

# EXPERIENCE EUROVELO 1

## IN CASTILLA Y LEÓN









EUROPEAN UNION

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# EuroVelo 🖟

EuroVelo 1

EuroVelo 1 in Spain

#### EuroVelo 1 in Castilla y León

#### Daily stages

Stage 1 Santo Domingo de la Calzada-Belorado

- Stage 2 Belorado-Burgos Stage 3 Burgos-Castrojeriz
- Stage 4 Castrojeriz-Frómista
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- Stage 6 Palencia-Valladolid
- Stage 7 Valladolid-Tordesillas
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    - Stage 9 Toro-Zamora
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The information contained in this guide cannot encompass the entire wealth of nature, culture and heritage in Castilla y León. Readers wishing to obtain further information are therefore advised to visit the website at www.turismocastillayleon.com.

The information on heritage contained in the 'Don't miss it!' sections for each stage refers to Assets of Cultural Interest.

The 'Top 10 attractions' included for the cities correspond to the resources listed in the publication Turismo Cultural en Entornos Urbanos (Cultural Tourism in Urban Environments).

Publication: Fundación Siglo para el Turismo y las Artes de Castilla y León.
Design: Galera Publicidad.
Photography and texts: © Fundación Siglo para el Turismo y las Artes de Castilla y León.
Legal deposit: DLVA675-2019

Revised: January 2019

**European Network of Cycling Routes.** 

### **EuroVelo**

EuroVelo, the European cycling route network, is an initiative by the Belgium-based European Cyclists' Federation, which has championed the establishment of a Europe-wide network of 16 long-distance cycling routes of more than 70,000 kilometres connecting the entire European continent. These routes are based on both existing and newly-designed itineraries, favouring interconnection.

An excellent proposal that promotes sustainable, responsible tourism, providing transnational itineraries in Europe.

The routes are designed to be used and enjoyed by cycle tourists and by local residents for daily and recreational outings.

eurovelo.com



Bryggen (Norway). Algarve (Portugal).



Cyclists riding along the Castilla Canal.

#### EUROVELO ROUTES

Each of the 16 EuroVelo routes has its own theme and is identified by an odd or even number depending on its direction (North-South, East-West): 10 NORTH-SOUTH ROUTES

**1 · Atlantic Coast Route:** North Cape – Caminha, 9,100 km

**3 · Pilgrims' Route:** Trondheim – Santiago de Compostela, 5,122 km

**5 · Via Romea (Francigena):** London – Rome, Brindisi, 3,900 km

**7 · Sun Route:** North Cape – Malta, 7,409 km

**9 · Baltic-Adriatic:** Gdansk – Pula, 1,930 km

**11 · East Europe Route:** North Cape – Athens, 5,984 km

**13 · Iron Curtain Trail:** Barents Sea – Black Sea, 10,400 km



**17 · Rhone Cycle Route:** Andermatt - Mediterranean Sea, 1,115 km

**19 · Meuse Cycle Route:** Lagres – Hoek van Holland, 1,152 km

#### **6 EAST-WEST ROUTES**

2 · Capitals Route: Galway – Moscow, 5,500 km

4 · Central Europe Route: Roscoff – Kiev, 4,000 km

**6 · Atlantic - Black Sea:** Nantes – Constanta, 4,448km

8 · Mediterranean Route: Cádiz – Athens and Cyprus, 5,888 km

**10 · Baltic Sea Cycle Route:** 7,980 km

**12 · North Sea Cycle Route:** 5,932 km



#### ENJOY THE JOURNEY.

The bicycle is a means of transport for sustainable travel around Europe at a relaxed and unhurried pace. These 16 itineraries invite you to rediscover the pleasure of travelling slowly and enjoying what is happening around you.

**Atlantic Coast Route.** 

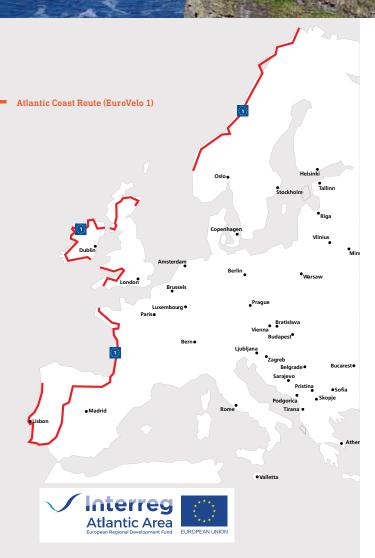
# SO UNIQUE SO DIVERSE\*

With the participation of the Junta de Castilla y León, European support has been obtained for the promotion of four of the Autonomous Community's major tourism resources on the EuroVelo 1 route, namely the French Pilgrims' Route to Santiago, the Castilla Canal, the Douro Route and the Vía de la Plata Route, which offer a combination of historical and artistic sites, industrial heritage, food, wine and natural resources, as well as a large selection of active and adventure tourism options.

#### Castle of the Duke and Duchess of Brittany, Nantes (France).



eurovelo.com





#### A ROUTE FOR THE SENSES

The entire itinerary is a spectacle for the senses: magnificent fjords, sun-kissed beaches, bustling ports and harbours, cities filled with history accessed along ancient trails, and some of the finest examples of Romanesque and Gothic architecture.

Marvel at the stunning natural landscapes, including the unspoilt fjords of Norway and breathtakingly sheer cliffs such as Moher, in Ireland.

Visit the site from which the Pilgrim Fathers set sail for the New World in Plymouth, in the United Kingdom. Practise your French with the local fishermen

# EuroVelo 1

The Junta de Castilla y León, within the framework of the ERDF project, is currently working on the reconditioning and promotion of the EuroVelo 1 route, called the Atlantic Coast Route, from North Cape (Norway) to Caminha (Portugal), which spans 9,100 kilometres.

This project involves 21 members in six countries –Norway, the United Kingdom, Ireland, France, Spain and Portugal–, and five of Spain's Autonomous Communities –Navarre, La Rioja, Castilla y León, Extremadura and Andalusia–, as well as the Cooperation Network of Towns on the Vía de la Plata Route.

in quaint fishing villages on La Vélodyssée in France.

Enjoy the delicious gastronomy and nightlife in some of Europe's liveliest port cities, such as Bergen (Norway), Glasgow, Belfast or Bristol (United Kingdom) and Nantes (France), or in guintessential university cities, such as Salamanca, included on the World Heritage List. Continue discovering the World Heritage of Castilla y León in Burgos, along the French Pilgrims' Route to Santiago, by visiting its magnificent cathedral and the Archaeological Site of Atapuerca, the "Rosetta Stone" of Human Evolution.

Cycle through the city streets of Pamplona, in Navarra, before rewarding yourself with some tasty tapas in the towns of La Rioja and Castilla y León, accompanied by wines with a designation of origin.



Salamanca.

Travel historic routes, exploring the paths that the pilgrims or Roman troops followed, along the French Pilgrims' Route to Santiago and the Vía de la Plata Route.

Rest your legs and finish your holiday by relaxing on one of the beaches of Andalusia or Portugal. An itinerary designed for you.

# FROM NORSH

On this itinerary, enjoy the wide variety of landscapes, culture and wealth of food and wine in each of the EuroVelo 1 locations, from the North to the South of Spain.

Throughout your journey, you'll feel welcomed by the safe route and the warmth of the local people who, combined with the wealth of history, will turn your trip into an unforgettable memory.



Vineyards in La Rioja.

TRAVEL AROUND NAVARRE, LA RIOJA, CASTILLA Y LEÓN, EXTREMADURA AND ANDALUSIA WITH EUROVELO 1 SPAIN.

