



CYCLE TOURISM IN VALENCIA



GUIDE FOR
DISCOVERING
THE PROVINCE
OF VALENCIA
BY BICYCLE



VALÈNCIA
TURISME

INTRODUCTION

Travelling by bicycle is almost like travelling on foot. It is the most human way of getting to know

new places at a pace close to nature, of exploring natural spaces without disturbing them, of experiencing the sensations caused by the environment, feeling the wind, the cold, the heat or the rain and the gradual change of light as the day goes by. The guide you have in your hands is the result of institutional support for bicycle tourism. Sustainable, healthy and environmentally-friendly, travelling by bike allows you to make contact with places and their people in a very different way to conventional tourism, achieving a much deeper connection with their inhabitants.

The **Valencia Provincial Government** (*Diputació de València*) has participated and collaborated in numerous cycling tourism projects, promoting the use of bicycles and also in all kinds of bicycle rallies, competitions, and providing financial support to municipalities and associations of municipalities, with tourism development plans and signposting of routes. Until now, however, **València Turisme** had not yet taken the step of presenting its own guide, an essential tool for anyone wishing to explore any part of Valencia using a bicycle as their means of transport. The territory covered by this cycling tourism guide has a provincial dimension, although the major routes sometimes cross administrative boundaries. Mountains do not understand boundaries; they are trips lasting several days that start or end in a Valencian town or city. They are cycling tourism products created and designed by

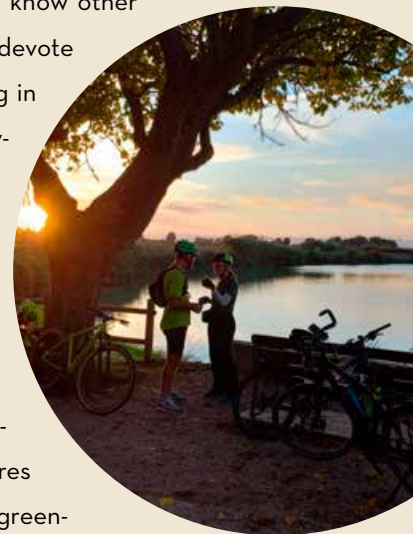
experts based on historical routes of great scenic and cultural interest, which offer you all the essential information you need to cycle them in complete safety. The itineraries proposed by the local municipalities, the greenways and the MTB Centres also appear. All of them have web support with the tracks linked for your enjoyment of cycle touring in the Valencia region ●

