

Sierra de Gredos Regional Park



Discover the Sierra de Gredos, an amazing landscape sculpted by ancient glacial forces. With serene lagoons, rocky cirques, steep gorges and imposing cliffs, this corner becomes the perfect refuge for the mountain goat, vultures and eagles compete to dominate the sky and it is a true paradise for flora including unique botanical endemisms.

In the Sierra de Gredos Regional Park, admire the iconic Circus and Laguna Grande de Gredos, presided over by the imposing summit of Almanzor, the highest peak of the Central System. Also visit the Eagle Grottoes, a fascinating underground world.

Enjoy a Starlight experience contemplating a unique spectacle in the night sky from one of the most renowned observatories in the country.

Let yourself be captivated by creating memories in every corner!

ENVIROMENTAL AREAS

wildlife:	Over 230 catalogued vertebrate species, among which stand out endemic species such as: Iberian barbel, marbled teal, the salamander of the Almanzor, and the toad of Gredos. The Spanish imperial eagle, the cinereous vulture, the black stork, the Iberian ibex and the European snow vole of Avila also settle here.
Relief:	Impressive landscape shaped by glacial erosion in granite rocks of the Sistema Central. Lakes, cirques, gorges and the great Pico Almanzor.
Vegetation:	Distributed in bioclimatic bands based on altitude, its main ecological value lies in the numerous endemic species of rock vegetation.

GET TO KNOW THIS NATURAL SPACE

- [Park House 'Pinos Cimeros'](#)
- [Park House 'El Risquillo'](#)

Park House 'Pinos Cimeros'

Sierra de Gredos Regional Park

Activities at the Visitor's Corner include films offering an overview of the Park's key values. A camera positioned on the top of one of the peaks also allows visitors to admire the breathtaking panoramic views of the mountain range.

Address

- **Postal address** Ctra. de la Plataforma, Km. 0,2. Hoyos del Espino. NaN. Ávila
- **Email**
cp.gredos.hoyos@patrimonionatural.org
- **Web**
<https://patrimonionatural.org/casas-del-parque/casas-del-parque/casa-del-parque-de-sierra-de-gredos-zona-norte-pinos-cimeros>
- **Phones**
920 349 046

[To know more](#)

Park House 'El Risquillo'

Here visitors can obtain information about the Regional Park and its attractions. There are interactive elements providing details of the species that inhabit the mountain ecosystems, and a camera enables visitors to observe the mountain goats and large...

Address

- **Postal address** Paraje 'El Risquillo' s/n. Guisando. NaN. Ávila
- **Email**
cp.gredos.guisando@patrimonionatural.org
- **Web**
<https://patrimonionatural.org/casas-del-parque/casas-del-parque/casa-del-parque-de-sierra-de-gredos-zona-sur-el-risquillo>
- **Phones**
920 374 055

[To know more](#)

ENJOY THIS NATURAL SPACE

On foot and by bike

- **A1 A1 - Rubia Path**
Located in the Sierra de Gredos Regional Park. The route begins in Puerto del Pico. We will ascend to the Pradera de la Rubia, where...

Journey:	Linear
Way:	- On foot
Length:	5.4 kms.
Ascent	310 m.
slope:	
Descent	350 m.
slope:	
Difficulty of the route:	Low
- [To know more](#)

Sierra de Gredos Regional Park

- **A2 A2 - Accessible route to the Park House "El Risquillo"**
 Located in the Sierra de Gredos Regional Park. The path begins in the parking lot of the Casa del Parque El Risquillo and follows...
Journey: Semicircular - Accessible
Way: - On foot
Length: 0.45 kms.
Ascent 20 m.
slope:
Difficulty of the route: Low
[To know more](#)
- **A3 A3 - Puerto del Peón Path**
 Located in the Sierra de Gredos Regional Park. The road begins at km 6 of the Hoyos del Espino Highway to the Platform. During the...
Journey: Round trip
Way: - On foot
Length: 11.7 kms.
Ascent 477 m.
slope:
Descent 870 m.
slope:
Difficulty of the route: Medium
[To know more](#)
- **A4 A4 - Navarredonda Pine Forest**
 Located in the Sierra de Gredos Regional Park. This path begins and ends at the Parador de Turismo de Gredos. It runs under a mature...
Journey: Circular
Way: - On foot
Length: 3 kms.
Ascent 90 m.
slope:
Difficulty of the route: Low
[To know more](#)
- **A5 A5 - Bohoyo Gorge Trail**
 Located in the Sierra de Gredos Regional Park. This path was the traditional path used by shepherds, hunters and first mountaineers...
Journey: Linear
Way: - On foot
Length: 15.7 kms.
Ascent 1,250 m.
slope:
Difficulty of the route: High
[To know more](#)
- **A6 A6 - Los Galayos Lane Path**

