

Extremadura ACTIVA

Sport Tourism and Activities in Nature

2030 Extremadura Sustainable Tourism Strategy



A place to explore of endless adventures



Extremadura Activa

*A place to explore
of endless adventures*

*Mountain races,
Pilgrim routes,
Natural monuments,
Biosphere Reserves,
Nature trails Greenways,
Mountain bike centres,
Reservoirs,
Trails,
Mountaineering,
...and a lot more.*

REGIONAL GOVERNMENT OF EXTREMADURA

Ministry of Culture, Tourism, and Sport
General Coordination: State Tourist Board

Texts and Design: State Tourist Board

Images:
State Tourist Board (holder)
2023 Edition



Extremadura offers dozens of proposals for active, sport, and adventure tourism in nature. Together with a wide range of rural tourism and both heritage and natural resources, this makes it an ideal destination for practising sport in a natural environment.

The 2030 Extremadura Sustainable Development Strategy aims to make this region a point of reference for the green and circular economy by firmly putting its faith in a model of sustainable tourism.



MORE INFORMATION:
turismoextremadura.com

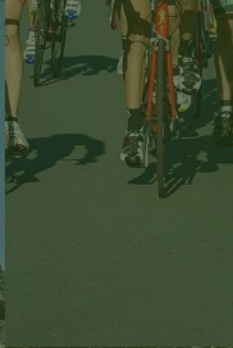
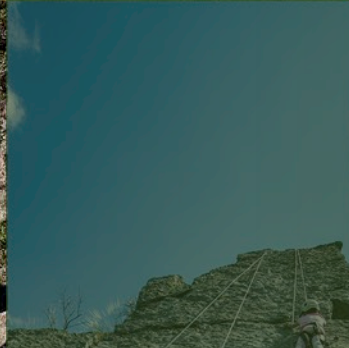


Table of Contents

Extremadura Activa *Sport Tourism and Nature Activities*

Introduction

01. Map of activities

02. Sporting disciplines and nature activities



03. Facilities

04. Tourist services

05. Sporting events

06. Guides and links of interest

Map of activities



Land



Hiking



Nordic walking



Mountain races



Orienteering



Cycle tourism



Mountain biking



Road biking



Mountaineering



Climbing



Canyoning



Multi-adventure



Golf



Horse riding



Water



Canoeing / kayaking



Inland waters diving



Sailing



Paddle surf, kitesurf y windsurf



Sport fishing



Air



Balloon trips



Gliding / Paramotor



Learn to fly

Many sporting disciplines and activities in a natural environment can be carried out in a region as extensive and diverse as Extremadura. This guide includes a wide selection of the most popular and interesting ones, but not the only ones.

Everything you can imagine, where you wouldn't imagine it



Salamanca A-66

Torreón del Calvitero (2.401 msnm)

La Covacha (2.399 msnm)

Pico Jalama (1.492 msnm)

02

01

Moraleja

Coria

02

Madrid A-5

Monfragüe Biosphere Reserve

Navalcarol de la Mata

04

Tajo Internacional Cross-border Biosphere Reserve

Cáceres

Risco de la Villuerca (1.601 msnm)

Villuercas-Yores-Jara UNESCO Global Geopark

06

Portalegre N-521

03

03

06

La Siberia Biosphere Reserve

07

06

Ciudad Real E-903

Lisboa IP-7

Badajoz

Villanueva de La Serena

09

08

Mérida

Don Benito

07

08

Vía de la Plata

Mozarabic Route of Santiago

Greenways

La Plata Greenway 01

Monfragüe Greenway 02

Vegas del Guadiana Greenway 03

La Jayona Greenway 04

Borbollón Reservoir 01

Gabriel y Galán Reservoir 02

Alcántara Reservoir 03

Valdecañas Reservoir 04

Cíjara Reservoir 05

García de Sola Reservoir 06

Orellana Reservoir 07

La Serena Reservoir 08

Zújar Reservoir 09

Alqueva Great Lake 10

Alange Reservoir 11

Cerro de Tentudía (1.492 msnm)

Monesterio

Azuaga

Llerena

Zafra

Jerez de los Caballeros

Huelva N-435

Sevilla A-66



Land

8

Extremadura Activa



Hiking

In Extremadura there are hundreds of kilometres of roads, paths, and trails to explore. Some of them are universal, drawn by the hand of history, and others stand out for their matchless beauty; many others have yet to be discovered.



MORE INFORMATION:
extremadurasenderismo.juntaex.es

There are three types of footpaths: GR®, PR® & SL®:



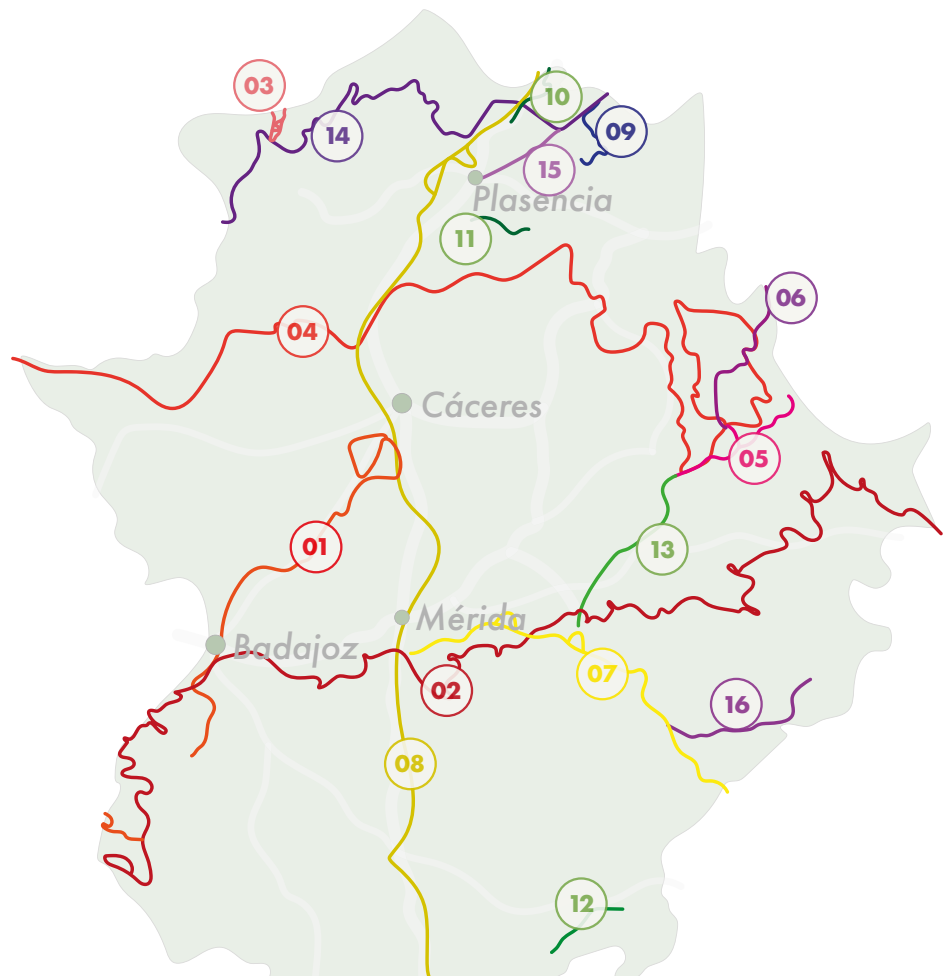
Grande Randonnée (GR), footpaths of over 50 km long in two or more stages, marked in red and white.



