

Navarra by bike



Kingdom of
Navarra

Gobierno
de Navarra



Nafarroako
Gobernua



AGENDA
2030



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 General Direction of Tourism, Commerce and Consumption

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- Eurovelo 1 - Ederbidea Project (developed stretches)
- Eurovelo 1 (sections being developed)
- Rail Trails
- Way of St James

A full-page background image showing a male cyclist in a black jersey and shorts, wearing a red and white helmet, riding a mountain bike on a dirt trail. The cyclist is leaning forward in a racing posture. The background features rolling green hills under a clear blue sky, with distant mountains visible on the horizon.

Bike routes

Explore Navarra from north to south

NAVARRA offers a wide range of signed, prepared routes to explore by bike throughout its territory. From the simplest, with hardly any gradients, for people with reduced mobility and suitable for all ages, like the Rail Trails, and the most traditional one of all, the Way of St James, to the most rugged routes for mountain bikes and the EuroVelos, longer routes which link the region up with Europe.

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Way of St James

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- Irati
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Accommodation with facilities for bikes

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Events and good practices

SYMBOLS

Easy 

Medium 

Very difficult 

SERVICES INDICATED ON MAPS



Pharmacy



Medical attention



Supermarket



Rest area



Accommodation



Tourist Information Office



Restaurant



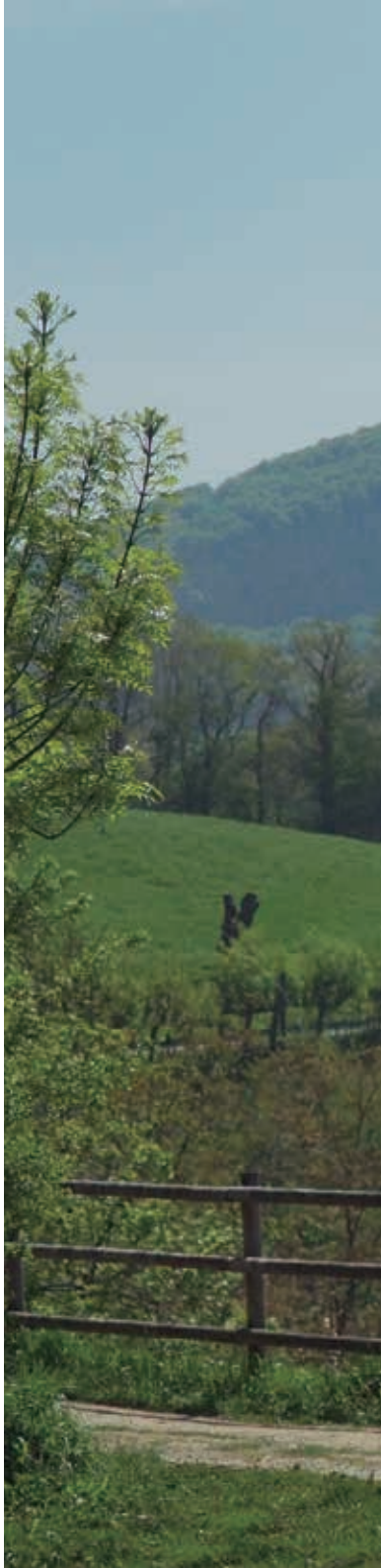
Bicycle workshop



Accommodation with facilities for bikes



Bike hire



Rail Trails

Paths leading everywhere

The Community of Navarra has 5 Rail Trails (former railway lines converted into paths) which make for more than 120 km. Five paths which reveal the history, culture and nature of both Navarra and these narrow gauge railways. In the Pyrenees, in Middle Navarra or in La Ribera; in the heart of the mountains, in areas given over to vegetable growing, vineyards or alongside cool rivers, exploring its Rail Trails on bicycle or foot is a great way to discover the Kingdom of Navarra.