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Located in the Sierra de Gredos Regional Park. This path ascends through the gorge of the Pelayo River. The path begins at the Nogal...

Journey: Linear
Way: - On foot
Length: 6.51 kms.
Ascent: 870 m.
slope:
Difficulty of the route: Medium-High

[To know more](#)

- Accessible Pathway of the Park House 'El Risquillo'

The tour crosses a boardwalk in order to save the difficulties of the terrain, making the path easy for walkers.

Journey: Circular
Way: - On foot
Length: 0.45 kms.
Ascent: 20 m.
slope:
Difficulty of the route: Low

[To know more](#)

- PR-AV 45 Arenal Port

This is a traditional way to join both sides. From the rope you can enjoy a good panoramic view.

Journey: Linear
Way: - On foot (3 h.)
Length: 9.2 kms.
Ascent: 339 m.
slope:
Recommended: - spring
- summer
- autumn
Difficulty of the route: Medium

[To know more](#)

- Arenas Berrocal BTT Route

Journey: Circular
Way: - By bike
Length: 6 kms.
Ascent: 50 m.
slope:
Difficulty of the route: Low

[To know more](#)

- Arenas de San Pedro BTT route

Journey: Circular
Way: - By bike
Length: 22 kms.
Ascent: 608 m.
slope:

Sierra de Gredos Regional Park

- Difficulty of the route:** High

[To know more](#)
- **BTT Route S. Esteban del Valle**
 - Journey:** Circular
 - Way:** - By bike
 - Length:** 20 kms.
 - Ascent** 713 m.
 - slope:**
 - Difficulty of the route:** High
 - [To know more](#)
- **Candeleda Albarea BTT Route**
 - Journey:** Circular
 - Way:** - By bike
 - Length:** 21 kms.
 - Ascent** 659 m.
 - slope:**
 - Difficulty of the route:** Very High
 - [To know more](#)
- **Candeleda Raso BTT Route**
 - Journey:** Circular
 - Way:** - By bike
 - Length:** 31 kms.
 - Ascent** 851 m.
 - slope:**
 - Difficulty of the route:** High
 - [To know more](#)
- **Candeleda Rincón BTT Route**
 - Journey:** Circular
 - Way:** - By bike
 - Length:** 23 kms.
 - Ascent** 236 m.
 - slope:**
 - Difficulty of the route:** Medium-Low
 - [To know more](#)
- **Cuevas del Valle BTT Route**
 - Journey:** Circular
 - Way:** - By bike
 - Length:** 22 kms.
 - Ascent** 647 m.
 - slope:**
 - Difficulty of the route:** High
 - [To know more](#)
- PR-AV 46 **Door of Candeleda**

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The route offers beautiful gorges of torrential waters, varied wildlife and unique vegetal species such as centenary junipers.

Journey: Linear
Way: - On foot (8 h.)
Length: 14.7 kms.
Ascent 1,559 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: Medium-High

[To know more](#)

- PR-AV 20 **Ecological Pathway**

The route passes by picturesque landscapes of the South of Gredos. You can see elements of traditional architecture such as huts,...