Petite Randonnée (PR), footpaths of less than 50 km which can be followed in a day, marked in yellow and white.



Local Paths (Senderos Locales, SL), footpaths of less than 10 km, marked in green and white.



Nature Trails



- 01** Cáceres-Badajoz
- 02** Guadiana
- 03** Ribera de Acebo
- 04** Tajo
- 05** Villuercas

Cultural Trails



- 06** C. Real de Guadalupe
- 07** Mozarabic Route of Santiago
- 08** Vía de la Plata
- 09** Charles V Route

Nature trails Greenways



- 10** La Plata
- 11** Monfragüe
- 12** La Jayona
- 13** Guadiana

Long-Distance Trails



- 14** GR10
- 15** GR110
- 16** GR115



Nature Trails

01 Cáceres - Badajoz

The Cáceres-Badajoz Corridor Nature Trail follows a route of 176.3 km from its starting point south of the built-up area of Cáceres to its end west of Valverde de Leganés some 30 km south of the town of Badajoz. This Nature Trail uses cattle tracks on most of its route such as Royal Drovers' Roads or narrower equivalents.

02 Vegas del Guadiana

This trail links Villanueva de la Serena (province of Badajoz) and Logrosán (province of Cáceres). Its route of 57.8 km gives travellers the chance to get to know the best wintering area for cranes and the best dehesas in the Iberian Peninsula.

03 Rivera de Acebo River

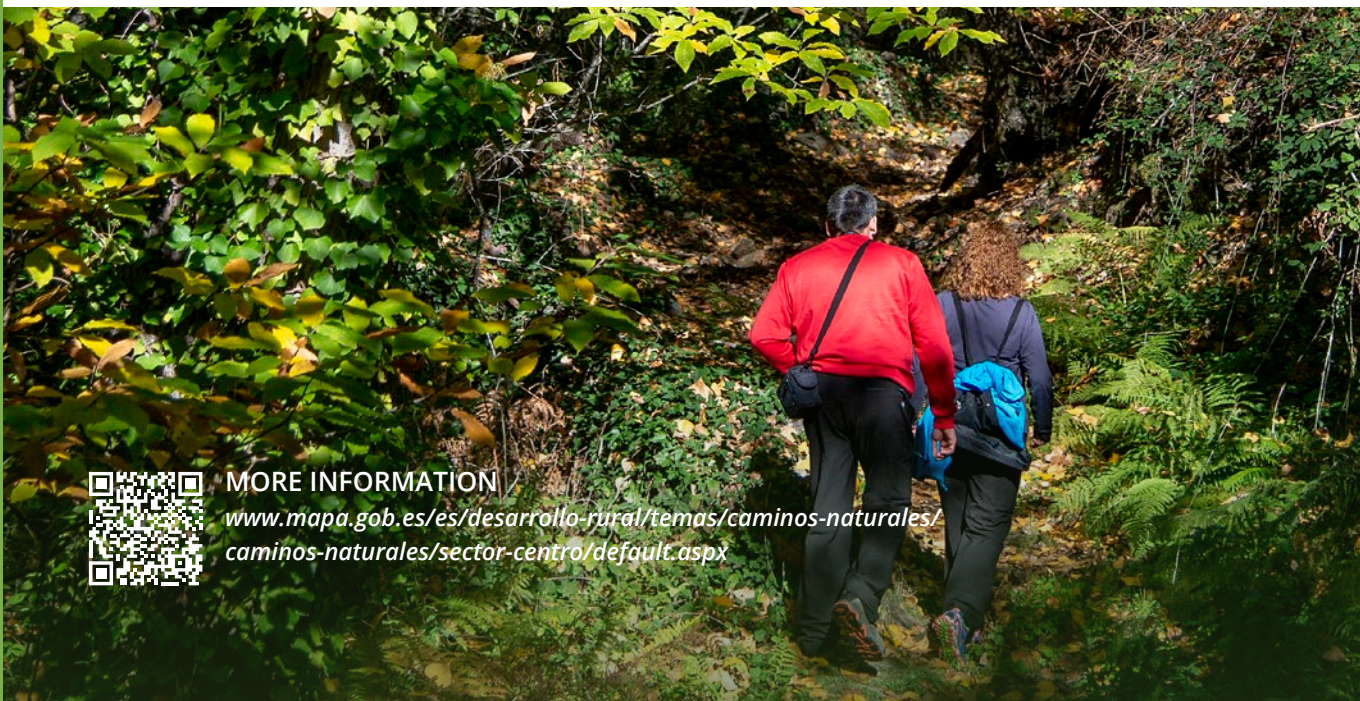
The Nature Trail of the Rivera de Acebo River consists of seven interconnected paths in the heart of the Sierra de Gata with a total length of 15 km.

04 Tajo

The Tajo Nature Trail takes us over 1,000 kilometres along the banks of the longest river in the Iberian Peninsula, from its source in the Montes Universales in the Sierra de Albarracín to the Portuguese border at Cedillo, crossing from east to west the provinces of Teruel, Guadalajara, Madrid, Toledo, and Cáceres. This nature trail has been officially approved as a Grande Randonnée pathway (GR-113) by the Spanish Federation of Mountain Sports (Federación Española de Deportes de Montaña, FEDME).

05 Las Villuercas

This nature trail of just under 70 km connects the Greenway Vegas del Guadiana and La Jara Greenway. It allows the discovery of the interesting natural and historical-artistic heritage of Las Villuercas.



MORE INFORMATION

www.mapa.gob.es/es/desarrollo-rural/temas/caminos-naturales/caminos-naturales/sector-centro/default.aspx



Nature Trails Greenways

Greenways (Vías Verdes, VV) are old disused railway lines now being reused as itineraries set aside for walkers, cyclists, and horseback riders: they are handicap accesible.

Greenways facilitate active and healthy leisure time and encourage our society to change its mentality in favour of active and sustainable movement.

Greenways facilitate active and healthy leisure time.