The Bidasoa Rail Trail

On the banks of the Bidasoa river and next to the Señorío de Bertiz Natural Park

This Rail Trail reclaims a good part of the path of the “Tren Txikito” (little train) which ran between Elizondo and Irun until 1956. The route now offers an unforgettable journey between Atlantic beech and oak woods and villages of great beauty along the Bidasoa, a small, bucolic Basque-Navarrese river which links up and gives its name to the whole area. Exploring this Rail Trail is like strolling on a fresh, shady, green carpet in spring-summer and a warm, colourful one the rest of the year. ■

Did you know...

You can lengthen your journey by following the EV1 to Iurtzun (p. 17) or carry on from there along the Plazaola Rail Trail (p. 7).

Location: between Oiategi (Navarra) and Behobia. Irun (Gipuzkoa)

Length: 42 km; 34 km in Navarra

Type of surface: concrete, asphalt and compacted soil, depending on the section

** Suitable, with some limitations (potholes) on the Sunbilla - Lesaka stretch and slopes between Legasa and Oiategi.*

Don't miss

- The Señorío de Bertiz Natural Park, botanical garden, Nature Interpretation Centre
- The Mountain Bike Centre in Doneztebe/ Santesteban (bike hire)
- Signed round trips in the district for walking or cycling
- Salmon fishing in season
- Typical farmhouses and flocks of the local breed of sheep, whose milk is used to make delicious Idiazabal Denomination cheese, all along the route



Bertiz Tourist Information Office: +34 948 592 386



The Plazaola Rail Trail Natural Path

From Navarra to Gipuzkoa through the most unspoilt scenery of Leitzaran

The “Plazaola” narrow gauge railway used to tirelessly weave between Pamplona/Iruña and Donostia-San Sebastian until the mid-twentieth century, passing through the Leitzaran and Larraun Valleys. This spectacular route now has restored stations and numerous tunnels - including the Uitzu tunnel, which, at 2.7 km, is the longest on any rail trail in Europe. ■

Did you know...

You can lengthen your journey by following the EV1 from Irurtzun (p. 17).

Location: between Irurtzun and Andoain (Gipuzkoa)

Length: 63 km; 41 km in Navarra

Type of surface: compacted earth, for the most part

** Suitable, with some limitations (occasional slopes) on part of the route.*

Don't miss

- Latasa station (bar-restaurant and conventional and electric bike hire)
+34 622 208 410
- Lekunberri station (tourist information office, bar-restaurant and bike hire)
+34 948 507 204
- Leitza station (bike hire). Opening soon
- Typical farmhouses along the way
- In season, the typical cider house menu is available



Lekunberri Tourist Information Office +34 948 507 204



The Irati Rail Trail

A surprising journey through the Gorge of Lumbier

This trail runs along a stretch of the old narrow gauge railway line which used to link Pamplona up with Sangüesa. It is now a delightful trail through one of the most beautiful spots in Navarra, the Gorge of Lumbier Natural Reserve, a spectacular cliff, the dominion of griffon vultures, which are not at all hard to spot. It is the ideal place for a short family walk, looking to the heavens. ■

Location: between Liédena and Lumbier

Length: 6,4 km

Type of surface: compacted earth

** Suitable, with some limitations (gravel)
Recommendations: Take binoculars
to enjoy the Gorge of Lumbier to the full.*

Don't miss

- Bike hire and guided bike tours (Lumbier)
- Gorge Interpretation Centre (Lumbier)
- Observing griffon vultures
- Picnic at the entrance to the Gorge



Sangüesa Tourist Information Office
+34 948 871 411





The F. C. Vasco Navarro Rail Trail Natural Path

**Following in the footsteps
of the “trenico” from the
monumental town of
Estella-Lizarra**

The F. C. Vasco Navarro Rail Trail Natural Path revives the routes of the “trenico” (little train), which used to join Estella-Lizarra up with Gipuzkoa and Vitoria-Gasteiz from 1927 to 1967. It preserves a rich cultural and railway heritage, such as the Arquijas viaduct or the Acedo tunnel (1.4 km long!), opening Tierra Estella up to the surprise of visitors. ■

Did you know...

You can continue your journey along the Way of St James from Estella-Lizarra (p. 19).