Journey: Linear
Way: - On foot (5 h.)
Length: 16 kms.
Ascent 209 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: Medium-High

[To know more](#)

- **El Arenal BTT Route**

Journey: Circular
Way: - By bike
Length: 20 kms.
Ascent 646 m.
slope:

Difficulty of the route: High

[To know more](#)

- **El Hornillo BTT Route**

Journey: Circular
Way: - By bike
Length: 20 kms.
Ascent 711 m.
slope:

Difficulty of the route: High

[To know more](#)

- **Environment Pantano de Rosarito in Candeleda**

The asphalted street becomes a farm track and passes through an area of Oaks, undergrowth and fields where Azure-winged Magpies are...

Journey: Linear

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Way:	- On foot (2.15 h.) - By bike (0.45 h.)
Length:	9.9 kms.
Recommended:	- spring - summer - autumn - winter

[To know more](#)

- PR-AV 38 **Gorge de Navamediana**

It ascends by a gorge with great floral variety such as Oak Grove with thyme, 'Lavandula stoechas' and holly trees of great dimensions....

Journey:	Linear
Way:	- On foot (3.5 h.)
Length:	7.2 kms.
Ascent	702 m.
slope:	
Recommended:	- spring - summer - autumn
Difficulty of the route:	Medium-High

[To know more](#)

- **Guisando MTB Route**

Journey:	Circular
Way:	- By bike
Length:	21 kms.
Ascent	831 m.
slope:	
Difficulty of the route:	High

[To know more](#)

- GR-10 **Journey of the Sierra de Gredos, from La Angostura to El Barco de Avila**

At this stage areas which have been used for agriculture cross with areas of fruit trees.

Journey:	Journey
Way:	- On foot (4 h.)
Length:	16 kms.
Ascent	1,914 m.
slope:	
Difficulty of the route:	Medium

[To know more](#)

- GR-10 **Journey of the Sierra de Gredos, from Puerto del Pico to Puente del Duque**

This section goes over the track of livestock from Puerto del Pico, which has been used for centuries. In the high section of the...

Journey:	Journey
Way:	- On foot (5 h.)
Length:	18 kms.
Ascent	29 m.
slope:	

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Difficulty of the route: Medium

[To know more](#)

- GR-10 **Journey of the Sierra de Gredos, from the Puente del Duque to La Angostura**

At this stage we will cross old bridges, narrow streets, typical buildings, gardens and ruins of old mills that speak of the way...

Journey: Journey
Way: - On foot (5 h.)
Length: 19.5 kms.
Ascent: 220 m.

slope:
Difficulty of the route: Medium

[To know more](#)

- PR-AV 36 **Lagoon of Galin Gomez**

During the climbing, we contemplate the region of Aravalle, where they still maintain farming and livestock traditions. At the top...

Journey: Linear
Way: - On foot (3.5 h.)
Length: 11 kms.
Ascent: 440 m.

slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: Medium-High

[To know more](#)

- PR-AV 39 **Lagoon of Nava**

This path has the most perfect glacial cirque of Gredos. During the ascension, we contemplate in the fissures of the rocks one endemism...

Journey: Linear
Way: - On foot (4 h.)
Length: 9.6 kms.
Ascent: 786 m.

slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: Medium-High

[To know more](#)

- PR-AV 40 **Lagoon of the Caballeros**

The path has a tough ascent where we will be finding puddles of crystal clear water. Blue thistles grow, and close to the cracks...

Journey: Linear
Way: - On foot (5 h.)
Length: 11 kms.

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Ascent 813 m.

slope:

Recommended:

- spring
- summer
- autumn

Difficulty of the route: Medium-High

[To know more](#)

- PR-AV 43 **Lane of Galayos**

This route takes us to the rugged cliffs of the mountains of Gredos, where we can observe the Iberian ibex and high mountain broom.

Journey: Linear

Way: - On foot (3 h.)

Length: 6.51 kms.

Ascent 870 m.

slope:

Recommended:

- spring
- summer
- autumn

Difficulty of the route: Medium-High

[To know more](#)

- **Mombeltrán BTT Route**

Journey: Circular

Way: - By bike

Length: 21 kms.

Ascent 716 m.

slope:

Difficulty of the route: High

[To know more](#)

- **Mombeltrán Cañada BTT Route**

Journey: Circular

Way: - By bike

Length: 10 kms.