10

Nature trail Greenway
La Plata

Baños de Montemayor - Plasencia



Length: **64,80 km**

11

Nature trail Greenway
Monfragüe

Malpartida de Plasencia



Length: **17,62 km**

12

Nature trail Greenway
La Jayona

Fuente del Arco - Azuaga



Length: **20,00 km**

13

Nature trail Greenway
Vegas del Gadiana

Villanueva de La Serena - Logroán

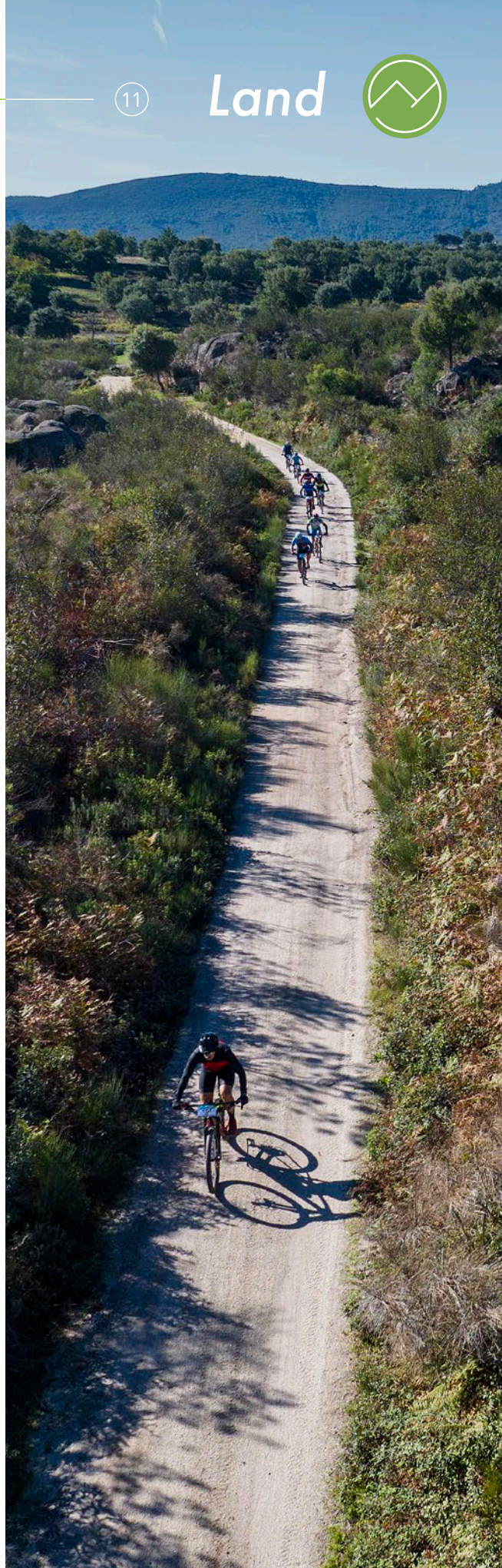


Length: **56,20 km**



MORE INFORMATION:

www.viasverdes.com





Pilgrim Routes

To Santiago

Vía de la Plata

This wonderful route passes through some of the most significant places of Extremadura and is the most important pilgrim route to Santiago from the south; it crosses legendary cities and passes theatres, temples, bridges, aqueducts, thermal springs, and fortresses on a roadway which has been a backbone of Spain throughout history.

MORE INFORMATION:



www.elcaminodelaplata.com



<https://www.turismoextremadura.com/es/explora/Ruta-Via-de-la-Plata/>

*A place to explore
of endless adventures.*

Mozarabic Route

The old Christians of Al-Andalus used it to travel from Andalusia through Córdoba and Extremadura and to continue to Santiago de Compostela. On its passage through Extremadura this route crosses the district of La Serena and towns and villages such as Don Benito, Medellín, Torresfresneda, San Pedro de Mérida, Trujillanos, and Mérida where it joins the Vía de la Plata.

MORE INFORMATION:



www.caminomozarabedesantiago.es



<https://www.turismoextremadura.com/es/explora/Camino-mozarabe-de-Santiago>





To Guadalupe

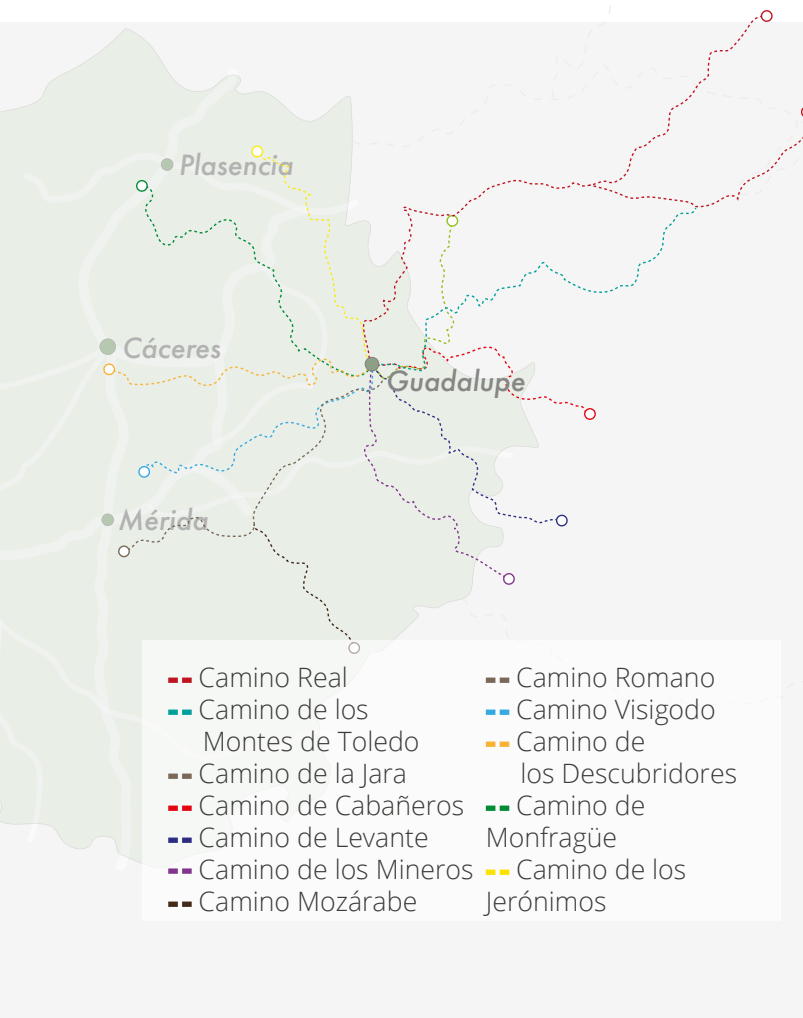
Since the 14th century the Royal Monastery of Santa María de Guadalupe, a UNESCO world heritage site, has been one of the most important places of pilgrimage in Europe.

MORE INFORMATION:



www.caminosaquadalupe.com

Throughout history, thousands of people have made their way to Las Villuercas to venerate Our Lady of Guadalupe, the patron of Extremadura, Mexico, Latin America, and the Philippines. As many as 13 historical pilgrim routes converge here.



Other itineraries



Network of officially approved trails
fexme.com/buscar-senderos



Country walks in Extremadura
senderismo.redex.org/?page_id=111



Isabella the Catholic Route From Cañamero to Guadalupe

Distance: 15 km (one way)
Difficulty: average
Estimated duration: 4h 30min

Charles V Route From Jarandilla de la Vera to Cuacos de Yuste

Distance: 10 km (one way)
Difficulty: low
Estimated duration: 3 hours

"Sweet Coast" Blue Trail From Orellana la Vieja to the Reservoir of Orellana and Orellana de la Sierra

Distance: 19 km (circular)
Difficulty: low
Estimated duration: 5 hours

Cornalvo Nature Reserve Reservoir Route Cornalvo Reservoir

Distance: 7 km (circular)
Difficulty: low
Estimated duration: 2 hours



Nordic Walking

Nordic walking is a resistance sport which gives you open-air exercise that consists of walking with the help and thrust of sticks similar to those used for skiing.



Orienteering Sport

The sport of orienteering is a physical discipline which gives its participants the opportunity to enjoy direct contact with nature with no limits of age or physical fitness. One of the best known categories of this sport is the **Adventure raid**, a multidisciplinary competition intended to test the resistance, the navigation, and the survival skills of fully independent teams. **The Extremadura Adventure Raid League** (Liga Extremeña de Raids de Aventura, LEXRA) is currently one of the major Spanish competitions of this category.

