



CASTILLA-
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WALKS, FOOTPATHS AND TRAILS

A photograph of a person walking away from the camera down a dirt path in a forest. The path is flanked by tall, thin trees, and long shadows are cast across the ground. The sun is high in the sky, creating a bright lens flare effect. The person is wearing a dark jacket and a hat.

Source of the Mundo river. Riópar. (Albacete).

LEARN ABOUT THE HISTORY of Castilla-La Mancha. We showcase the region's rich heritage and stunning natural destinations, exploring another world and meeting new people. Paths become intelligible lines, helping us to make sense of the world. From small routes suitable for all ages, to long hikes spanning several days, travelling through valleys and mountains. Walking requires no training or special skills and helps us to escape from stress and anxiety. In addition to its health benefits, walking also affects our spirit and really helps us **to discover the world we inhabit.**



TAKING THE PATH

There are several ways and multiple options for seeing scenery. For time immemorial, writers, wise men, philosophers and prophets from all walks of life, and the foundational texts of almost all major religions, have evoked the metaphor of the road. Castilla-La Mancha, a crossroads and for centuries borderlands, offers a dense network of trails, paths, glens and hikes, allowing visitors to travel the region from north to south and east to west.

Walking is a healthy way of tasting the region's natural and cultural treasures, learning about the history of the local towns and cities, and meeting the people. It also raises environmental awareness and boosts socio-economic development in the countryside.

From long hikes taking several days to small strolls, there are an infinite number of options available through the region's thousands of kilometres of trails. The suggestions set forth in these pages cover trails with a degree of official approval, or which are at least signposted, so they are easy to follow. However, please remember that you should always be aware of the condition of the trails and the weather and should set out with the right equipment.

LONG DISTANCE TRAILS

The Long Distance (GR) trails spread across Spain. They are signposted with white and red markings, are approved by mountain federations and cover at least 50 kilometres and up to several hundred. Therefore, several days are required to hike them. That said, you have the option of selecting a stretch or section and hiking in line with the time available. Many of these trails cross Castilla-La Mancha.

From Valencia to Lisbon. GR 10. 1,112 km

This trail connecting the Mediterranean and the Atlantic maps out a line crossing Spain from east to west. After crossing the Valencian Community, the path enters Tereul province to cross Aragón and continue through the lands of Castilla-La Mancha, Madrid and Castile and León. In Guadalajara province, it visits Orea, Checa, Chequilla, Peralejos de las Truchas, Huertahernando, Ocentejo, Cifuentes, Las Inviernas, El Sotillo, Torremocha del Campo, Mandayona, Villaseca de Henares, Matillas, Bujalaro, Jadraque, Cogolludo, Arbancón, Tamajón, Retiendas, Valdesotos and Tortuero. A journey through history, exploring stunning landscape such as the Alto Tajo Natural Park.

Pico Ocejón. (Guadalajara).



Black Architecture Villages. GR 60. 62 km

The Sierra Norte de Guadalajara Natural Park is home to exceptionally diverse scenery and culture. It spans mountains and massifs, including the sources of the Jarama, Sorbe and Lozoya rivers. The range of flora and fauna give the region even greater natural value. The towns encountered along the way –Majaelrayo, Cantalojas, Valverde de los Arroyos, Almiruete, Tamajón and Campillo de Ranas– round off an impressive cultural and ethnographic value. Its distinctive architecture deploys slate in the walls and roofs of local buildings.

Viriato Trail. GR 63. 141 km

The Viriato Trail -named after a Portuguese leader who found refuge in these lands during the fight against the Romans- covers old paths, lanes and glens connecting the towns of the Toledo region of Sierra de San Vicente. The trail's 141 kilometres are divided into 19 stages. Showcasing impressive nature and rich landscapes, the trail visits Navamorcuende, Hinojosa de San Vicente, Marrupe, Sotillo de las Palomas, Segurilla, Cervera de los Montes, Pepino, San Román, Cazalegas, Cardiel del los Montes, Castillo de Bayuela, Garciotún, Nuño Gómez, Pelahustán, El Real de San Vicente, Almendral de la Cañada, La Iglesuela, Sartajada and Buenaventura.



The Manchuela Tour. GR 64. 120 km

This itinerary travels through the lands of La Manchuela, in the far southeast of Castilla-La Mancha. These vast, fertile plains of rugged land featuring the courses of the Júcar and Cabriel rivers, are shared by the provinces of Cuenca and Albacete. The trail departs from Mira in Cuenca and reaches Villagordo del Júcar in Albacete to travel through the lands of Collado, El Charandel, Enguádanos, Alarcón, El Picazo and Casas de Benítez.