Location: between Estella-Lizarra, Vitoria-Gasteiz and Bergara (Gipuzkoa)


Length: 123.5 km; 29 km in Navarra

Type of surface: compacted earth, for the most part. Asphalt surface between Estella and Zubielqui

** Suitable, with some limitations (occasional slopes) on the Zubielqui - Murieta section.*

Don't miss

- First Rail Trail certified as a “Starlight Trail” (for stargazing)
- Part of the Tierra Estella Mountain Bike area (2,000 km marked trails)
- Estella-Lizarra, a mediaeval town, known as the “Toledo of the North”
- The tasty local gastronomy, seasonal asparagus, roasts and outstanding local wines

 Estella-Lizarra Tourist Information Office
+34 848 420 485



The Tarazonica Rail Trail Natural Path

From the Ebro river to Mount Moncayo through Navarra's La Ribera region

The old "Escachamatas" train used to depart from the monumental city of Tudela and climb from the Ebro river to the lower slopes of Mount Moncayo. The path of this old railway line now takes you through a landscape shaped by the meadows flanking the Queiles river, where Navarra's well-known and delicious vegetables are grown. ■

Don't miss

- Tudela, the city of three cultures (Arab, Christian and Jewish)
- Vegetables from Navarra's La Ribera region
- The excellent local wines

Location: between Tudela (Navarra) and Tarazona (Aragón)

Length: 22 km; 13 km in Navarra

Type of surface: asphalt and compacted gravel

** Suitable, but with slopes on the walkway over the Ablitas road.*



 Tudela Tourist Information Office
+34 948 848 058

The EuroVelo network

EuroVelo (European network of cycling routes) is a European Cyclists' Federation project which aims to open a network of 16 long-distance cycling routes covering more than 70,000 km to join up the entire European continent. It uses existing routes and develops new interconnections between them.

Navarra is traversed by 2 EuroVelo routes, the EV1-Atlantic Coast Route and the EV3-Pilgrims' Route. Please note that these routes are still being created.



Features of EuroVelo routes

- They have a gradient of less than 6%, except for short stretches.
- They are wide enough to allow at least two bikes to pass.
- The motorised traffic on them is less than 1,000 vehicles/day.
- They are metalled over at least 80% of their length.
- The routes are open all year round.
- Food and drink are available every 30 km, accommodation every 50 km and public transport which accepts bicycles every 150 km.

EuroVelo 1

Atlantic Coast Route

So unique so diverse

**A route from north to south covering
more than 9,000 kilometres**



The EuroVelo 1 or Atlantic Coast Route is a bicycle touring route which will, in the future, cover more than 9,000 kilometres, from the Norwegian fjords to the Irish coast and the Landes coast in France before entering Spain via Gipuzkoa and the north of Navarra. It will then follow the Way of St James to the beaches of Portugal. The first two stages of the five which will eventually constitute the route in Navarra have now been completed.

ev1.eurovelospain.com

The bicycle as objective

The development of the first two stages of the EuroVelo 1 in Navarra has been made possible thanks to the cross-border project **Ederbidea** funded by the European Union, which **has joined up the Bidasoa and Plazaola Rail Trails** through the construction of approximately 90 new kilometres, 46 of which consist of bicycle-only paths and Rail Trails for walkers, cyclists and people with reduced mobility, and 44 kilometres of which share the way with motor vehicles. (www.ederbidea.com)

The Beautiful road (which is what Ederbidea means) also coincides with the last stretch of the EV1 in France, 50 km between Bayonne and Hendaye/ Irún along the beautiful Atlantic coast and past the picturesque villages of the French Basque country.

Route with a medium level of difficulty



The route of the EuroVelo 1 through Navarra, with the exception of the sections of the Bidasoa and Plazaola Rail Trails, can be classified as medium difficulty due to the mountainous terrain in the area it travels through. The steepest sections are on leaving Doneztebe/Santesteban (a short but hard stretch) and the part by road between Oiz and the highest point of Gorostieta.