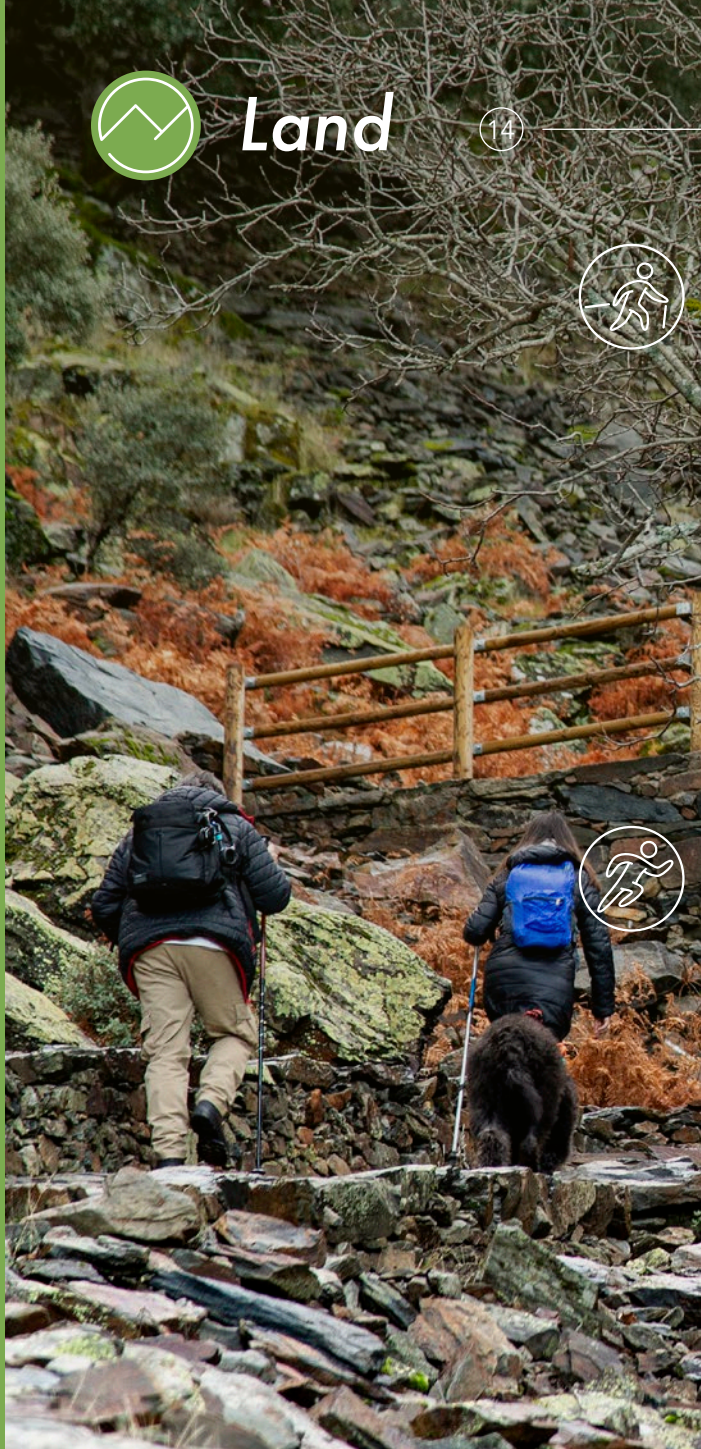
MORE INFORMATION:



www.circuitosorientacion.es



www.fexo.org





Horseback Riding



A different way of exploring paths in Extremadura.

Horseback riding is a category of active and sporting tourism which is experiencing a boom in Extremadura.

More and more popular with nature lovers, this is a different way of exploring paths which can be followed on foot or by bike according to the tastes and motivation of the visitor.

Horseback riding itineraries:



**Nature Trails
Greenways**

www.viasverdes.com



Tajo Internacional

[turismotajointernacional.es/actividades/
turismo-ecuestre](http://turismotajointernacional.es/actividades/turismo-ecuestre)



Extremadura Galopa

[extremaduragalopa.juntaex.es/es/turismo/
rutas](http://extremaduragalopa.juntaex.es/es/turismo/rutas)





Cicle Tourism

Cicle tourism is a non-competitive sporting discipline which consists of tourism using the bicycle as a means of transport.

With over 2,000 kilometres of roads, paths, and trails to enjoy on bike rides, Extremadura invites you to explore its dehesas and woodlands. Any route in the three Biosphere Reserves or any other natural space will be exceptional for cycling with friends or as a family.

Riding on the Vía de la Plata, arriving from Europe on the Eurovelo network of trails, or following a route just right for you courtesy of the Extremadura mountain bike centres are some of the many options open to you.



MORE INFORMATION:

<https://extremadurabt.juntaex.es/es/index.html>



Mountain Bike

Mountain Bike Centres

Mountain Bike Centres are places for practising mountain biking on paths marked, signposted, and classified according to their level of difficulty (green, blue, red, or black).

Hundreds of kilometres to ride in districts such as the Jerte Valley, the Ambroz Valley and Cáparra, Monfragüe, Sierra de Gata, Montánchez, La Siberia, Tajo Internacional, and Alqueva.



MORE INFORMATION:

eurovelo1spain.com/es



Cicle Tourism with Panniers

EuroVelo 1 is a route of about 11,150 km which starts in Norway, crosses the United Kingdom, Ireland, France, and Spain, and ends in Portugal.

Scenic roads

Scenic roads are well signposted sections on roads with little traffic providing complete safety and comfort. They stand out for the beauty of their surroundings.



Eurovelo 1 - Extremadura

----- Section 20 - Stage 1

Baños de Montemayor - Galisteo - 79 km

----- Section 21 - Stage 2

Galisteo - Cáceres - 77 km

----- Section 22 - Stage 3

Cáceres - Mérida - 70 km

----- Section 23 - Stage 4

Mérida - Zafra - 63 km

----- Section 24 - Stage 5

Zafra - Monesterio - 65 km

- 01 **EX - 102 Villuercas South Road**
Logrosán - Guadalupe 27,40 km
- 02 **EX - 103 Southeast Road**
Monesterio - S. de León 25 km
- 03 **EX - 118 Las Villuercas Road**
Guadalupe - Castañar de Ibor 13 km
- 04 **EX - 204 Las Hurdes Road**
Pinofrankeado - Riomalo de Abajo 27,5 km
- 05 **EX - 205 Sierra de Gata Road**
Santibáñez el Alto - Valverde del Fresno 37,2 km
- 06 **EX - 208 Monfragüe Road**
Villareal de San Carlos - Arroyo de la Vid 12,4 km
- 07 **EX - 303 Sierra de San Pedro Road**
Aliseda - Arroyo del Soldado 29,59 km
- 08 **EX - 315 Alqueva Road**
San Benito de la Contienda - Cheles 17,8 km
- 09 **EX - 322 Isla del embalse de La Serena Road**
Embalse de la Serena 6,08 km
- 10 **EX - 375 Balcón del Tajo Road**
Cedillo - Frontera Portugal 1,54 km
- 11 **EX - 391 Monasterio de Yuste Road**
Cuacos de Yuste - Monasterio de Yuste 1,42 km



Mountaineering

Mountaineering is not only a sport but also a leisure activity which involves exploring the environment and a love of nature. Depending on the type of terrain, the height of the mountain, and the climate conditions, mountaineering excursions can be classified as low, middle, and high mountain trips.

Mountaineering is a demanding discipline suitable for more experienced tourists in good physical shape who can walk safely on rough ground; their main objective is to reach the peak of a mountain.