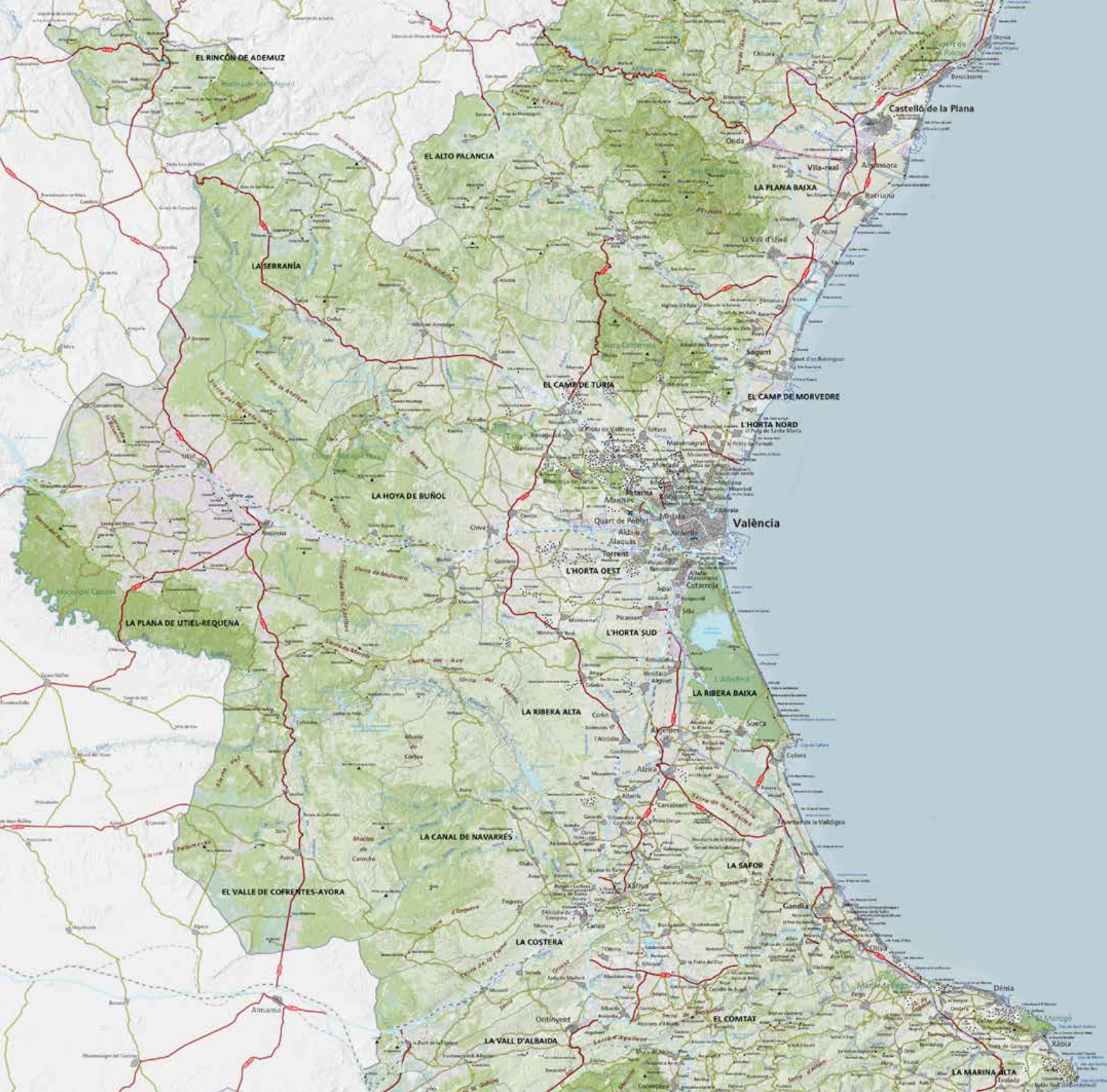


The current vision of tourism directs our approach towards a more informed, educated, demanding and environmentally-conscious visitor, who seeks greater authenticity when travelling, and the chance to enjoy unforgettable experiences. Using a bicycle as a means of travel reflects this new way of getting to know other destinations, cycle tourists who devote part of their holidays to indulging in their favourite hobby while discovering places where the climate, the landscape and the heritage are surprisingly beautiful and original.

You will find information here about the towns, villages and institutions that have infrastructures adapted for cycling. From the greenways, as the axes of family cycling tourism, to the major regional routes that help to make our holidays an unforgettable trip, the range of possibilities is immense. Good weather all year round, quiet roads and tracks, well-preserved natural areas, welcoming villages and good gastronomy are the ingredients for sustainable tourism.

This guide is a first offering for anyone wishing to discover our regions, a catalogue of places described and photographed by José Manuel Almerich, a writer and geographer of recognised experience and one of the authors who has made the greatest contribution to the dissemination and knowledge of Valencian natural heritage. With the promotion of cycling as a method of travel, tourism becomes an element that will undoubtedly encourage intelligent, sustainable and inclusive growth.





GEOGRAPHICAL SCOPE



The province of Valencia, and by extension, the whole of the Valencia Region (*Comunitat Valenciana*) is a complex and varied territory, much more so than might appear at first sight. Leaving behind the clichés, mountains occupy almost three quarters of the territory. Like a huge amphitheatre opening out onto the Mediterranean, only a narrow strip of coastline with flat plains has human settlements: the Plana de Castellón, the Llano de Vinaroz, the Huerta de Valencia, the Ribera del Júcar and the Vega Baja del Segura. These are also the most fertile agricultural areas where the majority of urban settlements are concentrated. On the rest of the coast and inland,

mountainous areas cover the whole territory. In some cases, they reach considerable altitudes. The Alto de Barracas in Rincón de Ademuz is the highest peak in the Valencia Region: 1,838m high, just 100km from the sea.

This step difference, this dynamism, this dichotomy between mountains and sea is what makes Valencia an immensely attractive territory, not just in terms of landscape, but also in terms of ethnography, culture and, of course, tourism. The diversity of ecosystems and the great variety of plant life, together with numerous natural beauty spots in an excellent state of conservation, make these lands a tempting and very interesting destination to explore on a bicycle. The coastal plain is surrounded by mountain ranges and massifs that originate in the Iberian mountain chain to the northwest and the Betic system to the south. This convergence of the Iberian Peninsula's two largest mountain systems is the origin of this geographical complexity, with foothills reaching as far as the shoreline. The Iberian System enters the province of Valencia through the hulking Javalambre massif and reaches the Mediterranean in the Calderona mountain range.

Further inland, the Serranía and Rincón de Ademuz regions, in the upper basin of the River Turia, are frontier lands and historically played a fundamental role in the boundaries of the old kingdom. The Utiel-Requena plateau, with the River Cabriel running through it, frames the province to the west and forms a rugged landscape with its own unique features. Valencia offers everything that any cycle tourist would wish to find on a trip. And not only because of its diversity, but also because the climate is conducive to all year-round cycling, allowing you to choose the most suitable place to explore, depending on the season.



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- 02 · Bike rides around the huerta de Alborià
- 03 · Bike routes in the surroundings of Aras de los Olmos
- 04 · MTB routes around Agullent
- 05 · Mountain biking in Andilla
- 06 · MTB routes around Barxeta
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- 15 · MTB tour of the Province of Valencia

THE GREENWAYS

- 01 · Safor Greenway
- 02 · La Via Xurra
- 03 · The Liria Greenway
- 04 · The Ojos Negros Greenway
- 05 · The Trenet de Carcaixent Greenway

THE MTB CENTRES IN THE PROVINCE OF VALENCIA

- 01 · Los Serranos MTB Centre
- 02 · El Valle MTB Centre
- 03 · La Ribera MTB Centre
- 04 · El Massís del Caroig MTB Centre

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01 MOUNTAIN BIKE TOURING THROUGH RINCÓN DE ADEMUZ

Distance: 406 km
Difficulty: High-Medium
Technical difficulty: Medium
Circular: Yes
Start: Ademuz > Castielfabib > Puebla de San Miguel > Vallanca
Bicycle workshop: No
Accommodation, restaurants: Yes



Rincón de Ademuz is an island between Aragón and Castilla-La Mancha, a depression between mountains, which has historically been closely linked with Valencia. It is a region with great personality, with an extremely harsh, sober and extremely beautiful landscape in the peaks that surround it. The mountain bike routes, with downloadable brochures, have the itineraries marked in the traditional way, with Road Book, and are suitable for all participants with different levels of difficulty. Particularly noteworthy are those along the banks of the River Turia and its age-old market gardens.

