THE BASQUE COUNTRY
BY BICYCLE

BASQUE COUNTRY
#BasqueExperience
THE BASQUE COUNTRY
BY BICYCLE

BASQUETOUR, BASQUE TOURIST AGENCY

Euskadi, auzolana, bien común

GOUVERNEMENT BASQUE
Ministère du Tourisme,
du Commerce et de la Consommation

BASQUE GOVERNMENT
Ministry of Tourism,
Trade and Consumer Affairs

Eusko Jaurlaritzaren Argitalpen Zerbitzu Nagusia
Servicio Central de Publicaciones del Gobierno Vasco

Vitoria-Gasteiz 2019
# ROUTE CONTENTS

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RECOMMENDATIONS

• Always wear a helmet.

• Give way to pedestrians and follow general traffic regulations.

• Follow route signposts and the direction of traffic.

• Before setting out, check the condition of your bicycle and make sure you are aware of the weather forecast and the route.

• Treat nature (flora, fauna, rivers, etc.) with respect and look after it. Do not alter, change and/or remove elements of the natural environment.

• Do not throw away or bury rubbish, handkerchiefs or fruit peel. Put them in a nearby rubbish bin.

• Close doors and gates you find along the way.

• Consult the weather forecast.

• Take water, a telephone and food.

• In summer, take precautions against high temperatures.

• Enjoy nature and everything the Basque Country can offer: its genuine people, its cultural heritage and its renowned gastronomy.

• In case of emergency, call: 112
KEY

- START / END of routes
- Intermediate STAGE point
- Caution / Difficulty
- Tourist Information
- Car park
- Bar / Restaurant
- Accommodation
- Chapel / Religious building
- Lookout / Panoramic view
- Recreation area
- Fortification / City walls
- Museums / Visitors’ centre
Welcome to Vitoria-Gasteiz, one of the greenest cities in Europe. Without any doubt, you’re going to be surprised.

With a medieval Old Quarter full of history, completely pedestrianised, and boasting a network of nature parks with endless possibilities, this city has become an essential visit for anyone coming to the Basque Country with friends or children.

Do you want to discover some of its corners by means of pedal power? Vitoria-Gasteiz has an extensive network of bidegorris (cycle paths), stretching for more than 135 km, complemented by a spectacular circular route around its perimeter, the Green Ring, which allows you to ride around the city and enjoy all of its charms.

More information: www.vitoria-gasteiz.org/turismo

1. Paseo de Fray Francisco de Vitoria
2. San Miguel church
THE BASQUE COUNTRY BY BICYCLE
The Vitoria-Gasteiz Green Ring Tour is a 30.8 km circular route, which goes right around the city, travelling through, and linking up, all the parks comprising the Green Ring.

The Tour route can be easily accessed from anywhere in the city. However, we propose the Plaza de la Virgen Blanca as the starting point. Using the Paseo de la Senda as a connecting element, we reach the Basilica of San Prudencio in Armentia, near which we can link up with the Tour route.

Its route traverses very different environments, from the typical wooded areas when the Tour enters deep into the parks of Zabalgana and Armentia, to truly urban areas, when passing through the city’s peripheral neighbourhoods. A large part of the Tour takes place on Green Ring paths.

The route is of low to medium difficulty, ideal for families as well as people more used to the sport. It is a perfect setting for a bicycle ride.

Throughout the Tour, you’ll find places of environmental and cultural interest, as well as picnic areas, drinking fountains and lookouts where you can stop for a rest. The most urban stretch also allows you to enjoy cafés and shops situated just a few metres from the route.
Signposted route

More information and tracks available by scanning this QR code

30.8 km

Route Difficulty
Compacted earth / cycle path

Surface Time
Low to medium
2 h. 30 min. ±

Climb
+100 m.

Departure / Arrival
Ataria. Salburua Wetlands Visitors’ Centre

Vitoria-Gasteiz

ZABALCANA

ZORRILLA

ZABALGANA

ARMENTIA

POLÁRIZU

Ataria

SALBURUA

Basílica of San Prudencio

Plaza de la Virgen Blanca

Casa de la Dehesa (Pasture House)
A route which goes right round the Ullíbarri-Gamboa reservoir. You can start at Landa or Garaio. If you wish, you can also start from Vitoria-Gasteiz, using the Basque-Navarre Green Way as a link. This extends the route by approximately 12 kilometres.

It is a very interesting itinerary which we will enjoy by travelling along various wooden walkways, gazing at wonderful green landscapes. We will even be able to enjoy birdwatching from the different lookouts available on this circular route.

It is possible to follow a shorter route, covering the southern part of the reservoir known as Tour of the Reservoir’s Southern Wetlands. It is ideal for families, thanks to its distance and the gentleness of the climbs involved (13km and 25m). It lasts for just an hour and a half, setting out from Garaio.