The most important peaks for mountaineering are:

- 🏔️ **El Torreón del Calvitero**, the highest peak in Extremadura with an altitude of 2,401 metres (Sierra de Béjar and Candelario)
- 🏔️ **La Covacha**, with an altitude of 2.399 metres (western range of the Sierra de Gredos)

Other low-difficultly proposals:

- 🏔️ **El Risco de la Villuerca**, at 1,601 metres (Sierra de Guadalupe)
- 🏔️ **El Pico Jálama**, at 1,492 metres (Sierra de Gata)
- 🏔️ **El Cerro de Tentudía**, at 1,112 metres (Tentudía)



Mountain races consist of running in a natural setting on dirt tracks (crossing streams or woodland) or mountain trails. This is a different way of running with changes in height and obstacles on the way in different types of terrain.



Climbing

Extremadura is a real paradise for climbing enthusiasts. Different schools and areas with varied rock types (limestone, slate, granite...) make this region more and more popular for both enthusiasts and professionals of this sport.



Extremadura allows different categories of climbing in natural surroundings. Some of the most representative areas for practising the different climbing disciplines in the region are as follows:

Valcorchero in Plasencia

The school of Valcorchero in Plasencia is probably the most emblematic in Extremadura, not only because it holds the oldest competition in Spain but also for its many sporting and bouldering itineraries through the magnificent dehesa of Extremadura.

Cabañas del Castillo in the Villuercas-Ibores-Jara Geopark

This is a very important area for geology in the Sierra of Las Villuercas where sporting routes can be climbed together with classical and artificial routes of between 70 and 80 m, all on quartzite rock.

Puerto Roque in Valencia de Alcántara

This quartzite rock school is located on the south face of the rocky area known as Puerto Roque on the Portuguese border. In addition we can visit the cave paintings known as 'Abrigo de Puerto Roque', access to which is signposted.

Alange

About 15 km from Mérida in the Sierra de la Culebra, between the dam and the village of Alange (which is well known for its thermal baths of Roman origin), we can find this sports climbing school which is one of the most important in Extremadura. The climbing area is adjacent to the dam of the Alange reservoir; as it faces south it is ideal for winter climbing.

Vias ferratas:

- Via ferrata in La Muela, La Garganta (Cáceres).
- Via ferrata in Alange (Badajoz).



Land

20

Extremadura Activa



Canyoning

Fun, sportsmanship, contact with nature, and adventure are the keys to canyoning.



Descending the course of a river overcoming obstacles by jumping into deep pools, sliding down slippery surfaces, climbing down overhangs with the help of your hands, and ab-seiling using natural or artificial supports are some of the main features of canyoning.

The north of Extremadura is a privileged location for descending ravines. The major ones are as follows:

Los Papúos Ravine in Jerte

Garganta Los Hoyos Ravine in Jerte

Garganta de Las Nogaleas Ravine in Navaconcejo

Gargantón de Guijo Ravine in Santa Bárbara

Garganta de La Hoz Ravine in Madrigal de la Vera

Garganta Las Meñas Ravine in Losar de la Vera

Chorrera de La Mora Ravine in Aldeanueva de la Vera

Garganta de La Desesperá Ravine in Arroyomolinos de la Vera

Garganta Vadillo Ravine in Losar de la Vera

Garganta Mayor Ravine in Garganta la Olla.



Extremadura Mountain and
Climbing Federation

www.fexme.com



Multi-adventure Activities

Multi-adventure activities allow a different and highly stimulating contact with nature. These leisure activities in natural surroundings include two or more adventure proposals.



Adventure parks are enclosures in nature with routes full of activities such as zip lines, archery, orienteering, climbing, paintball, tree rope parks... These activities are generally carried out in groups and in a package of several different disciplines.





Golf

If you like open-air sports and play golf, you can practise your favourite sport on high-quality courses and at the same time keep in close contact with the magnificent natural landscapes which surround them.

Golf courses

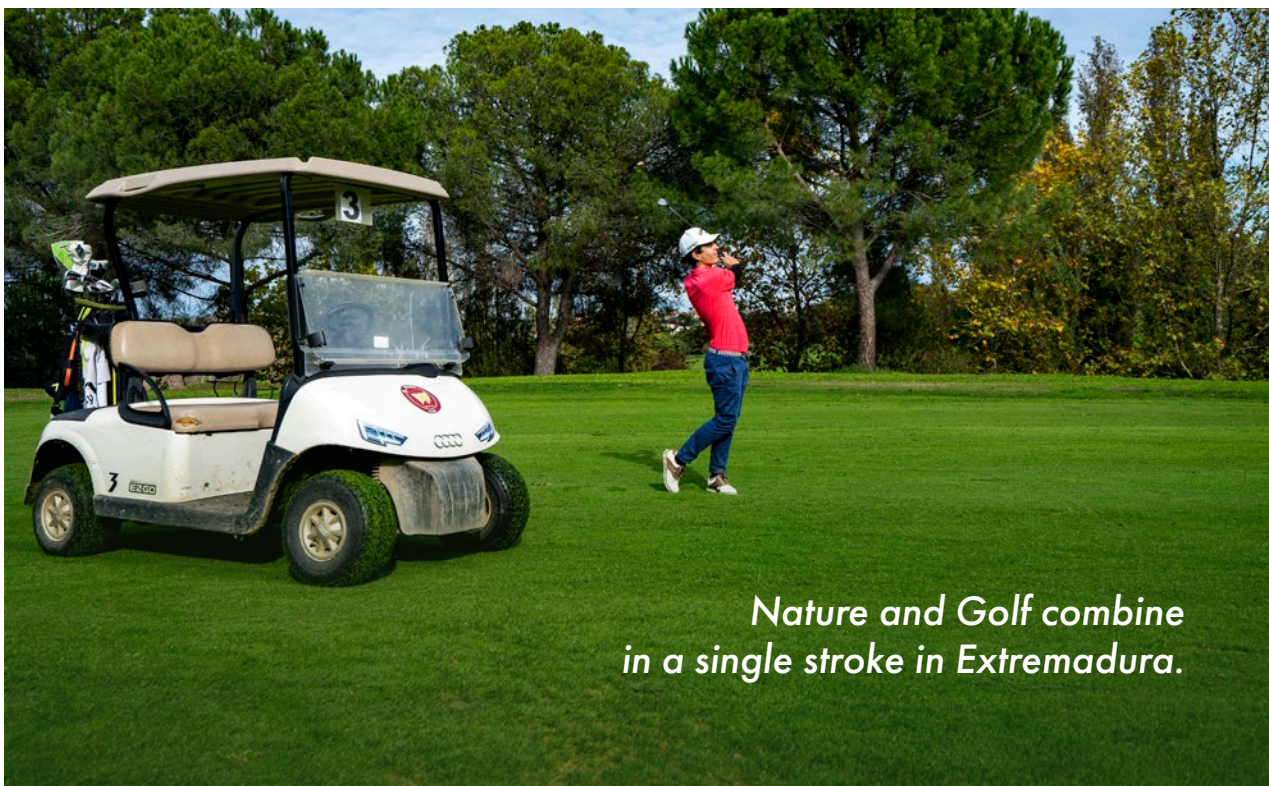
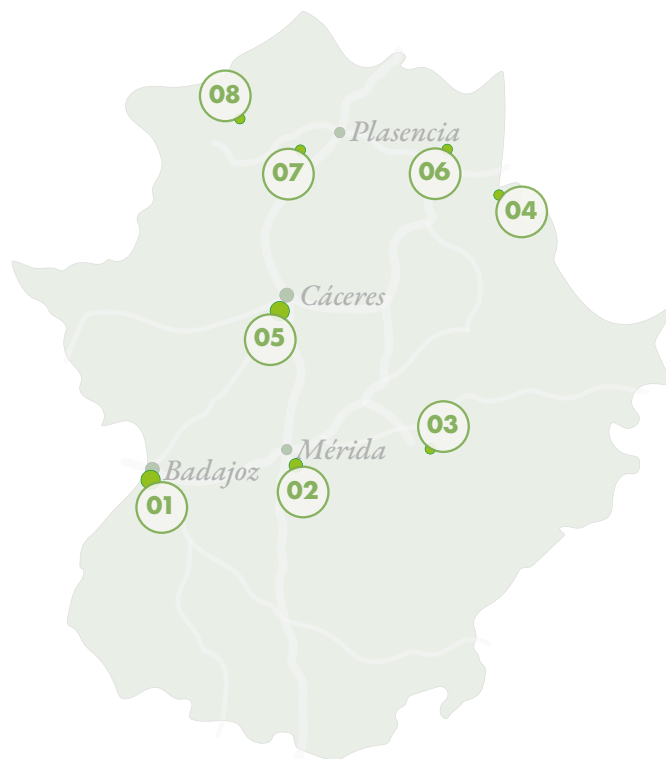
Holes