An excellent initiative that promotes responsible tourism, based on each region's local resources, scenery, protected natural spaces, towns, cities, and monuments of recognised historical value and heritage.

#### NAVARRE

EuroVelo 1 enters Spain through the Atlantic Pyrenees of Navarre -a route of approximately 203 km. After starting in Endarlatsa in the North, it cuts through Pamplona and continues to Viana. Over its four stages, you'll discover the diversity of Navarre, **including the** green countryside of the North, dotted with country houses, and the cobblestoned urban streets of Pamplona. From this city, by following the Pilgrims' Route to Santiago, you'll reach the flattest, most arid lands that surround the towns with a medieval air on the final section in Navarre. Each stop will be an opportunity to enjoy the culture, the atmosphere, the history, and of course, the local cuisine, of which its famous pintxos are the highlight.

# LA RIOJA

Continuing along the historic and cultural French Pilgrims' Route to Santiago, you'll enter La Rioja, with an itinerary of approximately 89 km, and ride to Logroño, where you can enjoy the renowned food and wine offer. The route winds through spectacular natural scenery and a Rioja vineyard until reaching Nájera, the cradle of kings. Don't miss the chance to visit the Monastery of Santa María la Real de Nájera. The next landmarks along your way will be the Monasteries of Suso and Yuso, in San Millán de la Cogolla, declared World Heritage Sites by UNESCO, and Santo Domingo de la Calzada, where a visit to the old town and the cathedral cannot be missed. Follow the route out of the city through the smooth, rolling

countryside to Grañón. From its viewpoint, you can admire the beauty of the spectacular fields of Castilla y León.

#### CASTILLA Y LEÓN

Entering Castilla y León, for approximately 514 km, you'll ride along four historic routes -the French Pilgrims' Route to Santiago, the Castilla Canal, the Douro Route and the Vía de la Plata Route- and discover four World Heritage sites recognised by UNESCO and three Certified Wine Routes.

Following the French Pilgrims' Route to Santiago, you will reach **Burgos**, where you can visit the **only cathedral declared a World Heritage Site** in Spain, one of the shining examples of European Gothic art, and the **Sierra de Atapuerca Archaeological Sites**, the "Rosetta Stone" of human evolution, also a World Heritage Site.



# EuroVelo 1 in Spain

The route in Spain, spanning about 1,373 km, is based on the culture and the historic roads of every region it crosses, starting in the Atlantic Pyrenees of Navarre and concluding on the Atlantic Coast.

Along the Castilla Canal and the Douro Route, you can enjoy a wealth of wines and cuisine, with an important offering of resources and services recognised by the **Certified** Wine Routes of Cigales, Rueda and Toro. Follow the Vía de la Plata Route along the banks of the Douro River until reaching **Zamora** , known as the Romanesque capital of Spain, and Salamanca, a World Heritage City with an important historical and cultural legacy, including its university, the first in Spain and one of the oldest in the world.

#### EXTREMADURA

The itinerary continues through Extremadura for 337 km approx., crossing it from north to south and covering part of the ancient Vía de la Plata Route. On this route of tremendous historical, cultural, natural and scenic value, full of great products and delicious cuisine, you can enjoy its relaxing thermal waters and the slow-paced nature of its people.

The route begins on the greenway . that descends from the Béjar mountain pass. The cities in this region have an important historic legacy: **Baños de Montemayor** and its thermal waters, **the beautiful Hervás** with its Jewish quarter, **Cáceres and Mérida-Alange, declared World Heritage Sites** by UNESCO, Almendralejo with its **romanticism and cava, and the charming white Zafra.** Then it continues through Extremadura's meadows until reaching the Andalusian mountains.

The culinary stars of the region are *Torta del Casar* (cheese) and cured Iberian acorn-fed ham.

#### ANDALUSIA

The route ends its Spanish tour in Andalusia for around 230 km, cutting through the province of northern Huelva, where the mountains are the main attraction. In this privileged environment, be sure to sample the tastiest dishes of the grasslands and to discover the **Martian landscape** of the Río Tinto mining area. The route continues through the *lugares colombinos* ('Columbian places') and the city of Huelva before culminating along the Atlantic Coast with its vast white-sand beaches.

Castilla y León for the cycle tourist.

HISTORES

By bike, you can travel at your own pace. Cycle tourism is an excellent way of exploring a region and combining sightseeing, contact with nature, culture and sport. Bikes allow us to visit places away from the crowds while enjoying scenery, heritage and traditions.

# EuroVelo 1 in Castilla y León

There are territories that are part of history, making them unique and exceptional. Such is the case of Castilla y León, a mosaic of nature, food, wine, culture and scenery. Following its extensive network of historic routes, you can cycle through a vast region full of cities flush with history, unrivaled heritage and incomparable natural spaces, thanks to EuroVelo 1.

Castilla Canal.

Approx. 514 km. FROM BURGOS TO SALAMANCA IN 12 STAGES

#### **IMBA SIGNAGE**

Itinerary fully marked with signs according to EuroVelo standards and IMBA international criteria.

The orientation of the pictogram indicates the direction to follow (straight, right, left)





WRONG WAY SIGN Indicates that the route taken is incorrect, unless you prefer to cycle freely on unmarked trails.



Warns the cyclist to exercise caution when approaching dangerous junctions, steep descents, etc.



#### Sign on the EuroVelo 1 itinerary.



Informational billboards.

#### 4 ASSETS DECLARED WORLD HERITAGE SITES BY UNESCO

The French Pilgrims' Route to Santiago, the Burgos Cathedral, the only cathedral declared a World Heritage Site in Spain, the Sierra de Atapuerca Archaeological Sites, the 'Rosetta Stone' of human evolution in Europe, whose findings can be discovered at the Museum of Human Evolution in Burgos, and the city of Salamanca.

#### 4 HISTORIC ROUTES

#### The French Pilgrims' Route to Santiago, the great European pilgrimage route since the Middle Ages, recognised as the

First European Cultural Route and as a World Heritage Site by UNESCO in 1993, is also part of the EuroVelo 1 itinerary. Don't miss the opportunity to ride around 135 km through four stages of EuroVelo 1 along the French Pilgrims' Route to Santiago. This is undoubtedly a unique experience enjoyed by people from all over the world and one of the most frequented routes by cycle tourists from all corners of the planet.



• FRENCH PILGRIMS'

- 2 · CASTILLA CANAL
- 3 · DOURO ROUTE
- 4 · VÍA DE LA PLATA ROUTE



Branch of the Castilla Canal in Palencia.

#### The Castilla Canal, declared an

Asset of Cultural Interest in 1991, was one of the most important civil engineering projects of Spain during the Enlightenment. It was built in the 18th and 19th centuries to serve as a connection and transportation waterway for the region's agricultural surpluses, as Castilla was the main producer of grains in the 18th century. On the EuroVelo 1 itinerary, for approximately 93 km and two stages, you can admire this work of engineering and the ruins associated with its construction, such as locks, bridges, aqueducts, old flour factories or grain storehouses. Some have been renovated to be used as museums, restaurants and lodgings today. You'll be surprised by its changing landscapes, made up of moorlands, riverbanks and the plains of Tierra de Campos. Along the way, you can enjoy high-quality services and the wines on the Cigales Wine Route.

