



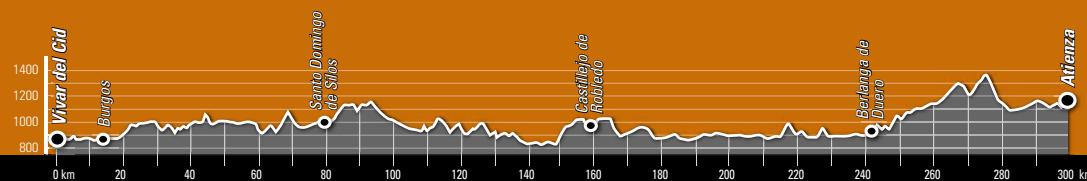
CAMINO DEL CID

www.caminodelcid.org

Gravel travel guide

1

The Exile



We invite you to accompany El Cid in his exile, from Vivar del Cid, his place of birth, to the magic fortress of Atienza, in Guadalajara. Cross the medieval frontier of the River Douro and trace his footsteps through the valleys and hills in the provinces of Burgos, Soria and Guadalajara.

Accompany El Cid in his exile

This route follows the first days of El Cid's exile, as told in the poem El Cantar, although it also includes other parts of the poem, such as the Outrage of Corpes. El Cid left Vivar with a small group of knights under the king's order to go out of Castile in nine days, a time that he used to leave his daughters and wife in the Monastery of San Pedro de Cardeña, obtain supplies, and strengthen his small group of loyal men with more knights and soldiers. Although El Cid abandoned Castile across the Pela Hills, on the modern boundary between Soria and Guadalajara (in 1081 those hills marked the natural frontier between the kingdoms of Castile and Toledo), our route finishes in the next important town, now in "Muslim territory"; the historical town of Atienza, an Andalusian military frontier town of great importance in the 10th and 11th centuries.

What will you find?

The landscape alternates unirrigated crops in the valleys of the River Arlanza and Douro with woods of juniper, oak and pine trees, bare hills and moorland. The route crosses six Natural Spaces, above all the juniper wood in the Arlanza valley and La Yecla, and the Douro valley in Soria, of great environmental and geopolitical significance in the Middle Ages. This importance is reflected in the numerous watchtowers and castles along this unique trail, between Langa del Duero and Berlanga del Duero, and which possess their emblem in the colossal caliphal fortress in Gormaz, of which El Cid was the governor. You will go by two of the great Castilian monastery foundations, at San Pedro de Cardeña and Silos, and pass very near Arlanza Monastery (8km from

Covarrubias). You will also discover mythical places in the history of El Cid, such as Vivar del Cid, San Pedro de Cardeña, Castillejo de Robledo and San Esteban de Gormaz, among others, and of course Burgos, with its excellent infrastructure for tourist cyclists. On the way you will find Romanesque traces in the cloisters of Santo Domingo de Silos, in the paintings in the chapel of San Miguel in Gormaz, in the churches in San Esteban de Gormaz and in small villages with rural Romanesque architecture. In this sections there are mostly small peaceful towns with a medieval "aroma", such as Covarrubias, Santo Domingo de Silos, Langa de Duero, San Esteban de Gormaz, El Burgo de Osma, Berlanga de Duero and, in Guadalajara, the unassailable Atienza, all of them listed as historic and/or artistic sites.



Download from our website all the updated information: maps, topoguides, tracks, accommodation, stamping points, etc.



Download the Way of El Cid travel app. It is free and is ready to work in places with no wifi signal.



FILE



Distance 299 km



Estimated time 4/5 días



Accumulated climb 4.570 m



Accumulated descent 4.270 m



Physical difficulty Medium



Technical difficulty Low

Route and signposting

We have designed a route that is perfectly adapted to gravel bikes, along rural tracks with a firm surface, comfortable tracks, tarmacked lanes and lonely roads. **It is not signposted precisely for gravel bikes, but the route coincides largely with the MTB and hiking ways**, so you should pay attention to the signposting in those sections. **We recommend you download the track or the app.**

	Continuity mark	Wrong direction
GR 160 section (hiking and MTB routes)		
Non-GR section (hiking and MTB routes)		
MTB section (MTB route)		

Road sections

Part of the route follows secondary roads with little or sometimes no traffic. In any case, do not forget to ride carefully and make yourself visible to vehicles.

	E	F	M	A	M	J _N	J _L	A	S	O	N	D
Mean temperature Max./Min.	6,7° -1,2°	8,9° -0,6°	12° 0,6°	13,3° 2,2°	17,2° 5,6°	22° 8,4°	26,4° 11°	26,7° 11,1°	22,9° 8,5°	16,5° 5,3°	10,7° 1,6°	7,6° 0,3°
no. of hours of light/day	09:23	10:33	11:55	13:23	14:36	15:14	14:59	13:54	12:30	11:05	09:47	09:06
mean rainfall	46	42	31	65	69	46	30	27	36	50	56	57

Mean monthly data in the city of Burgos that is a point of reference for the whole Exile route

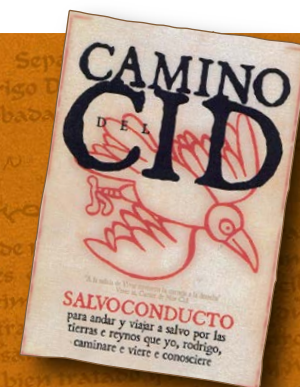


The Letter of Safe Conduct

the Letter of Safe Conduct is the record card on which travellers collect the stamps of the towns they go through. It is free and can be obtained in Tourism Offices or in our head office:

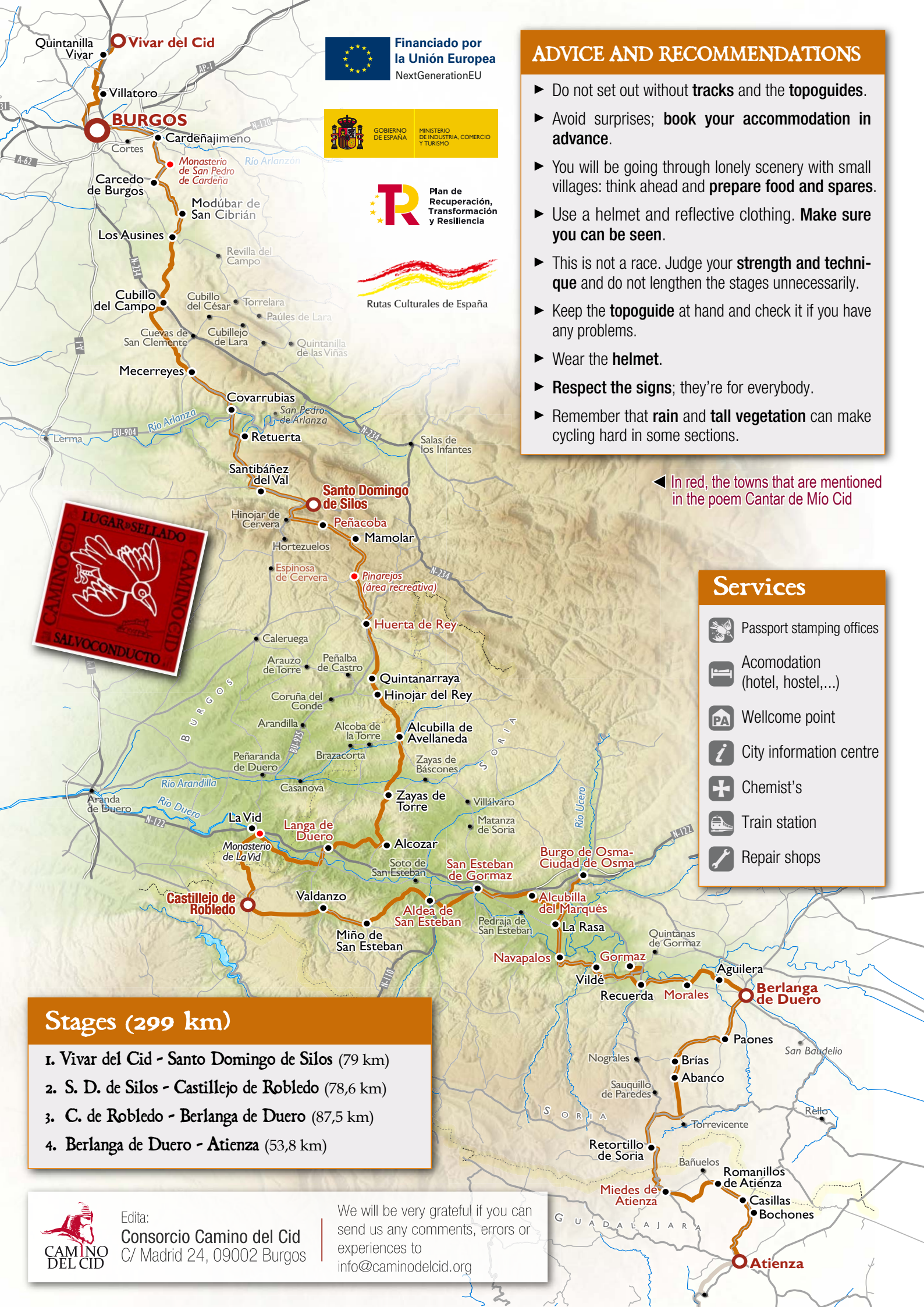


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Plan de
Recuperación,
Transformación
y Resiliencia

Rutas Culturales de España

ADVICE AND RECOMMENDATIONS

- ▶ Do not set out without **tracks** and the **topoguides**.
- ▶ Avoid surprises; **book your accommodation in advance**.
- ▶ You will be going through lonely scenery with small villages: think ahead and **prepare food and spares**.
- ▶ Use a helmet and reflective clothing. **Make sure you can be seen**.
- ▶ This is not a race. Judge your **strength and technique** and do not lengthen the stages unnecessarily.
- ▶ Keep the **topoguide** at hand and check it if you have any problems.
- ▶ Wear the **helmet**.
- ▶ **Respect the signs**; they're for everybody.
- ▶ Remember that **rain** and **tall vegetation** can make cycling hard in some sections.