Badajoz

01 Golf Guadiana	18 holes par 72
02 Don Tello Golf	9 holes par 36
03 Quinto Coto Golf	9 holes par 27

Cáceres

04 Golf Isla de Valdecañas	18 holes par 72
05 Norba Club de Golf	18 holes par 72
06 Talayuela Golf	18 holes par 72
07 Galisteo Golf	9 holes par 36
08 Parraluz Golf	9 holes par 35



*Nature and Golf combine
in a single stroke in Extremadura.*



Sailing in Fresh Water

The good climate and conditions for light craft sailing, windsurfing, kitesurfing, water skiing, and paddle surfing all year round make Extremadura a nautical paradise.

The rivers Tajo, Alagón (Alcántara Reservoir), Guadiana (Alqueva Reservoir), Zújar (reservoir of the same name) and Matachel (Alange Reservoir) offer the possibility of sailing in landscapes of great beauty and ecological value and getting to know Extremadura in a different way aboard tourist craft.

Infrastructures and a specialised sector of which the Extremadura Sailing Federation and Canoeing Federation are members, clubs, schools, activity companies, and other tourist and sports agents make Extremadura one of the most important nautical destinations in Spain.



Canoeing & Kayaking

Extremadura has a large number of rivers and reservoirs which make it the region with the longest inland coastline in Spain (1,500 km). This makes it very attractive for carrying out aquatic activities.

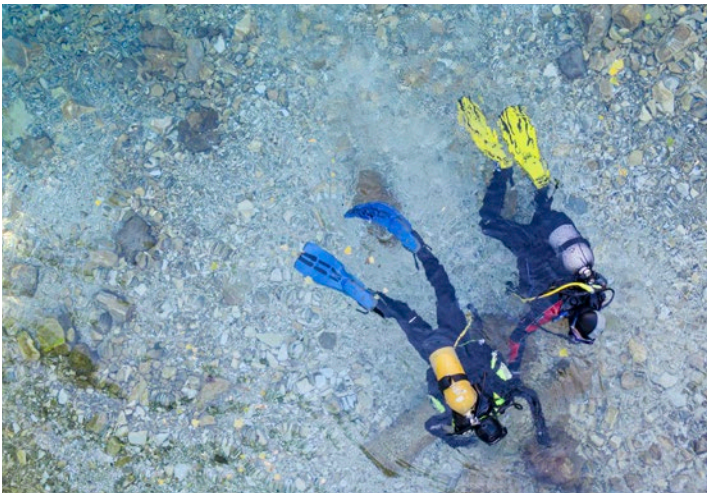
Some of the most popular sporting disciplines are canoeing, paddle surfing, water skiing, sailing, windsurfing, kitesurfing, and similar activities.

Every year in Extremadura a multitude of popular canoeing descents are held in rivers and reservoirs; companies include kayaking in the activities they offer as a proposal for adventure or active tourism.





Diving in Inland Waters



Extremadura has a large number of rivers and reservoirs which make it the region with the longest inland coastline in Spain. This makes it very attractive for aquatic activities.

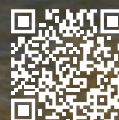
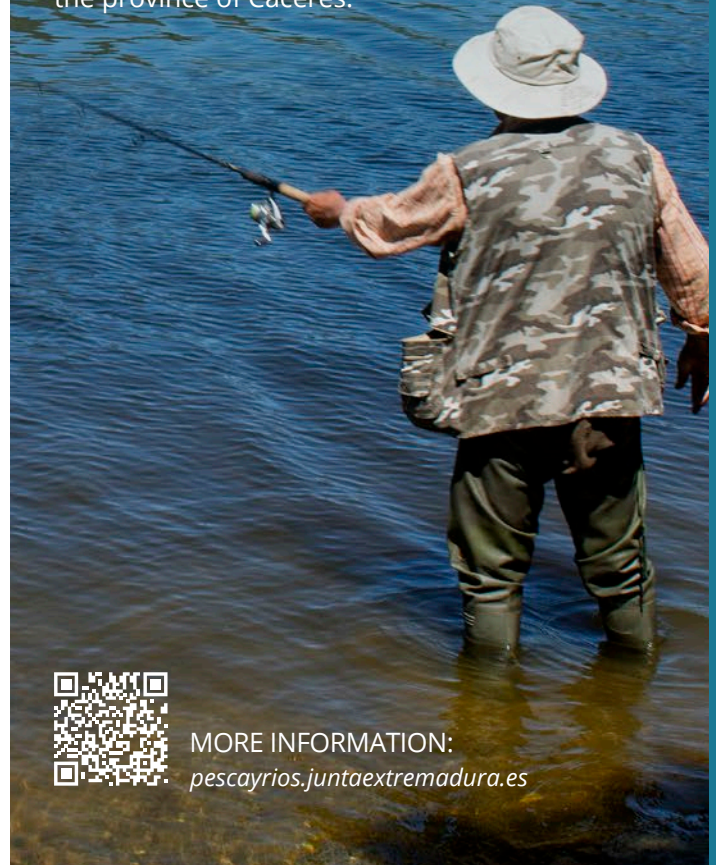
Diving in inland or freshwater areas is becoming more and more popular in Extremadura. This discipline can be practiced in a number of places: reservoirs, lakes, flooded quarries, river pools, and natural swimming pools. Sub-aquatic inland landscapes offer quite different immersions to those of seas or oceans.



Sport Fishing

The region is exceptionally good for sport fishing due to its diversity of habitats and therefore of categories that can be practised. These factors offer enthusiasts many possibilities for enjoyment.

You can fish in the reservoirs of La Serena, Orellana, García Sola (Puerto Peña), Cornalvo, Alange, Sierra Brava, Cijara, and Zújar in the province of Badajoz and Alcántara, Gabriel y Galán, Valdecañas, and Borbollón in Cáceres and even trout fishing sections in rivers in La Vera and the Valleys of Jerte and Ambroz. You can also fish for tench, which is more popular in Extremadura than in any other Spanish region and a tradition in the Tajo-Salor district of the province of Cáceres.



