

Stage 5: Puente Almuhey - 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.

Route Data

Origin of the route: Puente Almuhey

Destination of the route: Cistierna

Journey: Lineal

Way: By bike (325 h.)

Length: 31.4 km.

Ascent slope: 250

Difficulty of the route: Medium-High

Road: 40

Forest Trail: 60

Address

Puente Almuhey (Valderrueda). 24880 León.

Section

Stage 5 - Section 1: Taranilla - Cistierna

Journey: Lineal

Length: 30.3 km.

Difficulty of the route: Medium-High

Stage 5 - Section 1: Taranilla - Puente Almuhey

Journey: Lineal

Length: 1.1 km.

Difficulty of the route: Low

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

Journey: Lineal

Length: 25.5 km.

Difficulty of the route: Medium-High

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

Journey: Lineal

Length: 5.9 km.

Difficulty of the route: Medium

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

Journey: Lineal

Length: 22.1 km.

Difficulty of the route: Medium

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

Journey: Lineal

Length: 9.3 km.

Difficulty of the route: Medium

Stage 5 - Section 4: Santa Olaja - Cistierna

Journey: Lineal

Length: 19.6 km.

Difficulty of the route: Medium-High

Stage 5: Puente Almuhey - Cistierna



Stage 5 - Section 4: Santa Olaja - Puente Almuhey

Journey: Lineal
Length: 11.8 km.
Difficulty of the route: Medium

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

Journey: Lineal
Length: 17.5 km.
Difficulty of the route: Medium

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

Journey: Lineal
Length: 14.1 km.
Difficulty of the route: Medium

Stage 5 - Section 6: Vidanes - Cistierna

Journey: Lineal
Length: 7.5 km.
Difficulty of the route: Low

Stage 5 - Section 6: Vidanes - Puente Almuhey

Journey: Lineal
Length: 23.9 km.
Difficulty of the route: Medium-High

Stage 5 - Section 7: El Mercadillo - Cistierna

Journey: Lineal
Length: 3.2 km.
Difficulty of the route: Low

Stage 5 - Section 7: El Mercadillo - Puente Almuhey

Journey: Lineal
Length: 28.2 km.
Difficulty of the route: Medium-High