

## Stage 5: Puente Almuhey - Cistierna

<b>Journey:</b>	Linear
<b>Way:</b>	- By bike (3.25 h.)
<b>Length:</b>	31.4 kms.
<b>Ascent slope:</b>	250 m.
<b>Difficulty of the route:</b>	Medium-High
<b>Route:</b>	From Puente Almuhey to Cistierna

A route of just over 31 kilometers, which besides crosses the lands near the town of La Mata de Monteagudo. You can make the journey throughout the year, although rainy seasons should be avoided.

### SECTION

Stage 5 - Section 1: Taranilla - Cistierna

[To know more](#)

Stage 5 - Section 1: Taranilla - Puente Almuhey

[To know more](#)

Stage 5 - Section 2: Prado de la Guzpeña - Cistierna

[To know more](#)

Stage 5 - Section 2: Prado de la Guzpeña - Puente Almuhey

[To know more](#)

Stage 5 - Section 3: La Llama de la Guzpeña - Cistierna

[To know more](#)

Stage 5 - Section 3: La Llama de la Guzpeña - Puente Almuhey

[To know more](#)

Stage 5 - Section 5: Valle de las Casas - Puente Almuhey

[To know more](#)

Stage 5 - Section 6: Vidanes - Cistierna

[To know more](#)

Stage 5 - Section 6: Vidanes - Puente Almuhey

[To know more](#)

Stage 5 - Section 7: El Mercadillo - Cistierna

[To know more](#)

Stage 5 - Section 7: El Mercadillo - Puente Almuhey

[To know more](#)

Stage 5 - Section 5: Valle de las Casas - Cistierna

[To know more](#)

Stage 5 - Section 4: Santa Olaja - Cistierna

[To know more](#)

Stage 5 - Section 4: Santa Olaja - Puente Almuhey

[To know more](#)

### ADDRESS AND MAP LOCATION

- **Postal address** Puente Almuhey (Valderrueda). NaN. León