MORE INFORMATION:
pescayrios.juntaextremadura.es



Balloon Flights

Floating in a basket beneath a huge balloon is a magical sensation; you will be taken wherever the wind blows as you fly free through the skies of Extremadura. There is no doubt that this is one of the most popular experiences as it is suitable for all.



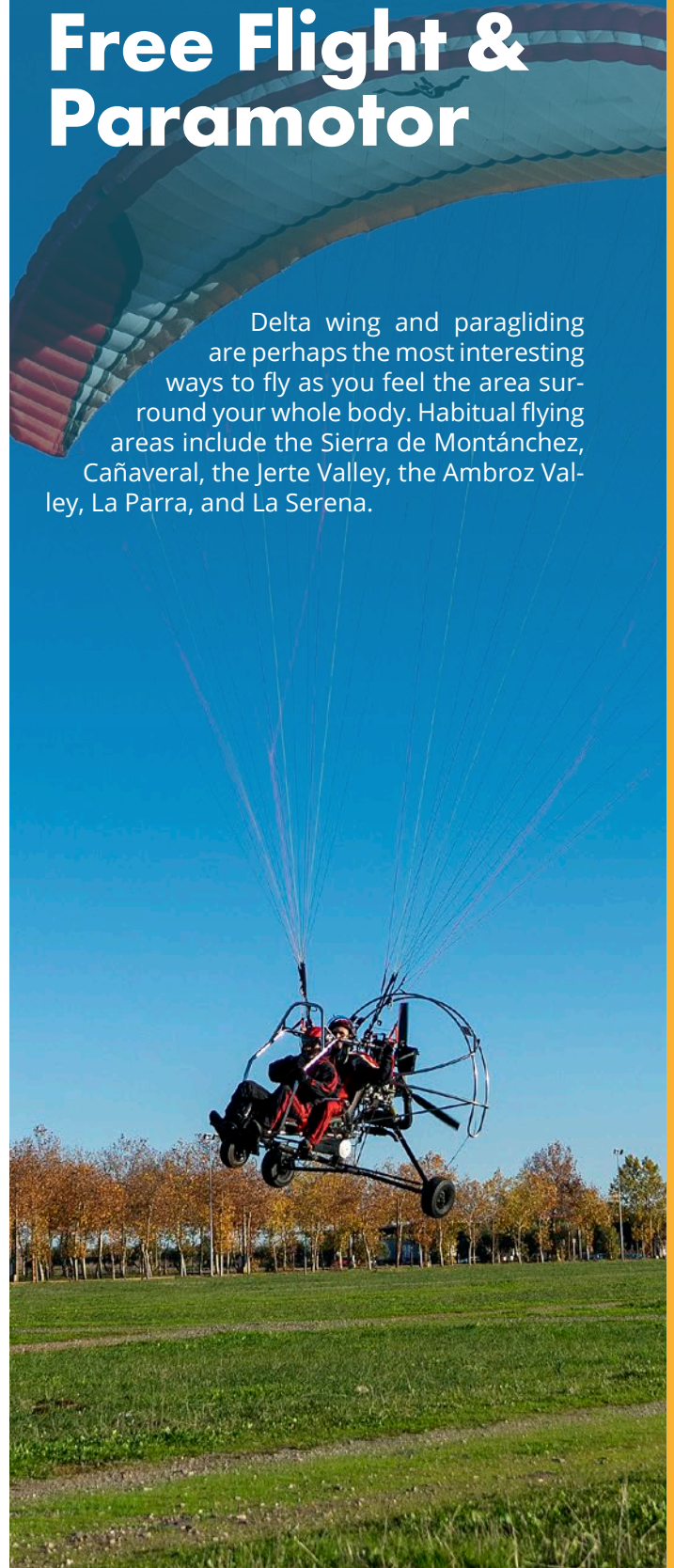
Learn to Fly

This activity consists of a flight in a microlight aircraft or small plane. You have your first contact with the controls of an aircraft with a short theoretical class. Once airborne, under the instructor's supervision you can find out how the controls of the aircraft operate.



Free Flight & Paramotor

Delta wing and paragliding are perhaps the most interesting ways to fly as you feel the area surround your whole body. Habitual flying areas include the Sierra de Montánchez, Cañaverál, the Jerte Valley, the Ambroz Valley, La Parra, and La Serena.





Ecotourism

Extremadura retains a multitude of natural spaces of great ecological value and biodiversity. These spaces are ideal for practising various sports (hiking, mountaineering, trail running...), but above all are places of high environmental value owing to the richness of their fauna and flora.

UNESCO Environmental Corridor

The main natural spaces which are internationally recognised are as follows:

Tajo Internacional

A Cross-border Biosphere Reserve of the UNESCO since 2016.



The natural border of this protected natural space, which is shared by Spain and Portugal, is the Tajo River for 60 km. Its location has helped to preserve its natural environment with a wide variety of plants which provides a refuge for numerous species in danger of extinction. A large part of the territory is dominated by typically Mediterranean vegetation with holm oaks, cork oaks, and wild olive trees. The birds however are the star attractions of this area: griffon, black, and Egyptian vultures, together with Bonelli's, golden, and imperial eagles dominate the skies in addition to the cranes from northern Europe.



MORE INFORMATION:
www.turismotajointernacional.es

Villuercas-Ibores-Jara

A World Geopark of the UNESCO since 2015.

This district, which includes nineteen municipalities, is an example of sustainable development based on geotourism. Its spectacular landscapes reflect the memory of millions of years of evolution in which it is possible to observe the continuity of the various geological periods, paleontological remains, and their biodiversity thanks to various routes. The climb to the crag known as the Risco de La Villuerca, a very attractive pedagogical and tourist resource, stands out.



MORE INFORMATION:
www.geoparquevilluercas.es





Monfragüe

A Biosphere Reserve of the UNESCO since 2003 and a National Park since 2007.

The Tajo River is the backbone of the largest and best preserved area of Mediterranean woodland in the world: over 18,000 hectares which are home to 280 species of vertebrates. The ideal vantage point of this paradise for bird-watchers is the Salto del Gitano where among others, the following species can be observed: black storks, griffon vultures, eagle owls, Egyptian vultures, and Iberian imperial eagles which nest in the Sierra de las Corchuelas. Every year Monfragüe is the venue for the Extremadura Birdwatching Fair (Feria Internacional de Turismo Ornitológico, FIO).



In 2016 Monfragüe was nominated a Starlight Tourist Destination: this certifies the quality of its skies without light pollution for astrotourism activities.