LANDS AND TOWNS

02 BIKE RIDES AROUND THE HUERTA DE ALBORAIA

Distance: 8 km
Difficulty: Low
Technical difficulty: Low
Circular: Yes
Start: Alboraia
Bicycle workshop: Yes
Accommodation, restaurants: Yes



Alboraia offers us four beautiful bike rides to get to know this historic fertile growing area: Camí de les Palmeres, Els Desamparats, Barranc de Carraixet, Camí del Gaiato and Del Poble a l'Horta. They are very short, but they are representative of this landscape created by man, farmers who are obstinate in caring for their fields, which they have converted into aesthetic gardens that go beyond the cultivation of the land. These routes include information panels, are very educational and ideal for family outings. They can also be combined into a single route.

LANDS AND TOWNS

03 BIKE ROUTES IN THE SURROUNDINGS OF ARAS DE LOS OLMOS

Distance: 467 km
Difficulty: High
Technical difficulty: Medium
Circular: Yes
Start: Aras de los Olmos > Tuéjar > Alpuente
Bicycle workshop: No
Accommodation, restaurants: Yes



A total of 16 mountain routes through different municipalities such as La Yesa, Titaguas, Chelva, Tuéjar, Alpuente and Aras itself form part of this complete network of itineraries. Perfect for enjoying a region with a longstanding tradition of tourism and a very rugged landscape with deep river canyons, with the River Turia as their backbone, and forests that are being fully restored after the abandonment of grazing and small-scale agriculture. The signposted cycling routes, with their corresponding tracks, are a destination offering a real opportunity to enjoy an active, different and highly enriching holiday.

04 MTB ROUTES AROUND AGULLENT

Distance: 176 km
Difficulty: High
Technical difficulty: High
Circular: Yes
Start: Agullent
Bicycle workshop: No
Accommodation, restaurants: Yes



The five routes of varying difficulty, all requiring some degree of exertion due to the mountainous environment of Agullent, have a total of 176km and a cumulative height gain ranging from 375m on the gentlest (Route 10) to 1944m on Route 13, which is 44km long and takes in the whole of the Umbría del Benicadell. Except for Route 10, which is more centred in the municipality of Agullent, the rest are itineraries that are quite a distance from the town. The routes are part of the extension of the Comtat MTB Centre.

07 MOUNTAIN BIKE ROUTES IN BICORP

Distance: 128 km
Difficulty: High
Technical difficulty: Medium
Circular: Yes
Start: Bicorp
Bicycle workshop: No
Accommodation, restaurants: Yes



Bicorp is the town that goes deepest into the Caroig massif and is the starting point to discover the Muela de Cortes, the summit of El Caroig, Benefetal or the Ludey, Fraile, Grande and Cazuma rivers, which crisscross extraordinary landscapes in the midst of very rugged terrain. The proposed Bicorp routes are designed so that each stage follows a circular route to return to its starting point. An overnight stay is recommended for this type of routes. The configuration is daisy-shaped in order to optimise the trip.

LANDS AND TOWNS

05 MOUNTAIN BIKING IN ANDILLA

Distance: Ruta de las Aldeas 45 km
 Sierra de Andilla 28 km
Difficulty: High-Medium
Technical difficulty: High-Low
Circular: Yes
Start: Andilla
Workshop and accommodation: No
Restaurants: Yes



Andilla offers us a number of options, taking in the most interesting places in the municipality. Two complementary excursions, ideal for a weekend outing, take us to the three population centres belonging to the municipality: the villages of La Pobleta, Osset and Artaj, in a circular route of 45km, and the southern slopes of the Andilla mountain range in a second excursion of 28km and a lower height gain. Andilla is located in a small depression where different river courses converge.

LANDS AND TOWNS

08 CYCLE TOURING ROUTES AROUND CORTES DE PALLÁS

Distance: 95 km
 Muela de Cortes: 45 km
 Castillo de Chirel: 50 km
Difficulty: Medium
Technical difficulty: Low
Circular: Yes
Start: Cortes de Pallás
Bicycle workshop: No
Accommodation, restaurants: Yes



Two stunning routes will familiarise us with a large part of the municipality of Cortes de Pallás. This area includes most of the Muela de Cortes, an immense high plateau belonging to the great platform of the Caroig massif. Both options have a certain level of difficulty because the terrain is extremely mountainous and the forest tracks are not always in good condition. The first of the routes runs along the whole of the Muela de Cortes, and the second leads to the castle of Chirel along the Cueva Hermosa track.

LANDS AND TOWNS

06 MTB ROUTES AROUND BARXETA

Distance: 24 km
Difficulty: Medium
Technical difficulty: Low
Circular: Yes
Start: Barxeta
Workshop and accommodation: No
Restaurants: Yes



Straddling the regions of La Ribera de Xúquer and La Costera, surrounded by mountains that mark a transitional landscape between the orange tree-covered plains and the first foothills of the Betic System of mountains, is the town of Barxeta, the starting point for countless excursions, and the gateway to the Buixcaró and Requena mountain ranges. Two mountain bike routes have been signposted at the instigation of Barxeta Town Council to showcase the tourist resources of the town and its surroundings. Both proposals are ideal for the whole family.

LANDS AND TOWNS

09 NATURE ROUTES IN CULLERA

Distance: 42 km
Difficulty: Low
Technical difficulty: Low
Circular: Yes
 Except 79km Cultural Landscape of the Xúquer
Start: Cullera
Workshop and accommodation: Yes
Restaurants: Yes



The variety of landscapes in Cullera makes cycling tourism a tempting and attractive option. Among the nature routes offered by the municipality, seven in total, five can be done on a bicycle. The mouth of the Júcar, the cultural landscape linked to the river, the rice route, a ride through the flooded fields and the path around the Estany lagoon, a wetland by the sea considered the environmental gem of Cullera, make up this easily-connected cycle touring network, with no climbs or technical complications, except for the ascent to the Castle.

