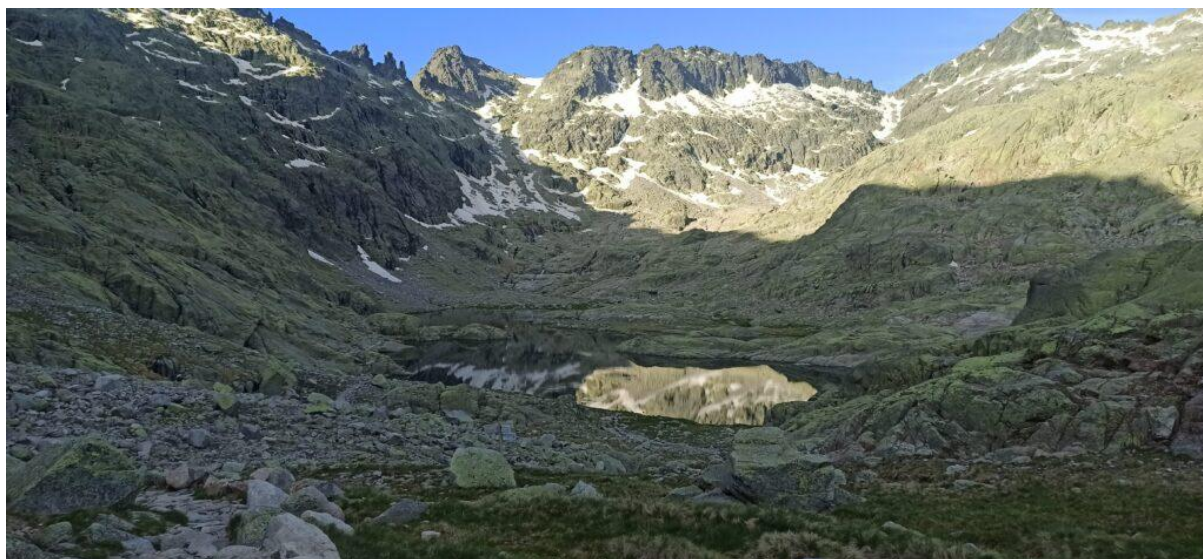




2 WEEKS FROM SIERRA DE GREDOS TO SIERRA DE ANDUJAR



Circus of Gredos

DAY 1 and 2 SIERRA DE GREDOS Location

The journey begins at the Gredos platform, where parking is free, which is where I made the trip. The goal was to climb Almanzor Peak in two stages, as the weather was perfect, and I started in the afternoon. On the first day, I hiked to the Gredos meadow without any apparent difficulty, spent the night there, and began the ascent

to the summit the following morning. I encountered some snow patches near the top, making crampons and ice axes necessary. The final section involved some loose rock and sections up to grade 2, making it a moderately difficult climb. I returned the same way.[ROUTE HERE](#)It is worth noting a small deviation in the final part of the route that should be avoided as it takes the wrong path at PK 9.8.

DAY 2 and 3 MOMBELTRÁN [Location](#) CUEVAS RIVER [Location](#)



Mombeltrán Castle

I drive to the next destination and park in front of the Castle of the Dukes of Albuquerque. The parking lot is spacious and accessible to larger vehicles. From here, I begin a beautiful mountain bike route. At the foot of the Sierra de Gredos mountains lies Mombeltrán, one of those charming villages from which countless forest trails originate. This circular route combines challenging climbs, Mediterranean forests, fast trails, and excellent viewpoints overlooking the Tiétar Valley, making it an ideal option for a morning of mountain biking.[ROUTE HERE](#)To relax, I made a stop at the Cuevas River near Arenas de San Pedro where I spent the afternoon and overnight.

DAY 4 MONFRAGÜE Location

My next destination is the Monfragüe Natural Park where I'll be doing another MTB route.[ROUTE HERE](#)I spend the night at the Monfragüe visitor center where there is a parking lot next to the Monfragüe campsite. It allows you to explore some of its most representative landscapes, combining forest tracks, centuries-old pastures and spectacular viewpoints over the Tagus River.

Unlike other MTB routes where the main focus is technical difficulty, here the true star is the environment. Every kilometer offers an opportunity to observe birds of prey, traverse Mediterranean forests, and enjoy the tranquility of one of Spain's best-preserved natural areas.



