

MADRID IS CULTURE, ART AND SHOWS, SHOPPING, FINE DINING AND OENOLOGY.

### HOW EVER MADRID IS ALSO NATURE

It is a region of scenic contrasts, biodiversity and natural spaces of great ecological interest, with conditions that are ideal for enjoying outdoor activities.

MADRID HAS THE LOT, JUST ONE HOUR FROM THE AIRPORT





# ENJOY

THE REGION'S NATURAL DIVERSITY ENABLES A GREAT VARIETY OF LEISURE AND SPORTS ACTIVITIES IN NATURAL SETTINGS.

THE REGION OF MADRID BOASTS THE IDEAL CONDITIONS TO PRACTICE OUTDOOR ACTIVITIES VERY CLOSE TO THE CITY OF MADRID:

### SUITABLE CLIMATIC CONDITIONS:

Few days of rainfall, many hours of sun per year and an average annual temperate of 14.6°.

### **MODERN TRANSPORT FACILITIES:**

Airport, Metro network, regional trains and buses that perfectly cover connection requirements across the whole of the region.

### **VARIED OROGRAPHY:**

Mountains, valleys, rivers... enabling you to enjoy a wealth of activities.

### RICH HISTORICAL AND CULTURAL HERITAGE:

3 Heritage of Humanity sites, 4 worldfamous museums and an important cultural agenda throughout the year. VALUABLE NATURAL ENVIRONMENT AND BIODIVERSITY

### EXCELLENT GASTRONOMIC OFFER:

Variety of restaurants, quality raw material, local produce, etc.







MANZANARES
HIGH RIVER BASIN
RINCÓN SIERRA

NATURE RESERVE EL REGAJAL-MAR DE ONTÍGOLA

WOOD SITE OF NATURAL INTEREST MONTEJO DE LA SIERRA BEECH

#### REGIONAL PARKS

SURESTE REGIONAL PARK
MANZANARES HIGH RIVER BASIN REGIONAL PARK
MIDDLE COURSE OF THE GUADARRAMA RIVER
REGIONAL PARK



### **NATURAL VALUES** SIERRA DE GUADARRAMA NATIONAL PARK

#### **WOODLAND BIODIVERSITY**

PROMINENT PRESENCE OF SCOT PINE, PYRENEAN OAK FORESTS AND JUNIPER ON THE SUMMITS. THE PRESENCE OF HIGH ALTITUDE GRASSI AND AND BUSHES.