The Douro Route is the most important waterway of the Autonomous Community of Castilla y León. Over three stages, approx. 132 km of the EuroVelo 1 itinerary, you can explore its rich panorama of history, art and culture and the variety of scenery associated with the Douro River. Important towns such as Tordesillas, Zamora or Toro, to name a few, cropped up along its banks and evolved with the artistic trends, boasting a rich heritage today. The Douro Route is also associated with the high-quality wines grown along the riverbanks. Along the way, you'll have the chance to enjoy the Toro Wine Route

#### and the Rueda Wine Route. The Vía de la Plata Route.

Culture and sightseeing itinerary in the south-north direction. Archaeological evidence indicates that this route existed in the Tartessian era (7th century BC) and under Augustus (1st century AC). It was consolidated with the construction of different roads. Travel this route of the EuroVelo 1 itinerary in Castilla y León for three stages and around 154 km. You can admire important pieces of the ancient Roman road in many areas and discover the flourishing cities and villas that were established along it, such as Helmántica (Salamanca) and Ocellum Duri (Zamora). Enjoy the variety of landscapes, ranging from mountainous terrain covered by oaks and holm oaks to gently rolling lands

and peneplains. Lands of vast horizons of wine and grains.



#### Cigales Wine Route. Linked

to the Castilla Canal since its construction in the 18th century. A route full of history and associated with the Catholic Monarchs, Phillip II and Napoleon Bonaparte. Don't miss its monasteries, such as that of San Isidro de Dueñas, the Fuensaldaña Castle and the Haunted Castle of Trigueros del Valle or the Church of Cigales, considered the 'cathedral of wine'.

#### Rueda Wine Route. A destination with a rich history and heritage

and a winemaking legacy of more than 10 centuries. On the way, you can enjoy a perfect combination of high-guality dining, scenery and art. Be sure to visit the monastery of Santa Clara in Tordesillas, declared a National Heritage Site.

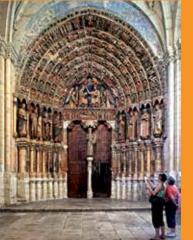
Toro Wine Route. This route is full of history, culture and fine dining opportunities. It boasts important Romanesque jewels, such as the Collegiate Church of Toro, and a great tradition of high-quality wine. They say the cellars of La Pinta, in the times of Christopher Columbus, were full of Toro Wine when it set sail for the Indies.



#### ROMANESQUE LANDMARKS

century, located **along the French** Pilgrims' Route to Santiago, Juan de Ortega, Burgos and and **Frómista**, in Palencia. Also on the **Douro Route**. be sure to visit the Collegiate Church of **Toro** and





#### SINGULAR **CITIES AND** TOWNS



#### **OTHER ITINERARIES**

In Castilla y León, aside from the EuroVelo 1 route region by bike. All of them have signage according y León's mining areas, and the routes of the provinces of Gredos mountains in Ávila, and the Four Towns of Amaya in the province of Burgos, featuring a trail that winds

#### MORE INFORMATION

turismocastillayleon.com/es/ rural-naturaleza/rutas-btt

Rueda Wine Route

#### Santo Domingo de la Calzada-Belorado

#### DISCOVER CASTILLA Y LEÓN

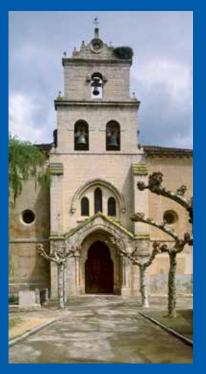
#### French Pilgrims' Route to Santiago

# Stage 1

A very easy stage to start. Our starting point is Santo Domingo de la Calzada, still in La Rioja, associated with Saint Domingo — born in Viloria — and his construction works along the Roman road.

Scenery from the Pilgrims' Route to Santiago.

Belorado.





STRAGE

#### **TOWNS AND CITIES**

- Redecilla del Camino Castildelgado
- Viloria de Rioja
- Fresneña
- (Villamayor del Río) • Redecilla del Campo
- Belorado

#### STAGE IN NUMBERS.

Approximate distance: 29 km (from Belorado to the border of the autonomous community, 14 km approx.).

Cumulative elevation gain: 328 metres.

#### THE ADVENTURE BEGINS

We enter Castilla y León through Redecilla del Camino, Burgos. The 'Radicella' of the Codex Calixtinus is a typical example of Jacobean urbanism.

Amid various emblazoned houses, a simple jurisdiction column appears, declared an Asset of Cultural Interest. In the parish church, reconstructed in the 16th century, we must admire the 12th century Romanesque baptismal font. Castildelgado boasts the House of Gil Delgado, dating from the 16th to the 18th centuries, the 16th century parish church and the 13th century shrine of Santa María La Real del Campo.

On your route through the lands of Burgos, spectacular paths, roads, trails and ravines full of beauty await you. Neighbours are ready to help you in the event of any difficulty. Emblematic monuments, historic hospitals, charming shrines and refreshing fountains will mark your journey. Keep in mind there is something special about these lands: it was here that several of the saints associated with the Pilgrims' Route to Santiago were born. In Viloria de Rioja, the next town on the route after Castildelgado, Saint Domingo de la Calzada was born in 1019. According to tradition, a property in front of the parish church is identified as his birthplace.

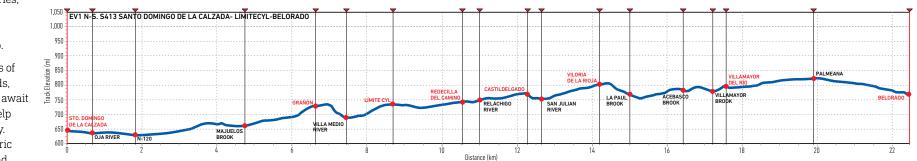
We'll spend the entire stage riding along the French Pilgrims' Route to Santiago, on dirt trails in good condition. In Castilla y León, we'll find EuroVelo 1 signage in addition to the yellow arrows of the Pilgrims' Route to Santiago.

Villamayor del Río stands out for its typical half-timbered houses. After we pass through it, we arrive in Belorado, a village steeped in history. It boasts an interesting monumental complex with halftimbered houses, the porticoed Plaza Mayor with emblazoned houses, the ruins of a castle and a group of churches and funerary chapels of great artistic value.

 Redecilla del Camino: Jurisdiction column.
 Castildelgado: Palacio Fortificado.
 Belorado: Castle,

DON'T MISS IT!

mining complex in Puras de Villafranca.



#### **DISCOVER CASTILLA Y LEÓN**

#### French Pilgrims' Route to Santiago

1

# Stage 2

From Belorado to Burgos, we follow the French Pilgrims' Route to Santiago. This stage largely takes place on dirt trails. Characterised by beautiful scenery, this traditional path along the French Pilgrims' Route to Santiago passes through Montes de Oca mountain range on the way to San Juan de Ortega, one of the highlights of the day.

Burgos Cathedral

#### DON'T MISS IT!

- Villafranca Montes de Oca: Ruins of the Church
- Barrios de Colina:
- Atapuerca: Atapuerca
- **Burgos** (Top 10 attractions): Burgos Cathedral, streets and plazas in Historic Charterhouse of Miraflores, Gate of

#### VENA RI 24 32 40 44 Distance (km)

#### STAGE IN NUMBERS.

Approximate distance: 53 km. Cumulative elevation gain: 544 metres.



#### In Tosantos, you can admire the Church of San Esteban and the curious cave shrine of Our Lady of La Peña.

As we continue along the route, the landscape becomes more rolling due to the Montes de Oca mountain range, with valleys covered in dense vegetation and towns with traditional houses of great architectural value.

Villafranca - Montes de Oca, at the foot of the mountains of the same name, will connect you to the history of the Pilgrims' Route to Santiago and the Visigoth era, when this town was an episcopal centre. Along the way, you'll find the shrine of San Felices de Oca, of Mozarabic origin and an Asset of Cultural Interest.

