoes can be single, double and even four-seaters, and they can either be self-emptying (the most popular and easy to use for tourists) or traditional, fitted with a cockpit. In both styles the position of the crew is sitting and the vessel is propelled with a double paddle.

KAYAK CROSSINGS AND SEA KAYAKING

As with calm water kayaking, kayak crossings involve medium to long-distance trips onboard single and double kayaks designed for this purpose and equipped with watertight hatches to carry camping utensils, food, water, clothing, etc.

This is a rewarding and relaxing as well as exciting activity both on lakes and at sea, and it will allow you to discover unsuspected places with great cultural and natural wealth. If we were to draw a comparison, kayak crossings are similar to hiking, but on water.



Nautical sports:



SAILING SCHOOL

The Valencia Region is a paradise for water sports. Our facilities and marinas are among the best in Europe.

The Valencia Region's persistent winds and mild temperatures are the ideal conditions to enjoy water sports or leisure against an incomparably beautiful backdrop.

Witness the best races as well as the clubs and marinas along the Costa Blanca, Benidorm, València Turisme and Castellón Mediterráneo.



DIVING

The Valencia Region offers its extensive coastline for the practice of all kinds of water activities, including one of the simplest and most popular ones: diving. Whether it is simply snorkelling to see the ocean floors, which are brimming with colour and life, or diving with full scuba gear, all is available as well as, of course, proper training so that you can enjoy an amazing experience. Discover marine reserves (Reserva Natural Marina de Irtia, Columbretes Islands, Tabarca, Cabo San Antonio, and the cliffs of La Marina) and the spectacular underwater heritage of the Valencia Region, from north to south and for all audiences, from amateur snorkelers to experienced divers

www.diving.comunitatvalenciana.com



CANYONING

Small or large ravines, easy or difficult, the Valencia Region has it all, and they all stand out due to their beauty and quality.

Activities that involve following walking trails with special equipment, descending the beds of rivers, streams and ravines, getting past natural obstacles by means of different techniques, both by climbing and through speleology. This is an opportunity to discover places that can only be seen from this perspective.

Canyoning is a practice suitable of all kinds of people who are in normal physical shape, although there are different degrees of difficulty, based on client's profiles. It can be practiced throughout the year. Highly popular among numerous groups.

The Valencia Region, owing to its mountainous terrain and a highly developed hydrological system, offers a large number of ravines of all kinds -wet and dry- to practice this sport, keeping in mind that we must be respectful towards the environment and regulations in force at all times.



Canyoning on the Internet

www.regionofvalencia.com

ORIENTEERING AND GEOCACHING

Walking or running, normally on foot and cross country, in which participants have to go through a series of checkpoints, guided only by a compass, some clues and a map.

Geocaching is an activity that involves hiding objects in the field or in the city, writing down its geographical coordinates using a GPS receiver and making them public so that others can also search for it.



TIBETAN BRIDGE



This type of adventure sport involves crossing a structure also known as a monkey bridge.

This is a traditional Tibetan structure used to cross canyons, rivers or vertical passages.

It is made from three intertwined ropes : two parallel ropes for both hands and another, below, for the feet.

Tibetan bridges are often included in adventure circuits offered by active tourism companies.

BUNGEE JUMPING



Leap into the void from a bridge held by a harness and a bungee cord going from one side to the other of a span of the bridge.

When falling, practitioners swing like a pendulum. This activity requires a great deal of courage from practitioners and it is not without risk, and it must always be performed with the guarantee and supervision provided by a professional.

ADVENTURE RAIDS



This multidisciplinary competition tests the resilience, navigation and survival of completely autonomous teams to complete extensive orientation tours in the shortest possible time, overcoming natural difficulties encountered during the path, without outside assistance or any kind of motorised transportation. The competition takes place on foot, with mountain bikes, canoes, etc.

ADVENTURE CIRCUIT / CANOPYING

These sports combine the practice of activities such as suspension bridges, zip lines, handrails and Tibetan bridges, among others.