Castellanomanchego Trail. GR 66. 630 km

This stunning trail, featuring breathtaking natural and cultural value, crosses the region from north to south, visiting the provinces of Guadalajara, Cuenca and Albacete until reaching Andalusia and Murcia. It passes through Algar de Mesa, Villar de Cobeta and Puente de San Pedro, entering the heart of the Cuenca Mountains –crossing the local capital– and continues to La Manchuela via the Cabriel river. After entering Albacete province, the route follows the old Baeza-Utiel railway line and passes close to the provincial capital, until reaching the Alcaraz and Segura mountain ranges, ending in Nerpio. An alternative route joins Calmarza and Tartanedo.

Nerpio. (Albacete).



Mundo river Trail. GR 67. 131 km

The trail connects the Albacete towns of Alcaraz and Hellín. It begins by following the Mundo river as far as the Talave reservoir, passing through Mesa, Paterna de Madera, Bogarra, Ayna and Liétor. These are the borderlands between Al-Andalus and Castilla with a rich historical and artistic heritage. The undisputed star natural attraction is the Mundo river and its stunning source in the middle of a large rock face.

The Segura Circuit. GR 68. 177 km

This circuit travels through the stunning Segura mountain range scenery, spanning the towns of Elche de la Sierra, Férez, Socovos, Letur, Nerpio, Yeste and Molinicos, all in Albacete province. Rugged summits, deep canyons, narrow valleys, dense forests, crystalline rivers, strange sinkholes, stunning lookout points and picturesque towns. The uniquely attractive lands of the Segura mountains are a stunning area featuring some of Castilla-La Mancha's most beautiful scenery.

The Huete / Cuenca-region La Alcarria Circuit. GR 69. 190 km

The trail departs and ends in Huete, Cuenca province, a small town with rich monumental heritage. The circuit's highlights include Ercávica, in Cañaveruelas, a perfect example of a Hispanic-Roman city. We are in the heart of the Cuenca-region Alcarria, and our journey encompasses Caracenilla, Castillejo del Romeral, Cuevas de Velasco, La Ventosa, Villarejo del Espartal, Olmedilla de Eliz, Castillo Albaráñez, Arrancacepas, Albalate de las Nogueras, Villaconejos de Trabaque, Priego, Albendea, Valdeolivas, Villar del Infantado, Castejón, Alcohujate, Cañaveruelas, Villalba del Rey, Tinajas, Portalrrubio de Guadamejud, Valdemoro del Rey and Moncalvillo.

The Cristal de Hispania Route. GR 163. 163 km

From the Hispanic-Roman city of Ercávica to San Clemente, this trail crosses Cuenca province from north to south, travelling through the Cuenca regions of La Alcarria and La Mancha. The route, known as El Cristal de Hispania –Lápis Specularis–, travels the road taken by the crystalline gypsum from the mines to the coastal Mediterranean areas for distribution throughout the Roman Empire. It visits Ercávica, Villalba del Rey, Moncalvillo de Huete, Huete, Carrascosa del Campo, Villas Viejas, Villarejo de Fuentes, Alconchel de la Estrella, Villar de la Encina, Santa María del Campo Rus and San Clemente.



Jarama Trails. GR 88. 220 km

Designed as an alternative to the trail crossing the peninsula from Valencia to Lisbon, this route leaves the Community of Madrid from the Pontón de la Oliva dam and after travelling the northern zone of the Madrid mountain range, ventures a few kilometres into Guadalajara, passing through El Cardoso until reaching the Peña Cebollera peak.

Las Villuercas Nature Trail. GR 116. 62 km

The end or beginning, depending on your point of departure, of this trail ventures into Toledo province, visiting Puerto de San Vicente and reaching the old Santa Quiteria station. The path travels through Las Villuercas region and connects the Nature Vegas del Guadiana Trail with the Vía Verde de la Jara path.

Hannibal Trail. GR 500. 24 km

The route begins at the Cañada-Venta Nueva junction, on the border of Ciudad Real and Jaén provinces. It is part of the bona fide Hannibal trail, which he travelled with his elephants to Rome. The trail passes through the towns of Puebla del Príncipe, Santa Cruz de los Cáñamos, Terrinches, Albaladejo and Villanueva de la Fuente.



The Cuenca or ‘De Los Serranos’ Glens. GR 164. 132 km

This trail travels from north to southeast in Ciudad Real province, following part of the old ‘Cañada Real’ (Royal Glen), a transhumance path for cattle searching for pastures, between Teruel and Sierra Morena. The route comprises six sections, beginning at the San Isidro hermitage near Socuéllamos, and ending at the Jaén province border. The trail passes through Casa del Aljibe, Casa de Hervias, Ruidera, Casa del Pozo de las Chozas, Alhambra, Puerto de Vallehermoso, Pozo de la Serna, Puente del Alamillo and Cambrón.