A path with much more to offer

The EuroVelo 1 in Navarra is much more than a safe, signed, cyclable path. There are magnificent landscapes of green meadows dotted with farmhouses, picturesque tunnels, typical villages, the odd bunker remaining from the war, rest areas and natural bathing areas all along the way. The route also offers services for cyclists: bicycle hire, suitable accommodation, railway stations fitted out as tourist information offices, bars and welcome centres for visitors, not to mention the wonderful cuisine on offer in country inns and restaurants, where you can try typical local products: *chistorra* sausage, beef, cheese, junket, cider, corn tortillas (talos) and seasonal wild mushrooms. ■



Signs

All along the routes there are signs telling you which way to go in the form of signboards, danger and rest area signs, signposts, mini-totems, plaques and road markings, etc. The most useful information you need to know when travelling and not get lost.

The two completed stages of the EV1 are signed on the roads, in urban centres and on the paths using the following pictographs:



Ederbidea



EuroVelo





Areas which require caution and accident blackspots

There are certain blackspots on the route which call for particular caution.

→ DONEZTEBE/SANTESTEBAN

On leaving the village along Calle Mercaderes, the route climbs a paved path. Be careful on some very steep stretches.

→ VENTAS DE DONAMARIA

Be careful when turning towards Oiz at the junction with the NA-204 at Ventas de Donamaria - Donamariako Bentak.

→ LATASA

On leaving Latasa, be careful at the junction with the NA-1300 to get to the motorway underpass taking you to the route of the Plazaola.

→ IRURTZUN

In the area of Dos Hermanas, near Irurtzun, the path passes through two consecutive

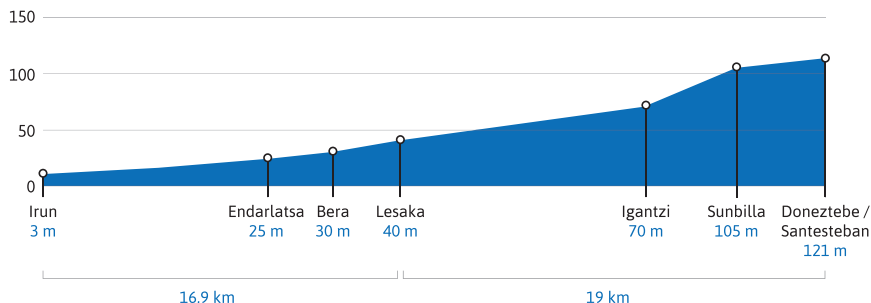
tunnels which are 150 metres and 100 metres long, respectively, before continuing through an underpass beneath the A15 motorway. It shares this stretch with other traffic.

** NB. As of March the tunnels will be lit and have traffic lights for cyclists and motor vehicles.*



Irun - Doneztebe/Santesteban

The EuroVelo 1 enters Navarra from Gipuzkoa along the Bidasoa Rail Trail at Enderlatsa, passing through a landscape of green meadows dotted with farmhouses, picturesque tunnels, typical villages and even the odd bunker left behind from the war before arriving in Doneztebe/Santesteban. A pleasant, easy, practically flat route.



Don't miss

- The approach to Bera, tucked in between the river and the steep slopes of the Pyrenees, and the well looked-after town centre.
- The gothic windows and doors of the façades giving onto the cobbled streets of Lesaka.
- The three tunnels enclosed by thick woods leading to Sunbilla.
- The pastry horns filled with confectioner's custard (Kote Corta) and the bread made underground in the old style of the American shepherds of Sunbilla.

Specific services on the route

(More info on pages 24 and 25)

- Ameztia Mountain Bike Centre (Doneztebe/Santesteban)
- Albergue Non Stop Inn (Igantzi)
- Hotel Venta de Etxalar (Etxalar)
- Hostal Ameztia (Doneztebe/Santesteban)

Doneztebe/Santesteban - Irurtzun



Cloaked in green and flanked by mountains such as Mendaur, the route serenely passes through the Malerreka Valley, farmhouses appearing sporadically between clearings and woods. The EuroVelo leads you to Irurtzun, a town which is highly industrialised due to its strategic location.