◀ In red, the towns that are mentioned in the poem Cantar de Mio Cid

Services

- Passport stamping offices
- Acomodation (hotel, hostel,...)
- Wellcome point
- City information centre
- Chemist's
- Train station
- Repair shops

Stages (299 km)

1. Vivar del Cid - Santo Domingo de Silos (79 km)
2. S. D. de Silos - Castillejo de Robledo (78,6 km)
3. C. de Robledo - Berlanga de Duero (87,5 km)
4. Berlanga de Duero - Atienza (53,8 km)



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We will be very grateful if you can
send us any comments, errors or
experiences to
info@caminodelcid.org

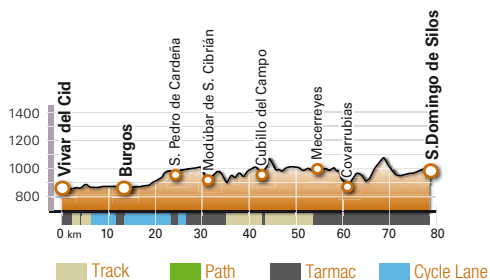
The Exile

Gravel travel guide

Vivar del Cid / Burgos - S. D. de Silos

May 2025

UTM Desarrollos



An introductory stage with countless references to El Cid the Battler, whose place of birth is linked to this area. The symbolic section from Vivar to Burgos takes us to the city of monuments and fully justifies extending our adventure another day. Along comfortable tracks and lonely roads, the urban scenery of Burgos will give way to crop fields and copses of oak trees.

FILE

	Distance 79 km		Accumulated climb 1.425 m		Earth / Tarmac / Cycle Lane 28 / 51 / 22%
	Physical difficulty Medium		Accumulated descent 1.290 m		Signposting In hiking and MTB sections
	Technical difficulty Low		Estimated time 5 h 45 m		IBP Difficulty index 95

Vivar del Cid

(247 hab.)

Quintanilla Vivar

(651 hab.)

Villatoro

(1.252 hab.)

BURGOS

(174.451 hab.)

A small standing stone near the Clarisse Convent indicates the starting point of our Way (League 0). Close to it, a commemorative monument presents the figure of the medieval knight that will accompany us on the whole Way. We leave the town on *Carrimoza Street* where an arrow points to the track that will take us to **Quintanilla Vivar**. The track crosses the *N-623 (Burgos-Santander)* road next to a direction arrow. We cross the road to continue along a tarmacked road that leads to **Quintanilla Vivar**.

From *camino de Cercanías Street* we take the track on the right that initially runs parallel to the *N-623 road*. We reach the *BU-V 6279 road* which we follow on the right for about 350m. After going under the motorway bridge, we turn left along a track that climbs slowly to the hill of *Cuesta del Rey*. The track reaches the *Burgos ring road (BU-30)* that we cross by a prepared crossing. We soon come to an industrial estate in *Valle de Losa Street*, where we take the **cycle lane** on the left as far as a roundabout next to the main road. We continue to the right, on *Laredo Street*, to another roundabout with a figure of a dinosaur where we can take a detour to visit **Villatoro** only 200m away.

Continuing on **cycle lane** in *Laredo Street* towards the south, we come to another roundabout but we go straight ahead and pass under the railway bridge. After 100m, at a roundabout, we turn right on to *Alfoz de Bricia Street* which we do not leave until we reach a cycle lane on a dismantled railway line. We go through a tunnel, pass the cemetery on our left and soon reach the city of **Burgos** in the *San Pedro* distric. Continue along *Francisco Salinas Street* to *Solar del Cid*. From there we go downhill to the *church of Santa Águeda* and soon come to the cathedral.



BURGOS

the adventure starts in Vivar del Cid, the Battler's homeland. Rodrigo left there "with tears in his eyes" together with a loyal group of men, to his exile. The first night they slept on the banks of the Arlanzón, outside the city walls of Burgos. According to the poem El Cantar, King Alfonso VI had forbidden the city to give him shelter.

Key

- Gravel route
- Cycling Tourism Route
- Reduced cyclability
- Start/end of Gravel section (not signposted)
- Signs
- GR Sections (Long Distance)
- Non-GR Section
- MTB Section (no trekkers)
- Type of surface
- Road
- Compact or tarmacked track
- Track with irregular surface

0 m 1000 2000 4000



Cardeñajimeno

(1.195 hab.)

Monasterio de San Pedro de Cardeña

Carcedo de Burgos

(488 hab.)

Modúbar de San Cibrían

(73 hab.)

Barrio de Quintanilla (Los Ausines)

(162 hab.)

Cubillo del Campo

(103 hab.)

Section without signs: the route abandons the signposted hiking and MTB route

From **Burgos Cathedral**, we cross the *river Arlanzón* over *Santa María Bridge* and continue on the right along a cycle lane in an avenue parallel to the river. We leave the *Museum of Evolution* behind and follow the cycle lane that goes under the bridge of the BU-11 road to reach *La Quinta Avenue* in *La Quinta Park*. The cycle lane finishes in the *New Boulevard*, where we go along the BU-800 road and take the new cycle lane. We go past the *Cartuja de Miraflores* and the *Fuentes Blancas Park*, and finally exit the city. We will soon arrive in **Cardeñajimeno**.

Without leaving the cycle lane on the BU-800 road, we go up a gentle hill while looking out for the turning to the **Monasterio de San Pedro de Cardeña**. At this point we re-join the **hiking and MTB route**, and head towards the *monastery* down a simple signposted road.

We stay on the road, leaving the monastery behind and ignoring a turning on the right that is taken by the **hiking and MTB route**.

Section without signs: the route abandons the signposted hiking and MTB route

We soon reach the cycle lane on the BU-800 road that leads to **Carcedo de Burgos**.

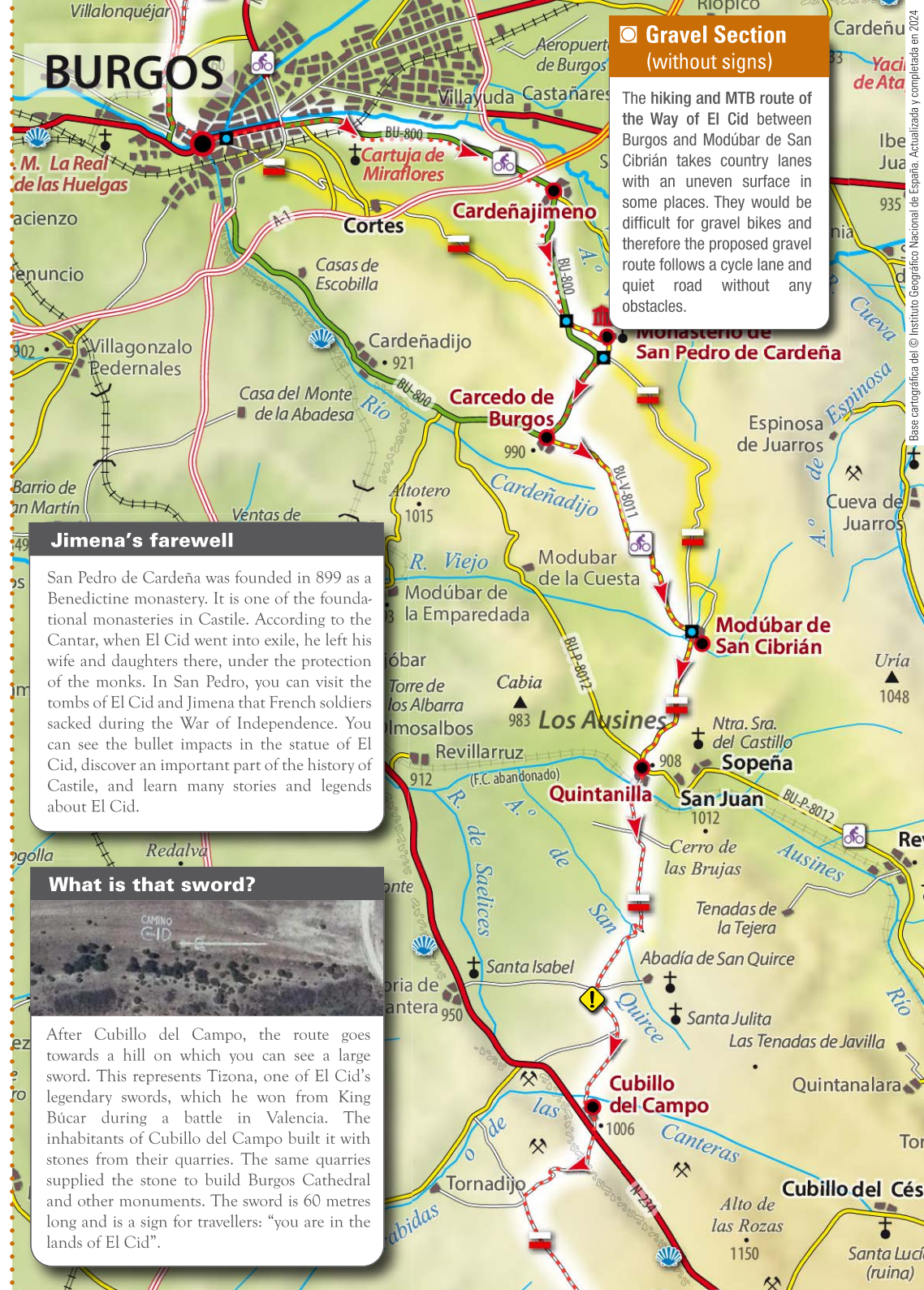
At the crossroads in **Carcedo**, we leave the cycle lane on the road and continue along the quiet BU-V-8011 road. The first level part takes us to the *windfarm of Los Ausines* between large holm oak woods. After a rapid descent, the road reaches the valley of the *River Viejo*, where we can see the large church of **Modúbar de San Cibrían**.