Monfragüe campsite parking

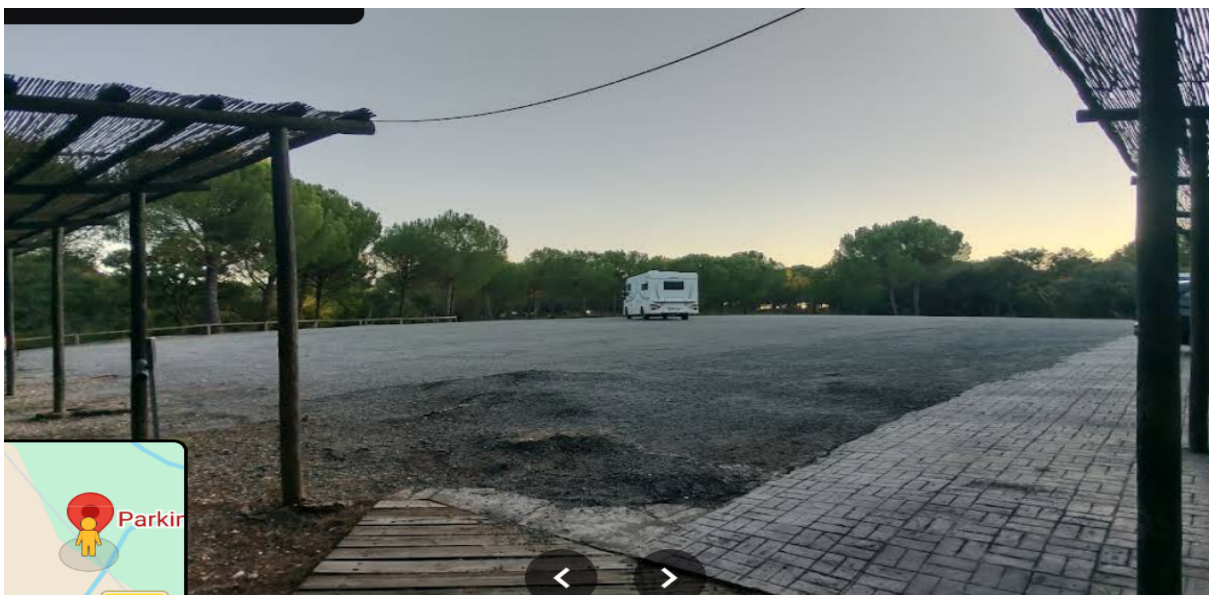
DAY 5 AND 6 EL ROCÍO Location AND MATTRESSES Location

I leave Extremadura behind and head towards the province of Huelva, where I visit El Rocío, a picturesque town world-renowned for its sanctuary and for hosting the Romería de El Rocío, the largest Marian pilgrimage in Spain. During Pentecost, it

draws over a million devotees to honor the "White Dove." Its streets, like something out of the Wild West, are unpaved, evoking a bygone era. After this visit, and following a day of rest, I spend the night in the Acebrón parking area, planning to explore the Doñana area the next day.