10 CHELVA CHILDREN'S MTB CIRCUIT

Distance: 400 m
Difficulty: Low
Technical difficulty: Low
Circular: Yes
Start: Chelva
Bicycle workshop: No
Accommodation, restaurants: Yes



The Chelva MTB park is a small circuit located in the old forest park, with a route almost 500m long, full of obstacles adapted for the youngest riders to have fun while they acquire skills and learn to handle the bicycle confidently and safely. The circuit has some easy bends and the odd speed bump. There is also a rock garden with a layout that requires the children to dodge rocks or jump over them, depending on their skill. The aim is for the children to lose their fear of the bike and become adept riders.

13 NÁQUERA CYCLING ROUTES

Distance: 19 km
Difficulty: Low
Technical difficulty: Low
Circular: Yes: The route Barranc del Cirer and Els Aljubs.
No: Trenches
Start: Náquera
Bicycle workshop: Yes
Accommodation, restaurants: Yes



Náquera offers three cycle touring routes to get to know part of its heritage. Of the three routes, two of them, the Barranc del Cirer cycle route and the Els Aljups cycle route merge into one, and the third, the Les Trinxeres route, provides an insight into the wartime heritage of the Civil War, a series of defensive positions built in 1938. All three routes are very short, suitable for all types of cyclists and ideal for young beginners.

LANDS AND TOWNS

11 CYCLE TOURING ROUTES IN GESTALGAR

Distance: 98 km
Cueva Paulo: 17,7 km
Regajo: 16,4 km
Canjarán: 18,5 km
Gran Vuelta: 45,9 km
Difficulty: Medium
Technical difficulty: Low
Circular: Yes
Start: Gestalgar
Bicycle workshop: No
Accommodation, restaurants: Yes



The Town Council offers four cycle touring routes that start out from the town: the Cueva Pablo route that runs through the northern part of the municipality, the El Regajo route that takes us to the El Campillo beauty spot, the Canjarán route, which leads to Los Yesares, and the Gran Vuelta, which is a more demanding route, with a somewhat higher degree of difficulty. The latter is the result of the union of the Canjarán and El Regajo routes with two very interesting mountain passes: the Chiva-Gestalgar pass and the Marjana pass.

LANDS AND TOWNS

14 OLIVA CYCLE TOURING ROUTES

Distance:
 504 km Road biking.
 306 km Mountain biking.
Difficulty: High
Technical difficulty: High
Circular: Yes
Start: Oliva
Bicycle workshop: Yes
Accommodation, restaurants: Yes



Oliva is one of the locations in Valencia with the greatest potential for cycling tourism, both in terms of sport and competition, given its beautiful surroundings and the presence of the sea and the proximity of the high Betic mountains. The routes available for road cycling include, notably, the Ruta dels Portets for cyclists who are just starting out, and the route known as the "Mediterranean Alps", suitable for high-performance cyclists. Other routes such as the classic Oliva-Pego and les Valls are ideal because of their profiles, mythical mountain passes and well-maintained roads with very little traffic.

LANDS AND TOWNS

12 BIKETRAILS HIGUERUELAS

Distance: 29 km
Difficulty: High
Technical difficulty: High
Circular: Yes
Start: Higuieruelas
Workshop and accommodation: No
Restaurants: Yes



Biketrails has a welcome point with all kinds of services related to the different mountain biking specialities (Enduro, Dirt, BMX, Trial,) and facilities designed by specialists who have been Spanish champions in their disciplines, such as the Gravity Park, Pumtracks, Technification Zones and Woodtracks. They also have an MTB school for children, for both beginners and advanced riders. They have signposted around twenty trails which, together with the forest tracks, form an extensive network of trails classified as green, blue and red depending on their difficulty.

LANDS AND TOWNS

15 CYCLE TOURING AND MTB ROUTES IN QUESA

Distance: 42 km
Difficulty: Low on familiar routes and High on the rest
Technical difficulty: Medium Low
Circular: Yes
Start: Anna, Bolbaite, Bicorp, Chelva, Millares, Navarrés and Quesa
Bicycle workshop: No
Accommodation, restaurants: Yes



The La Canal de Navarrés MTB Centre in Quesa has published a series of fourteen routes of differing levels, including the tour of the Canal de Navarrés with a positive height gain of more than 3600m and a length of 164km. The routes that can be done in one day include a 6km family route around the Anna reservoir, and longer ones such as the classic 52km ascent to the Caroig from Bicorp, with a height gain of 1373m, or the Casa del Alambín with the same level of difficulty.

16 REAL CYCLE ROUTES

Distance: 95 km
Turís-Real: 16,2 km
Real-Alginet: 18,3 km
Difficulty: Low
Technical difficulty: Low
Circular: No
Start: Turís
Arrival: Real
Workshop and accommodation: No
Restaurants: Yes



The Real cycle routes are a series of very short itineraries that string together the towns of Turís, Montroi, Montserrat, Real, Llombai, Alfarp, Catadau and Alginet. The starting point is not the same as the arrival point, so when we do them we will have to look for an alternative way back, taking advantage of any rural tracks other than the signposted ones that link these towns. These cycling routes are ideal for family outings because they are practically flat and not at all difficult, with the added advantage that all the towns they pass through have their own gastronomic specialities.