NATURAL TRAILS

In 1993, the Ministry of Environment and Agriculture, Fisheries and Food launched the Nature Trails Programme. Since then, the old railway lines, canals, towpaths, cattle drive trails, paths and former public roads have been turned into 10,000 kilometres of signposted routes spanning the whole range of Spanish geography. Walkers come into close contact with the natural environment, and learn about nature and the scenery, as well as rural development. Many of these paths are large trails split into several sections. However, walkers have the option of choosing a single section and adapting it to physical ability and time available.

Tajo Nature Trail. 1,019 km

One of the longest and most spectacular routes on offer in Spain is the Tajo Nature Trail, also known as GR 113. The trail follows the flow of the Tajo river from its source in the Montes Universales mountain range to the Portuguese border in Cedillo. The natural value found along the way combines with historical, cultural and ethnographic heritage. The path goes from east to west through the Teruel, Guadalajara, Madrid, Toledo and Cáceres. In Castilla-La Mancha, it visits the towns of Peralejos de las Truchas, Poveda de la Sierra, Zaorejas, Villar de Cobeta, Huertapelayo, Valtablado del Río, Trillo, Mantiel, Alocén, Sacedón, Sayatón, Zorita de los Canes and Almodovar, in Guadalajara; and Albarreal de Tajo, Puebla de Montalbán, Malpica de Tajo, Talavera de la Reina, Calera y Chozas, Aldeanueva de Barbarroya and Puente del Arzobispo in Toledo province.



Guadiana Nature Trail. 1,004 km

Another stunning route –GR 114– follows the course of the Guadiana river through the provinces of Albacete, Ciudad Real, Cáceres, Badajoz and Huelva. Travellers visit privileged, protected natural spaces. In Castilla-La Mancha, the trail visits Ruidera, Argamasilla de Alba, Alameda de Cervera, Villarta de San Juan, Villarrubia de los Ojos, Santuario de la Encarnación, Peralvillo, Las Casas, Valverde, Corral de Calatrava, Los Pozuelos de Calatrava, Luciana and Puebla de Don Rodrigo.

La Mancha Wetlands Nature Trail. 150 km

This route visits the main lakes in the La Mancha wetlands, included as part of the Natura 2000 network and catalogued, along with other protected areas, as a Biosphere Reserve. The trail is divided into five stages and six sections spanning the provinces of Toledo, Ciudad Real and Cuenca. The calm lake waters, the often idyllic scenery, the elegance of some of the towns and the quixotic La Mancha atmosphere take centre stage along this route, which takes in Villacañas, Quero, Villafranca de los Caballeros, Alcázar de San Juan, Pedro Muñoz, Campo de Criptana, Manjavacas and Las Mesas.

Laguna Grande. Quero. (Toledo).



María Cristina Canal Nature Trail and its sections. 33 km

Work on this channel first began in 1804, under the reign of Charles IV, to drain the Júcar's waters towards the standing water areas surrounding Albacete. The path is divided into five sections, following the course of the most important channels of this impressive engineering work.

Sierra de Alcaraz Nature Trail. 55 km

Beginning along the old railway line between Baeza and Utiel, which never saw any train traffic, the trail now welcomes cyclists and hikers who enjoy the landscape along an easy route in Albacete province. Setting out from the Albacete capital, the route crosses rural La Mancha passing canals, poplars, old tunnels and lakes, visiting the outskirts of Balazote, El Jardín, Villalgordo, El Cubillo, Robledo, El Horcajo, Solanilla, the Cortes Sanctuary, Alcaraz, Reolid, Villapalacios and Bienservida until reaching the provincial border of Albacete.

CAMINO DE SANTIAGO

The Camino de Santiago is one of the three main pilgrimages for Catholics around the world, along with Jerusalem and Rome. There are several 'ways' of doing the Camino. Four major routes pass through Castilla-La Mancha: the Levante Trail, the South-east Trail, the Wool Route and the La Mancha Trail.

Levante Trail. 750 km

Departing from Valencia and heading to Zamora, where it joins the Silver Route from Seville. It comprises 27 sections. 16 of these unfold in Castilla-La Mancha. The trail first explores the Albacete province, with the rolling Almansa hills, and heads towards the vast plains of Chinchilla de Montearagón, the city of Albacete and La Roda. Later, now in the Cuenca region, the beautiful city of San Clemente, following by Cervantine landscape par excellence: Mota del Cuervo, El Toboso, Quintanar de la Orden, La Villa de Don Fadrique, Villacañas, Tembleque, Mora and Toledo. From there, the trail visits the Torrijos area then arrives in Escalona.