Enjoy observing the birds that nest around the reservoir
### Route Details

<table>
<thead>
<tr>
<th>Surface</th>
<th>Time</th>
<th>Climb</th>
<th>Departure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Compacted earth</td>
<td>5 h. ±</td>
<td>+100 m.</td>
<td>Garaio, Landa, Vitoria-Gasteiz</td>
<td>Garaio, Landa, Vitoria-Gasteiz</td>
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</tbody>
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**Signposted route**

- **Vitoria Gasteiz**
- **Ataria**
- **Landa**
- **Ulibarri Gamboa**
- **Mendixur**
- **Marieta**
- **Garaio**

**More information and tracks available by scanning this QR code**

**Route Difficulty**: Medium

**High Difficulty**

- **Nanclares de Gamboa**
- **Walkway**
- **Dam**

**Reminders**

- **Andoain**
- **Garaio**
- **Mendixur**

**Walkway, Dam**

- **Garaio, Landa, Vitoria-Gasteiz**
- **Landa, Marieta, Walkway**
- **Ulibarri-Gamboa, Walkway**
- **Azua, Nanclares de Gamboa**
- **Amárita, Retana**

**Distance**: 43.6 km

**Links**

- **Vasco Navarro Green Way**
  - **12km**

**Additional Resources**

- **Signposted route**
- **Route Difficulty**
- **Surface**
- **Time**
- **Climb**
- **Departure**
- **Arrival**
Bilbao is a city that has been planned with enjoyment and learning about its architecture and history in mind. It offers an endless variety of plans to be enjoyed alone or in company: Museums, urban parks, street markets, the river, etc.

A shining city full of modernity

Discovering the cosmopolitan city of Bilbao is an experience not to be missed. It is held up throughout the world as an example of urban transformation, but has maintained a culture and distinguishing features which make it unique and singular.

Bicycle hire companies and tours around the city are a magnificent opportunity for the visitor to get a close look at Bilbao.

Come with us on this adventure!

More information: www.bilbaoturismo.net
During an easy bicycle ride starting out from the Arenal, you’ll have the chance to discover and enjoy some of this modern city’s icons, the Guggenheim Museum, the Euskalduna Conference Centre and the river are some of the main features. Although we ought not to miss out on visiting some other highly interesting recommended places located close to the itinerary, such as the new San Mamés stadium, the Sagrado Corazón de Jesús monument, and Doña Casilda de Iturriza Park, where we can relax and enjoy this beautiful space.

The return journey gives us a chance to gaze upon the city from the other side of the river, giving us a different, but also attractive, view of Bilbao.
**Route**
- **Difficulty:** Low
- **Surface:** Cycle path
- **Time:** 50 min. ±
- **Climb:** +35 m.
- **Departure:** El Arenal
- **Arrival:** El Arenal

**Signposted route**

More information and tracks available by scanning this QR code.
In Donostia-San Sebastián, thrilling history awaits discovery, as well as enviable gastronomy, wonderful beaches with golden sand and a wide range of leisure activities for all tastes.

You’re in a very easy and safe city for bicycle-based visitors. There are several specialist companies where you can hire all the necessary material to live this experience.

This city of dreams is ideal to fall in love with from the saddle of your bicycle.

More information:
www.sansebastianturismo.com
DONOSTIA/SAN SEBASTIÁN

Urban route

Using the extensive network of cycle paths or bidegorris (as they are called in the Basque Country), you can visit the beautiful city in a peaceful, different way. You’ll have the opportunity to go and discover some world-famous places around the city.

By means of this route, the visitor will be able to gaze upon the imposing sight of the Kursaal, where the route begins, pedal alongside the most famous urban beach in the world, La Concha, and visit the Comb of the Wind sculpture by Eduardo Chillida. There will be a chance to visit Anoeta, the stadium of Real Sociedad Football Club, and to enjoy the sight of the beautiful bridges crossing the Urumea river as it makes its way to Cantabrian Sea.

Pedal alongside La Concha, the most famous urban beach

The route can be shortened or extended depending on each person’s capacity, or the available time, always with the protection offered by the city’s network of cycle paths.
**Signposted route**

- **Route**: KURSAAL Conference Centre → KURSAAL Conference Centre
- **Difficulty**: Medium
- **Surface**: Cycle path, tarmac
- **Time**: 2 h. 30 min. ±
- **Climb**: +379 m.

More information and tracks available by scanning this QR code.

**Route Points**:
- KURSAAL Conference Centre
- Paseo Nuevo
- Aquarium
- Udaletxea
- Zuriola beach
- Ategorrieta
- Amedzagan Park
- Urama
- Anoeta
- Lugaritz Tunnel
- Wind Comb
- Kontxa beach
- Ondarreta beach
- TUNNEL

**San Sebastián**
Decades ago, the Basque Country’s rugged territory became home to one of the densest narrow gauge railway networks in the Iberian Peninsula. The difficult orography of this territory was, to a large extent, responsible for the growth of a network which, clinging to the terrain, joined together towns and villages and the rapidly expanding factories, thus providing a boost to the socio-economic development of the Basque Country.

Currently, the Basque Country has managed to prepare 9 Green Ways and more than 180 kilometres along which the user can discover the history, culture and nature of this beautiful land.