The route follows the BU-V-8011 road as far as the **Quintanilla** *distric*. It's a section without difficulties but where it's necessary to cycle on the left very carefully because of the traffic of quarry trucks. We come to **Quintanilla** by crossing a lovely stone bridge.

In the **Quintanilla** *distric*, take a country lane from *Tercio Street* that crosses the *Green Way* towards the south, next to the PRC-BU 125 footpath which we soon leave. After a descent, we cross the *River Salce* and go straight ahead towards *San Quirce Abbey*. When we come to an oak copse next to a watchtower in the *abbey's land* giramos a la derecha y continuamos por el camino que bordea la finca a la derecha de un vallado, turn right and cycle along the track that goes round the land to the right of a fence. We come to the main gate of the land and continue for 200m along the access road to the land. We must **pay attention because we have to turn left** on to a track that follows a section next to the fence. It reaches a junction where we go straight ahead along a small track that takes us to **Cubillo del Campo** which we enter along *Real Street*.



BURGOS


Gravel Section (without signs)

The hiking and MTB route of the Way of El Cid between Burgos and Modúbar de San Cibrían takes country lanes with an uneven surface in some places. They would be difficult for gravel bikes and therefore the proposed gravel route follows a cycle lane and quiet road without any obstacles.

Jimena's farewell

San Pedro de Cardeña was founded in 899 as a Benedictine monastery. It is one of the foundational monasteries in Castile. According to the Cantar, when El Cid went into exile, he left his wife and daughters there, under the protection of the monks. In San Pedro, you can visit the tombs of El Cid and Jimena that French soldiers sacked during the War of Independence. You can see the bullet impacts in the statue of El Cid, discover an important part of the history of Castile, and learn many stories and legends about El Cid.

What is that sword?



After Cubillo del Campo, the route goes towards a hill on which you can see a large sword. This represents Tizona, one of El Cid's legendary swords, which he won from King Búcar during a battle in Valencia. The inhabitants of Cubillo del Campo built it with stones from their quarries. The same quarries supplied the stone to build Burgos Cathedral and other monuments. The sword is 60 metres long and is a sign for travellers: "you are in the lands of El Cid".

5 Cubillo del Campo

(103 hab.)

Mecerreyes

(192 hab.)

Covarrubias

(529 hab.)

Retuerta

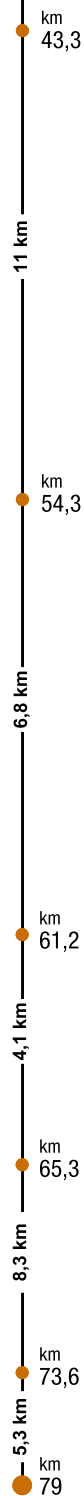
(62 hab.)

Santibáñez del Val

(72 hab.)

Santo Domingo de Silos

(261 hab.)



We leave **Cubillo del Campo** on *Real Street* along a track to the *N-234 road* that we cross carefully to continue on the country lane opposite, towards the *large sword Tizona* that is lying on the hillside. After climbing up to *del Pico del Laisa pass*, the track forks and we take a turning on the left that begins the descent between oak woods next to a large fenced field.

⚠ Rough surface in the descent

At the end of the descent, we reach a track that we take on the left, following the fence for a long section. The route coincides with the *Camino de Santiago* and goes on towards **Mecerreyes** through an area of ravines. We come to the town on *Carredondo Street*.

We leave **Mecerreyes** along the *Covarrubias road (BU-901)*, always with the *Mamblas Hills* to our left.

▶ Start of MTB section (4,3 km)

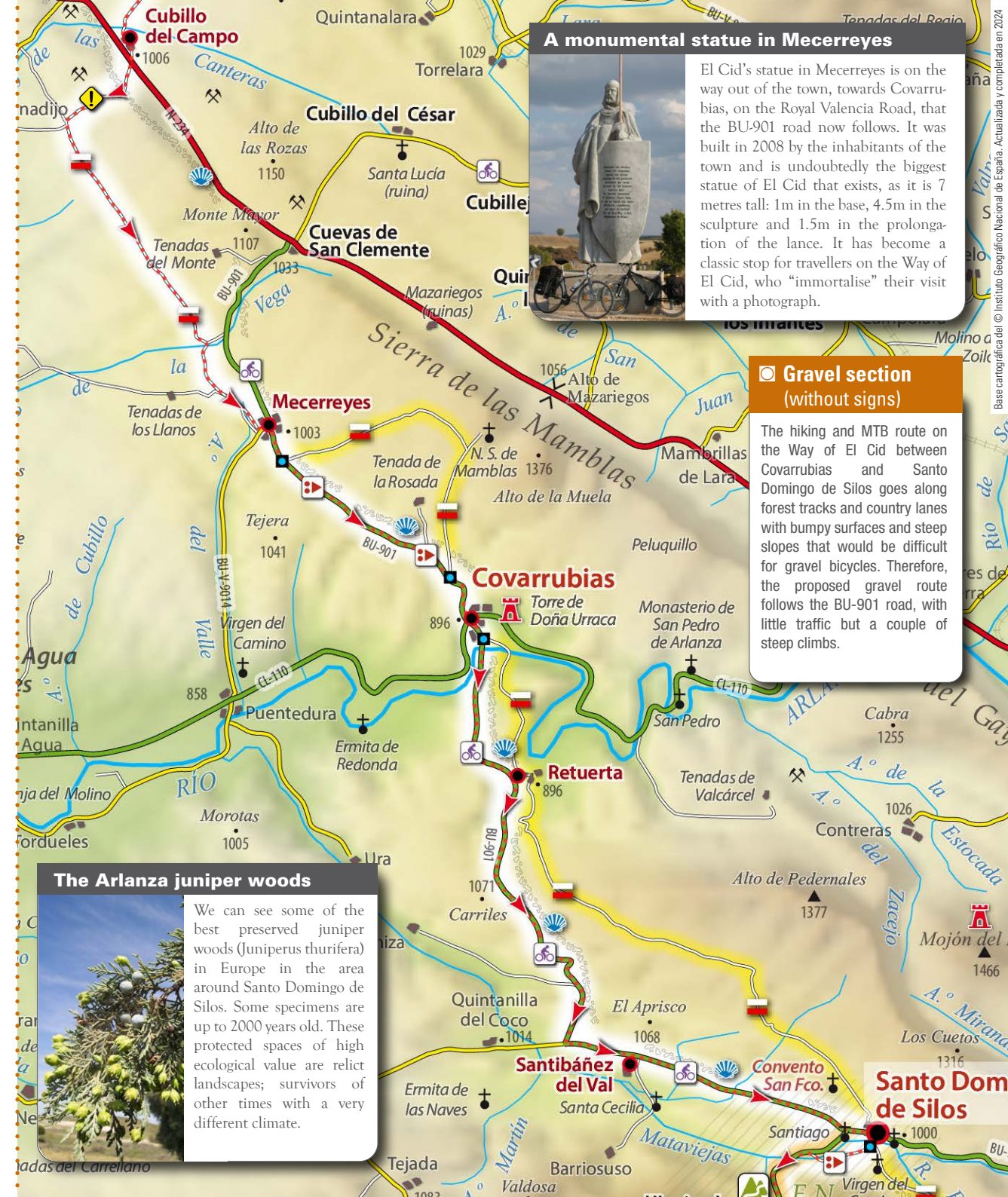
A few metres after the sculpture of *El Cid*, we go past a turning on the left to the *hiking route* (which goes along the side of the hill along country paths), and continue on the road (*MTB route*), taking great care as there may be traffic at some times of the year. In the last section of the descent to **Covarrubias** the *MTB route* turns off on to a track on the left, but we continue along the road to the town.

○ Section without signs: the route abandons the signposted hiking and MTB route

On the way out of **Covarrubias** we leave the *hiking and MTB route* and follow the *BU-901 road* towards **S. D. de Silos**. After a first steep climb, the road drops gently towards the junction at **Retuerta** (200 m away).

Leave **Retuerta** behind and go on along the *BU-901 road* which starts a 200m climb up a small ravine. After a rapid descent, we come to a junction in the valley of the *River Mataviejas*, but, without turning, we follow the road towards **S. Domingo de Silos**, and quickly reach the crossroads to **Santibáñez del Val**.

The *BU-901* is a level road as far as the crossroads at the entrance **Santo Domingo de Silos**, where we turn towards the town.



A monumental statue in Mecerreyes



El Cid's statue in Mecerreyes is on the way out of the town, towards Covarrubias, on the Royal Valencia Road, that the BU-901 road now follows. It was built in 2008 by the inhabitants of the town and is undoubtedly the biggest statue of El Cid that exists, as it is 7 metres tall: 1m in the base, 4.5m in the sculpture and 1.5m in the prolongation of the lance. It has become a classic stop for travellers on the Way of El Cid, who "immortalise" their visit with a photograph.