South-east Trail

Sale desde Alicante y recorre más de 300 poblaciones, en 28 etapas, hasta Benavente (León), donde se une al Camino Francés. Al igual que el camino levantino, se adentra en nuestra región por la provincia de Albacete pero, esta vez, por Caudete, pasa por Pétrola y, desde allí, el itinerario es prácticamente idéntico al del Camino de Levante.

The Wool Route

The trail mainly follows rural paths used by shearers during transhumance, from La Mancha to Burgos. The full journey comprises 23 stages. In Albacete province, we pass through Alpera, and from there, head towards Alcalá del Júcar. After, we hike to Cuenca. Lastly, now in the Guadalajara region, we follow in El Cid's footsteps and marvel at Roman architecture surrounded by stunning nature: Viana de Jadraque, Huérmeces del Cerro, Santiuste, Riofrío del Llano... as far as stunning Atienza.

La Mancha Trail. 150 km

From Ciudad Real to Toledo, this route is split into five stages and connects with the South-east Trail. Predominantly a journey through a La Mancha territory rich in history. The first stop is in Malagón, and from there, to Urda, Los Yébenes, Orgaz, Sonseca, Ajofrín and, lastly, Toledo.

Mora. (Toledo). / Montesclaros (Toledo).



EL CID TRAIL. 1,460 km

The El Cid Trail is one of Spain's great hiking adventures. This marvellous tourism and cultural itinerary crosses Spain from north-west to south-east, following in El Cid's footsteps. The main travel guide used along the journey is *El Cantar de mio Cid*, ('The Poem of the Cid'), a universal epic in Medieval literature. The trail sets out in Vivar del Cid, Burgos, ends in Valencia and travels through areas of great environmental, historical and cultural richness. In Castilla-La Mancha, the route ventures into Guadalajara province via the southern slopes of the Pela mountain range and begins in the small town of Miedes de Atienza. It takes in Atienza, Robledo de Corpes, Hiendelaencina, Congostrina, Jadraque, Castejón de Henares, Mandayona, Sigüenza, Alcolea del Pinar, Anguita, Luzón and Maranchón, among other towns, before visiting Aragon. After exploring Zaragoza and Teruel, the trail returns to Castilla-La Mancha. Here, travellers visit Señorío de Molina, passing through El Pedregal, El Pobo de Dueñas, Castellar de Muela, Tordelpalo, Molina de Aragón, Ventosa, Torete, Lebrancón, Escalera, Fuembellida, Terzaga, Chequilla, Checa and Orea. A third option involves exploring the Álvar Fáñez section until reaching the gates of Alcalá de Henares, passing through Hita and Guadalajara.

Virgen de la Hoz. Ventosa. (Guadalajara).



VÍAS VERDES (GREEN WAYS)

Over 2,700 kilometres of unused railway lines have been converted into cycling and hiking routes under the Vías Verdes Programme, coordinated by the Spanish Railways Network. In Castilla-La Mancha, we can explore:

Sierra de Alcaraz Vía Verde. 74 km

This itinerary takes us from Albacete, first criss-crossing the Albacete plains -flat, agricultural lands- and then immerses us in the Jardín river basin, land that gives way to sharp, rugged scenery such as the Cortes Sanctuary, nestled in the Alcaraz mountains, with a pit stop in El Jardín.

Poblete Vía Verde. 5.7 km

A route to the gates of Ciudad Real, following the high-speed rail lines.

San Quintín Mines Vía Verde. 1 km

A small trail in the surroundings of the Almodóvar del Campo (Ciudad Real) city centre.

Tajuña II Vía Verde. 12.6 km

The old Tajuña railway line tracks lead us to La Alcarria territory (Guadalajara) from the Tajo river surroundings to Tajuña, through fertile agricultural lands to then cross lush Mediterranean forests in Umbría as far as Mondéjar, in a journey towards the border with the Community of Madrid.

Jara Vía Verde. 51 km

The route travels along the old railway line that joined the Toledo-region towns of Calera y Chozas and Santa Quiteria, which never entered operation. The trail can easily be done on bike, foot or horseback. It crosses six viaducts and goes through eighteen tunnels. The route begins at the Calera y Chozas railway station. The path crosses the Tajo river over a large viaduct nestled in a dramatic valley in the Azután reservoir. Aldeanueva de Barbarroya is the only town visitors will encounter along the route. About halfway through the journey, a couple of old train carriages provide accommodation and a restaurant respectively. The Huso river acts as a travel companion for several kilometres until reaching the Santa Quiteria station.