Cinereous Vulture

Scots Pine

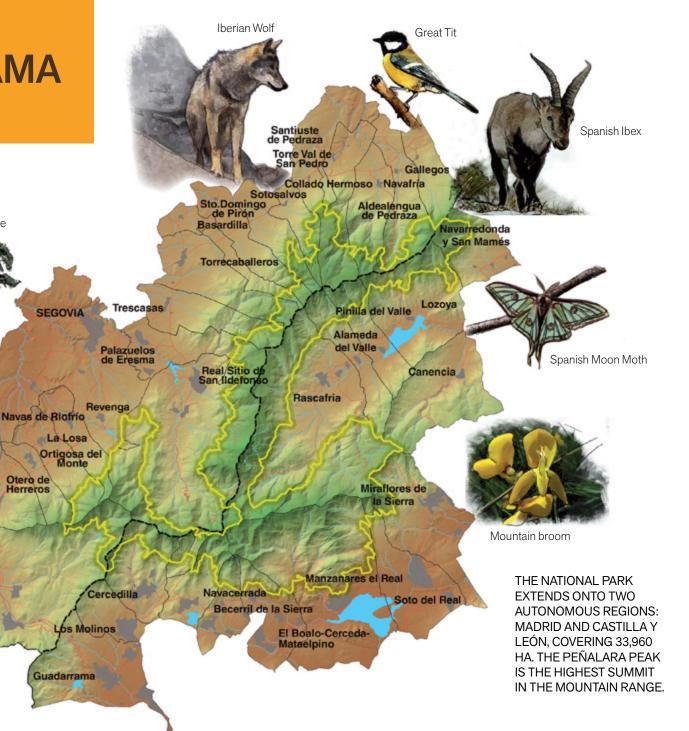
Otero de

Herreros

El Espinar

### WILDLIFE

HIGHLIGHTS AMONG THE SPECIES ARE CINEREOUS VULTURE, GOLDEN EAGLE, BLACK STORK, PEREGRINE FALCON, SPANISH IMPERIAL EAGLE, EURASIAN EAGLE-OWL, NORTHERN GOSHAWK, EUROPEAN OTTER, RED FOX, IBERIAN WOLF, WILD CAT, SPANISH IBEX, BROWN TROUT, EUROPEAN POND TORTOISE, IBERIAN ROCK LIZARD, EUROPEAN TREE FROG AND SPANISH MOON MOTH.





### BIRDWATCHING IN MADRID

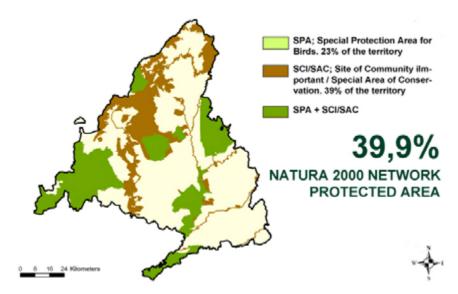
THE REGION OF MADRID HAS AN IMPORTANT ORNITHOLOGICAL HERITAGE THANKS TO ITS HUGE DIVERSITY OF ECOSYSTEMS AND HABITATS (HIGH MOUNTAIN, PINE GROVES, FIELDS, PASTURES AND RIVERSIDE WOODS).



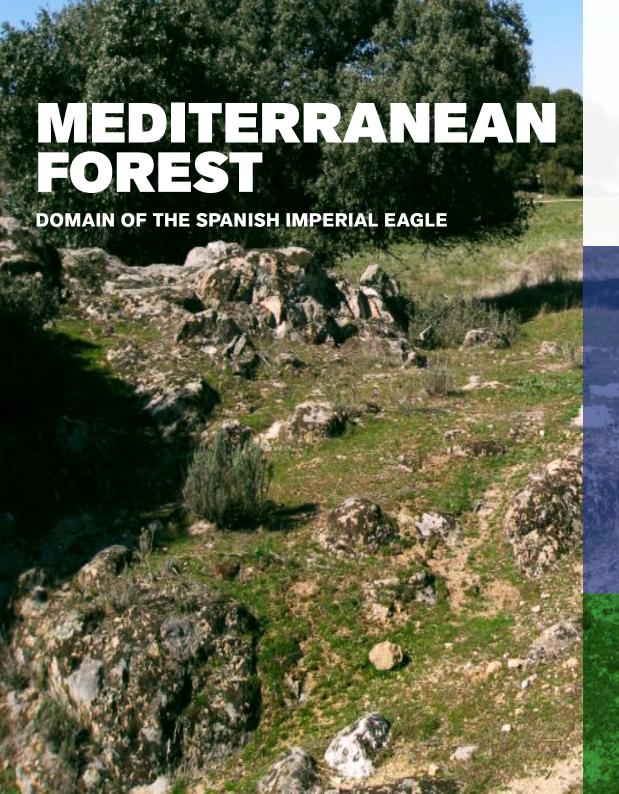
THE PRESENCE OF NEARLY 240 BIRD SPECIES (OF THE APPROXIMATELY 400 IN SPAIN); WITH KEY SPECIES SUCH AS THE IMPERIAL EAGLE AND THE BLACK VULTURE; AND THE RECENTLY DECLARED SIERRA DE GUDARRAMA NATIONAL PARK, GIVE THE REGION HUGE POTENTIAL AS A QUALITY BIRDWATCHING DESTINATION.

BIRDWATCHING IS AN ACROSS-THE-BOARD TOURIST RESOURCE RELATED TO ALL NATURE TOURISM PROGRAMMES AND WILL BE ROLLED OUT VIA AN ORNITHOLOGICAL TOURISM CLUB.