More information:
www.viasverdes.com
www.tourism.euskadi.eus/en/greenways
On 31 December 1967, the “trenico” (little train), as this railway was known, made its last journey. Today we can travel along the old route, made into a Green Way, either on foot or by bicycle, thanks to the recovery efforts of the different administrations who have participated in the project. A total of 125.5 km, making it one of the longest and most appealing Green Ways in Spain.

The visitor can enjoy varied landscapes, including urban and industrialised areas and more rural and natural areas of great beauty, with the unique opportunity to dive into the internal background of this train, visiting and admiring the traces of the old railway still in existence.

Don’t miss the interesting Green Way Visitors’ Centre in the town of Antoñana. It includes a look at the history of this old railway.

Don’t miss out on this unique experience.

Travel along one of the longest Green Ways in Spain

Arquijas viaduct
GREEN WAYS
Vasco Navarro Railway

STAGE 1.
Estella/Lizarra > Vitoria-Gasteiz
Difficulty Medium
Time 5h 30m. ±
Climb +994 m.

The first stage connects Estella-Lizarra with Vitoria-Gasteiz and gives you the chance to enjoy and discover Navarre, the wild landscapes of the Álavan Mountains, and end up on the Álavan Plain. The route is conditioned by the Laminoria tunnel (2,195 m), which is impassable and closed nowadays. To overcome this, the itinerary is diverted up to the Guereñu mountain pass, which involves steep slopes and a descent which should be approached with caution.

STAGE 2.
Vitoria-Gasteiz > Bergara | Oñati (Variante)
Difficulty Easy
Time 3h 30m. ±
Climb +52 m.

Heading north from our starting point in Vitoria-Gasteiz, it takes just 17 km to reach Landa. From here, we need to overcome another obstacle to reach Gipuzkoa. The Arlabán Mountain Pass is the best option to negotiate the stretch, which has not been prepared as a Green Way. Once we reach the town of Eskoriatza, we will ride along the cycle path until we reach Bergara, or take a diversion to the town of Oñati along the prepared branch line.
This green way passes through tunnels, most of which are lit, but the use of lamps is recommended.
An adventure for the whole family

Thanks to its distance, the Basque-Navarre Green Way is ideal for planning a simple cycle trip within the reach of any enthusiast. You choose your starting point. Estella-Lizarra, Bergara, Oñati, or even Vitoria-Gasteiz are starting points to discover this green way.

Different options and different stretches that you can discover in the manner that best suits your possibilities. A unique adventure to enjoy in the company of family or friends.
GREEN WAYS

Plazaola-Leitzaran

This greenway has rescued nearly 50 km of the former railway line. Visitors can now walk or cycle on this enjoyable route which runs from the town of Andoain in Gipuzkoa to Kaxarna in Navarra. The itinerary passes through spectacular scenery and areas of high environmental value, including the Larráun Valley and the Leitzaran Valley, the latter declared a Protected Biotope.

Through the heart of the Leitzaran Valley

This route also allows you to walk or ride through Uitzi, the longest tunnel – its 2.7 km in perfect condition – in the Spanish rail-to-trail network. Water plays a prominent role in this route, following the Leitzaran River as it winds its way through this corner of the Basque Country.

1. Stretch near Andoain
2. Plazaola Green Way alongside Olazar Park (between Andoain and Leitzaran)
This green way passes through tunnels, most of which are lit, but the use of lamps is recommended.
This greenway runs alongside the river Bidasoa, following the route of the old mining railroad that once connected Elizondo and Irun. Today the greenway continues to Bertiz, passing through outstanding scenery and a number of villages and tunnels. The Bidasoa Greenway is a long, enjoyable and virtually flat route, taking you past small dikes, bunkers from the Spanish Civil War and curious kiwi plantations. Another thing to keep your eyes out for along this former railway line are the fish ladders used by the salmon to travel up the Bidasoa.

The Bidasoa Greenway is part of EuroVelo, an ambitious Europe-wide project consisting of over 8000 km of trails.

The greenway linking Gipuzkoa and Navarra
This green way passes through tunnels, most of which are lit, but the use of lamps is recommended.

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<thead>
<tr>
<th>Route</th>
<th>Difficulty</th>
<th>Time</th>
<th>Climb</th>
<th>Departure</th>
<th>Arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Low</td>
<td>3 h.</td>
<td>+90 m.</td>
<td>Behobia (Gipuzkoa)</td>
<td>Legasa (Navarra)</td>
</tr>
</tbody>
</table>

**Surface**
Compacted earth and tarmac

More information and tracks available by scanning this QR code.
This greenway is a spectacular route featuring several points of interest. The route passes over more than 40 bridges and through 19 tunnels, all of which are illuminated. The points of greatest interest include the Sanctuary of Loyola and the Basque Railway Museum. The best way to enjoy this route is to begin in Zumárraga and end at the train station in Azpeitia, which today houses the Basque Railway Museum. This is the perfect plan for outdoor enthusiasts and families, offering a combination of nature, sport and culture.