Don't miss

- The elegant village of Doneztebe/Santesteban, which preserves remnants of its mediaeval past.
- The Tower of Donamaria (15th century Gothic).
- The ancient oak forest of Jauntsarats.
- The *chistorra* sausage from Arbizu.
- The reservoirs of Leurtza, a suggestive green setting with a great variety of flora and fauna (5 kilometres).
- The Plazaola Rail Trail.

Specific services on the route

(More info on pages 24 and 25)

Hotel Plazaola
(Irurtzun)

Latasa station
(bar-restaurant and bike hire)



EuroVelo 3



Another major route proposed for the European network also crosses Navarra, the EuroVelo 3: a route of more than 5,000 km through 6 countries: Norway, Sweden, Denmark, Germany, France and Spain, although still in a very early stage of development. **BiciMugi** is the name of the cross-border project funded by the European Union which aims to contribute to the development of this route and create circuits for sustainable mobility in the rural area of the Pyrenees that it runs through.

The EuroVelo 3 will enter Navarra at Orbaizeta (Aezkoa Valley) and run through the Arce Valley before heading for Pamplona/Iruña. There it will join the EuroVelo 1 and run parallel to the French route of the Way of St James to Viana, passing through the towns of Puente la Reina/Gares and Estella-Lizarra. ■



The Way of St James



The French Way of St James, a European Cultural Route and UNESCO World Heritage Site, is designed for walking, although many decide to complete it by bike: "bike pilgrims".



On this route, you have the option of riding along the traditional path, with tough stretches where the slope means you have to get off your bike, or you can use the local roads, which only have light traffic. If you choose the traditional path, please ride with caution and respect the many pilgrims on foot. The path of the Baztan Way of St James is less suitable for cycling because it includes a lot of climbs. The Ebro Way, with wide, little used paths, however, is ideal. ■



Mountain bike areas

More and more routes prepared for mountain biking are appearing in Navarra for you to discover the land from your saddle.





Tierra Estella- Lizarraldea



www.turismotierraestella.com/es/espacio-btt/

This mountain bike route area runs through Tierra Estella-Lizarraldea, inviting you to explore the region on the more than 2,000 kilometres available. The routes are colour coded according to overall difficulty and offer options for all levels.

The Mountain Bike routes open up the diversity of the local landscapes, passing through the Urbasa-Andia Natural Park, over the Sierra of Lókiz, Montejurra, the plains of La Ribera Estellesa, the old drovers' paths, the Way of St James, the F.C. Vasco-Navarro Rail Trail and the GR 99 - the Natural Path of the Ebro River, among others.

This area is home to 7 welcome centres offering services to bike tourists: small bike repair workshops and repair kits, bike hire and washing, information on the Mountain Bike area and the routes in it, etc. ■

WELCOME CENTRES

- Camping de Acedo (Acedo).
www.campingacedo.com
- Camping Aritzaleku (Lerate).
www.aritzaleku.com
- Camping Iratxe (Ayegui).
www.campingiratxe.com
- Camping Lizarra (Estella-Lizarra).
www.campinglizarra.com
- Camping Riezu (Riezu).
www.campingriezu.es
- Frontón de Lerín.
www.lerin.es / +34 948 530 005
- Urbasa Abentura (Larraona).
www.urbasaabentura.com



Irati

www.irati.org/centro-btt-irati/

The Irati Mountain Bike Centre covers the Irati Forest, which occupies 17,000 hectares in the north of the Aezkoa and Salazar Valleys, and is one of the largest forests in Europe. An enchanting landscape, it has everything from thick woodland to open pastures on the higher land.

The area contains 400 kilometres suitable for cycling on 16 different marked and geo-referenced bike tracks for all levels. ■

THE CENTRE CONSISTS OF 3 AREAS

- **Irati-Abodi.** Marked, approved routes, showers, bike wash, repair workshop and bike hire.
- **Casas de Irati-Salazar Valley.** Basic services. 3 electric bicycles and 15 conventional bikes are available.
- **Arrazola-Aezkoa Valley.** Information point with toilet and picnic area.