From Villacañas *El Trenillo* to Quintanar de la Orden *Vía Verde*. 26 km
The trail, popularly known as ‘el trenillo’, follows the old, early 20th-century railway line in the heart of the Toledo-region La Mancha countryside, which connected Villacañas and Quintanar de la Orden, passing through the towns of Villa de Don Fadrique and Puebla de Almoradiel.

GUADALUPE TRAILS

The Santa María de Guadalupe Royal Monastery is Spain’s second most popular pilgrimage after the Camino de Santiago. From Toledo province, numerous pilgrim trails begin. From Talavera de la Reina, the Old -or Talavera- Trail, sets out, passing through Alberche del Caudillo, Alcolea del Tajo and Puente del Arzobispo; the Bandoleros Trail, which crosses Las Herencias, Aldeanueva de Barbarroya, La Estrella, Aldeanueva de San Bartolomé, Mohedas de la Jara and Puerto de San Vicente; and the Nuevo Jareño Trail, which reaches Guadalupe after passing through El Membrillo, Alcaudete de la Jara, Belvís de la Jara, La Nava de Ricomalillo, El Campillo de la Jara and the San Vicente bridge. The Toledo trail reaches this final town after leaving Los Navalmorales and passing through Espinoso del Rey.

SHORT TRAILS

Alongside the Long Distance (GR) trails, we also find an extensive network of Short Hiking Trails (PR) and Local Trails (SL). As with the ‘bigger brothers’, these are signposted trails approved by the Castilla-La Mancha Mountain Sports Federation, with characteristics making them accessible to most users, almost all year round. The PRs, signposted with white and yellow signs, are less than 50 kilometres long and can be hiked in less than a day. The SLs, signposted with white and green signs, are less than 10 kilometres long. Thousands of kilometres of trails and paths spread across 160 routes, which allow us to calmly visit Castilla-La Mancha’s most beautiful natural spots.

SHORT TRAILS IN CASTILLA-LA MANCHA

ALBACETE

PR-AB1	SENDERO VOLCÁN DE CANCARIX	10.2 km	Albacete
PR-AB2	EL MADRONO Y LA FLORIDA	8.8 km	Albacete
PR-AB3	CAMINO DE LOS CUCOS	22.1 km	Albacete
PR-AB6	SENDERO DEL RÍO JÚCAR	23.2 km	Albacete
PR-AB10	CIRCULAR ARDAL	79.7 km	Albacete
PR-AB11	CIRCULAR FUENSANTA	77.5 km	Albacete
PR-AB12	LA CRUZ DE SAN CRISTÓBAL	14.8 km	Albacete
PR-AB13	CAÑADA DE LA PLATA Y COTICO	17.8 km	Albacete
PR-AB20	CAMINO HISTÓRICO PATERNA-PEÑASCOSA	13.7 km	Albacete
PR-AB21	CAMINO HISTÓRICO PATERNA-ALCARAZ	21.6 km	Albacete
PR-AB22	CAMINO HISTÓRICO PATERNA-VIANOS	21.4 km	Albacete
PR-AB23	CAMINO HISTÓRICO PATERNA-RIÓPAR	17.0 km	Albacete
PR-AB24	CAMINO HISTÓRICO PATERNA-CAÑADA PROVENCIO	16.2 km	Albacete
PR-AB25	CAMINO HISTÓRICO 1 PATERNA-VEGALLERA	8.9 km	Albacete
PR-AB26	CAMINO HISTÍRICO 2 PATERNA-VEGALLERA	10.9 km	Albacete
PR-AB27	CAMINO HISTÓRICO 1 PATERNA-BOGARRA	19.3 km	Albacete
PR-AB28	CAMINO HISTÓRICO PATERNA-CATAMAREJOS	9.5 km	Albacete
PR-AB29	JUANFRÍA-RÍO MADERA	13.1 km	Albacete
PR-AB30	CATAMAREJOS-CORTIJO DE TORTAS	23.1 km	Albacete
PR-AB31	SENDERO DEL CALAIRE	10.5 km	Albacete
PR-AB32	SENDERO DEL TEJO VIEJO	17.8 km	Albacete
PR-AB33	BATÁN DEL PUERTO-MOHEDAS	11.2 km	Albacete
PR-AB34	POR EL PICO CABEZA Y SIERRA VERACRUZ	11 km	Albacete
PR-AB35	DE CRUCETILLAS AL ENCEBRICO	14.1 km	Albacete
PR-AB36	SENDERO DEL MENCAL	7 km	Albacete
PR-AB37	POR LAS SIERRAS DE PINO CANO	9.2 km	Albacete