1. Sanctuary of Loiola (Azpeitia)
2. Section with tunnels
This green way passes through tunnels, most of which are lit, but the use of lamps is recommended.
The Arditurri Green Way is an open door to an encounter with nature and history, a gentle landscape to escape to territories that will captivate you with their rich and varied landscape.

This historical route once connected the Bay of Pasaia to the Arditurri mines, now part of Aiako Harria Natural Park. The railway was built in 1901 and remained in service until 1966. Reminders of the region’s mining past can still be seen along the route – mills, tower-houses, tunnels, entrances to mines, ventilation shafts and lime kilns.
This green way passes through tunnels, most of which are lit, but the use of lamps is recommended.

Signposted route

Route

Difficulty: Low  
Surface: Cycle path, tarmac  
Time: 1 h. 30 min.  
Climb: +160 m.

Departure: Pasai Antxo (Gipuzkoa)  
Arrival: Mines of Arditurri (Gipuzkoa)

More information and tracks available by scanning this QR code.
To learn about how Bilbao became the cosmopolitan 21st-century city it is today, the Montes de Hierro Greenway is a must. The route takes visitors on a journey through the early days of the industry that helped forge the foundations of this great city. This is the longest greenway in Bizkaia. This 42 km route features areas of high ecological value including the Montes de Tiano protected biotope and La Arena beach at the mouth of the Barbadun River (Red Natura 2000). It is also dotted with impressive vestiges from the mining days – ore carts, foundries, mines, lime kilns and others – making this greenway a unique experience. Two active tourism centres are now open to the public along this easy stretch. The first, located in Traslaviña at the beginning of the route, offers information and bicycle rental, as well as a chance to sit and rest and enjoy a selection of local products. The second is located beside the Aceña recreation area, where in addition to information and bicycle rental, every Sunday visitors are invited to try their hand at a new activity: archery, indoor rock climbing, etc.
This green way passes through tunnels, most of which are lit, but the use of lamps is recommended.

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<th>Route</th>
<th>Difficulty</th>
<th>Surface</th>
<th>Time</th>
<th>Climb</th>
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<th>Arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Low to medium</td>
<td>Compacted earth and tarmac</td>
<td>3 h. 30 min.</td>
<td>+650 m.</td>
<td>Traslaviña</td>
<td>Kobaron</td>
</tr>
</tbody>
</table>
It runs between the towns of Mutiloa and Ormaiztegi, in the heart of Goierri, following the old route of the mining train which was used to operate the mining reserves of Mutiloa and Zerain. It is an agreeable journey with very few climbs. You can see old mineral mining and processing areas and enjoy the views of the Aizkorri-Aratz Nature Reserve. You can also discover the calcination furnaces and see inside a real mining operation at the Aizpea Mines.

There is an orientation game aimed at families. To complete the game, players must answer the questions corresponding to each beacon around the route (map and information available at the Tourist Information Offices in Ormaiztegi).
Route 7,5 km

- **Difficulty**: Low to medium
- **Surface**: Compacted earth and tarmac
- **Time**: 50 min.
- **Climb**: +217 m.
- **Departure**: Mutiloa
- **Arrival**: Ormaiztegi

Signposted route

More information and tracks available by scanning this QR code
MOUNTAIN BIKE
By travelling through the Basque Country by mountain bike, you’ll discover first-hand the beautiful landscapes hidden in the Basque territory. Currently, there are 3 Basque Country MTB Centres located in exceptionally beautiful landscapes, allowing the traveller to discover the Basque Country through the diversity of its landscapes, culture and people.

- Izki-Montaña Alavesa (Araba/Álava)
- Valderejo-Añana (Araba/Álava)
- Tolosaldea (Gipuzkoa)

There are Welcome and Information Points at each of these centres. There you will find services associated with the sport of mountain biking: route information, changing rooms, showers and bike-washing facilities.

**DIRECTION SIGNS**

Signs show the direction to be followed, the route number and the difficulty colour. You will see these signs either on vertical posts, walls or other fixtures.

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<thead>
<tr>
<th>Colour</th>
<th>Difficulty</th>
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</thead>
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<tr>
<td>Green</td>
<td>Very Easy</td>
</tr>
<tr>
<td>Blue</td>
<td>Easy</td>
</tr>
<tr>
<td>Red</td>
<td>Difficult</td>
</tr>
<tr>
<td>Black</td>
<td>Very Difficult</td>
</tr>
</tbody>
</table>

- ![Welcome Point](image1.png)
- ![Information Point](image2.png)
- ![Route Departure Point](image3.png)
- ![Other Services](image4.png)
Route signpost

THE BASQUE COUNTRY BY BICYCLE
The Izki Montaña Alavesa BTT Centre is located in the south-east corner of the province of Álava. The headquarters can be found at the Urturi golf course, 38 km from Vitoria–Gasteiz and 28 km from the town of Laguardia in the Basque region of Rioja Alavesa.

If anything typifies the Montaña Alavesa region, it is the scenic open spaces. Limestone mountains rise above planted fields and dense forests, making this region a land of contrasting landscapes.