LANDS AND TOWNS

19 VALENCIA TURÍSTICA

Distance: 28 km
Difficulty: Low
Technical difficulty: Low
Circular: Yes
Start: Valencia. Parc de Capçalera
Bicycle workshop: Yes
Accommodation, restaurants: Yes



Valencia Turística is a metropolitan route designed for bicycles, passing through the most representative monuments and locations in the city of Valencia. With its extended network of cycle lanes, the pedestrianisation of the historic centre and the existence of the old Turia riverbed, a major green corridor that crosses the city from west to east, Valencia is the European city best prepared for exploration by bicycle. If we add in the climate, the proximity of the sea and the flat terrain, it's easy to see why more and more tourists use bicycles as a means of transport.

LANDS AND TOWNS

17 MTB MOUNTAIN ROUTES

Distance:
 La Yesa: 60 km
 Sot de Chera: 120 km
Difficulty: Medium-High
Technical difficulty: Low-Medium
Circular: Yes
Start: La Yesa / Sot de Chera
Bicycle workshop: Yes
Accommodation, restaurants: Yes



Two very little known towns at opposite ends of the region of Los Serranos, La Yesa and Sot de Chera, have interesting mountain bike routes included on the tourism page of the grouping of municipalities (*mancomunidad*). A transitional landscape that offers us a circuit of more than 60km signposted for mountain biking. There are three routes of different lengths and degrees of difficulty for cyclists of all levels: route 1, known as the *Pino del Sombrero*, is only 11km long, which makes it suitable for families.

LANDS AND TOWNS

18 CYCLING ROUTES AROUND SINARCAS

Distance: 86 km
Difficulty: Medium-Low
Technical difficulty: Low
Circular: Yes
Start: Sinarcas
Bicycle workshop: No
Accommodation, restaurants: Yes



Three routes have been designed in Sinarcas: los Lindes, los Montes and los Caseríos, which can be joined together to create a more ambitious cycling route, with a total distance of 86km taking in the whole of the municipality and passing through the locations of greatest environmental interest. The itineraries are mapped out in a daisy shape, giving cycle tourists the option to complete the routes using the town of Sinarcas as the start and end point. This allows overnight stays in the same place for as many days as necessary to enjoy these magnificent surroundings.

20 CYCLE TOURING AROUND THE ALBUFERA IN VALENCIA

Distance: 44 km
Difficulty: Medium
Technical difficulty: Low
Circular: Yes
Start: Catarroja
Bicycle workshop: Yes
Accommodation, restaurants: Yes



The Albufera in Valencia is one of the most sublime landscapes in the Iberian Peninsula. Stretching as far as the eye can see and connected to the sea, it has a fascinating aura. Among the numerous excursions available around the largest freshwater lake in Spain, the most noteworthy are those that completely surround the Albufera and that pass through El Palmar, a must-see both for the historical significance of this old fishing village and for the considerable range of gastronomy it has to offer.

MAJOR ROUTES. MAJOR TRIPS

- 01 • Travesia del Alto Turia
- 02 • Cycling tour of the Caroig massif
- 03 • Monasteries route
- 04 • Roda la Vall d'Albaida
- 05 • Cycling routes around la Ribera del Xúquer
- 06 • The Turia river park
- 07 • Cycle touring route through La Costera
- 08 • MTB route in the Canal de Navarrés
- 09 • El Camí dels Corporals
- 10 • Route of Jaume I a la Vall d'Albaida
- 11 • Cycle touring route of La Hoya de Buñol
- 12 • El Camino del Cid
- 13 • El Camino de la Lana
- 14 • El Camino de Levante
- 15 • MTB tour of the Province of Valencia

01 TRAVESIA DEL ALTO TURIA

Distance: 161 km
Difficulty: Medium
Technical difficulty: Low-Medium
Circular: Yes
Start: Benagéber



The Travesia del Alto Turia is a major circular route designed to be done in 6 stages through the towns that make up the Alto Turia *Mancomunidad*, or association of municipalities, with start and finish points located in the town of Benagéber. With an average stage distance of between 25 and 30km, the route is well suited to mountain bikers, who will be able to reach relatively inaccessible places without expending too much effort and with all the necessary safety, avoiding the steepest forest paths.

MAJOR ROUTES. MAJOR TRIPS

02 CYCLING TOUR OF THE CAROIG MASSIF



Distance: 198 km
Difficulty: High
Technical difficulty: Low
Circular: Yes
Start: Bolbaite



The Caroig is a place to discover and feel the intense power of solitude, the true meaning of self-sufficient cycle touring. The cycle touring route is 198km long in total, crossing two regions and 16 villages plus a few hamlets and uninhabited houses. With a positive height difference of more than 4000m, it runs entirely on paved roads, which makes it suitable for gravel bike, bikepacking or pure road cycling. Road cyclists can complete it in two or three stages depending on their fitness.

MAJOR ROUTES. MAJOR TRIPS

03 MONASTERIES ROUTE

Distance: 142 km
Difficulty: High
Technical difficulty: Difficult
Circular: Yes
Start: Alzira



The monasteries route is a cultural itinerary with a tourist focus created in 2006 and promoted by the *Diputació de València* (provincial government), the *Generalitat Valenciana* (Regional Government) and Alzira Town Council. Although the initial route was designed for walking and signposted as a long-distance footpath, there is a modified version for cycling. The route links the towns of Alzira and Gandia following the medieval trails followed by pilgrims and linking the five most important monastic complexes founded after the Christian conquest of Valencia.

04

RODA LA VALL D'ALBAIDA

Distance:

201 km the general.

173 km the themed routes.