Amid the thicket of the Montes de Oca, the important Monastery of San Juan de Ortega appears. a very interesting place to visit during this stage. Saint Juan de Ortega, who was responsible for

the construction of a large number of bridges, inns and roadways to favour the pilgrimage, built the chapel of San Nicolás de Bari and later the Sanctuary of San Nicolás to protect travellers from highway robbers.

On the right side of the Route, we can pay an optional visit to Atapuerca. We recommend visiting the Atapuerca Archaeological Site, the 'Rosetta Stone' of human evolution, declared a World Heritage Site by UNESCO in 1997. One of the world's most important sites, it has led us to rethink the evolution of our species, offering a new vision of our 'family tree'. Complement your visit to this unique place with a stop at

the Museum of Human Evolution in Burgos, where findings from the site are exhibited.

After passing through Orbaneja, we arrive in Burgos, a city that preserves important vestiges of its medieval splendour. It boasts one of the greatest works of Spain's Gothic period, its Cathedral, declared a World Heritage Site in 1984. The Pilgrims' Route to Santiago leaves its mark on Burgos on the street bordering the Cathedral and in many buildings that once served as pilgrim hospitals.

Burgos is well-connected and has a modern transportation network

#### PLEASE NOTE

The section from Villafranca Montes de Oca to San Juan de Ortega is not recommended for cyclists with bike trailers. However, if you don't have a trailer, it is highly recommended because of its spectacular scenery.

It is also the starting point of another great cycle tourism route in Spain: the Route of El Cid.

1,200 EV1 N-S. S414 BELORADO-BURGOS MONTES DE OCA 1,150 1,100 1.050 1.000 Ê 950 900 850 PLAZA



EUROVELO 1

**Belorado-Burgos** 

#### **TOWNS AND CITIES**

- Belorado
- Tosantos
- Villafranca -Montes de Oca
- Arlanzón
- Arraya de Oca
- Villaescusa la Sombría
- Barrios de Colina
- Cardeñuela Riopico
- Orbañeja Riopico
- Burgos

#### **Burgos-Castrojeriz**

#### DISCOVER CASTILLA Y LEÓN

#### French Pilgrims' Route to Santiago

Stage 3

From Burgos to Castrojeriz, we continue along the French Pilgrims' Route to Santiago; the route is marked on the way to Tardajos by a cross from around 1600 (Asset of Cultural Interest).



Burgos.

DON'T MISS IT!

Tardajos: Cross,

or 'El Fuerte', Castle of

Church of San Juan,

Monastery of San Antón.

walls, Collegiate Church of Santa María del Manzano,

\*\*\*\* 1 \*

#### PLEASE NOTE

Just outside of Burgos, there is a section in Villalbilla de Burgos that is sometimes tricky due to mud on the trail. If you must ride on rainy days, it can be easily avoided by taking the BU-600 road. After passing through Hontanas, there is a small section where the trail narrows that is not advisable for bikes with trailers, trikes or handbikes. It can be easily avoided by taking the BU-4013 road, which has very light traffic, to Castrojeriz.

# STAGE3



#### TOWNS AND CITIES

- Burgos
- Villalbilla de Burgos
- Tardajos
- Rabé de las Calzadas
- Hornillos del Camino
- Iglesias
- Hontanas
- Castrojeriz

#### STAGE IN NUMBERS.

Approximate distance: 41 km. Cumulative elevation gain: 256 metres.



#### We are again surrounded by small hills, crop fields and scattered groves. It's an easy stage that takes place on dirt trails in good condition.

Take your time to enjoy the charming little villages, where you'll feel the spirit of the pilgrims who travelled the Route to Santiago. Among them are Tardajos, built atop Roman settlements and beside the Roman road of Clunia; Rabé de las Calzadas, the point of intersection of two Roman roads; Hornillos del Camino, through which the pilgrims once flowed, memorialised by its old Pilgrims Hospital; and Hontanas, a town of numerous fountains whose name is derived from 'Fontanas'; it still conserves a Jacobean vestige, the 'Mesón de los Franceses', a former pilgrim hospital.

Our last stop is Castrojeriz, a town that treasures, among its monuments, more than half a dozen Assets of Cultural Interest, among them the Villa Historical Complex. The Monastery of San Antón is a strong indication of its importance to the pilgrimage. Located two and a half kilometres away from the town, it is one of the most important landmarks of the French Pilgrims' Route to Santiago. An impressive Gothic ruin, it was founded in the 12th century as a hospital for patients with Saint Anthony's Fire, a medieval disease



Pilgrims' Route to Santiago.

more feared than leprosy. One

of the treatments for this illness

was the pilgrimage to Santiago

de Compostela. In this convent,

cross by which these patients

bread and wine of Saint Antón.

were distinguished, and the

they received the Tau, a T-shaped

#### EUROVELO 1 STAGES IN CASTILLA Y LEÓN 19

#### Castrojeriz-Frómista

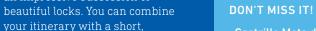
#### DISCOVER CASTILLA Y LEÓN

#### French Pilgrims' Route to Santiago





This stage from Castrojeriz to Frómista is very easy, and it's the last one on the French Pilgrims' Route to Santiago.



Castrillo Mota de Judíos:

Itero del Castillo:

Itero de la Vega:

Boadilla del Camino: Castilla Canal of Ramal Norte), Nuestra Señora de la Asunción Parish Church, Jurisdiction column of the town.

Frómista: Castilla Canal (locks 17-18-19-20 and 21, Casa del Esclusero: Tourist of San Martín, Church of Santa María del Castillo-Vestigia Museum, Church-Museum of San Pedro.





#### **TOWNS AND CITIES**

- Castrojeriz
- Castrillo Mota de Judíos
- Itero del Castillo
- Itero de la Vega
- Boadilla del Camino
- Frómista

#### STAGE IN NUMBERS.

Approximate distance: 27 km. Cumulative elevation gain: 106 metres.

#### CROSSING **TIERRA DE CAMPOS**

After leaving Castrojeriz, we'll complete two sections by road, first to Castrillo Mota de Judíos and then until crossing the **Pisuerga River and entering** the province of Palencia.

From here, the route continues on dirt trails in good condition. The route through the province of Palencia cuts across Tierra de Campos from east to west, and you can visit its beautiful villages full of history and monuments. The landscape turns flat, becoming a sea of golden grain in the summer. As you approach Boadilla del Camino, there are more trees, and the route can be enjoyed while protected under the poplars.

Itero de la Vega will receive you with its 13th century shrine of the Pieta, sculpture of the pilgrim Santiago and 11th

century bridge, one of the most emblematic of the Pilgrims' Route to Santiago. When passing through Boadilla del Camino, don't miss its incredible jurisdiction column, a symbol of the jurisdictional autonomy held by the town thanks to a privilege of Henry IV, confirmed by the Catholic Monarchs in 1482. Before reaching Frómista, we connect with the Castilla Canal, one of Spain's most important civil engineering projects during the Enlightenment. Over a short section, it boasts

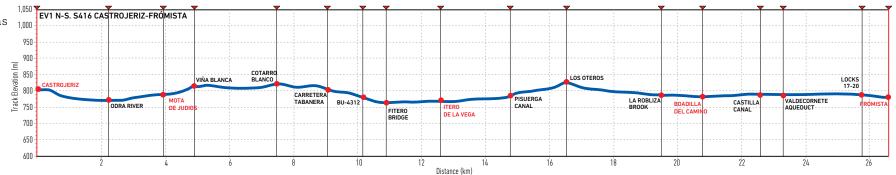
Frómista. Pilgrims' Route to Santiago.



and recover your strength at

its hotels and restaurants.