They all require some level of skill, but expert monitors from the companies offering this type of active tourism make this activity surprisingly fun and exciting. When these same techniques are performed using the height of trees, they are known as canopying.



SPELEOLOGY

About three quarters of the Valencia Region are formed by calcareous rocks, which favour the formation of cavities as a result of the process of dissolution of water that has infiltrated the subsoil.

The caves are highly interesting due to their environmental value, and they have been classified as protected natural areas that benefit from special protection in the Valencia Region.

The variety of caves includes touristic caves: the Coves de Sant Josep in the Vall d'Uixò, which are navigable on the inside, the Cueva de Don Juan in Jalance, the Cova del Rull in Vall d'Ebo's, the Cova de l'Adsubia, the Canelobre in Busot or the Cueva de las Calaveras (Cave of Skulls) in Benidoleig, as well as others that can be visited thanks to expert speologist guides.

Active tourism companies spread across the Valencia Region provide us with the opportunity to delve into the wonderful and amazing world of caving, respecting the fragile environment of these spaces and following the appropriate security measures to perform these activities.



www.activo.comunitatvalenciana.com



PAINTBALL

This is a sport in which participants use markers powered by compressed air, CO2 or other gases, to shoot small stuffed paintballs at other players.

It is essentially a complex strategy game in which players hit by paintballs during the game are eliminated, sometimes temporarily, sometimes definitively, depending on the mode. Contrary to popular perception, is one of the safest outdoor sports.

RAPPEL

This climbing technique allows you to descend along vertical surfaces or downfalls using a rope. Besides the rope, the practitioner can use a harness and a contraption called a descender, which exists in various designs. The use of rappelling techniques is essential in canyoning.



ARCHERY

This sport combines precision and concentration with an ideal framework: the natural environment.

The bow is made from a body ending in two flexible arms, to which a rope is tied to shoot arrows at a target. It is suitable for all ages.



ASTRO-TOURISM



The Astro-Tourism Route of the Valencia Region runs through the towns of Aras de los Olmos and Alpuente, in the province of Valencia. Both offer attractive opportunities to enjoy astro-tourism combining it with other activities.

Aras de los Olmos is a place that is highly significant in the world of astronomy, thanks to the quality of the sky, one of the cleanest and most free of light pollution in Spain. For this reason, this place is one of the main sites in the Valencia Region to observe of the stars; for this purpose, it boasts an astronomical centre, 3 observatories and telescope platforms.

www.ecoturismo.comunitatvalenciana.com

ZIPLINES



An activity in which practitioners slide down a steel cable or a rope between two distant points, tied to the waist. This activity is highly in demand in adventure circuits.

In the Valencia Region, in the town of Eslida, there is a 200 metre zipline, the longest in the Mediterranean, as well as many others scattered throughout the Valencia Region.

BALLOON RIDES



Hot air balloon rides are an activity that is done at dawn, watching nature awaken at our feet as the sun rises on the horizon. They last approximately one hour and the flight is made at different levels to see the different landscapes that surround us. Suitable for all kinds of people.

May be done all year around. A unique opportunity to discover the Valencia Region from above.

PARAGLIDING

Dive into the void taking advantage of the steepness of a mountain slope, and fly hanging from a kind of special parachute controlled by the pilot through cords.



PARACHUTING

Parachuting is the closest we can get to individual flight, free and without impediments and without mechanical devices.

In the Valencia Region there are several parachuting clubs that allow you to practice this exciting airborne sport.

The tandem jump is the fastest and safest way to learn skydiving. The tandem is a jump with an instructor, who carries the parachute, and a passenger fastened to a harness attached to it. The jump is done at an altitude of 4,000 meters, in 50 seconds of free fall, during which practitioners reach speeds above 200 km / h.



Air sports on the internet

Air Sports Federation of Valencia Region have these activities among aerial disciplines:

www.fdacv.com

www.activo.comunitatvalenciana.com



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For more information at:

www.regionofvalencia.com

Information sources

Turisme Comunitat
Valenciana

Fundación Vías Verdes

Departamento para
la promoción del Turismo
Ecuestre en España

Photographs

Turisme Comunitat Valenciana

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