The Izki Montaña Alavesa MTB Centre provides easy access to an abundance of tracks and trails for mountain bikers. Some of the routes here take advantage of stretches of the former Basque-Navarro railway line, now converted into a greenway. Others overlap with the GR-38 “Wine and Fish Route”, which connects Rioja Alavesa with the Basque Coast.
URTURI GOLF COURSE
Barrio de Arriba s/n, Urturi (Araba/Álava)
T. +34 945 378 262 E. izki@btteuskadi.net

THE BASQUE COUNTRY BY BICYCLE
Discover the heart of the Izki Nature Reserve

This route, which travels deep into the heart of the Izki Nature Reserve, offers us an unbeatable natural spectacle.

The fauna and flora of this park, whether the middle spotted woodpecker (*Dendrocoptes medius*), the agile frog (*Rana dalmatina*), the bird’s eye primose (*Primula farinosa*), or the extensive sessile oak forests, they make this route one of the most interesting in the area.

We must remember that we are cycling through a conservation area, and we must treat the area surrounding us with respect at all times.

- 1. Views of Soila and Gaztelua
- 2. Izki Natural Park path
RECOMMENDED ROUTE

Scan this QR code and download the track

Signposted route
We recommend the use of GPS

Route
Difficult
Time
3 h. 30 min. ±
Climb
+510 m.
Departure
Antoñana (Araba/Álava)
Arrival
Antoñana (Araba/Álava)

ARABA/ÁLAVA

NAVARRA
IZKI MONTAÑA ALAVESA

Routes

Green Way (R01) 27,7 km
- Very Easy
- ▲ +135 m.
- ⌛ 3h 30’
- Return route

DEPARTURE point: Santa Cruz de Campezo (Araba/Álava)
ARRIVAL point: Santa Cruz de Campezo (Araba/Álava)

Aguake (R02) 5,8 km
- Very Easy
- ▲ +93 m.
- ⌛ 0h 45’
- Return route

DEPARTURE point: Antoñana, Information point (Araba/Álava)
ARRIVAL point: Antoñana, Information point (Araba/Álava)

Santa Luzia (R03) 21,6 km
- Easy
- ▲ +106 m.
- ⌛ 2h 40’
- Return route

DEPARTURE point: Antoñana, Information point (Araba/Álava)
ARRIVAL point: Antoñana, Information point (Araba/Álava)

El Paseo (R04) 6,6 km
- Easy
- ▲ +69 m.
- ⌛ 0h 50’
- Circular route

DEPARTURE point: Urturi, Welcome point (Araba/Álava)
ARRIVAL point: Urturi, Welcome point (Araba/Álava)
**RECOMMENDED ROUTE**

**Korres (R05)** 11.6 km
- **Difficulty**: Difficult
- **Elevation Gain**: +345 m.
- **Duration**: 1h 30’
- **Route**: Circular route
- **Departure Point**: Antoñana, Information point (Araba/Álava)
- **Arrival Point**: Antoñana, Information point (Araba/Álava)

**San Cristobal (R06)** 50 km
- **Difficulty**: Difficult
- **Elevation Gain**: +1.127 m.
- **Duration**: 6h 15’
- **Route**: Circular route
- **Departure Point**: Antoñana (Araba/Álava)
- **Arrival Point**: Antoñana (Araba/Álava)

**Arrieros (R07)** 38.3 km
- **Difficulty**: Difficult
- **Elevation Gain**: +591 m.
- **Duration**: 4h 50’
- **Route**: Circular route
- **Departure Point**: Urturi, Welcome point (Araba/Álava)
- **Arrival Point**: Urturi, Welcome point (Araba/Álava)

**Izki (R08)** 27.9 km
- **Difficulty**: Difficult
- **Elevation Gain**: +510 m.
- **Duration**: 3h 30’
- **Route**: Circular route
- **Departure Point**: Antoñana, Information point (Araba/Álava)
- **Arrival Point**: Antoñana, Information point (Araba/Álava)
IZKI MONTAÑA ALAVESA

Routes

<table>
<thead>
<tr>
<th>Route</th>
<th>Distance</th>
<th>Difficulty</th>
<th>Ascent</th>
<th>Duration</th>
<th>Notes</th>
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<tr>
<td>GR-1 (R09)</td>
<td>34.2 km</td>
<td>Difficult</td>
<td>+819 m</td>
<td>4h 15'</td>
<td>Circular route</td>
</tr>
<tr>
<td>Ioar (R10)</td>
<td>23.8 km</td>
<td>Very Difficult</td>
<td>+1.103 m</td>
<td>3h 00'</td>
<td>Circular route</td>
</tr>
<tr>
<td>La Dormida (R11)</td>
<td>20.6 km</td>
<td>Very Difficult</td>
<td>+628 m</td>
<td>2h 30'</td>
<td>Circular route</td>
</tr>
<tr>
<td>Markijano (R12)</td>
<td>38.6 km</td>
<td>Very Difficult</td>
<td>+1.234 m</td>
<td>4h 45'</td>
<td>Circular route</td>
</tr>
</tbody>
</table>