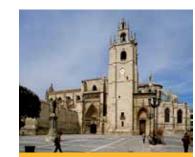
Boat on the Castilla Canal.



EUROVELO 1 STAGES IN CASTILLA Y LEÓN 21

#### Frómista-Palencia





#### TOWNS AND CITIES

- Frómista
- Piña de Campos
- Amusco
- San Cebrián
- Ribas de Campos Becerril de Campos
- Husillos
- Villaumbrales
- Grijota
- Palencia

#### STAGE IN NUMBERS.

Approximate distance: 42 km. Cumulative elevation gain: 170 metres.

#### DISCOVERING THE CASTILLA

The Canal was designed as a river transport route. The barges that circulated along the Canal were towed by draft animals, so the towpaths were also traced. The animals, generally mules, traveled on these roads parallel to the watercourse, towing the barges.

Today, these perfectly renovated trails are ideal for cycling as part of the EuroVelo 1 itinerary.

The landscape consists of crop fields on either side of the canal and groves lining the trail. The architecture of the Castilla Canal is extremely interesting. A mandatory stop is a place known as 'Calahorra de Ribas'. It was here that construction of the Canal began in 1753. Here we find triple lock No. 22-23-24, which draws water to the Carrión River, to begin the Branch Route of Ramal de Campos.

The stage ends in Palencia, which offers excellent services and transportation. Sightseeing is highly recommended, and the cultural, recreational and dining options are extensive and varied all year round. From locks 31 and 32 on the left side of the Canal, a branch reaches the city, specifically the 'Palencia Dock', which



1

Ribas de Campos: Castilla

locks 22-23-24), Calahorra

Power Station, mill and

Cruz de la Zarza.

Grijota: Castilla Canal

Hydroelectric Power

(Top 10 attractions):

Palencia

(Flour Factory and locks

25-26-27; Flour Factory-

Route of Ramal Sur), Serrón

Diocesan Museum, Palencia

Juan Bautista, Museum of

the Water. Cristo del Otero.

Church of San Miguel,

(Puentecillas Bridge,

Bridge), Monte El Viejo.

#### Castilla Canal near Frómista.

played an important role for transport during the golden age of boating on the Canal.

#### DON'T MISS IT!

Piña de Campos:
 Fuentemanías Irrigation
 Channel, Castilla Canal
 (Val Aqueduct), Piña
 Bridge, Church-Museum
 of San Miguel.

• Amusco: Carrealbar Irrigation Channel, Fuente Mimbre Aqueduct, Shrine of Nuestra Señora de las Fuentes, Parish Church of San Pedro, Gallo Bridge.

 San Cebrián de Campos: El Gato Irrigation Channel Castilla Canal (Branch Route of Ramal Norte, Arrayales Aqueduct), Bezana Bridge, Church of San Cornelio and San Cipriano.

#### DISCOVER CASTILLA Y LEÓN

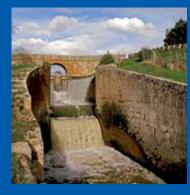
Castilla Canal

Stage 5

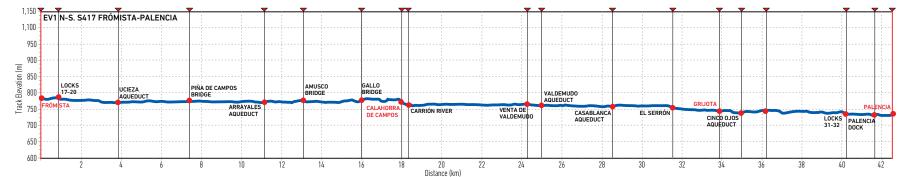
From Frómista to Palencia, the route runs entirely along the Castilla Canal. Most of the stage takes place on a dirt path known as Camino de Sirga del Canal.

#### PLEASE NOTE

Although there are several villages very close to the Canal, we recommend bringing water and whatever you may need with you. Use caution at the crossings near Frómista on the way to La Venta and Grijota. 400 metres from Frómista, there is a difficult section under a railway bridge, not recommended for bikes with trailers.



Castilla Canal, locks 22, 23 and 24.





#### Palencia-Valladolid



An easy stage takes us from Palencia to Valladolid by the Branch Route of Ramal Sur of the Castilla Canal. During this stage, we'll find must-visit canal towns such as Villamuriel de Cerrato, Dueñas...

Palencia Cathedral.



#### DON'T MISS IT!

Clara, Castilla Canal, 34-35-36), Church of Santa María la Mayor

Castilla Canal (aqueducts

Valladolid (Top 10 attractions): Plaza Mayor, Valladolid Cathedral, Church of Santa María de la

Church of San Pablo,

Pasaje Gutiérrez.



#### **TOWNS AND CITIES**

- Palencia
- Villamuriel de Cerrato
- Dueñas
- Cubillas de Santa Marta • Trigueros del Valle
- Corcos del Valle
- Cabezón de Pisuerga
- Cigales
- Fuensaldaña
- Valladolid

#### STAGE IN NUMBERS.

Approximate distance: 51 km. Cumulative elevation gain: 90 metres.

#### **A TOUR** THROUGH **HISTORY**

We'll cycle from Palencia to Villamuriel de Cerrato until reaching the triple lock located in Soto Alburez, where we'll find the two styles of lock, oval and rectangular.

The next town is Dueñas, a must for sightseeing. Declared 'Historic Artistic Ensemble' in 1967, it features narrow, steep streets that conserve traditional half-timbered houses. In addition, it boasts four bodega districts where you can visit a cave house.

We'll continue to enjoy the beauty of the locks and the charming bridges that we find along the way. These bridges also make it possible for us to visit towns along the canal. For example, almost 8 km from the start of the route, we'll find lock no. 39 and the bridge leading to Trigueros del Valle, Cubillas de Santa Marta and Valoria La Buena.

The itinerary crosses the Cigales Wine Route, so from Dueñas to Cigales, you can visit interesting age-old wineries in these towns and enjoy the wine from the designation of origin, also known as 'the wine of the canal', as its waters irrigate the vineyards of several wineries. If you're travelling with your family, don't miss the Haunted Castle in Trigueros del Valle, a magical and original place with very special inhabitants.

Following the itinerary, before arriving at Cabezón de Pisuerga, on the Palazuelos Bridge, we recommend taking a little detour to visit the Monastery of Santa María de Palazuelos,

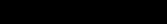
#### seat of the Cistercian Order in the 16th century.

The Pisuerga River and the Canal are almost parallel to one another, so you can see groves and habitats where all kinds of birds and flora abound.

We arrive in Valladolid, which was the capital of the kingdom from important historical events such as the coronation of Ferdinand III as King of Castilla, the wedding of the Catholic Monarchs, and the death of Christopher Columbus. Valladolid is associated with great writers, such as Cervantes, Zorrilla and Miguel Delibes.

Discover its important artistic legacy by visiting buildings such as the Cathedral, the Church of La Antigua, San Pablo, San Benito, the University, and the Plaza Mayor. It also has magnificent museums such as the National Sculpture Museum, which treasures one of Europe's best collections of polychrome sculpture.

#### 1,050 EV1 N-S. S418 PALENCIA-VALLADOLID 1.000 950 -900-850 800-AS GATILLAS . e 750-LOCK 37 1 OCK 4 PALENCIA CASTILL CIGARRAL 700 -/ILLAMURIE SOTO ALBÚREZ LOCK 3 LOCK 40 PALAZUELOS CIGALES BRIDGE BRIDGE LOCK 36 650 Distance (km)



**DISCOVER CASTILLA Y LEÓN** 

Castilla Canal

Stage 6

#### Valladolid-Tordesillas

STAGET

**FOLLOW THE** 

THE DOURO

Duero Trail (GR14).