○ Gravel section (without signs)

The hiking and MTB route on the Way of El Cid between Covarrubias and Santo Domingo de Silos goes along forest tracks and country lanes with bumpy surfaces and steep slopes that would be difficult for gravel bicycles. Therefore, the proposed gravel route follows the *BU-901 road*, with little traffic but a couple of steep climbs.

The Arlanza juniper woods



We can see some of the best preserved juniper woods (*Juniperus thurifera*) in Europe in the area around Santo Domingo de Silos. Some specimens are up to 2000 years old. These protected spaces of high ecological value are relict landscapes; survivors of other times with a very different climate.

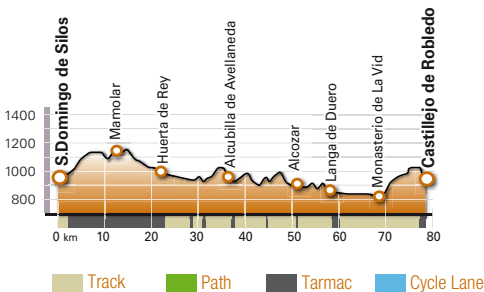
The Exile 2

Gravel travel guide

S. D. de Silos - Castillejo de Robledo

May 2025

UTM Desarrolla

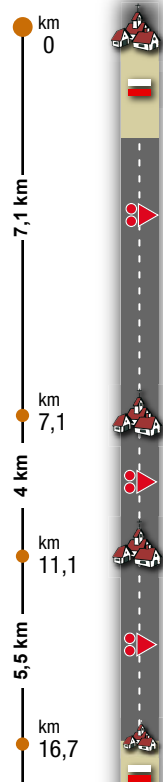


FILE	Distance 78,6 km	Accumulated climb 1.190 m	Earth / Tarmac / Cycle lane 66 / 34 / 0 %
	Physical difficulty Medium	Accumulated descent 1.240 m	Signposting In hiking and MTB sections
	Technical difficulty Medium	Estimated time 5 h 30 m	IBP Difficulty index 81

After a well-earned rest in Silos, we return to the Way with a transition stage between the landscape of the Burgos hills and the moors of Soria, only interrupted by the River Douro. The first third of the stage goes along quiet country roads with hardly any traffic that allow us to enjoy the forested scenery. After Huerta, we take country tracks with a compact surface and gentle slopes, where we can go at our own speed and without any surprises.

Santo Domingo de Silos

(261 hab.)



Peñacoba

(35 hab.)

Mamolar

(29 hab.)

Pinarejos (área recreativa)

Go down *Cadena Street*, next to the entrance of the *monastery* and cross the arch of *San Juan*, where the **signposted MTB section** starts. The **hiking route** goes up the steps towards the *Virgen del Camino* Hermitage. However, we take a track on the right.

Start of the MTB section (16,8 km)

The track with a firm surface that runs along the *River Mataviejas* valley goes past an old *mill* and soon reaches the *BU-910* road, which we take on the left. After going through the tunnel in *Yecla Gorge*, we turn left on to the road that will take us directly to **Peñacoba**.

Take no notice of the Camino del Cid signs on the road as they lead to Caleruega by the BU-910 (cycling tourism route).

We go round **Peñacoba** on a road to the north of the town that connects for 80m with a section of the **hiking Camino del Cid** in the opposite direction. Ignore the hiking signs and follow the quiet road to **Mamolar**. We reach the town after a small descent.

We go through this small town as far as the *BU-V-9216* road that we take on the right. The road gradually climbs and the vegetation becomes a dense pine forest. After a col, a nice descent 2km long comes to a crossroads to the **hermitage and the recreation area in Pinarejos** (turn right towards *Doña Santos*), where we can stop and cool down at the spring. **This point is the end of the MTB section that joins the hiking Camino del Cid (Hiking Route)**, but gravel cyclists (**Gravel Route**) will go along the road towards **Huerta de Rey**.

Scenic road

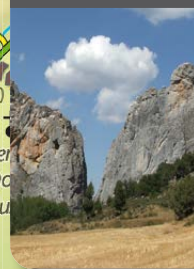
It starts in Silos, whose monastery possesses a world-famous Romanesque cloister and goes through the natural space of Arlanza juniper wood with a stop in the spectacular Yecla Gorge.

GRAVEL AND MTB SECTION

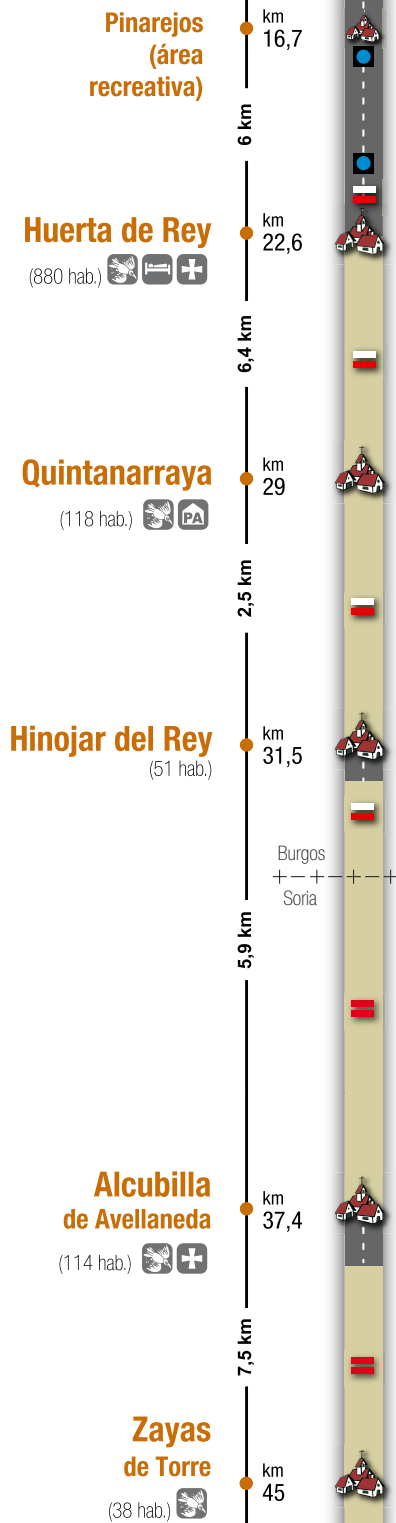
The **hiking Way of El Cid** between Santo Domingo de Silos, Peñacoba and Pinarejos recreation area takes a route what is difficult for cyclists: steps, and steep tracks with a sandy and stony surfaces. Therefore a section has been signposted for MTB and gravel cyclists that is more comfortable and simpler for most people.



Yecla gorge



The route takes us through this spectacular canyon that the river has carved in the rock, forming large limestone walls, where a wide range of rock birds nest, such as griffon and Egyptian vultures. After going through the tunnel, there is access to the gorge on the left, where we can walk along gangways suspended over the river potholes and cascades. The access is easy (bikes have to be left outside) and it can be done in less than 10 minutes.



Section without signs: the route abandons the signposted hiking and MTB routeo

We leave the **hiking and MTB route** in **Pinarejos** Pinarejos and continue on the road towards **Huerta** down a gentle hill. After 3km, we meet the **hiking and MTB route**, and continue along the road to a junction with the **CL-111 road** junto next to **Arandilla Hermitage**. We continue on that road as far as **Huerta de Rey**.

We leave the town on **Remedios Street** and follow the **BU-V 9421 road**. After **San Roque Hermitage**, turn off the road on to a track on the right with a firm surface that follows the river valley towards the south. We continue along the main track and ignore turnings and field entrances. We reach a farm and the track changes direction towards the south-west. We cross a transversal track on the outskirts of **Quintanarraya** and enter the town on **Real Street**.

Leave the town by **Fuente Street**, which meets a track towards the cemetery. Ignore an arrow that points to the **Roman site of Clunia** and keep straight ahead. The track crosses a bridge over the **River Dor** and starts a short climb that leaves behind the wine cellars and the cemetery with the **hermitage of San Roque**. The front of a building painted as a reference to the Camino del Cid shows that we are on the right route. Continue on moorland with crop fields and a large number of abandoned fields. A short descent comes to the **River Espeja**, which we cross over a bridge at the entry to **Hinojar del Rey**.

After exiting the town on **Dos de Mayo Street**, we continue along a tarmac-acked track. After the football pitch, take another track with a firm earth surface on the right. Several turnings appear on both sides, but go straight ahead up a small cultivated valley along the **Alcubilla track**. We enter the **Province of Soria** with a **change of signs (GR to non-GR)** and the farm land becomes oak woodland with junipers.