Ascent 124 m.

slope:

Difficulty of the route: Low

[To know more](#)

- PR-AV 19 **Navarredonda Pine Forest**

This is a pleasant walk under the shadow of centenary examples of Scots pine. During the tour you can hear the sound of the woodpecker,...

Journey: Circular

Way: - On foot (2 h.)

Length: 3 kms.

Ascent 90 m.

slope:

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Difficulty of the route: Low

[To know more](#)

- PR-AV 35 **Pathway of the Cinco Lagunas**

During the ascent of the route through the glacier valley, you can see the "U" shape of this type of training that recount us the...

Journey: Linear
Way: - On foot (5 h.)
Length: 10.2 kms.
Ascent: 839 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: Medium-High

[To know more](#)

- PR-AV 16 **Pathway of the Garganta de Bohoyo**

This is an impressive ascent which shows us the great variety of vegetation from the gall oaks to high mountain broom.

Journey: Linear
Way: - On foot (7 h.)
Length: 14.7 kms.
Ascent: 1,250 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: High

[To know more](#)

- PR-AV 17 **Pathway of the Laguna Grande**

This route will take us to the Circo de Gredos, where we will observe the peak Almanzor as well as we will contemplate the Iberian...

Journey: Linear
Way: - On foot (2.5 h.)
Length: 6.4 kms.
Ascent: 390 m.
slope:
Descent: 190 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: Medium-High

[To know more](#)

- PR-AV 15 **Pathway of the Rubia**

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This trail runs along the dividing line of the two plateaus, and you can enjoy a spectacular view of the precipice of the Cinco Villas,...

Journey:	Linear
Way:	- On foot (3 h.)
Length:	7 kms.
Ascent	310 m.
slope:	
Descent	350 m.
slope:	
Recommended:	- spring - summer - autumn

Difficulty of Low

the route:

[To know more](#)

- PR-Av 37 **Pathway of the Torozo**

The route will allow us to watch birds of prey, Iberian ibex and the ancient terraces of the South of Gredos.

Journey:	Linear
Way:	- On foot (2 h.)
Length:	5.1 kms.
Ascent	630 m.
slope:	
Recommended:	- summer - autumn

Difficulty of Medium

the route:

[To know more](#)

- PR-AV 18 **Peon Port**

This route takes you to the summit of 'Puerto del Peon', where you can see both sides.

Journey:	Linear
Way:	- On foot (4.5 h.)
Length:	11.7 kms.
Ascent	477 m.
slope:	
Descent	870 m.
slope:	
Recommended:	- spring - summer - autumn

Difficulty of Medium

the route:

[To know more](#)

- PR-AV 47 **Sillao de la Peña**

The route allows you to enjoy beautiful gorges and lush vegetation, with the imprint of the livestock uses.

Journey:	Linear
Way:	- On foot (5 h.)
Length:	7.7 kms.

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Ascent 1,089 m.
slope:
Recommended: - spring
 - summer
 - autumn
Difficulty of the route: High

[To know more](#)

- **Summer Ramacastañas BTT Route**

Journey: Circular
Way: - By bike
Length: 19 kms.
Ascent 78 m.
slope:
Difficulty of the route: Low

[To know more](#)

- PR-AV 41 **The great Laguna del Duque or Solana**

Gredos always exerts a powerful magnetism on every nature lover and in the heart of the Regional Park is located the Laguna del Duque...

Journey: Circular
Way: - On foot (2.5 h.)
Length: 5.1 kms.
Ascent 252 m.
slope:
Recommended: - spring
 - summer
 - autumn
Difficulty of the route: Medium

[To know more](#)

- **Villarejo del Valle BTT Route**

Journey: Circular
Way: - By bike
Length: 12 kms.
Ascent 435 m.
slope:
Difficulty of the route: Medium-Low

[To know more](#)

- **Winter Ramacastañas BTT Route**

Journey: Circular
Way: - By bike
Length: 12 kms.
Ascent 39 m.
slope:
Difficulty of the route: Medium-Low

[To know more](#)