**DEPARTURE point:** Peñacerrada (Araba/Álava)
**ARRIVAL point:** Peñacerrada (Araba/Álava)

**DEPARTURE point:** Santa Cruz de Campezo (Araba/Álava)
**ARRIVAL point:** Santa Cruz de Campezo (Araba/Álava)

**DEPARTURE point:** Santa Cruz de Campezo (Araba/Álava)
**ARRIVAL point:** Santa Cruz de Campezo (Araba/Álava)

**DEPARTURE point:** Antoñana, Information point (Araba/Álava)
**ARRIVAL point:** Antoñana, Information point (Araba/Álava)
**Igoroin (R13)**

- **Distance**: 43.8 km
- **Difficulty**: Very Difficult
- **Elevation**: +838 m
- **Duration**: 5h 30’
- **Route**: Circular

**DEPARTURE point**: Antoñana, Information point (Araba/Álava)

**ARRIVAL point**: Antoñana, Information point (Araba/Álava)

---

**GR-38 A (R14)**

- **Distance**: 79.9 km
- **Difficulty**: Very Difficult
- **Elevation**: +1.616 m
- **Duration**: 10h 00’
- **Route**: Circular

**DEPARTURE point**: Urturi, Welcome point (Araba/Álava)

**ARRIVAL point**: Urturi, Welcome point (Araba/Álava)

---

**GR-38 B (R15)**

- **Distance**: 97.2 km
- **Difficulty**: Very Difficult
- **Elevation**: +2.261 m
- **Duration**: 12h 15’
- **Route**: Circular

**DEPARTURE point**: Urturi, Welcome point (Araba/Álava)

**ARRIVAL point**: Urturi, Welcome point (Araba/Álava)

---

THE BASQUE COUNTRY BY **BICYCLE**
Located 30 km from Vitoria-Gasteiz, capital of the Basque Country, and just 60 km from Bilbao, Valderejo-Añana the MTB Centre is in the Angosto Campsite and its welcome points are in the middle of Sobrón Adventure, right in the heart of Valdegovía.

You will discover areas with very different landscapes. On the one hand, the Western Valleys and, on the other hand, the Plain, which we reach via the municipality of Iruña de Oca.

As for the climate, it is influenced by the Cantabrian Sea to the north and the Mediterranean to the south, so it could be defined as inland Cantabrian. Likewise, the orography is unique, being made up of different valleys independent from each other.

The Valderejo-Añana MTB Centre has 7 routes of differing difficulties, among which a highlight is the Sobrón Alto highland route, 24 kilometres long. The most accessible route is that of Espejo and Angosto.
ANGOSTO CAMPSITE
Ctra. Villanañe-Angosto 2, Villanañe (Araba/Álava)
T. +34 945 353 271 E. valderejo@btteuskadi.net

Scan this QR code for more information, tracks, etc., or consult the website: www.btteuskadi.eus
We recommend this 31.5 km route which takes you close to the Valderejo Nature Reserve. The route is divided into three stretches; a gentle opening stretch towards Villanueva de Valdegovía as a warm-up before tackling the second part, with more of a climb, which takes us onto the northern slope of the beautiful valley protected by the locality of Barrio, which comprises the mountains of Mota, Canto Pero, Batxikabo and Los Castros. We’ll continue at mid-height as far as the locality of Bachicabo, where we will take on refreshments and collect water from the renovated drinking fountain. We descend to the town of Espejo and then the final stretch takes us along route 1 (Espejo R1) of this MTB Centre.

It is not advisable to undertake this route in rainy conditions.

Come to the Valderejo Nature Reserve

1. Path
2. Route 10 signpost
Scan this QR code and download the track

**Signposted route**
We recommend the use of GPS

<table>
<thead>
<tr>
<th>Route</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Difficult</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Climb</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 h. ±</td>
<td>+669 m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Departure</th>
<th>Arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angosto Campsite (Araba/Álava)</td>
<td>Angosto Campsite (Araba/Álava)</td>
</tr>
</tbody>
</table>
VALDEREJO AÑANA

Routes

**Espejo (R01)** 8,9km
- Very Easy
- ▲ ▲ +46 m.
- ▶ 1h 00'
- Return route

**DEPARTURE point:** Angosto Campsite (Araba/Álava)
**ARRIVAL point:** Angosto Campsite (Araba/Álava)

**Angosto (R02)** 5,6km
- Very Easy
- ▲ ▲ +66 m.
- ▶ 0h 45'
- Circular route

**DEPARTURE point:** Angosto Campsite (Araba/Álava)
**ARRIVAL point:** Angosto Campsite (Araba/Álava)

**Gaubea (R03)** 12,6km
- Easy
- ▲ ▲ +144 m.
- ▶ 1h 30'
- Circular route

**DEPARTURE point:** Angosto Campsite (Araba/Álava)
**ARRIVAL point:** Angosto Campsite (Araba/Álava)

THE BASQUE COUNTRY BY BICYCLE
**Las Salinas (R07)**

- Distance: 27.9 km
- Difficulty: Difficult
- Elevation Gain: +738 m
- Duration: 3h 30’
- Route: Circular