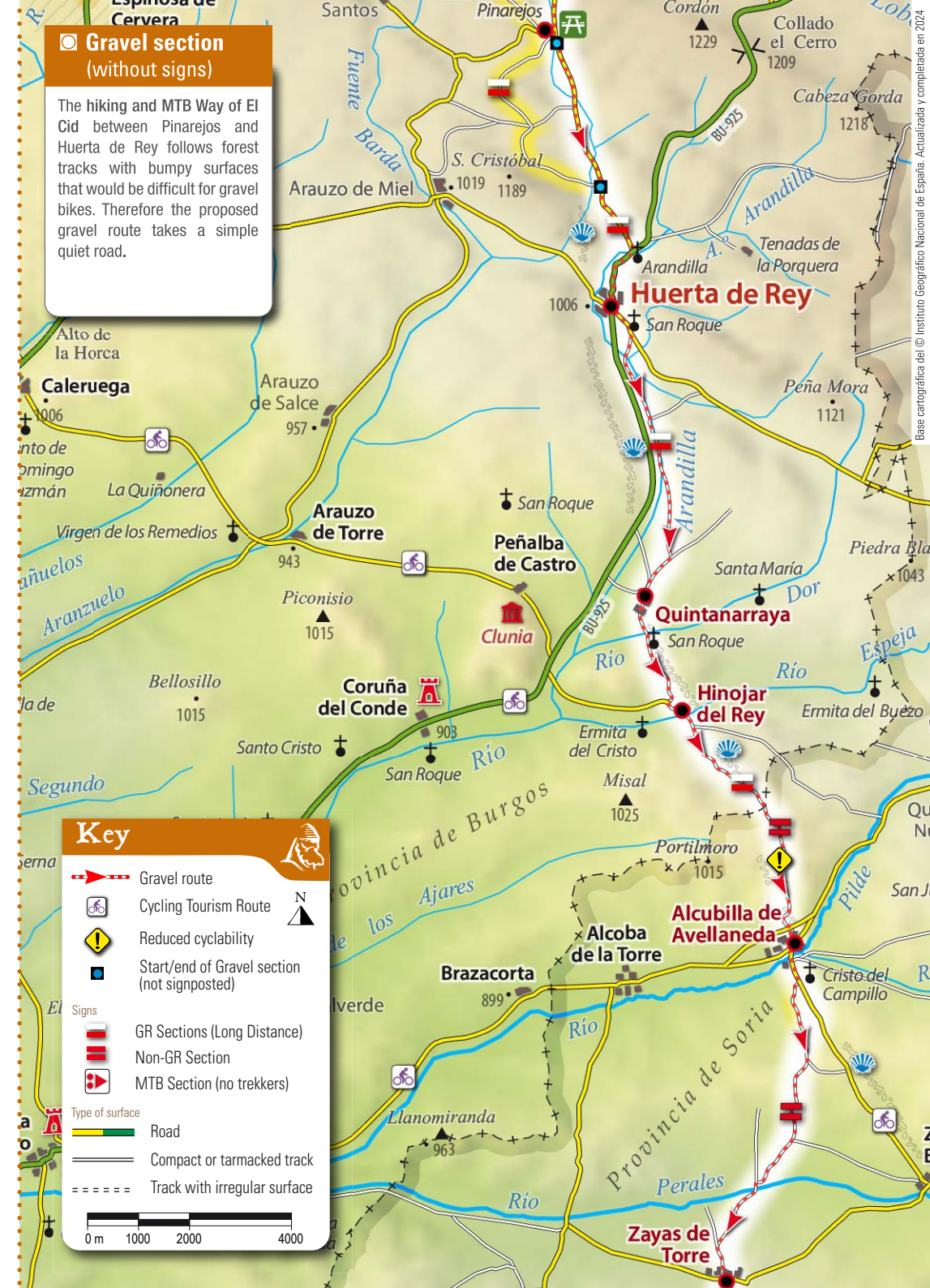
Uneven surface in the descent: the track has a section with an uneven surface where we should be carefulos

A sign announces that we are entering a private hunting reserve. We go on, leave some corrals behind on the left and start a rapid descent on a comfortable track. We reach a junction where we turn right and soon come to the road, near **Alcubilla**. Cross the road and go down an old track towards the fields.

From **Río Street**, we continue along the **road to Zayas de Bascones**. We cross River **Pilde** and go past **Cristo del Campillo Hermitage** and the cemetery on the left. After 250m, we turn off the road on to a track on the right between crop fields. We continue along the main track without leaving it until we reach a junction next to a corral and turn right. The track enters a dense oakwood, but the surface is firm and there is no confusion. We slowly leave the wood, which gives way to large crop fields. We reach a junction, turn left and after a few metres we cross the **River Perales** over a small bridge. After a short hill, we soon come to **Zayas de Torre** on **San Martín Street**.

Gravel section (without signs)

The hiking and MTB Way of El Cid between Pinarejos and Huerta de Rey follows forest tracks with bumpy surfaces that would be difficult for gravel bikes. Therefore the proposed gravel route takes a simple quiet road.



Zayas de Torre

(38 hab.)

Alcozar

(30 hab.)

Langa de Duero

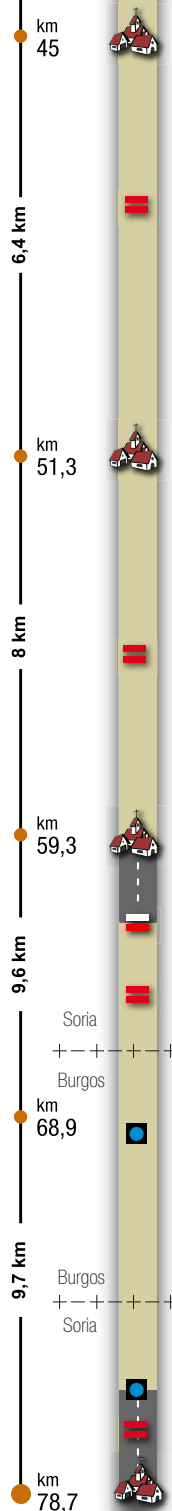
(699 hab.)

La Vid (Monasterio)

(109 hab.)

Castillejo de Robledo

(101 hab.)



Leave **Zayas** on *Ayuntamiento Street* along a track that, after crossing a *stream*, goes straight ahead up a climb. Do not turn off the main track in a dense oakwood; it is a wide level track with a firm surface. The descent follows a small ravine to the bottom of a cultivated valley. Follow the main track and ignore any turnings as the surface rapidly improves. We reach a crossroads next to the *Molino stream*, and go straight ahead towards the south-east. We come to the foot of the village that we can enter up a steep slope next to an old electricity tower and come to *Fragua Street*.

We leave from *Real Street* along the access road, but after 50m turn right on to a track. We go through *Molino ravine* and turn right at a junction. Continue between crop fields but pay attention because we have to leave the track at a turning on the left. We come to a crossroads next to some corrals, where we turn left towards the south-west. The track goes down to *Rebollar ravine*, where it turns and continues on a section with a poorer surface. However, the track soon improves, and comes to a tunnel under the *N-122 road*, to enter **Langa** on *Pozarón Street*.

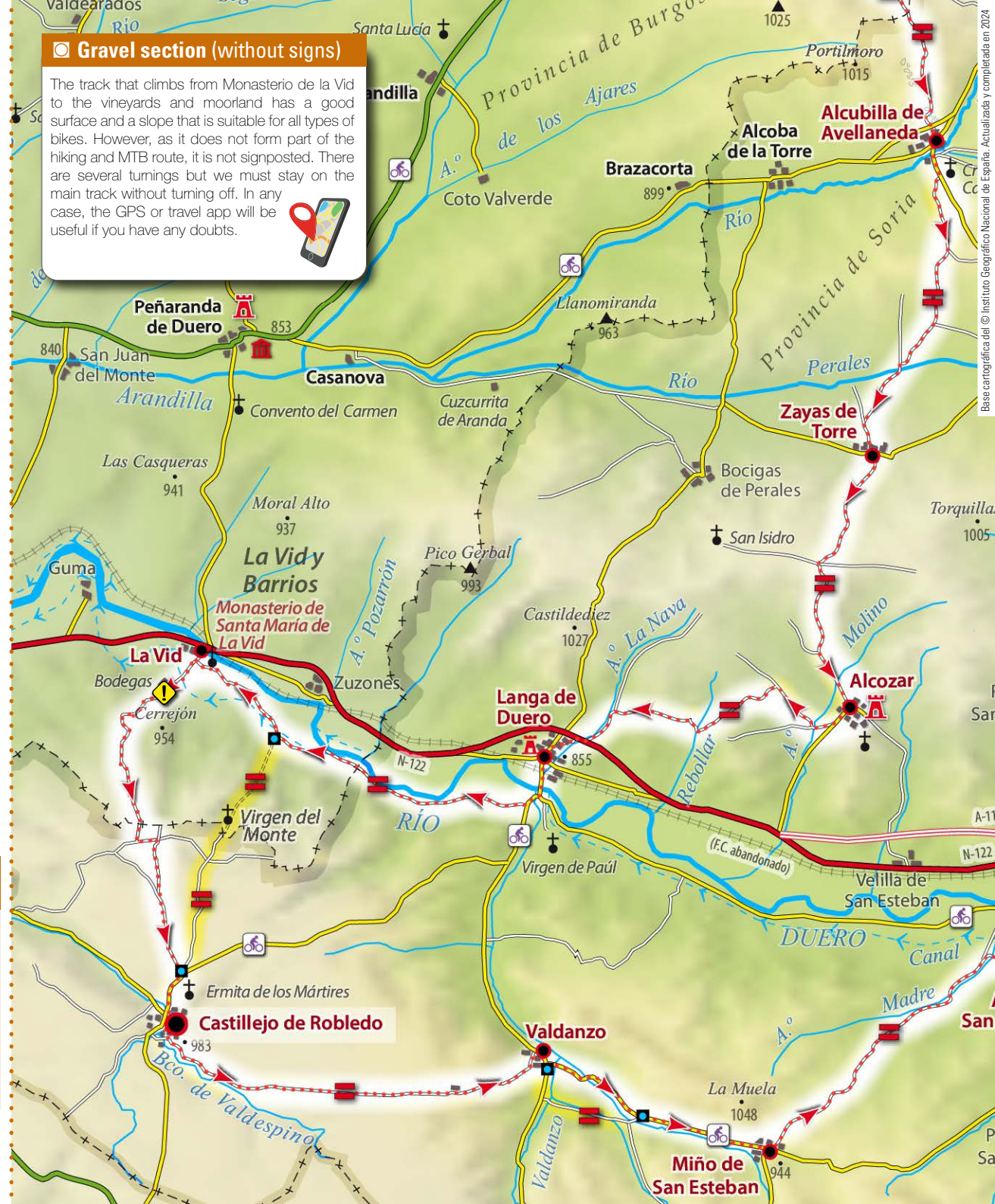
We leave towards the *medieval Douro Bridge*, which we cross, and continue on the road to **Castillejo** (linking with the *GR-14 Natural Way of the Duero and the MTB Duero Route*). We must soon leave the road on a track on the right with a good surface that follows the Douro valley. On a bend, we come to a turning where the **hiking and MTB route** goes up a path to *Virgen del Monte Hermitage*. Ignore that, and follow the track to **Monasterio de la Vid**.