Difficulty: Medium

Technical difficulty: Medium

Circular: Yes

Start: Ontinyent

07

CYCLE TOURING ROUTE THROUGH LA COSTERA

Distance:

112 km

232 with the themed variants

Difficulty: High

Technical difficulty: Medium

Circular: Yes

Start: Xàtiva

Roda la Vall is a cycle touring route through the Vall d'Albaida that covers the region in five stages, designed with the aim of bringing cyclists closer to the cultural and natural heritage of this fascinating territory, passing through the 34 towns and places of greatest environmental interest. Starting from the general route, there is a series of themed routes for anyone who wants to extend the itinerary. Roda la Vall has a total of 374km of which 201km correspond to the general route and 173km to the 8 themed routes or variants.

A beautiful circular route through La Costera, the only Valencian region where two of the largest mountain ranges in the Iberian Peninsula, the Sistema Bético (Serra Grossa) and the Sistema Ibérico (Caroig Massif), converge. Between the two is a valley through which the River Canyoles flows, and where two castles, that of the Order of Montesa and that of Xàtiva, controlled the passage from the inland plateau to the sea. The La Costera route is 112km long, with seven themed routes branching off it for those cyclists who wish to extend their trip.

MAJOR ROUTES. MAJOR TRIPS

05

CYCLING ROUTES AROUND LA RIBERA DEL XÚQUER

Distance:

604 km

Difficulty: Medium

Technical difficulty: Low

Circular: Yes

Start: Algemesí, Alginet, Alzira, Villanueva de Castellón, l'Alcudia, Sueca, Benifaió, Polinyà, Carlet, Alberic and Montserrat.

08

MTB ROUTE IN THE CAÑAL DE NAVARRÉS

Distance:

165 km

Difficulty: High

Technical difficulty: Medium

Circular: Yes

Start: Chella

The regions of Ribera Alta and Ribera Baja del Xúquer cover the largest agricultural area in the province of Valencia. The great plain that stretches between the last foothills of the Sistema Ibérico mountain range and the coast is a tremendously fertile land irrigated by the River Júcar and historically shaped by the river's periodic floods. A total of 11 routes covering more than 600km allow you to get to know the territory in depth, from the rice fields of Sueca and Sollana to the orange and persimmon groves, without forgetting the mountains and the sea.

An extraordinary high-level route in stages that crosses the complex mountain ranges that enclose the Canal de Navarrés to the west. The deep canyon of the Júcar demarcates the region to the east until the river opens out onto the alluvial plain of La Ribera. From Chella, the route heads inland towards the Caroig massif along the *Cañada Real de Almansa*, an ancient cattle track, ascending to the heart of the Caroig and the Muela de Cortes natural platform. It is one of the most impressive mountain trails that we can do on a mountain bike.

MAJOR ROUTES. MAJOR TRIPS

06

THE TURIA RIVER PARK

Distance:

131 km

Difficulty: Medium

Technical difficulty: Low

Circular: No

Start: Villamarxant

09

EL CAMÍ DELS CORPORALS

Distance:

394 km

Difficulty: High

Technical difficulty: Medium

Circular: No

Start: Llutxent

The Turia River Park is a natural 27km route that runs parallel to the course of the River Turia from Villamarxant to the Cabecera Park in the city of Valencia. It runs through the towns of Pedralba, Llíria, Benaguasil, Villamarxant, l'Elia, Ribarroja del Turia, Paterna, Quart de Poblet, Manises and Valencia. Departing from the Visitor Centre in Villamarxant, the main route follows the banks of the River Turia, crossing the river several times over wooden footbridges to the city of Valencia.

The Camino de los Corporales is a route that links Llutxent, in the Vall d'Albaida, with the town of Caroca in the province of Zaragoza. It is 394km long and can be done in four or five stages depending on the cyclist's physical fitness. The section that runs through the province of Valencia is 160km long in total, crossing several regions until it reaches the Sierra Calderona and the Palancia valley, from where it heads northwest towards Zaragoza. This route is perfect for gravel bikes.

10 ROUTE OF JAUME I A LA VALL D'ALBAIDA

Distance: 49 km
Difficulty: Low
Technical difficulty: Low
Circular: No
Start: Bocairent
Arrival: Llutxent



A regional route focused on rural tourism and closely linked to hiking and cycle tourism. All along the route, historical and heritage elements combine with the rich landscape of a territory surrounded by mountains. The Jaume I route is 49km long in total, starting in the Mariola mountain range and ending in the barony of Llutxent. Ideal for family cycle touring because it is relatively flat and passes through a large number of historic villages. It can be done either on foot or by bike with practically no traffic.

MAJOR ROUTES. MAJOR TRIPS



11 CYCLE TOURING ROUTE OF LA HOYA DE BUÑOL

Distance: 376 km:
 160 km the general.
 216 km the themed routes.
Difficulty: Medium
Technical difficulty: Medium
Circular: Yes
Start: Bunyol



For those who want to cycle for several days through the fascinating geographical scenery of the Hoya de Buñol-Chiva region, a route has been designed that is approximately 160km long, with a cumulative height gain of 3140m. This cycling tour is ideal for completion in three stages, enjoying not only the natural landscapes that make up the territory of the region, but also the cultural heritage of historic towns such as Buñol, Cheste, Chiva and Yátova. It can be extended with seven themed variants that link up with the main route.