A large part of our route

overlaps with the Senda del

We'll leave Valladolid on an

excellent asphalted cycling

**Pilgrims' Route to Santiago.** 

relaxing stop. Once known as

Septimancas, it became an

important communications

(Mérida) to Caesaraugusta

(Zaragoza) passed through it.

of the Crown were stored, with

the subsequent architectural

node in Roman times; the road

Simancas is worthy of a

trail. On the way to Simancas.

we'll connect with another great

cycle tourism route, the Madrid

PATH OF

#### **DISCOVER CASTILLA Y LEÓN**

**Douro Route** 

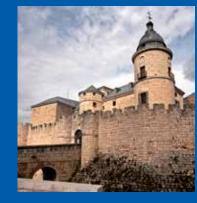
# Stage 7

Our route continues from Valladolid to Tordesillas. In Valladolid. the EuroVelo 1 leaves the Castilla Canal behind and begins to follow another guiding path, the Douro River.

Tordesillas.

1.

#### Simancas Castle.



#### PLEASE NOTE

Before arriving at Simancas, there is a road junction on the VP-9000 where you must ride with caution. For a brief section of the route, between Villamarciel and San Miguel del Pino, the trail is in bad shape and there are sandbars.

#### DON'T MISS IT!

Roman Bridge of 17 Stone Arches. Megalithic Sepulcher of Los Zumacales.

- San Miguel del Pino: Parish Church
- Tordesillas: Church of Santa María.

#### After leaving Simancas, we head to Tordesillas by dirt trails that are generally in good condition. From the majestic medieval bridge over the Douro, you can enjoy a beautiful

stores documents from the Modern

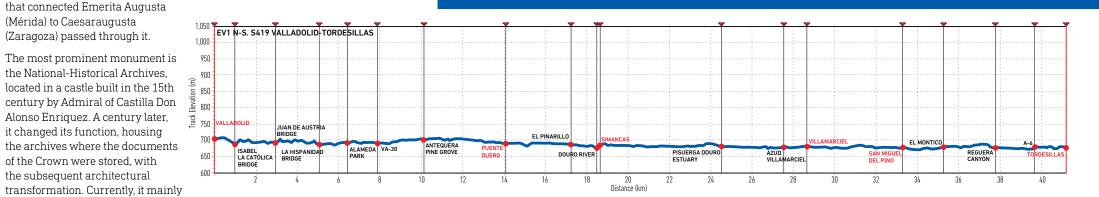
Age and is considered one of the

most important in the world.

panoramic view of Tordesillas. In this town, the New World was divided during the reign of the Catholic Monarchs in the so-called Casas del Tratado (Houses of the Treaty), two 15th and 16th century buildings. It was here that, in 1494, the treaty was signed by which Castilla and Portugal established the borders of their Atlantic domains. In 1509, Queen Joan I of Castilla,

Joan the Mad, arrived. While she was imprisoned for almost half a century, Charles I, Phillip II and other members of the royal family visited this place. The most important building today is the Monastery of Santa Clara, part of Spain's National Heritage. A Mudejar palace transformed into a monastery, it is one of the best examples of Mudejar art in Castilla y León.

Tordesillas, declared a Historic-Artistic Site in 1977. belongs to the Rueda Wine Route, a territory of contrasts in which innovation and tradition come together to give life to a wine with its own name and international fame. This town boasts a great infrastructure of restaurants and hotels and extraordinary sightseeing options.





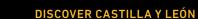
#### **TOWNS AND CITIES**

- Valladolid
- Simancas
- San Miguel del Pino
- Tordesillas

#### STAGE IN NUMBERS.

Approximate distance: 41 km. **Cumulative elevation** gain: 135 metres.

#### **Tordesillas-Toro**



**Douro Route** 

# Stage 8

To go from Tordesillas to Toro, we'll continue on the Douro River Trail (GR14). Most of the stage takes place on dirt trails. There are stretches with spectacular scenery overlooking the Douro River, especially when crossing the Dehesa de Cubillas.

Romanesque Bridge over the Douro River, Toro.

#### PLEASE NOTE

There are various areas with sand and vegetation on the trail. Be sure to leave Tordesillas with a good supply of water and some snacks, as you won't find many cities or towns on this stage.



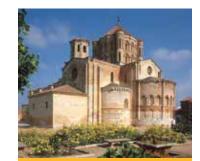
#### DON'T MISS IT!

Castronuño: Church of Santa María del Castillo.

Toro: Toro Historical of Santa María La Mayor, Lorenzo El Real, Church of San Salvador de los Caballeros, Church of the Holy Sepulcher, Church of San Pedro del Olmo, Plaza de Toros, Puente **Riverbeds and Visitor Centre.** 

Riberas de Castronuño.





#### **TOWNS AND CITIES**

- Tordesillas
- Torrecilla de la Abadesa
- Castronuño
- Villafranca de Duero
- Toro

#### STAGE IN NUMBERS.

Approximate distance: 50 km. Cumulative elevation gain: 166 metres.

#### DISCOVERING THE DOURO RIVER

After passing the San José reservoir, we continue to follow the Douro River closely, approaching the Nature Reserve of the Castronuño-Vega del Duero Riverbanks. We recommend packing your binoculars and visiting this nature reserve, a major nesting and hibernating area for numerous species of water birds.

Along the Douro riverbanks, you'll be surrounded by a riverbank forest comprising mainly black poplars, willows, white poplars, ash trees and oneseed hawthorn bushes.

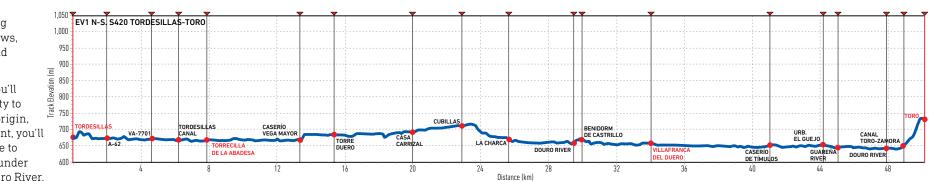
In Villafranca del Duero, you'll have the unique opportunity to enjoy two designations of origin, Toro and Rueda. At this point, you'll leave the Rueda Wine Route to enter the Toro Wine Route under the watchful eye of the Douro River.

Save your strength for the final uphill section on the way to Toro, as it has a steep incline. The views of the impressive landscape of Vega del Río Duero, which you'll be able to admire from the 'Paseo del Espolón' viewpoint, are well worth it.

Toro offers excellent tourism options and a high level of services. It is a city of great historical value, raised to defend the ford along the river, and a large bridge of Roman origin runs across it.

The most important building is its Collegiate Church. Constructed during the 11th and 13th centuries, it is one of the most emblematic and well-known monuments of the Romanesque world, with a beautiful ribbed dome over the cross and a Gothic portico covered in polychrome sculptures at the foot.

Be sure to combine sightseeing with a wine tasting of the Toro designation of origin at one of its emblematic wineries. Don't forget to sample the tapas and delicious meats of the area, the cheese from the designation of origin and the sweets made by the nuns. It is with good reason that Toro is located on a certified Wine Route.



#### **Toro-Zamora**



#### **DISCOVER CASTILLA Y LEÓN**

**Douro Route** 



The Douro River accompanies us again from Toro to Zamora. Most of the route consists of dirt trails. The riverbed has left an incalculable mark on this route due to the historical legacy of the successive civilisations that have inhabited the area.

View of the city of Zamora.

Zamora Cathedral.