Eremua

www.erehua.com

This Mountain Bike and Trail Running area is in the Esteribar Valley, the gateway to the Navarrese Pyrenees. The trails and routes of EREMUA span the municipalities of Eugi, Saigots, Iragi and Zubiri on countless paths originally opened up by smugglers, hunters, loggers, shepherds and the animals which live in the area.

Eremua features 12 trails suitable for mountain biking and trail running, indicated according to level of difficulty. ■

CENTROS DE ACOGIDA

- **Zubiri Sports Centre** (Zubiri). +34 948 304 007



ACCOMMODATION WITH FACILITIES FOR BIKES

ALBERGUE NON STOP INN

Igantzi (EuroVelo 1)

+34 948 928 922

info@irrisarriand.es

www.irrisarriand.es

HOSTAL AMEZTIA

**Doneztebe/Santesteban
(EuroVelo 1)**

+34 948 450 028

jorgeameztia@hotmail.com

www.ameztia.com

HOTEL PLAZAOLA

Irurtzun (EuroVelo 1)

+34 948 506 313

reservas@hotelplazaola.es

www.hotelplazaola.es

HOSTAL RURAL IRIGOIENEA

Urdazubi/Urdax

(Way of St James)

+34 948 599 267

reservas@irigoienea.com

www.irigoienea.com

HOTEL VENTA DE ETXALAR

Etxalar

+34 948 635 000

info@etxalar.com

www.etxalar.com

HOSTAL BURGUETE

Auritz/Burguete

(Way of St James)

+34 948 760 005

info@hotelburguete.com

www.hotelburguete.com

VTR FERNANDORENA

(rural tourism house)

Agorreta

(Way of St James)

+34 609 281 238

tonoeslava@gmail.com

www.fernandorena.com

HOTEL VILLAVA

Villava / Atarrabia

(Way of St James)

+34 948 333 676

recep@hotelvillava.com

www.hotelvillava.com

CRH ARGONZ ETXEA

(Rural house offering rooms)

Urzainqui / Urzainki

+34 649 882 595

+34 948 475 023

info@argonzetxea.com

www.argonzetxea.com

HOSTAL RURAL LOLA

Isaba /Izaba

+34 616 080 311

+34 948 893 012

hostallola@gmail.com

www.hostal-lola.com

HOTEL IRIGUIBEL

Huarte

+34 948 361 190

+34 686 250 151

hoteliriguibel@hoteliriguibel.com

www.hoteliriguibel.com

HOTEL MUGA DE BELOSO

Pamplona/Iruña

+34 948 293 380

reservations@almapamplona.com

almahotels.com/pamplona/

HOTEL IBIS STYLES PAMPLONA

NOÁIN

Noáin

+34 948 316 610

info@hotelnoain.com

www.hotelnoain.com

HOTEL EL VILLA CASTEJÓN,

Castejón

+34 948 842 012

castejon@bed4uhotels.com

www.bed4uhotels.com

BIKE HIRE COMPANIES

ACTIVA EXPERIENCE AND QUEILES AVENTURA Cascante

Area of activity: La Ribera
+34 948 850 448
www.activaexperience.com
info@activaexperience.com

AMAIUR RENTAL BIKES Lekunberri

Area of activity: Pirineos
+34 722 782 923
amairu13lekunberri@gmail.com

AMEZTIA BTT Doneztebe/Santesteban

Area of activity: Pirineos
+34 948 450 028
www.ameztia.com
jorgeameztia@hotmail.com

BARDENAS BIKE Arguedas

Area of activity:
La Ribera
+34 619 611 029
www.bardenasbike.com
info@bardenasbike.com

BARDENAS TOUR Arguedas

Area of activity:
La Ribera
+34 616 097 806
www.bardenastour.com
info@bardenastour.com

IRATI E-BIKE Lumbier

Area of activity: Pirineos,
Zona Media
+34 630 747 240
www.iratiebike.com
peiozabe@gmail.com