**DEPARTURE point:** Salinas de Añana (Araba/Álava)
**ARRIVAL point:** Salinas de Añana (Araba/Álava)

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**Sierra de Árcena (R10)**

- Distance: 31.5 km
- Difficulty: Difficult
- Elevation Gain: +669 m
- Duration: 4h 00’
- Route: Circular

**DEPARTURE point:** Angosto Campsite (Araba/Álava)
**ARRIVAL point:** Angosto Campsite (Araba/Álava)

---

**Sobrón Alto (R11)**

- Distance: 24.3 km
- Difficulty: Very Difficult
- Elevation Gain: +1,068 m
- Duration: 3h 00’
- Route: Circular

**DEPARTURE point:** Aventura Sobrón (Araba/Álava)
**ARRIVAL point:** Aventura Sobrón (Araba/Álava)
This Basque Country MBT Centre is located in the Tolosaldea region, just 15 minutes from the capital city of Gipuzkoa, San Sebastián. The Welcome Centre is at the Usabal Sports Centre in Tolosa.

At this centre you’ll find routes for all levels, routes to share with your family around Leaburu, and also tougher routes running through the Aralar Nature Reserve and the Leitzaran Biotope, ideal for mountain bike enthusiasts who enjoy new challenges. Near emblematic peaks such as Txindoki and Uzturre, we’ll be able to enjoy fantastic views and go through forests and meadows, following tracks among farmsteads. There are also several recreational areas where we can have a short rest.
USABAL SPORTS CENTRE
Usabal 25 A, Tolosa (Gipuzkoa)
T. +34 943 536 400 E. tolosaldea@btteuskadi.net

THE BASQUE COUNTRY BY BICYCLE
Due to the technical difficulty and the different surface types we’ll encounter, it could prove highly entertaining for those who are used to all types of route. As for landscapes, this is also a very diverse route. During the first stretch between Belabieta and Berastegi, we’ll have an unbeatable panoramic view of the Leitzaran Valley. Half way through the route, we’ll have a short rest in the Uli rest area, where we’ll get a surprising view of the “Malloak” sierra in the Aralar Nature Reserve, where we’ll be able to make out the Ernio and Aizkorri sierras in the distance, thanks to the villages of Amezketa and Altzo.

Explore the natural heart of Tolosaldea

1. Views of Aralar
2. Cycling through beech forest

THE BASQUE COUNTRY BY BICYCLE
**RECOMMENDED ROUTE**

Scan this QR code and download the track

**Signposted route**
We recommend the use of GPS

<table>
<thead>
<tr>
<th>Route</th>
<th>Difficulty</th>
<th>Time</th>
<th>Climb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usabal Sports Centre, Tolosa (Gipuzkoa)</td>
<td>Very Difficult</td>
<td>4 h. ±</td>
<td>+1.245 m.</td>
</tr>
</tbody>
</table>

**Departure**
Usabal Sports Centre, Tolosa (Gipuzkoa)

**Arrival**
Usabal Sports Centre, Tolosa (Gipuzkoa)

---

**GIPUZKOA**

- Usabal S. C., Tolosa
- Leaburu
- Gaztelu
- Orexa
- Lizartza
- Berauntza
- Ibarra
- San Antxu
- Gorosendi
- Gorosendi
- Anoeta
- Izaskun
- Berrobi
- Elduain
- Uli
- Berastegi
- Usabal, Tolosa
- Alegia
- Altzo
- Anoeta
- Leaburu
- Usabal, Tolosa

**RECOMMENDED ROUTE**

- Scan this QR code and download the track
- Signposted route
- We recommend the use of GPS

**Route Details**
- **Usabal Sports Centre, Tolosa (Gipuzkoa)**
- **Very Difficult**
- **Time**: 4 h. ±
- **Climb**: +1.245 m.

**Departure**
Usabal Sports Centre, Tolosa (Gipuzkoa)

**Arrival**
Usabal Sports Centre, Tolosa (Gipuzkoa)
# TOLOSALDEA

## Routes

### San Blas (R01) 8.1 km

- **Difficulty:** Very Easy
- **Elevation Change:** +212 m.
- **Duration:** 0h 50’
- **Type:** Circular route

**DEPARTURE point:** Usabal Sports Centre, Tolosa (Gipuzkoa)

**ARRIVAL point:** Usabal Sports Centre, Tolosa (Gipuzkoa)

### Zazpibideta (R02) 9.6 km

- **Difficulty:** Easy
- **Elevation Change:** +250 m.
- **Duration:** 1h 00’
- **Type:** Circular route

**DEPARTURE point:** Usabal Sports Centre, Tolosa (Gipuzkoa)

**ARRIVAL point:** Usabal Sports Centre, Tolosa (Gipuzkoa)

### Leaburu (R03) 19.1 km

- **Difficulty:** Difficult
- **Elevation Change:** +672 m.
- **Duration:** 1h 45’
- **Type:** Circular route