### ONE OF THE MOST EMBLEMATIC HABITATS OF THE IBERIAN PENINSULA HOLDING UNIQUE SPECIES OF EUROPEAN NATURE.

In Madrid this habitat can be observed and enjoyed by everyone who would like to visit any corner of the vast areas that this habitat covers in the region. Here we discover one of the best and well preserved breeding grounds for the <u>Spanish Imperial Eagle</u>. Despite being one of the most endangered species in the planet, nesting pairs are present just a few kilometers away from the city center.

In addition to the Spanish Imperial Eagle, Madrid offers very good chances for the birdwatcher to watch some of the most emblematic species in the Mediterranean woodlands: Black Stork, Booted Eagle, Black and Red Kites, Red-necked Nightjar, Eurasian Eagle-Owl, Eurasian Scops-Owl, Red-rumped Swallow, European Bee-eater, Iberian / Azure-winged Magpie and Sardinian Warbler among other species in a unique landscape.

### SIERRA OESTE

Includes Natura2000 protected sites (SCIs: Sites of Community Importance and SPAs: Special Protection Areas for Wild Birds) characterize by rugged hills covered with oaks, extensive "dehesa" plains and crags.

Suggested visit: In the foothills of Cerro Valdenoches along the San Juan's Bridge path.

#### METROPOLITAN AREA

The proximity of Monte del Pardo and Soto de Viñuelas to the capital allows the visitor to take pleasure of some of these Mediterranean bird treasures in just a 15 minute drive from the city center.

Suggested visit: El Soto de Viñuelas.



### MOUNTAIN

LOOKING FOR THE BLUETHROAT



WITH PEAKS OVER 2.000 METERS (6.500 FEET)
ABOVE SEA LEVEL, ROCKY SUMMITS, AND
SLOPES COVERED BY EXTENSIVE SCOT PINE
AND PYRENEAN OAKS FORESTS, THE SIERRA DE
GUADARRAMA AND SIERRA NORTE ARE PLACES
OF UNIQUE AND RUGGED BEAUTY.

In spring, after the snow has melted and above the growth limit of trees where mountain pastures appear, is where we discover the beautiful <u>Bluethroat</u> habitat and when we can observe the display and contests of Bluethroat males fighting for a place to breed from the top of the golden-flowered broom bushes.

These mountain areas are the home of a great number of unique bird species, such as Common Rock-Thrush, Water Pipit or Citril Finch, some of which choose the highest locations covered with grass and crags, while others like European Crested Tit and Western Bonelli's Warbler opt for forested parts. Raptors are also well represented here, with highlights including Cinereous Vulture, Griffon Vulture, Golden Eagle, Booted Eagle and Red Kite, among others.

#### SIERRA DE GUADARRAMA

High peaks, dense forest and deep valleys comprises this territory where the biggest colony of Cinereous Vulture breeds in the region.

**Suggested Route:** From Monte Abantos to Reyezuelo.

#### **SIERRA NORTE**

Mountain ridge and cattle countryside produce a landscape where one of the southernmost Beech forests in Europe and picturesque villages are located.

Suggested Route: Path through the beech forest.

### **HIGH COURSE OF MANZANARES RIVER**

One of the most spectacular and singular areas of scenery in Madrid can be found in "La Pedriza". Enormous granite blocks of bare stone rise in incredible forms giving the place an unreal appearance.

Suggested Route: Go upriver along the Manzanares through the Camorza Gorge.



# STEPPES

**WINGED GIANTS OF THE PLAIN** 

THE STEPPES AND CEREAL FIELDS ARE ONE OF THE MOST CHARACTERISTIC SPANISH ECOSYSTEMS. THIS IS WHY THIS COUNTRY HOLDS THE BEST POPULATIONS OF STEPPE LAND BIRDS IN WESTERN EUROPE.

Cereal fields and bushy steppe occupies vast areas in the East and South of the Madrid Region. On these wide cultivated plains where big flocks of <u>Great Bustards</u> find the place to bring up their young. One of the best times to visit is when the courtship takes place during the spring. Tens of males perform a spectacular courtship display, one of the greatest

ornithological spectacles that should be seen at least once in a lifetime.