#### **TOWNS AND CITIES**

- Toro
- Peleagonzalo Sanzoles
- Madridanos
- Villaralbo
- Moraleja del Vino
- Zamora

#### STAGE IN NUMBERS.

Approximate distance: 41 km. Cumulative elevation gain: 290 metres.



Along the way, we cross the fields of Peleagonzalo, where the armies of Isabella I of Castilla fought those of Joan la Beltraneja in the Battle of Toro during the War of the Castilian Succession. This battle was decisive for Isabella I's accession to the throne.

From Peleagonzalo, the route temporarily moves away from the Douro River. There is a steep uphill stretch with lovely views of Toro. Towards the end of the route, passing through Villaralbo, we'll take the service road of a little canal that will lead us to Zamora.

During this stage, be sure to visit wineries, taste wines with designations of origin and stay in high-quality lodgings where you can even enjoy vinotherapy, as it crosses

part of the Toro Wine Route, through Toro and Peleagonzalo, and the Tierra del Vino de Zamora region through towns like Moraleja del Vino.

Our journey along the fertile banks of the Douro River leads us to Zamora, located on the Silver Trail. From the river, you can enjoy a panoramic view of the walls and the impressive transitional Romanesque cathedral with a beautiful segmented dome. Its medieval importance is noticeable in the old town, surrounded by



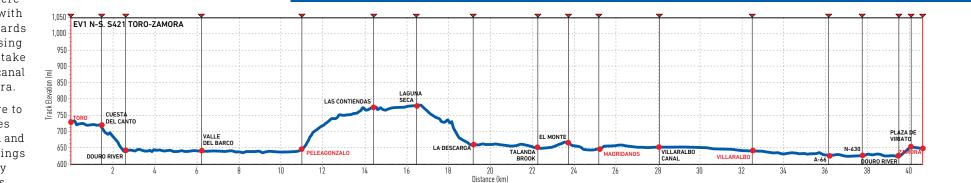
#### PLEASE NOTE

There is a steep uphill section after Peleagonzalo, and some stretches have irregular surfaces on the way up. The views of Toro from up high are worth it.

DON'T MISS IT!

Madridanos: Hill Fort of El Viso.

(Top 10 attractions): Zamora Cathedral, Baltasar Lobo Museum,



#### Zamora-Salamanca

Vía de la Plata Route



Stage 10

Shortly after leaving Zamora, our route diverges from the Douro River and joins the Vía de la Plata Route. During the era of Emperor Augustus and especially during the reigns of Emperors Trajan and Adriano, this historic trail was configured as a Roman road that initially connected Emerita Augusta (Mérida) to Astúrica Augusta (Astorga).



• Topas, Villanueva de Cañedo: Buen Amor Castle.

Salamanca (Top 10 attractions): Plaza Mayor, Cathedral (old and new), leronimus (the towers of the Cathedral), Convent of San Esteban, University of Salamanca, Casa de las Conchas, Art Noveau - Art Deco Museum Casa Lis, Real Clerecía de San Marcos and Pontifical University, Urban Gallery -Barrio del Oeste, Museum of Automotive History.

EUROVELO 1 STAGES IN CASTILLA Y LEÓN 33

# <image>



#### **TOWNS AND CITIES**

- Zamora
- Entrala
- Perdigón
- Casaseca de Campeán
- Villanueva de Campeán
  Corrales del Vino
- Topas
- Valdunciel
- Calzada de Valdunciel
- Castellanos de Villiguera
- Aldeaseca de Armuña
- Villares de la Reina
- Salamanca

#### STAGE IN NUMBERS.

Approximate distance: 68 km. Cumulative elevation gain: 540 metres.

#### RETRACE THE STEPS OF THE ROMANS

The ancient Vía de la Plata Route, along with its natural extensions, was an important highway connecting the Cantabrian coast with the lands of southern Hispania, transited by goods, armies, merchants and travellers over the centuries.

The Vía de la Plata Route, part of EuroVelo 1, cuts through the provinces of Zamora and Salamanca in Castilla y León. It is worth a leisurely ride to enjoy all its surprising tourist attractions. See the sights of its cities and towns, savour its unique cuisine and admire its variety of landscape, peneplains, vast horizons of wine and grains, and moorland areas.

This stage is long, but the terrain is quite flat. There are many villages along the route where you can recover your strength and learn about their heritage, such as Perdigón, which boasts the important Church of San Felix, with a tower from the time of the Catholic Monarchs and a 16th century temple. Amid vineyards and some small holm oaks, we arrive at Villanueva de Campeán. Before entering the town, we'll pass the ruins of a Franciscan convent, and in the town, we'll find the Church of Santa María del Soto (13th century).

Corrales del Vino has the beautiful Church of La Magdalena, from the 16th century, as well as the also from the 16th century with subsequent reforms, and that of Villares de la Reina from the 17th century. Along the way, we can take a detour to Topas to check out the Buen Amor Castle-Palace, declared a National Monument in 1931. It is currently part of the Posadas Reales brand, a highquality brand of rural tourism accommodations in Castilla y León.

This stage ends in Salamanca, declared a World Heritage Site by UNESCO in 1988 due to its extraordinary heritage. It is also a knowledge centre, boasting one of the oldest universities in Europe. Unamuno, Lope de Vega, the many historical figures who visited this city. It is equipped with all kinds of services and is an excellent transportation hub.

Fray Luis de León, Columbus and Saint Teresa of Ávila are among

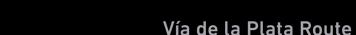


#### Plaza Mayor of Salamanca.

#### PLEASE NOTE

Several stretches of irregular surfaces along the valleys of the streams.

#### Salamanca-Fuenterroble de Salvatierra





# Stage 11

**DISCOVER CASTILLA Y LEÓN** 

Follow the Vía de la Plata Route from Salamanca to Fuenterroble de Salvatierra. The stage has beautiful Mediterranean woodland scenery. The highest parts of the Sierra de Herreros have excellent meadows of holm oaks and oak groves.



ST DA G

#### TOWNS AND CITIES

- Salamanca
- Miranda de Azán
- Mozarbez
- Morille
- San Pedro de Rozados
- Membribe de la Sierra
- Frades de la Sierra
- Guijuelo
- Fuenterroble
   de Salvatierra

#### STAGE IN NUMBERS.

Approximate distance: 55 km. Cumulative elevation gain: 653 metros.

#### LAND OF HOLM OAK GROVES AND MEADOWS

We'll go through towns such as Miranda de Azán, located on the left. Just before entering the village, we'll find Miranda Peak, one of the enclaves of the Historic Route of Los Arapiles. It was here that the Seventh French Division, under the command of General Thomières, faced down the Third Allied Division led by General Pakenham, commencing the field battle.

History buffs and especially fans of military history will enjoy visiting one of the sites of the Battle of Salamanca, which marked a turning point in European history in the 19th century.

Continue along the Castilian and Leonese plateau, dotted with some holm oaks, to reach Morille. This town's Roman bridge was lauded by the greatest poets

of the 18th century, and from its paths and valleys, you can make out the unmistakable towers of Salamanca. Before entering the town, there is an impressive panoramic view from a 1,160-metre hillock. Located in this town, the Centre for Promotion and Study of the Vía de la Plata Route is dedicated to the dissemination and investigation of the Royal Drove Road and the Pilgrims' Route to Santiago. Morille also boasts the original 'Art Cemetery', in which pieces of recognised artistic value or linked to avant-garde art are buried.

#### Meadow in Salamanca

Our itinerary continues through San Pedro de Rozados, a land of holm oaks and pastures, a propitious framework for the development of a large number of head of cattle, especially of the native Morucha breed, and of breeding farms focused on the fighting bull. The town is located on a hill. In this hamlet, there are some picturesque houses attached to one another.