Section without signs: the route abandons the signposted hiking and MTB routezado

Just before you reach the tarmac, take a track on the left that crosses a small bridge and slowly climbs up the hillside near a group of *wine cellars*. The track enters an oakwood as we go straight ahead without turning on to any secondary lanes. We come to the vineyards, where we go on climbing until we reach the level moorland. The track leads to the road (connecting with the hiking and MTB route), which we take to the right, and we go down to **Castillejo**, next to Los *Mártires Hermitage* and *wine cellars*.

Gravel section (without signs)

The track that climbs from Monasterio de la Vid to the vineyards and moorland has a good surface and a slope that is suitable for all types of bikes. However, as it does not form part of the hiking and MTB route, it is not signposted. There are several turnings but we must stay on the main track without turning off. In any case, the GPS or travel app will be useful if you have any doubts.



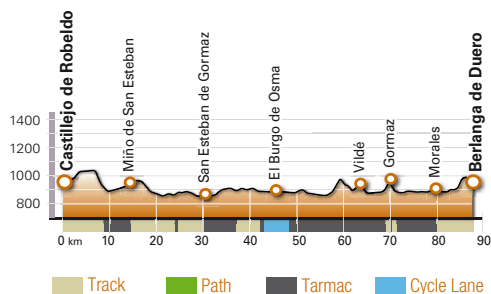
The Exile 3

Gravel travel guide

Castillejo de Robledo- Berlanga de D.

May 2025

UTM Desarríos



This is a long stage, but with only gentle slopes in the valley of the River Douro, where the unperturbed silhouette of Gormaz Castle accompanies us for much of the journey. The earth sections are mostly on farm tracks that are generally well conserved, with the possibility of opting for roads if there are puddles or mud. We will follow several sections of road without a hard shoulder, but with hardly any traffic, we will be able to enjoy the scenery.

Distance	87,5 km	Accumulated climb	900 m	Earth / Tarmac / Cycle lane	44 / 50 / 6 %
Physical difficulty	Medium	Accumulated descent	940 m	Signposting	In hiking and MTB sections
Technical difficulty	Low	Estimated time	6 h	IBP	Difficulty index 61

Castillejo de Robledo

(109 hab.)

km 0

9,2 km

Valdanzo

(34 hab.)

km 9,2

We set off along *Iglesia Street*, following a track with a good surface next to the *PR-SO 63* path that goes along the flat floor of *Valdespino* ravine between small fields. We come to a junction where a sign points to a track on the left that soon leaves the ravine and climbs a few metres to reach vast moorland. The *PR-SO 63* turns to the right, but we stay on the track in an endless straight section that side tracks join. The beautiful scenery varies from cereal fields to juniper copses. We reach a junction next to the *Valdecuercos corral*s where the track heads downhill following a small ravine and ends in **Valdanzo**.

Valdanzo

(27 hab.)

km 9,2

5,3 km

Miño de San Esteban

(39 hab.)

km 14,5

9,6 km

Aldea de San Esteban

(26 hab.)

km 24,1

6,2 km

From *Real Street*, we reach the road, which we take on the right as far as a crossroads. Here we leave the **hiking and MTB route** (which goes straight ahead to Valdanzuelo) and turn left on the *SO-P-4004* road towards **Miño**.

Section without signs: the route abandons the signposted hiking and MTB route

Leaving *Cleto Mill* behind, after 2.4km we re-join the **hiking and MTB route**, which we will follow to **San Esteban de Gormaz**. We continue at a good speed along a road with a good surface and hardly any traffic until we come to Miño de San Esteban.

We leave the town next to the spring on the *Soto de San Esteban* track and go past numerous farm buildings. The track has a firm compact surface. Despite several turnings, keep straight ahead along the main track and start a long descent, always towards the north-east. We come to a small copse of poplars next to the *Madre stream*.

Possible problems for cycling: the track next to the ravine may have puddles and high vegetation

The track runs parallel to the stream until it comes to a large stand of poplars. Here we must turn left, cross the stream and continue along the other bank. At a crossroads, the town of **Soto de San Esteban** is only 1km away along the track opposite, but we must turn 90° to the right along a level track and go past some farm buildings and wine cellars on our left. We continue to the south-east and gradually approach **Aldea de San Esteban**. We come to the road from **Miño**, and cross the *River Pedro* to enter the town along *Real Street*.

The Duero frontier

You are entering one of the major historical lands in the whole journey. From the 9th to the 11th centuries, the River Douro was an important frontier between the Christian and Muslim kingdoms. It was a vast borderland, but with a small population and dangerous. This is shown by the numerous castles and towers, which formed part of the Islamic surveillance system, as you will see from here onwards. These tracks that you are cycling along have also been travelled by the Counts of Castile, Abd al-Rahman III, Almanzor, and El Cid. And now you.

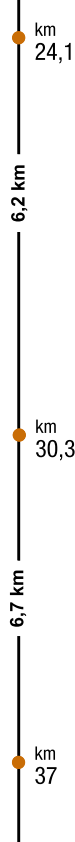
Gravel section (without signs)

The hiking and MTB Way of El Cid between Valdanzo and Miño de San Esteban follows a farm track with a surface that is difficult for gravel bikes. Therefore the gravel route takes a quiet road without any obstacles.

10

Aldea de San Esteban

(26 hab.)



San Esteban de Gormaz

(2.950 hab.)



Alcubilla del Marqués

(26 hab.)



Gravel section (without signs)

The **hiking and MTB Way of El Cid** after San Esteban de Gormaz follows farm tracks with a surface that is difficult for gravel bikes. Therefore the gravel route takes a quiet road without any problems.

We cross the town on that street and continue along an earth track. We take the first turning on the right and go on to a road. Pay attention because we continue for a few metres to the *N-110 road*, which we cross and continue on the track opposite. Ignore a turning on the left and stay on the main track. We come to a junction where another track joins (*Cañada Real Soriana Occidental*). We continue on the track, which crosses Inés Canal. We take a turning next to a building that heads towards **San Esteban de Gormaz** among small orchards. We come to the main road and turn right, leaving *San Roque Hermitage* behind. We cross the River Duero over a stone bridge and go to *Castile Gate* to reach the *Main Square*.

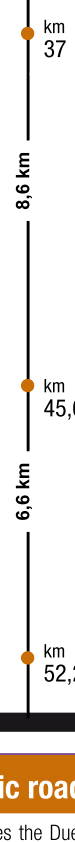
We set off again from the information point at the start of *Mayor Street*. Here we leave the **hiking and MTB route** as we have to continue on Valladolid Avenue towards **El Burgo de Osma**.

Section without signs: the route abandons the signposted hiking and MTB route

The long avenue turns into the *N-110 road* that we can cycle along quietly thanks to the wide hard shoulder until we reach the roundabout with access to the motorway after 1.5km. There we take the *old N-122 road*, with hardly any traffic, which runs parallel to the A-11 motorway. Pay attention because in little over 2.5km we must turn on to a track with a good surface on the right, next to the **Alcubilla del Marqués** bus stop. The unmistakable outline of the town can be seen from a distance and we soon reach it along the track.

Alcubilla del Marqués

(26 hab.)



El Burgo de Osma

(3.577 hab.)



La Rasa

(122 hab.)



We leave on *Poza Street*, joining the **hiking and MTB route** on an earth track with a firm surface. At a junction we meet the *GR-14 path* again on the left and the track continues with a very good surface between large cereal fields until it ends at a road, which we take on the right to come to the *El Burgo-La Rasa road (SO-P-4123)*. Keep on it on the left as far as the bridge over the *River Ucero*, where it crosses the *Gormaz road*. Go over the bridge and turn on to the pedestrian path that follows the bank of the river to **El Burgo de Osma**. We will later turn off and visit **Osma** across a bridge over the river. To reach the adjacent town of **El Burgo de Osma**, continue along the path by the *River Ucero* that soon reaches the houses and goes towards Cathedral Square.

We exit from *Cathedral Square* along *Palafox Street* and again come to the pedestrian path next to the river. We return to the bridge on the *Gormaz road*, which we cross and turn left. We again come to the junction in the previous section but go straight ahead along the *SO-P-4123 road* towards **La Rasa**. After 400m we come to the turning for *La Güera industrial estate*, where we leave the **hiking and MTB route**.

Section without signs: the route abandons the signposted hiking and MTB route

Go straight ahead along the road to **La Rasa**.



Scenic road

This section crosses the Duero at the village of **Navapalos**, which is mentioned in the Cantar poem, with its solitary Islamic watchtower. After the village, a short but enjoyable climb to a pass is followed by a descent to the natural space of the river, from where the great *caliphal fortress of Gormaz* can be glimpsed between the trees on the river bank. With free entry, this is one of the most important and fascinating sites in the Way of El Cid. Cycling tourists will sweat on the climb, but it is worth it; nobody is ever disappointed. Section with very little traffic.