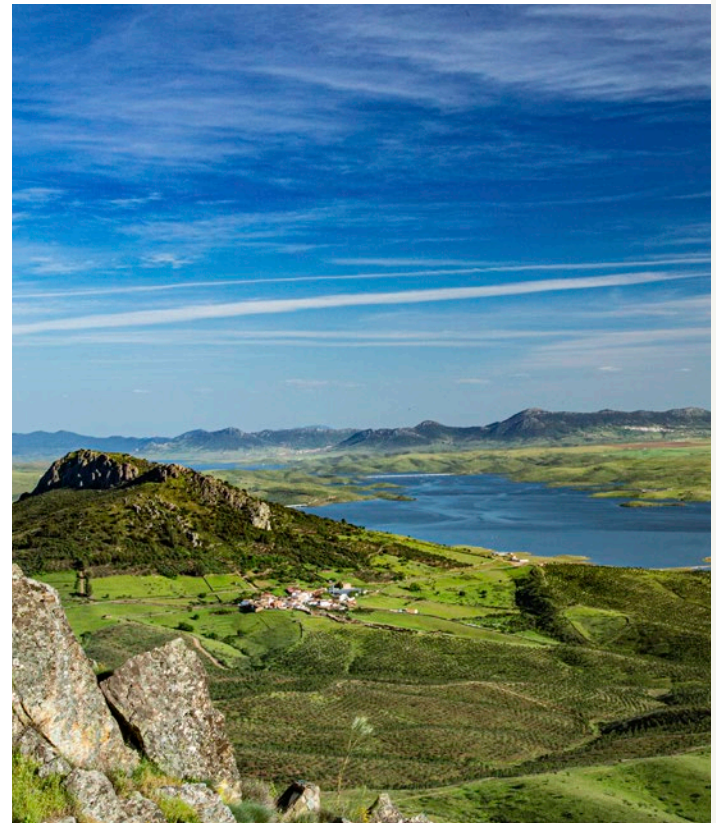
MORE INFORMATION:

www.turismomonfrague.es

La Siberia

A Biosphere Reserve of the UNESCO since 2019.

La Siberia of Extremadura is the first Biosphere Reserve of the province of Badajoz: a district full of history, resources, and possibilities.



This territory covers twenty-two municipalities and has an outstanding biodiversity. It is noted for its plains, sierras, and the large reservoirs of the Guadiana and Zújar Rivers. This recognition highlights the value of its natural and cultural heritage, which includes in particular the Cíjara Regional Reserve, prehistoric sites, wide extensions of dehesas, various protected spaces for birdwatching, and the rocky formations of Puerto Peña.



MORE INFORMATION:

www.lasiberiabiosfera.com



Facilities

El Anillo

The 'El Anillo' International Centre for Sporting Innovation in Nature is located in an exceptional natural setting and is ideal for practising sport in nature and for holding activities and national and international sports competitions. It constitutes a bid for the dissemination of the rational exploitation of natural resources under a sustainable development model. We have specific facilities for the practising and training of different sporting disciplines, residence arrangements, conference halls, formative classrooms, a swimming pool, an expanse of water for water sports, and sports material for carrying out activities in a natural setting.

Information on visits to the centre:

Opening hours:

From Mondays to Sundays.

From 10:00h to 14:30h and from 16:00h to 21:00h.

Visitors may:

- Move about both outside the building and on its roof.
- Get to know the Active Tourism Experience Point. This is an information point on the festivals of tourist interest of our region and is equipped with two augmented reality experiences.
- Interpreting the sky at our celestial vantage points all year round. We have one for the spring/summer season and another for autumn/winter. Contact us to check availability and avoid coinciding with events or activities when the centre is not open to visitors.

Contact:

anillo@juntaex.es

Tel N°: +34 927 442 900



MORE INFORMATION:

crndeporteselanillo.juntaex.es



Mountain bike centres in Extremadura



MTB centre Valle del Jerte
centro-btt-valle-del-jerte.blogspot.com/p/rutas.html



MTB centre Monfragüe
torrejonelrubio.com/btt



MTB centre Sierra de Gata
senderos.sierradegata.org/?plant=100&cat=8



MTB centre Montánchez
montancheztevaencantar.es/es/destinobbtt



MTB centre La Siberia
turismolasiberia.juntaex.es/rutas-btt



MTB centre Ambroz y Cáparra
turismodehervas.com/visitas



MTB centre Tajo Internacional
turismotajointernacional.es/actividades/cicloturismo-btt



MTB centre Alqueva
extremadurabtt.juntaex.es/es/centros-btt/alqueva





Sporting Events

Extremadura and the Euroace territory make up a destination of international excellence for practising sports.



MORE INFORMATION:

<http://deportextremadura.gobex.es/index.php/actualidad/1230-presentacion-propuestas-circuito-euroace-sport-2023>



The Euroace Sport and Nature Circuit held its 15th edition in 2022.

This circuit has been designed in such a way that anyone wishing to enjoy physical activity and sports can take part, including the elderly, with functional diversity and sport for the whole family. It's becoming an attractive venue for Spanish and international sporting events and top sportsmen and sportswomen take part in order to prepare themselves for their major commitments.

The goal is to consolidate sports tourism in our region through these events that give the participants the opportunity to enjoy our landscapes, the touristic charm and the beautiful areas of Extremadura. The aim is to help the tourist sector in rural areas and show the cultural and historical heritage of towns and villages.

The Euroace Sport and Nature Circuit held its 15th edition in 2022 and is a model to follow in the building of a healthy life style, the encouraging of values, and social cohesion. Since 2018 Euroace Sport has been active at a total of 545 events in Spain and Portugal with over 170,000 sportsmen and sportswomen taking part and about 260,000 people accompanying them.



Tourist Services

Extremadura offers a wide range of nature landscapes perfect for practising different sports. Specialised companies based in the region provide the traveller with dozens of activities of active tourism, adventure, relaxation and sports in rural settings for all publics.

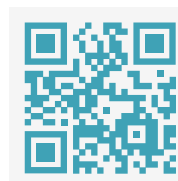
Nature landscapes perfect for practising different sports



Extremadura Activa

This publication includes a directory of professional services.

The companies appearing on this list are inscribed on the General Register of Tourist Companies and Activities of the Tourist Board of the Regional Government of Extremadura as Alternative Tourist Activity Companies in accordance to Article 83 of Law 2/2011 of 31st January on the Development and Modernisation of the Tourism of Extremadura (Official Bulletin of Extremadura -D.O.E.- no. 22 of 2nd February 2011).



https://issuu.com/extremadura_tur/docs/guia_turismo_activo



Guides and Links of Interest



Eurovelo 1

https://issuu.com/extremadura_tur/docs/eurovelo1_extremaduraapedales



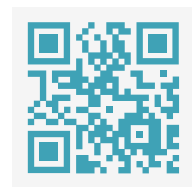
Greenways in Extremadura

https://issuu.com/extremadura_tur/docs/vias_verdes



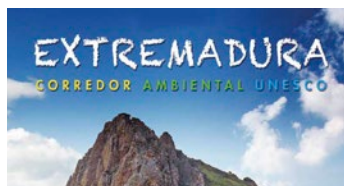
Walks in Extremadura's Forests

https://issuu.com/extremadura_tur/docs/paseos_por_los_bosques



Extremadura is Water

https://issuu.com/extremadura_tur/docs/guia_del_agua



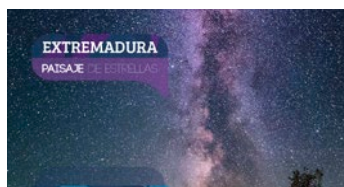
UNESCO Environmental Corridor

https://issuu.com/extremadura_tur/docs/corredor_ambiental_unesco



App Extremadura Birding

https://play.google.com/store/apps/details?id=com.phonegap.birdinginextremadura_22



Extremadura Star Landscape

https://issuu.com/extremadura_tur/docs/extremadura_paisaje_de_estrellas




Motor Routes

https://issuu.com/extremadura_tur/docs/rutas_a_motor



 www.turismoextremadura.com

 Download this guide here
in digital format

 ExtremaduraTurismo

 @Extremadura_tur

 turismoextremadura

 @Extremadura_tur



Extremadura

JUNTA DE EXTREMADURA