Those same fields where the Great Bustards thrive are home to other species equally adapted to this tough environment. Birds like Montagu's Harrier, Lesser Kestrel, Little Bustard, Black-bellied and Pin-tailed Sandgrouse, Calandra, Crested, Thekla and Greater Short-toed Larks populate open areas of the region. Some of the areas covered with low shrubs or small crags are good places to look for the Dartford Warbler or even the curious Black Wheatear.

### JARAMA AND HENARES RIVER PLAINS

A landscape modelled with gentle relief where the best Great Bustard populations can be found through the year.

Suggested Route: Itinerary between Valdetorres del Jarama and Talamanca del Jarama.

### MIDDLE COURSE OF THE GUADARRAMA RIVER

The region of La Sagra south of Madrid is an excellent place for "steppe" birdwatching. Some of the specialties are Black-bellied and Pin-tailed Sandgrouse, Little Bustard and various lark species.

Suggested Route: La Sagra madrileña.

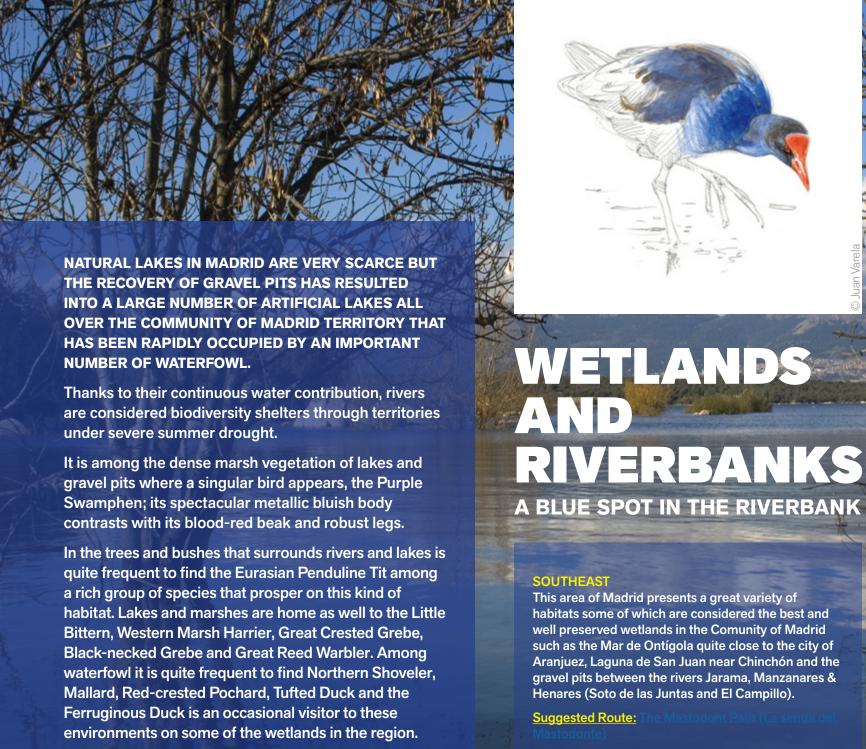
#### **ALCARRIA MADRILEÑA**

A territory holding vines, olive orchards and cereal fields as well as natural vegetation. Populated by a diverse community of birds this area is a birdwatchers "must see" choice.

Suggested Route: Pozuelo del Rey badlands.







## URBAN BIRDING (URBAN PARKS)

TREES HIDING A WORLD OF WILDLIFE

THE CITIES IN THE COMMUNITY OF MADRID COUNT WITH BEAUTIFUL AND ON OCCASIONS BIG URBAN PARKS, WITH SOME OF THEM HISTORIC LANDMARKS AS WELL, SUCH AS THE ONES WE CAN FIND IN MADRID, ARANJUEZ AND EL ESCORIAL.

These parks, in addition to being great places for recreation and leisure for the local population and tourists, are a place where wild birds find a place to breed, winter or thrive inside the city. Some of the typical species we find here are <u>Short-toed Treecreeper</u>, a wide variety of tit species (Great, Blue, Coal, European Crested) amongst others.

It is not strange to find some smaller raptors such as Northern Goshawk, Eurasian Sparrowhawk, Common Kestrel and some nocturnal species such as Little Owl and Eurasian Scops Owl. These birds of prey take advantage of the big communities and diversity of birds that inhabit this urban ecosystem. Additionally, if the park counts with small ponds or lakes, these areas are frequently used by waterfowl that seize the chance of abundant food.