Gravel section (without signs)

The **hiking and MTB Way of El Cid** after La Güera industrial estate follows farm tracks with a sandy surface that are difficult for gravel bikes. The gravel route therefore takes a quiet road without any problems.

11 **La Rasa**
(122 hab.)

Navapalos
(8 hab.)

Vildé
(46 hab.)

km 52,2
4,6 km
5,3 km
7,6 km

Navapalos

In Navapalos, a solitary Islamic tower is linked visually with other watchtowers in the area around Osma. They all form part of a sentinel network that extended along the Duero frontier. These surveillance systems, which communicated by light signals, could cover hundreds of kilometres. According to the Cantar, El Cid and his men, on the way into exile, crossed the River Duero across a ford near this village.

Key

- Gravel route
- Cycling Tourism Route
- Reduced cyclability
- Start/end of Gravel section (not signposted)
- GR Sections (Long Distance)
- Non-GR Section
- MTB Section (no trekkers)
- Type of surface
 - Road
 - Compact or tarmacked track
 - Track with irregular surface

0 m 1000 2000 4000

At the road junction next to the old railway station, take the **SO-P-4123 road** towards **La Rasa**. The road goes through an endless apple orchard where we re-join the **hiking and MTB route**. Just after crossing the bridge over the **River Duero** we come to a junction, where we turn on to a road on the left that leads to **Navapalos**.

We continue along the same road, and soon re-join the **La Rasa road (SO-P-4123)**. A few metres further on we turn off the road and take the **Vildé road** on the left (**SO-P-4228**). The winding road climbs between abandoned fields and scrubland with some unique views. Continue until descending to the town of **Vildé**.

Go on towards **Gormaz**. After a short climb, the road goes down to the banks of the **Duero**. A road joins on our right, but we continue next to the river to a crossroads next to the bridge over the river. An **MTB section** starts on the other side of the bridge and we will follow that (**MTB route**), as the **hiking route** goes up a path that cannot be done on a bicycle.

Gormaz Castle

Gormaz is the largest caliphal fortress in Europe and one of the legendary places on the Way of El Cid. Built by the Arabs, in 975 its Muslim garrison resisted bravely during a fierce Christian siege for over two months. Finally, Ferdinand I captured the castle in 1060. El Cid would later be the governor. The climb to the castle is hard but it is worth it. Visits are free and there you can rest and explore an authentic caliphal fortress. Moreover, the views are incredible. Half way, the Romanesque chapel of San Miguel contains fascinating medieval paintings.

Gormaz

(28 hab.)

Recuerda

(63 hab.)

Morales

(38 hab.)

Aguilera

(16 hab.)

Berlanga de Duero

(852 hab.)

km 69,8
4,1 km
7,6 km
km 73,9
5,5 km
km 79,4
4,6 km
km 84
3,3 km
km 87,3

Start of MTB section (5,2 km return journey)

From the **bridge** go along the old road to the **SO-160** and turn left. After 100m we leave the tarmac along a track with a good surface on the left (with the **GR-14, Duero Natural Path**), which climbs without any difficulties to **Gormaz**.

We return in the reverse direction to the **bridge over the River Duero** and the place where this **MTB section** started.

We cross the bridge again and go on to the crossroads. Here we leave the **hiking and MTB route** that goes to **Recuerda** along the track opposite, as we follow the **SO-P-4126 road** to the town.

From the access to the town on **Real Street (SO-160 road)**, take a turning on the left on to the **Morales road**.

☐ **Section without signs:** the route abandons the signposted hiking and MTB route

It's a very nice quiet road that goes down to the **River Duero** and quickly leads to **Morales**.

At this point, we re-join the **hiking and MTB route**. We will leave **Morales** from the crossroads at the entry to the town, where we take a track with a hard surface (**mill track**) on the right next to a modest football pitch. After a short descent, we reach the banks of the river, where some junipers are of a surprising spectacular size. The track continues next to the river as far as a bend that turns east. There is turning on the left but we continue straight ahead. We come to a wide junction where we turn left towards the east and the village that is now visible.

We leave along the road on the way out of the village towards **Berlanga**, where we take a track with a good surface on the left. The track continues with long straight sections between cereal fields and there is no confusion about its direction, as we follow the main track and ignore a couple of junctions, as far as **Berlanga**.

Gravel section (without signs)

The **hiking and MTB Way of El Cid** between **Recuerda** and **Morales** flows farm tracks and paths that are well defined but which include sections with a difficult surface for gravel bikes. The gravel route therefore takes a quiet road without any problems.



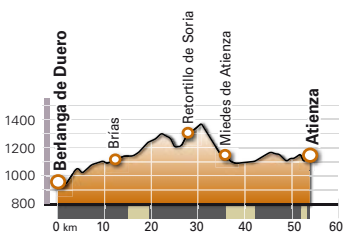
The Exile

Gravel travel guide

Berlanga de Duero - Arienza

May 2025

UTM Desarrollios



Track Path Tarmac Cycle Lane

Distance	53,8km	Accumulated climb	990 m	Earth / Tarmac / Cycle lane	22 / 78 / 0 %
Physical difficulty	Low	Accumulated descent	780 m	Signposting	In hiking and MTB sections
Technical difficulty	Low	Estimated time	4 h	IBP	Difficulty index 46

Berlanga de Duero

(852 hab.)



Paones

(6 hab.)

Brías

(16 hab.)

Abanco

(0 hab.)

0 km
5,8 km
7,1 km
13 km
15,1 km
11,8 km



We set off from the *main avenue* to head to the *SO-P-4132 road* towards *Retortillo*. After 250m the **hiking and MTB route** leaves along a track on the right, but we continue on the road.

Section without signs: the route abandons the signposted hiking and MTB route

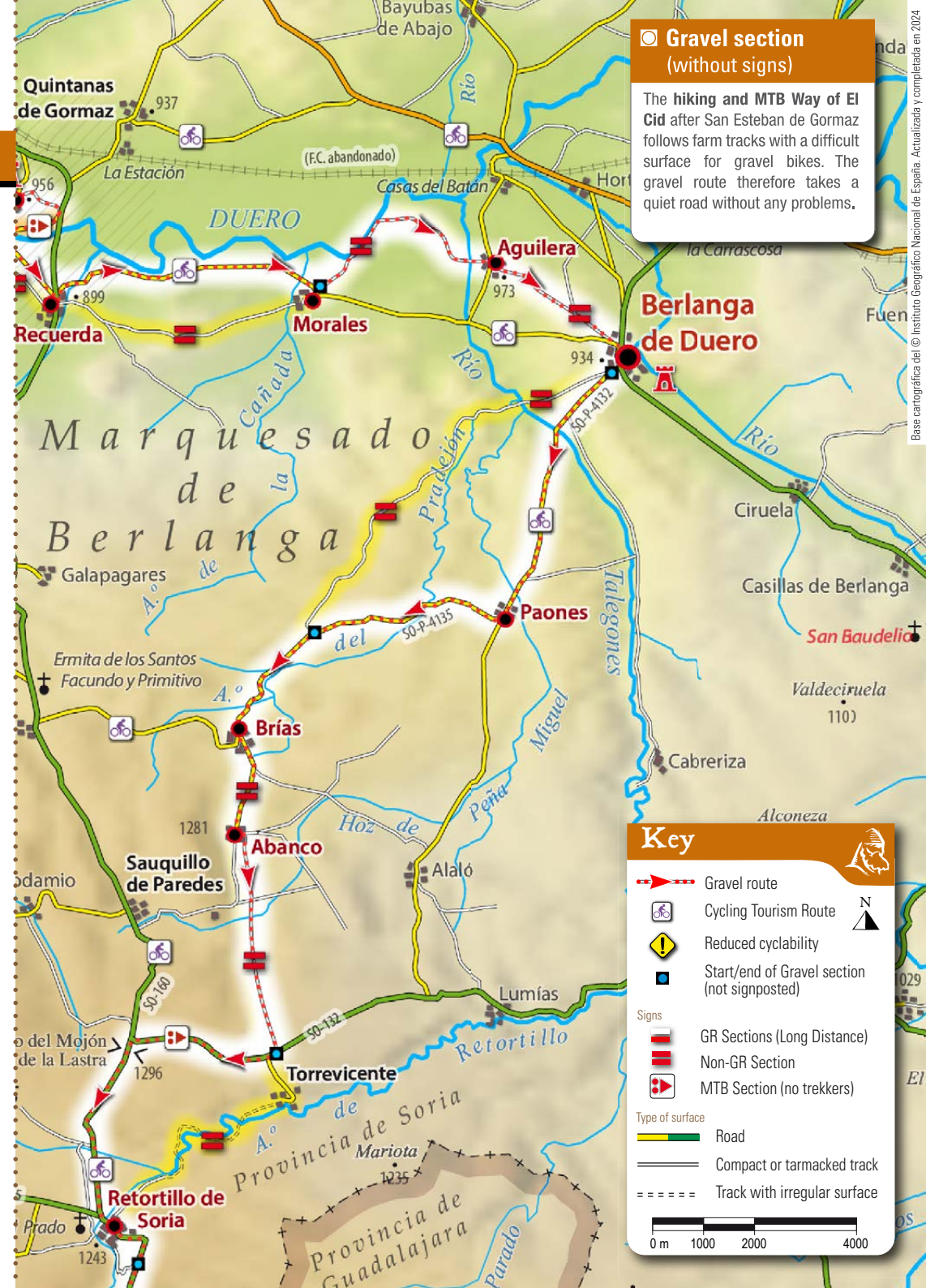
The road is quiet and has a good surface that allows us to make good time despite the small climb to **Paones**.