IRRISARRI LAND Igantzi

Area of activity: Pirineos
+34 948 928 922
www.irisarriland.es

KANTINA Lekunberri

+34 948 507 204

LATASA STATION

+34 622 208 410

ORAINTXE Pamplona/Iruña

Area of activity:
Pamplona basin
+34 948 213 033
www.mundoraintxe.com
info@mundoraintxe.com

PEDALES DEL MUNDO-NATURA TRAVELS (ON LINE)

Bidasoako pedalak
Igantzi
info@bidasoakopedalak.com
www.bidasoakopeldalak.com
+34 656 577 704

PIRINEOS.BIKE (ON LINE)

info@pirineos.bike
www.pirineos.bike
+34 615 826 150

UREDERRA E-BIKE Oteiza

Area of activity:
Middle Zone
+34 607 582 185
www.urederraebike.com
info@urederraebike.com



Sports events

Consult the calendar in detail if you want to take part in any of the sports events.

→ APRIL

Half Extreme Bardenas

→ MAY

Salvador Yanci Memorial Bike Touring Ride (Lesaka)

Xabi Telletxea Mountain Bike Descent (Igantzi)

→ JUNE

Roscas Fitero Mountain Bike event

<https://turismofitero.com/btt-roscasfitero/>

Iratixtrem

www.iratixtrem.com

Extreme Bardenas

www.extremebardenas.com

Night&Bike Bike Touring event (Murchante)

<https://karrikiribtt.wordpress.com/>

→ JULY

Marcilla Extreme

<https://es-es.facebook.com/bttmarcilla>

Pirenaica (July and August)

→ SEPTEMBER

Iratixtrem Mountain Bike event Larra-Larrau

www.iratixtrem.com

Climb against the clock to Matamachos (Garde-Roncal Valley)

<https://es-es.facebook.com/cronoescaladamatamachos/>

Valdizarbe Extreme

Bardena Negra Mountain Bike event

(Fustiñana)

→ OCTOBER

Tierra Estella Epic

www.tierraestellaepic.com

The Plazaola Rail Trail Day (May or June)

F.C. Vasco Navarro Rail Trail Day (September)

■ **Events calendar:**

<https://fnciclismo.es/es/>

Good practices

1. Respect the local environment, population, crops and wildlife.
 2. Respect the passage of livestock and close gates.
 3. Respect the road signs and signals, and general traffic regulations.
 4. Enjoy nature without making noise and without rushing.
 5. Ride with caution, especially on sections shared with vehicles and hikers.
 6. Be particularly careful in areas with tunnels and viaducts.
 7. Don't forget to use lights on your bike for Rail Trails with tunnels.
 8. Binoculars, water and comfortable footwear are always good "basics" for your trips.
 9. It is a good idea to wear a helmet and equip your bike with a bell.
 10. Don't litter the route; leave rubbish in the nearest bin. Do not leave excrement in sight; cover it or bury it.
 11. Consult your route for more information and warnings of possible incidents:
- www.turismo.navarra.es** ■



TOURIST INFORMATION OFFICES IN NAVARRA

→ **Bertiz**

+34 948 592 386
oit.bertiz@navarra.es

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oit.javier@navarra.es

→ **Lekunberri**

+34 948 507 204
oit.lekunberri@navarra.es

→ **Ochagavía / Otsagabia**

+34 948 890 641
oit.ochagavia@navarra.es

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+34 948 741 703
oit.olite@navarra.es

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+34 948 790 301
oit.roncesvalles@navarra.es

→ **Pamplona / Iruña**

+34 948 420 700
oficinaturismo@pamplona.es

→ **Roncal / Erronkari**

+34 948 475 256
oit.roncal@navarra.es

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+34 948 871 411
oit.sangüesa@navarra.es

→ **Tudela**

+34 948 848 058
oit.tudela@navarra.es



Kingdom of
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Facebook: [turismoreynodenavarra](https://www.facebook.com/turismoreynodenavarra)
Twitter: [turismonavarra](https://twitter.com/turismonavarra)