Surprisingly, we could find more than 40 species in just an early morning walk in these oases of nature in the middle of the cities.



### **METROPOLITAN AREA**

The city of Madrid is enriched by numerous urban parks where visitors can relax and walk below the trees while they enjoy a morning's or afternoon's birdwatching.

The Retiro park, Parque del Oeste or Casa de Campo are excellent options in the city centre, but are not unique to the big city. In some other areas of Madrid and even some other cities we can find equally suitable and beautiful places to enjoy birdwatching in Madrid's urban areas.

Suggested Route: The Birds' Park



RASCAFRÍA, LA CABRERA, CUENCA DEL LOZOYA, EL ATAZAR AND TERRELAGUNA ARE JUST SOME OF THE RURAL DESTINATIONS FOUND IN THIS AREA

## SIERRA NORTE

Sierra Norte is one of the most beautiful places in the Region of Madrid. Nature makes its present felt in each of the 42 towns and in every corner of the mountain, thanks to the abundance of water and vast variety of plant and animal species that make this province a paradise. Particularly stunning are:

### RINCÓN SIERRA. BIOSPHERE RESERVE

Declared a UNESCO site in 2005 thanks to its good state of conservation and natural wealth. Oak, pine and beech woods, together with diverse fauna, make it a unique space in Madrid.

### MONTEJO BEECH WOOD

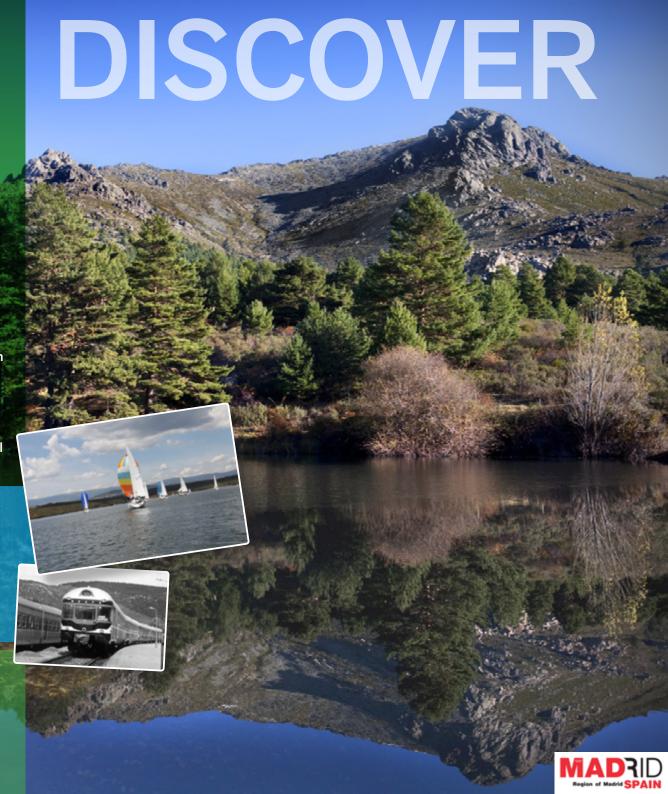
The Montejo Beech Wood is one of the most southerly woods of its kind in Europe. Also distinguished by its charm is the well-known Genaro Trail that skirts the Atazar Reservoir.

SIERRA NORTE DE INTERIOR NAUTICAL STATION Five reservoirs covering an important part of the territory - the Pinilla, Riosequillo, Puentes Viejas, Villar and El Atazar - together with recreational, museum, nature areas and more, make Sierra Norte a singular place with major tourism and sports possibilities.

**TRANSLOZOYA** 

The Sierra Norte de Madrid tourist train which links Chamartín station in Madrid with the main towns of tourist interest in Sierra Norte.

These important characteristics, along with the enormous rural tourism offer, have made this province a tourist landmark in the Region. Sierra Norte has more than 60% of the rural tourism establishments in the whole of region. They include houses made from stone and wood, straw lofts turned into accommodation, small hotels with charm and a wealth of possibilities.



