The dew

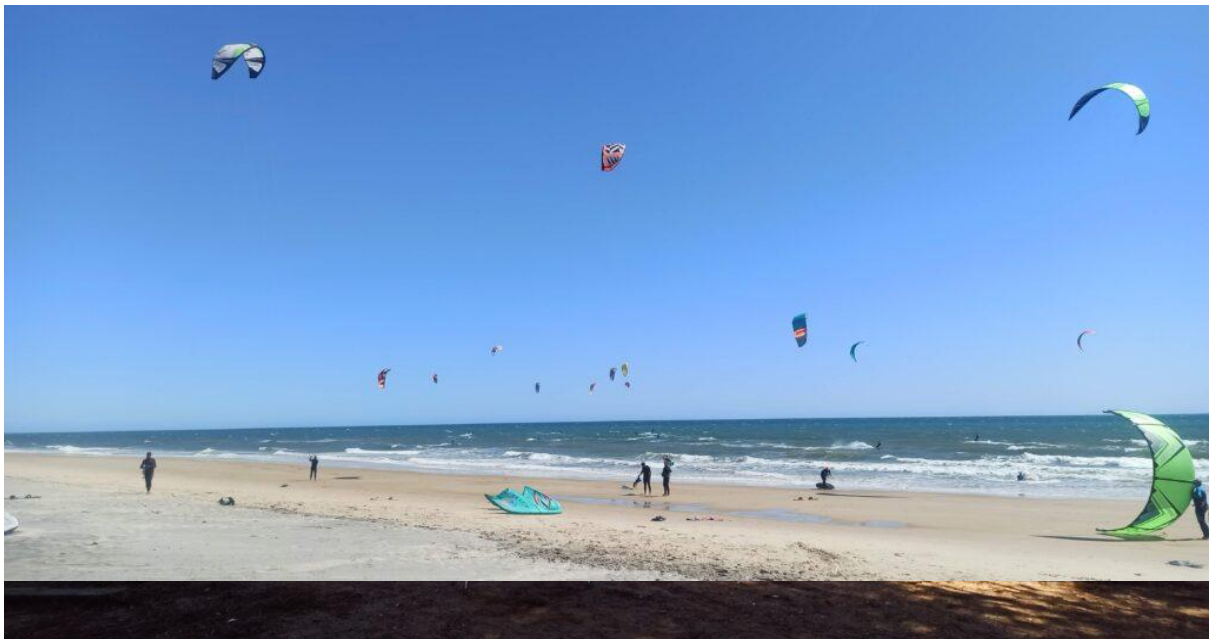


Acebrón Parking

This circular route around the Acebrón Palace, in the heart of Doñana National Park, is one such example. Every kilometer invites you to stop and admire the scenery, listen to the birdsong, and discover one of Europe's most important wetlands.

It's an ideal route for combining sport and nature, with a virtually flat course that crosses pine and cork oak forests and marshland areas. Attached [ROUTE HERE](#).

In the afternoon I go to the town of Matalascañas to enjoy an afternoon at the beach, parking in sector Q (Main Avenue).



Parking next to Matalascañas beach

DAY 7 LA CASTILLA BEACH [Location](#)





Parking and overnight stay next to the beach

One of the advantages of traveling off-season and during the week is being able to afford the luxury of parking next to the beach and enjoying a day of surfing.

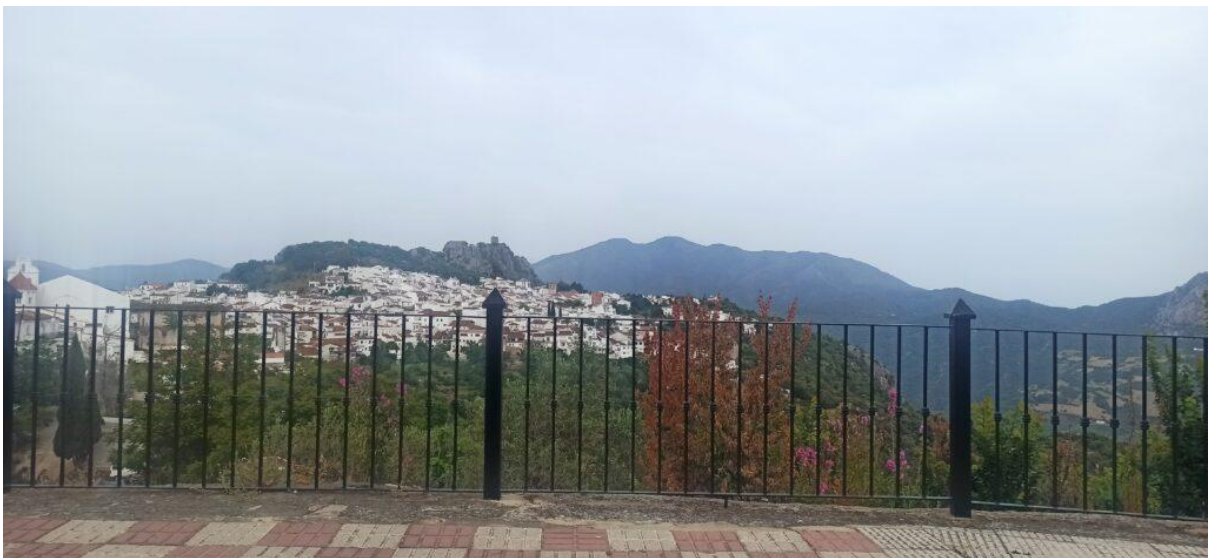
DAY 8 AND 9 SIERRA DE GRAZALEMA BENAJOÁN [Location](#) and GAUCÍN [Location](#)



Parking for the Eagle Via Ferrata



Eagle's Via Ferrata



Benaolan

I'm heading to the Sierra de Grazalema, located between the provinces of Cádiz and Málaga, home to one of the most spectacular natural areas in southern Spain.