**DEPARTURE point:** Usabal Sports Centre, Tolosa (Gipuzkoa)

**ARRIVAL point:** Usabal Sports Centre, Tolosa (Gipuzkoa)

### Uli (R04) 30.3 km

- **Difficulty:** Difficult
- **Elevation Change:** +1.075 m.
- **Duration:** 4h 15’
- **Type:** Circular route

**DEPARTURE point:** Usabal Sports Centre, Tolosa (Gipuzkoa)

**ARRIVAL point:** Usabal Sports Centre, Tolosa (Gipuzkoa)
Belabieta (R05) 30km
- Very Difficult
- $+1000$ m.
- 3h 45’
- Circular route

DEPARTURE point: Usabal Sports Centre, Tolosa (Gipuzkoa)
ARRIVAL point: Usabal Sports Centre, Tolosa (Gipuzkoa)

Leitzaran (R06) 45km
- Very Difficult
- $+1900$ m.
- 5h 00’
- Circular route

DEPARTURE point: Usabal Sports Centre, Tolosa (Gipuzkoa)
ARRIVAL point: Usabal Sports Centre, Tolosa (Gipuzkoa)

Izaskun-Berastegi (R07) 43km
- Very Difficult
- $+1245$ m.
- 4h 00’
- Circular route

DEPARTURE point: Usabal Sports Centre, Tolosa (Gipuzkoa)
ARRIVAL point: Usabal Sports Centre, Tolosa (Gipuzkoa)

Txindokiko Itzala (R08) 57km
- Very Difficult
- $+2685$ m.
- 6h 45’
- Circular route

DEPARTURE point: Usabal Sports Centre, Tolosa (Gipuzkoa)
ARRIVAL point: Usabal Sports Centre, Tolosa (Gipuzkoa)
GREAT CYCLE TOUR ROUTES
A mountain bike, panniers and a desire to enjoy and discover wonderful places is all the traveller needs to start out on this adventure, which begins and ends at the Ataria Visitor Centre (Vitoria-Gasteiz).

It is advisable to do it clockwise, thus encountering the six short routes; Green Ring, the old route of the Basque-Navarre Railway, the Ullívarri-Gamboa reservoir, Camino Real de las Postas, Camino de Santiago and, once again, the Basque-Navarre Green Way on its Estíbaliz branch.

To enjoy all the route has to offer, it is ideal to do it over 2-3 days, dividing the stages to adapt to the abilities of each cyclist. The intermediate towns of Maturana, Narbaiza, Araia and Agurain- Salvatierra are perfect stop-offs on our journey, equipped with facilities and places to stay overnight.

In addition, part of the route is connected by train, which allows us to return or access the route quickly and easily.

Discover Álava and fall in love

© 1. Vasco Navarro Railway Greenway
Signposted route

More information and tracks available by scanning this QR code

117 km

Route
Difficult

Time
2-3 days (Recommended)

Climb
+815 m.

Departure
Ataria, Vitoria-Gasteiz

Arrival
Ataria, Vitoria-Gasteiz
The route is designed with all kinds of people in mind. Alone, with the family or with a few friends, it’s the perfect opportunity to go deeper into a land, Álava, which offers infinite possibilities. You just need to see for yourself.

Cycling through Álava means delving deep into the history of this land, while a colourful landscape accompanies the cyclist on an unforgettable journey.
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Further information and bookings at:

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  Visitors’ Centre
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  E. ataria@vitoria-gasteiz.org

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SIGNPOSTS

DIRECTION PLATE
Shows the way to go. These signs can be found on vertical posts, on walls or street fixtures.
If you would like more information about other cycle routes through the Basque Country:

ÁLAVA GREEN ITINERARIES NETWORK

Arabako ibilbide berdeen sarea
Red de Itinerarios Verdes de Álava

GIPUZKOA CYCLE PATHS NETWORK

Bizikletaz

THE BASQUE COUNTRY BY BICYCLE
SERVICE COMPANIES
SERVICE COMPANIES

Vitoria-Gasteiz

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W. www.capitalbikes.es

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THE BASQUE COUNTRY BY BICYCLE
Vasco Navarro Railway Green Way

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www.natouring.net

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Plazaola Green Way

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www.leitzaran-andoain.eus

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Arditurri Green Way

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Bidaso Green Way

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The Route goes through Aiaraldea in the Álava region, including Txakoli wineries, tourist lodging, restaurants, etc... so you can immerse yourself in the traditional txakoli culture.

Amurrio - Artziniega - Ayala - Llodio
Orduña (Bizkaia) - Quejana

www.rutadeltxakoli.com
Basque gastronomy is much more than just eating good food. From the most traditional to the most innovative, Basque gastronomy is one of Euskadi’s identifying marks, deeply rooted in our people’s day-to-day, hearkening back to our history, customs and leisure. It’s a lifestyle, an identity, a way of being. It has crossed borders and its internationally well-known and praised. The secret?
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