PR-AB40	CUEVA DE LOS ÁNGELES	12.8 km	Albacete
PR-AB41	TOLLO DE LA TORTUGA-TAMAYO	14.6 km	Albacete
PR-AB42	PASEO POR LAS HUERTAS	13.2 km	Albacete
PR-AB44	ruta de las Estrellas	10.9 km	Albacete
PR-AB50	DE CAUDETE AL CERRO DE LA OLIVA	13.5 km	Albacete
SL-AB11	SUBIDA AL BANADERO	7.4 km	Albacete
SL-AB12	SENDERO DEL PERALEJO	3.1 km	Albacete

CIUDAD REAL

PR-CR3	LA BIENVENIDA - ENCINA MILENARIA	25.5 km	Ciudad Real
PR-CR15	SENDERO DE LOS CHOZOS	16.6 km	Ciudad Real
PR-CR16	TERRINCHES CULTURAL Y HOCES SAN ISIDRO	8.4 km	Ciudad Real
PR-CR17	CERRO CONEJERO Y RAMAL TAURINO	21.1 km	Ciudad Real
PR-CR18	RUTA ARQUEOLOGICA Y PUNTOS BIC	23.8 km	Ciudad Real
PR-CR23	RUTA DEL CRISTO A PIEDRAL	13.5 km	Ciudad Real
PR-CR24	LUCIANA-RIO GUADIANA-EL CHIUERO	17.1 km	Ciudad Real
PR-CR26	PIEDRABUENA-VOLCAN DE LA ARZOLLOSA	15.6 km	Ciudad Real
PR-CR27	LOS CORTIJOS-VALDEIBA 1	4.6 km	Ciudad Real
PR-CR36	VALLE DE ALCUDIA	7 km	Ciudad Real
PR-CR37	VALDEGUTIERREZ-EL JAROSO	9.2 km	Ciudad Real
PR-CR38	CHARCO DEL TAMUJO	9.6 km	Ciudad Real
PR-CR39	BONAL DEL MORRO DE LA PARRILLA	8.9 km	Ciudad Real
PR-CR40	PIEDRABUENA-PUERTO DE LOS MAJALES	10.9 km	Ciudad Real
PR-CR41	EL ROBLEDO-CASAS DEL RIO	10.1 km	Ciudad Real
PR-CR42	EL ROBLEDO-CUEVA DEL MORO	9.2 km	Ciudad Real
PR-CR43	FERNANCABALLERO-EL CONGOSTO	13 km	Ciudad Real
PR-CR44	DEHESA CORTADA-FTE BLANCA-VILLAHERMOSA	9.6 km	Ciudad Real

CUENCA

PR-CU1	HOZ SOMERA Y CASTILLEJOS	8.3 km	Cuenca
PR-CU2	LAGUNA GRANDE Y EL TORCAL DE LAGUNASECA	13 km	Cuenca
PR-CU3	EMBALSE DE LA TOSCA	13.3 km	Cuenca
PR-CU4	SENDERO DE LAS DEHESAS	20.2 km	Cuenca
PR-CU5	NACIMIENTO DEL GUADIELA	10.9 km	Cuenca
PR-CU6	SENDERO DE LOS HELECHALES	7 km	Cuenca
PR-CU7	RUTA DEL MASEGAR	9.8 km	Cuenca
PR-CU9	VALLE DE GUADAMEJUD	2.6 km	Cuenca
PR-CU11	SENDERO DEL AGUA	12 km	Cuenca
PR-CU12	SENDERO DE ORCHOVA	17 km	Cuenca
PR-CU13	SENDERO DE LAS HIGUERUELAS	27.7 km	Cuenca
PR-CU14	SENDERO DE TORRELAHUERTA	8 km	Cuenca
PR-CU15	SENDERO COLLADO DE LA PLATA	8 km	Cuenca
PR-CU16	SENDERO FUENTE DEL TEJO	17.4 km	Cuenca
PR-CU17	SENDERO CUEVA DEL HOYO	10 km	Cuenca
PR-CU18	SENDERO DE LA SIERRA	13.5 km	Cuenca
PR-CU19	SENDERO DE LOS ALTOS	15 km	Cuenca
PR-CU21	RUTA DE LA HOCECILLA	8 km	Cuenca
PR-CU24	CERRO LA CALERA Y LOS VALLEJOS	15 km	Cuenca
PR-CU26	RUTA DE LA FUENTE DE LA HERRERÍA	15.1 km	Cuenca
PR-CU27	PRADO NAVELLIA	13 km	Cuenca
PR-CU28	FUENTECILLAS Y LOS CALLEJONES	12 km	Cuenca
PR-CU30	GOLLIZNO Y LAS CANTERAS	14 km	Cuenca
PR-CU33	BARRANCO SANTA MARÍA Y PIEDRA YUNQUE	18 km	Cuenca
PR-CU34	RUTA DEL CERRO SAN CRISTÓBAL	15.3 km	Cuenca
PR-CU35	RUTA DE LOS CEÑOS	16 km	Cuenca
PR-CU36	HOZ DEL HUÉCAR	7 km	Cuenca
PR-CU37	EL ESCALERÓN Y LA RAYA	9 km	Cuenca
PR-CU38	SENDERO DE LOS ARROYOS	10 km	Cuenca