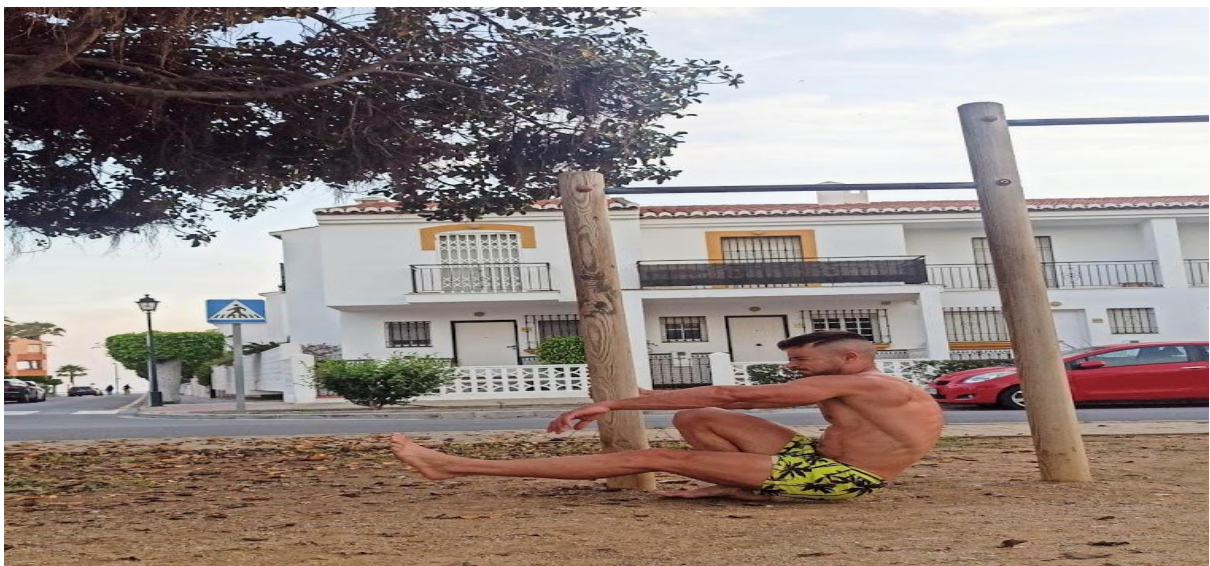
Declared a Natural Park and recognized as a Biosphere Reserve by UNESCO, it stands out for its impressive karst landscapes, deep ravines, lush forests, and some of the most beautiful white villages in Andalusia. Intending to do some via ferratas in the area, accessible to people with experience in these activities and with the possibility of overnight stays, I started with the Benaoján via ferrata (the easiest).ROUTE HEREI spent the night next to the spectacular Gaucín Via Ferrata

ROUTE HERE

DAY 10 SALOBREÑA Location



Salobreña Castle and Beach



Salobreña Calisthenics Park

I head to the Granada coast in search of a beach and to learn about the local culture. In the morning I take the opportunity to train in a calisthenics park.[Description](#)And in the afternoon I relax and enjoy the coastline, strolling through its cobbled streets and white houses.

DAY 11 AND 12 SIERRA NEVADA MECINA BOMBARÓN [Location](#)[TRAVEL](#)[Location](#)



Mecina Bombarón

Next stop: The Alpujarra region of Granada. On the southern slopes of the Sierra Nevada mountains, surrounded by ravines, forests, and small villages with traditional architecture, lies Mecina Bombarón, one of the most authentic corners of the Alpujarra region of Granada. This circular mountain bike route allows you to discover a territory where nature and history coexist in perfect harmony.

