

Sierra de Gredos



Lying in the south of the province of Ávila, this is a stunning natural landscape dotted with lagoons, gorges, cirques, crags, cliffs and moraine deposits that is also home to the Spanish ibex. In the Central mountain system, rises the Gredos mountain range, a vast granite mass shaped by glacial erosion separating the Duero and Tajo rivers. The most spectacular features include the Gredos Cirque and Grand Lagoon, with the slender Almanzor Peak towering above them at a height of 2,592, the highest point in the entire Central Mountain System.

Yet Gredos not only boasts a stunningly beautiful mountain landscape, it is also one of the most fascinating wildlife habitats to be found anywhere in western Europe.

Thanks to its geographical location, rugged relief and slopes facing various directions, the Gredos mountain range can be considered an authentic paradise for flora. A wealth of vegetation is to be found on the various layers that rise up to the alpine level, undoubtedly the most interesting of all as a large number of endemic botanical species have been found there.

Declared

Category: Regional Park

Area: 86,394 ha.

Municipalities in the province of Ávila: El Arenal, Arenas de San Pedro, Bohoyo, Candeleda, La Carrera, Cuevas del Valle, Gil García, Guisando, El Hornillo, Hoyos del Collado, Hoyos del Espino, Los Llanos de Tormes, Mombeltrán, Nava del Barco, Navalonguilla, Navalperal de Tormes, Navarredonda de Gredos, Navatejares, Puerto Castilla, San Esteban del Valle, San Juan de Gredos San Martín del Pimpollar, Santiago del Tormes, Solana de Ávila, Tormellas, Umbrías, Villarejo del Valle, Zapardiel de la Ribera

Visitor Centre

Park House 'Pinos Cimeros'

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:

Ctra. de la Plataforma, Km. 0,2. 5634

Telephone: 920 349 046

Email: cp.gredos.hoyos@patrimoniounatural.org

Website: <https://patrimoniounatural.org/casas-del-parque/casas-del-parque/casa-del-parque-de-sierra-de-gredos-zona-norte-pinos-cimeros>

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 birds of prey.

Address:

Paraje 'El Risquillo' s/n. 5417

Telephone: 920 374 055

Email: cp.gredos.guisando@patrimoniounatural.org

Website: <https://patrimoniounatural.org/casas-del-parque/casas-del-parque/casa-del-parque-de-sierra-de-gredos-zona-sur-el-risquillo>

Sierra de Gredos



Environmental Areas

Fauna: 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.

Route

Accessible Pathway of the Park House 'El Risquillo'

Journey: Circular

Length: 450 km.

Difficulty of the route: Low

Arenal Port (PR-AV 45)

Journey: Lineal

Length: 9.2 km.

Difficulty of the route: Medium

Door of Candeleda (PR-AV 46)

Journey: Lineal

Length: 14.7 km.

Difficulty of the route: Medium-High

Ecological Pathway (PR-AV 20)

Journey: Lineal

Length: 16 km.

Difficulty of the route: Medium-High

Environment Pantano de Rosarito in Candeleda

Journey: Lineal

Length: 9.9 km.

Gorge de Navamediana (PR-AV 38)

Journey: Lineal

Length: 7.2 km.

Difficulty of the route: Medium-High

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

Journey: Journey

Length: 16 km.

Difficulty of the route: Medium

Sierra de Gredos



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

Journey: Journey

Length: 18 km.

Difficulty of the route: Medium

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

Journey: Journey

Length: 19.5 km.

Difficulty of the route: Medium

Lagoon of Galin Gomez (PR-AV 36)

Journey: Lineal

Length: 11 km.

Difficulty of the route: Medium-High

Lagoon of Nava (PR-AV 39)

Journey: Lineal

Length: 9.6 km.

Difficulty of the route: Medium-High

Lagoon of the Caballeros (PR-AV 40)

Journey: Lineal

Length: 11 km.

Difficulty of the route: Medium-High

Lagoon of the Duque (PR-AV 41)

Journey: Circular

Length: 5.1 km.

Difficulty of the route: Medium

Lane of Galayos (PR-AV 43)

Journey: Lineal

Length: 6.51 km.

Difficulty of the route: Medium-High

Pathway of the Cinco Lagunas (PR-AV 35)

Journey: Lineal

Length: 10.2 km.

Difficulty of the route: Medium-High

Pathway of the Garganta de Bohoyo (PR-AV 16)

Journey: Lineal

Length: 14.7 km.

Difficulty of the route: High

Pathway of the Laguna Grande (PR-AV 17)

Sierra de Gredos



Journey: Lineal

Length: 6.4 km.

Difficulty of the route: Medium-High

Pathway of the Rubia (PR-AV 15)

Journey: Lineal

Length: 7 km.

Difficulty of the route: Low

Pathway of the Torozo (PR-Av 37)

Journey: Lineal

Length: 5.1 km.

Difficulty of the route: Medium

Peon Port (PR-AV 18)

Journey: Lineal

Length: 11.7 km.

Difficulty of the route: Medium

Pinar de Navarredonda (PR-AV 19)

Journey: Circular

Length: 3 km.

Difficulty of the route: Low

Ruta BTT Arenas Berrocal

Trayecto: Circular

Longitud: 6 km.

Dificultad de la ruta: Baja

Ruta BTT Arenas de San Pedro

Trayecto: Circular

Longitud: 22 km.

Dificultad de la ruta: Alta

Ruta BTT Candeleda Albarea

Trayecto: Circular

Longitud: 21 km.

Dificultad de la ruta: Muy Alta

Ruta BTT Candeleda Raso

Trayecto: Circular

Longitud: 31 km.

Dificultad de la ruta: Alta

Ruta BTT Candeleda Rincón

Trayecto: Circular

Longitud: 23 km.

Sierra de Gredos



Dificultad de la ruta: Media-Baja

Ruta BTT Cuevas del Valle

Trayecto: Circular

Longitud: 22 km.

Dificultad de la ruta: Alta

Ruta BTT El Arenal

Trayecto: Circular

Longitud: 20 km.

Dificultad de la ruta: Alta

Ruta BTT El Hornillo

Trayecto: Circular

Longitud: 20 km.

Dificultad de la ruta: Alta

Ruta BTT Guisando

Trayecto: Circular

Longitud: 21 km.

Dificultad de la ruta: Alta

Ruta BTT Mombeltrán

Trayecto: Circular

Longitud: 21 km.

Dificultad de la ruta: Alta

Ruta BTT Mombeltrán Cañada

Trayecto: Circular

Longitud: 10 km.

Dificultad de la ruta: Baja

Ruta BTT Ramacastañas Estival

Trayecto: Circular

Longitud: 19 km.

Dificultad de la ruta: Baja

Ruta BTT Ramacastañas Invernal

Trayecto: Circular

Longitud: 12 km.

Dificultad de la ruta: Media-Baja

Ruta BTT S. Esteban del Valle

Trayecto: Circular

Longitud: 20 km.

Dificultad de la ruta: Alta

Sierra de Gredos



Ruta BTT Villarejo del Valle

Trayecto: Circular

Longitud: 12 km.

Dificultad de la ruta: Media-Baja

Sillao de la Peña (PR-AV 47)

Journey: Lineal

Length: 7.7 km.

Difficulty of the route: High

Find out more

Other sites

<https://patrimonionatural.org/espacios-naturales/parque-regional/parque-regional-sierra-de-gredos>