MAJOR ROUTES. MAJOR TRIPS

12 EL CAMINO DEL CID

Distance:
 471 km by road.
 481 km in the mountains.
Difficulty: High
Technical difficulty: High
Circular: No
Start: Cella (Teruel) / Valencia



The "Way of El Cid" is a journey through the Middle Ages. A unique opportunity, perfectly documented, to cycle through the Mediterranean part of the Iberian Peninsula. This project is a large-scale route that extends beyond the province and takes in four Autonomous Communities. As a whole, it is an essentially cultural itinerary along rural trails. A long route with more than 1400km of dirt tracks and 2000km of roads divided into themed routes.

13 EL CAMINO DE LA LANA

Distance: 1100 km
Difficulty: High
Technical difficulty: High
Circular: No
Start: Valencia



The Camino de la Lana or Camino de Santiago (Way of St. James) from Valencia and Alicante is one of the oldest trade routes on the Iberian Peninsula. Restored in its entirety by the various associations of St. James in the places it passes through, the Camino de la Lana is specially designed for cycling. With a total of 1100km to Santiago de Compostela, the Valencian section crosses the province from east to west and is 160km long. It is divided into several stages depending on the cyclist's pace.

MAJOR ROUTES. MAJOR TRIPS



14 EL CAMINO DE LEVANTE

Distance: 1237 km
Difficulty: High
Technical difficulty: High
Circular: No
Start: Valencia



The Camino de Levante or "El Camí de Sant Jaume de Ponent" as it has been known since the Middle Ages, is the name given to the Way of St. James from Valencia along the Camino Real de Madrid. It is a long-distance route of more than 1200km, crossing the province of Valencia from north to south as far as Font de la Figuera. Signposted all along the route and officially approved as a Long Distance Path (GR-239), it is one of the longest pilgrim routes to Santiago de Compostela on the Iberian Peninsula.

MAJOR ROUTES. MAJOR TRIPS

15 MTB TOUR OF THE PROVINCE OF VALENCIA

Distance: 755 km
Difficulty: Very high
Technical difficulty: Medium
Circular: No
Start: Gilet
Arrival: Xeraco



This route through the province is the longest in the guidebook. It is 755km long and can be done in 15 stages, with an average distance of between 40 and 60km, depending on the height gain of each stage. The natural areas it crosses are truly spectacular. River courses such as the Hoces del Cabriel, the River Júcar or the Serpis, not to mention the Caroig massif, the Sierra Calderona mountains or the Cerro de la Ceja are some of the nature parks that this extraordinary trip offers us.

THE GREENWAYS

- 01 · Safor Greenway
- 02 · La Via Xurra
- 03 · The Llíria Greenway
- 04 · The Ojos Negros Greenway
- 05 · The Trenet de Carcaixent Greenway

03 THE LLIRIA GREENWAY

Distance: 6 km
Start: Llíria
Arrival: Benaguasil



The Llíria greenway is a short and very easy route, ideal for families, with children or for cycle touring beginners, as it is only 6km long and has a positive height gain of just 60m if you start from Benaguasil. It is a relaxed route, raised above the orange groves, which many athletes from Llíria, Benaguasil or Benissanó also use to get away from motorised traffic for a run or a simple stroll. The route starts at the old Llíria station and ends at the El Molinet train stop.

THE GREENWAYS

01 SAFOR GREENWAY

Distance: 7 km
Start: Gandia
Arrival: Oliva



The La Safor greenway is a short route of barely 7km that coincides with the platform of the disused Carcaixent-Dénia railway, a line built to transport oranges from the orchards and market gardens of Carcaixent to the port of Dénia. It was Spain's oldest narrow gauge railway. This section connects Gandía with Dénia, linking both of these tourist cities with a route used only by cyclists and walkers. The route travels through orange groves with beautiful views of the mountains surrounding the region of La Safor.

THE GREENWAYS

04 THE OJOS NEGROS GREENWAY

Distance: 217 km
Start: Ojos Negros (Teruel)
Arrival: Sagunto



The Ojos Negros greenway is the longest greenway in Spain. Completely restored from the Ojos Negros mines in Teruel to the Port of Sagunto in Valencia, it has a total length of 217km, of which 126km run through Aragon, 62km through Castellón and 29km through the province of Valencia. The final part of the Valencian section links up with the Via Xurra, passing through the Grau Vell and the Natural Beauty Spot of la Marjal del Moro to Puzol.

THE GREENWAYS

02 LA VIA XURRA

Distance: 16 km
Start: Puçol
Arrival: Valencia



La Vía Xurra is a route that runs between Valencia and Puçol. It has been fully adapted, and crosses the northern part of Valencia's fertile plain, passing through 11 villages, with a total length of 16km. In 1888, the Compañía del Ferrocarril Central de Aragón was awarded the licence to build a railway connecting Calatayud with Valencia, via Teruel. Construction work began in 1894 and was completed seven years later. When it was finally dismantled in 1985, the route was restored as a greenway, and the platform was adapted for cyclists and pedestrians.

THE GREENWAYS

05 THE TRENET DE CARCAIXENT GREENWAY

Distance: 14 km
Start: Carcaixent
Arrival: Benifairó de Valldigna



La Vieta, or the Trenet de Carcaixent, as it is more commonly known in the region of La Ribera, is the restored section between Carcaixent and Benifairó de Valldigna, on the platform of the disused Carcaixent-Denia railway. Signposted as part of the network of Spanish Nature Trails, this is the first section of the project designed to restore the link between La Ribera and the Marina Alta region. From Carcaixent to Portitxol, the track is a total of 14km long, although we can go as far as Simat de la Valldigna by following the old Alzira road.