The route combines forest tracks, old rural paths and spectacular panoramic views of the Sierra Nevada peaks, making it an excellent option for those looking for a full day of mountain biking away from the more crowded routes.[ROUTE HERE](#)

As a grand finale, my stay in Sierra Nevada ended with a summit of Mulhacén, the highest peak in the Iberian Peninsula, one of the greatest challenges for any high-mountain hiking enthusiast. The ascent from Trevélez to its summit involves venturing into one of the wildest landscapes of Sierra Nevada, traversing ravines, mountain refuges, glacial lakes, and ancient paths used for centuries by shepherds and muleteers. It's a physically demanding route, but the reward is extraordinary:

endless panoramic views over Andalusia, the Mediterranean, and even the mountains of North Africa on the clearest days. The route I uploaded has no technical difficulty and is suitable for any hiker in good physical condition, as it is challenging in this respect. High-altitude mountaineering equipment is necessary if the route is undertaken strictly outside the summer months. [ROUTE HERE](#)

DAY 13 MOCLÍN [Location](#)



Parking Moclín Via Ferrata

As a final touch to this trip, I stop to do a simple via ferrata with a K3 difficulty level. [ROUTE HERE](#) A quiet village in the middle of nature, ideal for relaxing and disconnecting, so I spent the night there to prepare for the last stop of the trip.

DAY 14 SIERRA DE ANDÚJAR [Location](#)

In Villanueva de la Reina I begin my last adventure of the trip. If you are looking for a trail running route without major technical difficulties, but surrounded by nature and rural heritage, this circular route starting from La Condesa is an excellent option.

The route follows dirt tracks and paths through a tranquil landscape, where ancient fountains become the main features of the course. These are ideal spots to take a short break, hydrate, and enjoy the surroundings before continuing the race. [ROUTE HERE](#)

REQUIRED TRAVEL EQUIPMENT

Mountaineering equipment

Perfect for:

- Sierra de Gredos
- Mulhacén
- Doñana Trails
- Trail in Sierra de Andújar

Mandatory

- Backpack 40-50 L
 - Trekking poles
 - Waterproof hiking boots
 - Lightweight trekking shoes
 - Breathable technical clothing
 - Fleece lining
 - Waterproof jacket
 - Technical trousers
 - Shorts
 - Technical socks
 - Cap
 - Category 3-4 sunglasses
 - Crema solar SPF 50
 - Gloves
 - Buff
 - Frontal
 - Kit
 - Thermal blanket
 - Multipurpose knife
 - GPS or mobile phone with offline maps
 - Water (2-3 liters)
 - Energy food
-

High-altitude equipment (only if there is snow)

Required for:

- Almanzor out of summer
- Mulhacén outside of summer

Equipment

- Crampons
- Ice axe
- Mountaineering helmet
- Gaiters (recommended)
- Waterproof gloves
- Thermal jacket
- Waterproof trousers

Important: Between June and September, they are usually not necessary, except in the case of late snowfalls or exceptional conditions. Always check mountain conditions before setting out.

Via ferrata equipment

Required for:

- Benaolan
- Gaucín
- Moclín

Required materials

- Approved harness
- Via ferrata energy dissipator
- Hull
- Resting cape
- Ferrata gloves
- Small backpack (20-30 L)

- Water
- Kit

Advisable

- Pulley for zip lines (if the track includes it)
 - Approach shoes
-

MTB Team

To:

- Mombeltrán
- Monfragüe
- Mecina Bombarón

Bicycle

- MTB reviewed
- Tubeless kit or inner tubes
- Pipe
- Multiherramienta
- Tronchacadenas
- Quick link
- Detachable
- Replacement brake pads

Equipment

- Hull
- Gloves
- Glasses
- Jersey
- Cheeky
- MTB shoes
- Drums
- Hydration pack

Trail running

For Sierra de Andújar

- Trail running shoes
- Hydration vest
- Soft flasks
- Cap
- Glasses
- Windbreaker
- Gels or bars

Beach and surfing

To:

- Castile Beach
 - Matalascañas
 - Salobreña
 - Surfboard
 - Neoprene (depending on the season)
 - Invention (leash)
 - Booties (optional)
 - Towel
 - Flip-flops
 - Swimsuit
 - Water-resistant sunscreen
-

Recommended clothing (2 weeks)

- 5 technical t-shirts
- 2 pairs of shorts
- 2 pairs of long pants
- 1 fleece lining
- 1 lightweight down jacket
- 1 waterproof jacket
- 7 pairs of socks
- Underwear
- Cap
- Thin hat (high mountain)
- Gloves