### OTHER RESOURCES

### **WWW.TURISMOMADRID.ES**

www.turismomadrid.es

### WWW.MADRID.ORG/TURISMO

www.madrid.org/turismo

### **MADBIRD FAIR 2015**

www.madbirdfair.es

### **ATUSIMA**

www.atusima.com

### **AETAM**

Facebook AETAM

### SEO/BIRDLIFE

www.seo.org

# PROTECTED NATURAL AREAS

### · PARQUE NACIONAL SIERRA DE GUADARRAMA

www.parquenacionalsierraguadarrama.es

### · SIERRA DEL RINCÓN. BIOSPHERE RESERVE

www.birdwatchingmadrid.com

### · RED NATURA 2000

www.madrid.org





GASTRONOMY IS THE PERFECT COMPLEMENT TO NATURE TOURISM AND ONE OF THE MOST APPEALING TOURIST RESOURCES IN OUR REGION.

THE RESTAURANT OFFER IN THE REGION OF MADRID IS VERY EXTENSIVE AND VARIED, AND ADAPTED TO ALL BUDGETS.

The success of Madrid's food scene is also due to its excellent raw materials. Its geographical location makes it a region that enjoys the majority of ecosystems, enabling it to offer a wide diversity of quality foods, many protected under distinctions such as the Madrid Designation of Origin Wines; Madrid Oil Guarantee Seal; Meat of Sierra de Guadarrama Protected Geographical Indication; Chinchón Anisette Geographical Designation; Olives of Campo Real Quality Designation and Certified Organic Products.

This variety of guaranteed quality produce is further expanded by other local guarantees, including Aranjuez strawberries and asparagus, Villaconejos melons, Villa del Prado vegetables, Sierra honey, Sierra Norte beans and pure sheep's cheese.

A visit to its wineries, oil mills or cheese factories is another of the activities you really need to do to enjoy the rural environment and savour its products.











LESS THAN AN HOUR FROM MADRID ARE THREE PLACES THAT HAVE WARRANTED INCLUSION ON THE UNESCO WORLD HERITAGE LIST: SAN LORENZO DE EL ESCORIAL, ARANJUEZ AND ALCALÁ DE HENARES.

### **UNESCO WORLD HERITAGE**

These three spaces are essential to knowing the cultural heritage of the Region of Madrid. But their importance extends beyond the region. The tangible and intangible heritage these three destinations assemble together is fundamental for anyone keen to learn about Spanish, European and universal culture.



# DISCOVER TOWNS OF MADRID: 6 JEWELS IN THE REGION



### **RASCAFRÍA**

YOU CAN ENJOY THE MONASTERY OF SANTA MARÍA DE EL PAULAR OR THE **PRESILLAS** 



### **BUITRAGO DE LOZOYA**

**WALK ALONG THE WALL** 





### **COLMENAR DE OREJA**

**VISIT THE ULPIANO CHECO** MUSEUM







**VALMORES TRAIL** 

**ENJOY ANY OF THE RESTAURANTS IN** THE TRADITIONAL CASTILIAN SQUARE **OF CHINCHÓN** 













THE REGION OF MADRID HAS 16,822 HOTEL BEDS OUTSIDE OF THE METROPOLITAN AREA.

THEY INCLUDE: HOTELS, RURAL HOTELS, B&BS, RURAL APARTMENTS, CAMP-SITES AND TREE HOUSES.





# **ARRIVING MADRID**

**BY PLANE:** 

ADOLFO SUAREZ- MADRID BARAJAS AIRPORT **BY ROAD** 

HIGH SPEED TRAIN (AVE)

# GETTING AROUND IN MADRID

### LA COMUNIDAD DE MADRID

The Region of Madrid boasts an extensive network of infrastructures that links all of the towns in the region:

REGIONAL TRANSPORT CONSORTIUM

**ROAD INFO** 

Access to the tourist destinations of natural, environmental and scenic interest is made possible in many cases thanks to the regional train network and in all cases thanks to the regional road network, either in private transport or the intercity bus network which links the capital with all of the towns.

The Regional Transport Consortium of Madrid <u>website</u> features the fares and timetables of all of its destinations in the different means of collective public transport in the Region.