THE MTB CENTRES IN THE PROVINCE OF VALENCIA

- 01 · Los Serranos MTB Centre
- 02 · El Valle MTB Centre
- 03 · La Ribera MTB Centre
- 04 · El Massís del Caroig MTB Centre

THE MTB CENTRES IN THE PROVINCE OF VALENCIA

01 LOS SERRANOS MTB CENTRE

Welcome point: Hotel Aras Rural
Village: Aras de los Olmos
Region: Los Serranos
No. of routes: 16
Kilometres signposted: 467



The village of Aras de los Olmos is home to this MTB Centre and the starting point for the majority of the signposted routes. This centre offers cyclists no fewer than 16 itineraries running through the municipalities of Aras de los Olmos, La Yesa, Titaguas, Chelva, Tuéjar and Alpuente. Some routes also depart from these last two population centres. The Aras MTB Centre has more than 460km of signposted routes, making it the centre covering the largest area with the highest number of cycling routes.

THE MTB CENTRES IN THE PROVINCE OF VALENCIA

02 EL VALLE MTB CENTRE

Welcome point: Polideportivo Manuel Tarancón
Village: Cofrentes
Region: Valle de Ayora - Cofrentes
No. of routes: 9
Kilometres signposted: 254



The El Valle MTB Centre is located in the Valencian town of Cofrentes. The centre, together with the information points in Jalance, Ayora and Jaraful, is the starting point for nine routes that allow you to cover a large part of the Valle de Ayora-Cofrentes region. The proposed routes run through seven municipalities and have the valleys of the rivers Cabriel, Júcar and Cautabán as their main backbone. The network of routes is made up of nine itineraries, totalling 254 kilometres. These routes are divided into four levels of difficulty.

THE MTB CENTRES IN THE PROVINCE OF VALENCIA

03 LA RIBERA MTB CENTRE

Welcome point: Hotel Restaurante La Casa Blava
Village: Alzira
Region: La Ribera
No. of routes: 9
Kilometres signposted: 415



The La Ribera MTB Centre is located in the Hotel Restaurant La Casa Blava in the city of Alzira, the starting point for the various cycling routes that allow you to tour the region from which the centre takes its name. With a total of 9 signposted routes and 415km, they take in a variety of different sceneries in the Ribera de Xúquer, from crop fields and water infrastructures to cultural landscapes such as the Route of the Monasteries, also described as a route in this guide.

THE MTB CENTRES IN THE PROVINCE OF VALENCIA

04 EL MASSÍS DEL CAROIG MTB CENTRE

Welcome point: Alberg de les Alcusses
Village: Moixent
Region: La Costera
No. of routes: 9
Kilometres signposted: 442



Of the nine signposted routes, the first three go deep into the massif. Although none of them reach the summit of Pico Caroig due to its remoteness, they do give you an idea of the immensity of the territory and pass through the superb beauty spots of the Río Grande or the Boquilla and La Hoz ravines. The starting and information points for these routes are in Enguera and Navalón de Arriba. All the routes were designed to explore the variety of landscapes and the wealth of tourist resources offered by this massif.



TRAVELLING BY BICYCLE

Tips and advantages for sustainable tourism

You don't need to travel to far-flung places to enjoy an extraordinary experience. It's not the destination that matters, but the space you have travelled. If, at the end of the day, you have decent accommodation, a good dinner, a comforting shower and excellent service waiting for you, any trip you have made on a bicycle will have been worthwhile. Whether you are near or far, the province of Valencia offers you everything a cycle tourist is looking for on their journey: a diversity of landscapes, quality gastronomy, cultural heritage and excellent weather all year round. And above all the human touch in a territory that is friendly in every sense of the word. Enjoy and don't be in a hurry, travel at your own pace, calmly visit the towns and places you like and leave a little room for improvisation. Valencia awaits you, and this guide is an invitation to get to know it in depth, at the peaceful and leisurely pace of a bicycle.

We recommend that you plan your trip. In this guide you have all the information and the links you need to embark on an unforgettable holiday. Feeling the wind, the light, the aromas, the cold and the heat form part of the trip. As we move around, we are already immersed in it, and hence we multiply the time spent. Any bicycle with a modicum of quality is good for travelling, but the terrain and the height gain will determine the type of cycling.

You don't have to be an athlete to travel by bike, but good physical fitness will help you to enjoy it more. Prepare beforehand and remember that you're never too old. Electric bikes are also a good way to enjoy cycle touring without running out of steam and, of course, increase the range of our sporting endeavours. Learn a little about basic mechanics and organise your luggage well. Take only what is necessary or find an active tourism company that can transfer your luggage and deal with the logistics if you are planning a trip of several days. Take appropriate equipment, technical clothing, gloves, sunglasses, helmet and waterproofs just in case. Document your trip and set yourself an unhurried schedule but ensuring that you arrive before nightfall. Even so, take a light with you and, above all, plenty of water.







All of us cycle touring enthusiasts know the feeling of wellbeing that we get from cycling and how stress disappears almost instantaneously. The effects on our health are undeniable, as is the enjoyment we experience. It helps to combat obesity, tones the muscles and improves our fitness considerably. It also increases our lung capacity and the oxygenation of our organism, improving heart rate and strengthening the heart.



Travelling by bike or using it to get to and from work strengthens the immune system and is gentle on our joints; we sleep better and our brain is enhanced, renewing our capacity to create and think much more clearly thanks to the constant flow of blood and the effects of oxygenation. In short, the bicycle strengthens our organism so much that we are better able to fight off illnesses, particularly winter colds. Biking gives us a new lease of life, gives us the gift of time and makes us feel better. If we add to all this the pleasure of travelling and the gift of the Valencian landscapes for the senses, we are looking at one of the healthiest ways to achieve happiness.



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