We cross the village along the main road to the junction at the exit next to the *Virgel Parral Hermitage*, where turn right on to the road towards **Brías** (*SO-P-4135*). After a slow climb of 4km in a lonely landscape, we again meet the **hiking and MTB route** which joins the tarmac from a track on the right. We continue at a good speed on the level road to **Brías**.

We go through **Brías** on *Real Street* to continue to the south of the village along the road towards **Abanco**. The whole way to **Abanco** we follow the local road with hardly any traffic.

We take the track from **Abanco** church next to a fountain. Continue on a farm track with a hard surface towards the south in an endless straight line. The *GR-86 path* joins along a side track, but we go straight ahead without altering direction. The track is comfortable and enjoyable as the surface is well maintained and makes cycling easy.

The track deteriorates at the municipal boundary as we head up a cultivated valley as far as the *SO-132 road*. Here we abandon the **hiking route** and the *GR-86* as we must continue on a **signposted section** of the **MTB route**.



Gravel section (without signs)

The **hiking and MTB Way of El Cid** after San Esteban de Gormaz follows farm tracks with a difficult surface for gravel bikes. The gravel route therefore takes a quiet road without any problems.

Key

- Gravel route
- Cycling Tourism Route
- Reduced cyclability
- Start/end of Gravel section (not signposted)
- Signs
- GR Sections (Long Distance)
- Non-GR Section
- MTB Section (no trekkers)
- Type of surface
- Road
- Compact or tarmacked track
- Track with irregular surface

0 m 1000 2000 4000

Retortillo de Soria

(143 hab.)

Miedes de Atienza

(58 hab.)

Romanillos de Atienza

(31 hab.)

Casillas

(3 hab.)

Bochones

(8 hab.)

Atienza

(434 hab.)

11,8 km
km 27
8,1 km
km 35
7,2 km
km 42,3
3,3 km
km 45,7
1 km
km 46,8
7,2 km
km 54

▶▶ Start of the MTB section (7,5 km)

Turn right on to the *SO-132 road*, leaving behind the signs for the **hiking Way of El Cid**. We soon go past the turning to the **Torreveciente** road and cycle up a moderate climb to the junction with the *SO-160 road* at the *height of Mojón de la Lastra Pass*. Continue to the left and enjoy a comforting descent to **Retortillo de Soria**.

☐ **Section without signs:** the route abandons the signposted hiking and MTB route

We exit the village from the *Arco de Oriente* (Upper Gate), where we leave the **hiking and MTB route** briefly inside the village, as we follow the *SO-160 road* towards **Miedes de Atienza**.

The road climbs slowly and after less than 1 km the **hiking and MTB route** joins us and continues along the tarmac. Shortly after crossing the **provincial boundary of Guadalajara**, we reach *Alto de la Carrascosa*, where the **hiking route** turns on to a path on the right while we continue down the road.

▶▶ Start of an MTB section (4,2 km)

The **MTB Way of El Cid** descends steeply down the *CM-1005 road* to the town of **Miedes**, where it re-joins the **hiking Way of El Cid**. This is a descent of over 200m in about 4km without a hard shoulder and with very sharp bends.

⚠ Take great care and control your speed.

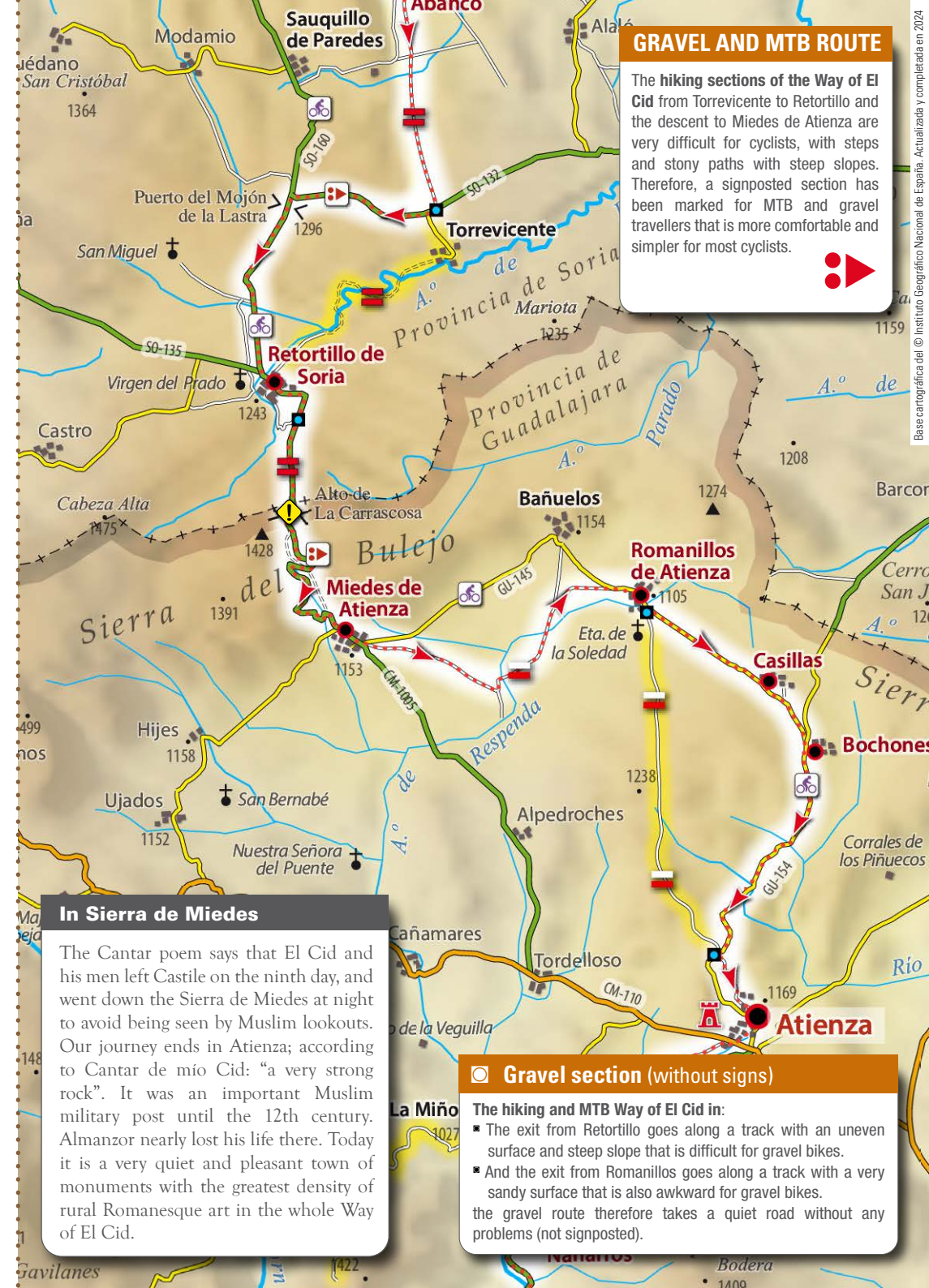
We leave from the square, next to the fountain, and go through the town on *Barliquera Street*. Cross the *Bañuelos road* and continue along the track opposite. Follow the main track between endless farmland in a wide plain, and ignore several perpendicular side tracks. We come to a crossroads and the track turns abruptly to the left and crosses the small *Respenda stream*. The line of the track might be eliminated by ploughing. Continue towards the north-east and after crossing a stream, turn right at a junction. After a bend to the right, the track comes to a road and we take it on the right, towards the close-by village of **Romanillos**.

We go towards **Atienza** along the *GU-154 road* as far as the *Soledad Hermitage*, where we leave the **hiking and MTB route** to continue along the road to the junction near **Casillas**.

☐ **Section without signs:** the route abandons the signposted hiking and MTB route

Keep on the *GU-154 road* without any difficulties to the junction with the access to **Bochones**.

We stay on the *GU-154 road*, which leaves behind the agricultural scenery and enters scrubland with the impressive silhouette of **Atienza** on the skyline. The **hiking and MTB route** joins us after 5 km and we soon leave the tarmac for a track that heads downhill on the left. We reach the *Virgen del Val Hermitage* and follow a concrete track that soon takes us to the lower part of **Atienza**, next to remains of the town walls and near *San Bartolomé church*.



GRAVEL AND MTB ROUTE

The **hiking sections of the Way of El Cid** from Torreveciente to Retortillo and the descent to Miedes de Atienza are very difficult for cyclists, with steps and stony paths with steep slopes. Therefore, a signposted section has been marked for MTB and gravel travellers that is more comfortable and simpler for most cyclists.

In Sierra de Miedes

The Cantar poem says that El Cid and his men left Castile on the ninth day, and went down the Sierra de Miedes at night to avoid being seen by Muslim lookouts. Our journey ends in Atienza; according to Cantar de mio Cid: "a very strong rock". It was an important Muslim military post until the 12th century. Almanzor nearly lost his life there. Today it is a very quiet and pleasant town of monuments with the greatest density of rural Romanesque art in the whole Way of El Cid.

☐ Gravel section (without signs)

The **hiking and MTB Way of El Cid** in:

- The exit from Retortillo goes along a track with an uneven surface and steep slope that is difficult for gravel bikes.
- And the exit from Romanillos goes along a track with a very sandy surface that is also awkward for gravel bikes. the gravel route therefore takes a quiet road without any problems (not signposted).