PR-CU39	SENDERO DE LA VEGA	7 km	Cuenca
PR-CU40	CAMINO DE ALTOMIRA	11 km	Cuenca
PR-CU41	RUTA FUENTE DEL GALLO	12.5 km	Cuenca
PR-CU42	RUTA MIRADOR DEL RODENAL	15 km	Cuenca
PR-CU43	RIBERA DEL ESCABAS Y CERROYA	7.5 km	Cuenca
PR-CU44	RUTA DE LOS PASTORES	17.5 km	Cuenca
PR-CU45	SIERRA ALTOMIRA CON ALBALATE	12 km	Cuenca
PR-CU46	RUTA DE LAS CARAS	14.5 km	Cuenca
PR-CU47	ERMITA DE NUESTRA SEÑORA DE LOS DESAMPARADOS	6 k	Cuenca
PR-CU48	DE LA ALCARRIA A LA SIERRA	20 km	Cuenca
PR-CU49	VALLE DEHESILLA Y ALTO NAVA	11.5 km	Cuenca
PR-CU50	SENDERO DE LA HOZ DEL AGUA	8 km	Cuenca
PR-CU51	SENDERO DE LAS FUENTES	31.5 km	Cuenca
PR-CU53	DE LAS CHORRERAS	13.5 km	Cuenca
PR-CU54	SENDERO DE LOS CUATRO RÍOS	20.1 km	Cuenca
PR-CU55	VUELTA A LA CABEZA DE VILLORA	15.5 km	Cuenca
PR-CU56	SENDERO DE LAS NAVAS	18.5 km	Cuenca
PR-CU57	SENDERO DEL PAJAZO	9.5 km	Cuenca
PR-CU58	SENDERO DEL MANCO	11 km	Cuenca
PR-CU59	SENDERO DEL MOLINILLO	9 km	Cuenca
PR-CU60	SENDERO DE GELIBERTE	11.2 km	Cuenca
PR-CU61	SENDERO DE CUENCA	9.5 km	Cuenca
PR-CU63	EL HITO-SEGOBRIGA	12 km	Cuenca
PR-CU64	TINA DE LA CUEVA	15 km	Cuenca
PR-CU65	RUTA DE LOS CHOZOS	15.5 km	Cuenca
PR-CU66	EL RODENAL DE BONICHES	16 km	Cuenca
PR-CU67	RUTA DEL ALCARAVÁN	11.1 km	Cuenca
PR-CU70	ESPEJO DE VALVERDE	5.6 km	Cuenca
PR-CU71	SENDERO DE LA HOZ DE ALARCÓN	8 km	Cuenca