Today's stage ends in Fuenterroble de Salvatierra. The most important monument in this place is the Church a magnificent 15th century Gothic construction, next to which you can see a carefully tended area with informative panels and several milestones, gravestones and a stretch of Roman road. Fuenterroble de Salvatierra offers basic services. Located less than six kilometres from the route,

to the Guijuelo Ham Route.

of Santa María La Blanca,

de Salvatierra offers basic services. Located less than six kilometres from the route, Guijuelo is famed for its ham with a designation of origin, which has given rise

#### PLEASE NOTE

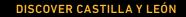
There are some sections with tricky surfaces on the way to Morille. You'll come across several gates on the livestock farms. Please remember to close them after you.

Silver Trail theme park,

Fuenterroble de Salvatierra.



#### Fuenterroble de Salvatierra-Baños de Montemayor



Stage 12

Vía de la Plata Route



Continue along the Vía de la Plata Route for the final stage of EuroVelo 1 in Castilla y León; we'll go from Fuenterroble de Salvatierra to Baños de Montemayor.





#### DON'T MISS IT!

Calzada de Béiar: Calzada de Béjar Castle.

#### PLEASE NOTE

Between Calzada de Béjar and Valverde de Valdelacasa, you have to cross the Sangusín River. There is a metal walkway on which you can easily cross it on foot. On the way to the Magdalena Bridge, there is a difficult section due to the surface of the trail. The DSA-281 road runs parallel to it and has no traffic.

There is a steep slope after crossing Cuerpo del Hombre River via Magdalena Bridge on the way up to Puerto de Béjar.



1 000

850

700

650



#### **TOWNS AND CITIES**

- Fuenterroble de Salvatierra
- Valdelacasa
- Valverde de Valdelacasa
- Valdefuentes de Sangusín
- Calzada de Béjar • Béjar
- Aldeacipreste
- Puerto de Béjar

#### STAGE IN NUMBERS.

Approximate distance: 39 km (from Fuenterroble de Salvatierra to the border of the autonomous community, approx. 31 km).

Cumulative elevation gain: 421 metres.

#### FRESH MOUNTAIN AIR

This area has mountainous landscape. Meadows alternate with mountains in a setting of great beauty. Amid this spectacular scenery, you'll see a number of ruins of Vía de la Plata Route milestones from the Roman era; in Calzada de Béjar, you'll find a Roman Fort (3rd-4th centuries AD).

Consider taking a detour to visit Béjar. On the way, you can enjoy the Sierra de Béjar mountain range, covered with chestnut trees and foothill shrubs, and discover the wide variety of flowers throughout the massif of Béjar, whose old town was declared a Historic Artistic Site in 1974. Its surprising medieval wall B 800 of Arab origin was extended in the 13th century. In the 16th century, renovations were made to the Puerta de la Villa, the main village gate. Be sure to enjoy the extraordinary

panoramic views from the town in its military headquarters in an elongated acropolis. Along its road, the 16th century saw the construction of the castle of the Duke and Duchess of Béjar, who were important to the town's cultural development. Cervantes dedicated the first part of Don Quixote to this duke, and Góngora wrote the poem 'Soledades' in his honour.

On the way to Puerto de Béjar, you will pass through the Roman fort in Calzada de Béjar and the Magdalena Bridge, a construction that was part of the old road, whose ruins can still be observed in the nearby areas.

At the end of the stage, on the border of Castilla y León with Extremadura, we connect with the old railway track of the Vía de la Plata Route. Located between Baños de Montemayor and Béjar, today it is known as the Camino Natural Vía Verde Ruta de la Plata (Silver Trail Greenway) after being rehabilitated by the Government of Spain. From here, after a gentle descent, you'll reach Baños de Montemayor, now in the province of Cáceres, with a range of services.



1.050 EV1 N-S S424 FUENTERROBLE DE SALVATIERRA-LÍMITE CYL-BAÑOS DE MONTEMAYOR CALZA CALZAD 

Distance (km

#### How to use this guide and tips for the cycle tourist.



# Tips for the cycle tourist

The equipment you'll need for cycle tourism depends on the route you wish to do. All along EuroVelo 1 in Castilla y León, you'll find places to sleep, eat and purchase what you need each day.

TIPS

Consulting an information billboard near Agés.

**SUPPLIES** 

You should also pack some

equipment. For instance:

Basic first-aid kit

Swiss army knife

• Patches and solution

• Headlights and taillights in case you get caught in the dark.

• Phone with charged battery

• Inner tube

• Air pump

• Tyre levers

• Zip ties

• Glasses

Chain breaker

spare parts, supplies and basic

• Raincoat and/or windbreaker

Ć

• Plan your stages according to your physical condition.

Obey the traffic rules.

• Stay on the route. What may seem like a shortcut could lead you off track.

- Enjoy the silence and don't disturb it. Listen to the music of nature.
- Tell someone else about the route you're planning to take.
- Calculate how much time you'll need, and try to reach your destination before nightfall.
- Calculate your pace according to the total route you're planning to do, and check the elevation profile to determine the most challenging parts of the day.

• Check the weather forecast and make sure you're ready for the rain and cold.

• Bring water and something to eat: nuts, fruit, chocolate... Don't litter.

• Be careful, especially in areas with vehicle traffic and when the lane is used by others, such as hikers or horseback riders.

• The local residents are a generous and interesting source of information. Make an effort to coexist with nature and with them.

• If you need to open any gates, be sure to close them after you.

The entire EuroVelo 1 route through Castilla y León has bidirectional signage with specific signs to show you the way.

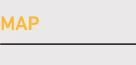
Also, you'll find specific signs for the four itineraries on which the route is based: French Pilgrims' Route to Santiago, Castilla Canal, Douro Route and the Vía de la Plata Route.



Specific EuroVelo 1 signs.

#### HELMET USE

In Spain, use of a helmet is mandatory for individuals under the age of 16 and for all cyclists riding on interurban roads.



A schematic map is included with this guide to help you find your location along the route. In addition, you can see some maps of the entire Autonomous Community to get a general idea of the route.

#### STAGES

The stages of the itinerary have been structured for your convenience. At the start and end of each stage, you'll find highquality accommodations and restaurants, as well as towns and cities connected by several forms of public transportation.



You can travel to the cities, a total of five on the Castilla y León i, itinerary, bringing your bike on the bus or train. Most bus companies will ask you to remove the front wheel and the pedals.

Along the route, there are specialised companies that offer organised trips. They can also transport your luggage from one hotel to another, book accommodations for you, and provide roadside assistance. With these different options, you can enjoy the trip as you prefer.

WEATHER





The tracks of the route are available on the website www.turismocastillayleon.com; it's the easiest way to follow the trail, using a GPS system for your bike or different apps that can be accessed from your smartphone. Spring and autumn are the best times of year to tour Castilla y León on the EuroVelo 1 route. If you do the route in the summer, we recommend waking up early, taking a rest at midday and continuing when the sun goes down in the evening.

#### ELEVATION

The elevation profile provides some of the most important information for your bike journeys. By knowing the differences in elevation of each stage in advance, you can plan your day and interesting aspects such as the journey's duration, difficulty or length in each section or stage.



#### LUGGAGE

#### If you're travelling with luggage, pack according to the journey you wish to take.

Your best options include classic cycling saddle bags, which can be placed on a rack anchored to the frame, or bikepacking bags attached to the frame, handlebars or seat, if you prefer to travel lighter and fully feel the trail atop your bike. Or why not use a combination of both solutions?

UROVELO 1

EUROVELO 1 STAGES IN CASTILLA Y LEÓN 39









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