PR-CU72	SISANTE-CAÑADA REAL	24 km	Cuenca
PR-CU73	RUTA DE LOS CALDERONES	77.5 km	Cuenca
PR-CU74	CAMINO DEL PEREGRINO	11.6 km	Cuenca
PR-CU75	CAMINO VIRGEN DE LA CUESTA	32.7 km	Cuenca
PR-CU76	RUTA CASTILLOS MÁRQUEZ DE VILLENA	3.2 km	Cuenca
PR-CU79	SAN BLÁS-SAN FELIPÉ-RÍO CUERVO	21.8 km	Cuenca
PR-CU83	SENDERO DE LAS LAGUNAS	3.2 km	Cuenca
PR-CU87	SENDERO CAÑADA REAL DE LOS CHORROS	9.7 km	Cuenca
PR-CU88	COLADA DEL BARRANCO LA PALANCOSA	10.5 km	Cuenca
PR-CU89	DE LA FUENTE DE LOS SANTOS	12.9 km	Cuenca
PR-CU90	RUTA DEL CASTILLO DE LOS SIETE CONDES	15 km	Cuenca
PR-CU91	HOZ DE TRAGAVIVOS	9.3 km	Cuenca
PR-CU92	EMBALSE DEL MOLINO DE CHINCHA	8.8 km	Cuenca
PR-CU93	RUTA DE LA HERRERÍA DE SANTA CRISTINA	19 km	Cuenca
PR-CU94	SUBIDA AL CERRO JUEZ	5 km	Cuenca
PR-CU95	RUTA DE LAS SIMAS	24.6 km	Cuenca
PR-CU96	RUTA DE LA VIRGEN DE LOS HOYOS	14 km	Cuenca
PR-CU99	SENDEROS DE LAS ALMAS	5.5 km	Cuenca
PR-CU108	MONTEAGUDILLO Y EL EMBALSE DE LA TOBA	15.4 km	Cuenca
PR-CU109	VUELTA A LA MODORRA	15.8 km	Cuenca
SL-CU1	TEMÁTICO LAGUNA DEL HITO	6 km	Cuenca
SL-CU2	TEMÁTICO DE LAS MINAS DE SAL	4.7 km	Cuenca
SL-CU3	HOZ DEL GRITO	6.7 km	Cuenca
SL-CU4	LAGUNA DEL TOBAR	6.7 km	Cuenca
SL-CU5	TORCAL DE LA LAGUNASECA	6 km	Cuenca
SL-CU6	PASEO BOTÁNICO MOLINO DE FERMÍN O DE LA HOZ	2 km	Cuenca
SL-CU7	PASEO FLUVIAL RÍO VENCHERQUE	2.7 km	Cuenca
SL-CU10	RUTA HOCES DE CUENCA	3.8 km	Cuenca
SL-CU11	HOZ DEL JÚCAR Y SAN JULIÁN	6.7 km	Cuenca

GUADALAJARA			
PR-GU1	OCEJÓN	9.1 km	Guadalajara
PR-GU2	MATALLANA-COLMENAR	11.5 km	Guadalajara
PR-GU3	CAMINO DEL ARCIPRESTE DE HITA	12.7 km	Guadalajara
PR-GU4	EI BARRANCO DEL JARAMA	18.5 km	Guadalajara
PR-GU10	LA VEGA Y LA ALCARRIA ROMANQUEÑA	12.4 km	Guadalajara
PR-GU11	CAMINOS DE LABROS Y SANTA CATALINA	27 km	Guadalajara
PR-GU13	RUTA PEÑA DE LOS ÁNGELES	7.9 km	Guadalajara
PR-GU14	RUTA DE LA CUERDA	4 km	Guadalajara
SL-GU3	MOLINO MAJAE LRAYO	5 km	Guadalajara

TOLEDO			
PR-TO10	RUTA DE LAS TRES VILLAS 1	5.5 km	Toledo
PR-TO11	SENDA DEL LINCE	13.9 km	Toledo
PR-TO12	SENDERO DEL CHARCO NEGRO	6.5 km	Toledo
PR-TO13	SENDERO DE LAS AVES	13.9 km	Toledo
PR-TO14	SENDERO DEL LAZARILLO	12.9 km	Toledo
PR-TO15	RISCO DE LOS YÉBENES	15.3 km	Toledo
PR-TO16	FUENTES DE CABAÑAS DE YEPE	9 km	Toledo
PR-TO17	RUTA DEL PASADO VISIGODO	17.4 km	Toledo
PR-TO18	LOS HITOS DE ORGAZ	14.6 km	Toledo
PR-TO19	CAMINO NORTE DE LA LAGUNA	15.1 km	Toledo
PR-TO20	RUTA DEL RÍO TIÉTAR	10.9 km	Toledo
PR-TO21	CABEZA DEL OSO Y PELADOS	14.5 km	Toledo
PR-TO22	SENDERO VIRGEN DE LA OLIVA	12.2 km	Toledo

All the options described in these pages are just some of the excursions that hikers can embark on in Castilla-La Mancha. There are many more. A mere visit to the Cabañeros and Tablas de Daimiel National Park, the Alto Tajo nature reserve, the Dulce river ravine, the Calares del Mundo y de la Sima National Park, the Ruidera Lagoons, the Cuenca Mountains, the northern Guadalajara mountains, the Alcudia valley and Madrona range, and the more than twenty reserves or countless natural monuments, is enough to awaken the senses and enjoy a beautiful walk.

In the words of Miguel de Cervantes, who spent most of his life in this land, making it the setting for Don Quixote’s adventures: “He who reads much and walks much, goes far and knows much.” Have a great trip 🌿

Cabañeros National Park. Navas de Estena. (Ciudad Real).





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